

CENTURION FOOTNOTES

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President	Terry O'Neill (C 18)	03-95435753
Vice-President	Peter Bennett (C 24)	07 38703824
Secretary	Tim Erickson (C 13)	03-90125431
Treasurer	Lois Erickson	03-90125431

DATES...DATES...DATES

The number of ultra distance events in Australia is growing each year and 2013 will provide many opportunities for walkers and runners. The best source of information remains the Australian Ultra Runners Assn (AURA) website – check out <http://www.aura.asn.au/events.html>. Here is a selection of local and overseas walk events.

Mar 10, 2013	Coburg Carnival 6 Hour Walk/Run	Coburg, Victoria, AUS
Mar 23-24, 2013	24 Heures de Chateau Thierry	Chateau Thierry, FRA
Apr 13-14, 2013	Coburg Carnival 24 Hour Walk/Run	Coburg, Victoria, AUS
Apr 27-28, 2013	Rond les Ducs 24 Hour Road Walk	Dijon, FRA
May 7-13, 2013	French Ultra Festival (6 Day, 3 Day, 2Day, 1 Day, 100 miles, etc) See http://french-ultra-festival.fr/	Le Luc, FRA
May 18-19, 2013	Continental Centurions 24 Hour Qualifying Walk	Weert, Netherlands
Jun 12-15, 2013	Paris Colmar Classic	FRA
Jun 15-16, 2013	Sri Chinmoy 24 Hour	Sydney, NSW
Jun 22-23, 2013	Parish Walk (80 miles)	Isle of Man, UK
Jul 13, 2013	Adelaide 24 Hour	Adelaide, SA, AUS
Jul 19-20, 2013	100km de Binche	Binche, BEL
Jul 19-21, 2013	Caboolture 24 Hour and 48 Hour Championships	Caboolture, QLD
Sept 2013	Australian Centurions 24 Hour Qualifying Walk (TBC)	Melbourne, AUS
Sept 21-22, 2013	Roubaix 28 Hour - 60th Anniversary	Roubaix, FRA
Oct 5-6, 2013	24 Heures de St Thibault des Vignes	St Thibault, FRA
Nov 24, 2013	Victorian 6 Hour Championshipc (Date TBC)	Moe, Victoria, AUS
Dec 7-8, 2013	4 th Putrajaya International 12 Hour Walk	Putrajaya, Malaysia

NEWS ON OUR MEMBERS

Rudy Schoors (C 55) and Caroline Mestdagh (C 56) have been in the local news in Belgium as per their email:

Hello Tim and Lois, Some great news from us.

Last weekend it was the annual elections of the sportsmen of Geel. Caroline and I became 2012 Sports Lady of the year and 2012 Sports Man of the Year. It's not easy to take first place in these awards but we got them both. This is a real recognition of our sport of ultra walking. Caroline's opponents were two ladies who were or are elected for the Olympic Games. Rudy's opponents were a professional cyclist and a motor biker.



Sue Clements (C 35) and **Sandra Brown (C 36)** recently visited Highgate cemetery to see the grave of Centurion No. 1, J.E. Fowler-Dixon who completed walking 100 miles in 20.36.08 in 1877.



A poignant occasion - Ann Sayer, Sandra Brown, Sue Clements and Bill Sutherland
The memorial reads: John Edwin Fowler-Dixon, Author and Athlete A founder of the Amateur Athletic Association.

Sandra explains:

We had a memorable visit to the memorial in Highgate Western Cemetery (a locked cemetery where you need to be admitted and taken by a guide) on Thursday.

A couple of months earlier I had paid a visit to the Eastern cemetery (the other part, across the road, which is a private cemetery but which you can pay to get in and visit unguided, unlike the Western cemetery). Many famous people, like Karl Marx, are buried in Eastern cemetery. It was soon obvious to me as I walked around E cemetery looking at the graves, that, with so many thousands of graves - there are 160k burials in the cemeteries - the only way to locate JEFD was to commission a grave search to be undertaken by the Friends of Highgate Cemetery Trust. They quickly and helpfully responded with a location in the closed Western Cemetery and we arranged the visit on Thursday.

Ann Sayer, Sue Clements, Bill Sutherland and myself made a very interesting, enjoyable and memorable visit on a bright and sunny winter day. The Friends of Highgate Cemetery gave us a warm welcome, and our guide was informative as well as interested to hear from us about JEFD and the Centurions. I had taken along to present to them a copy of our Centurion handbook, suitably inscribed, and they were delighted to receive this. They gave us a book of atmospheric and artistic photographs of memorials in the cemetery.

Sue and I thought it would be good if, collectively, we could produce an article about JEFD, and reporting on the visit, which could be used for the C website, and also be shared with other Centurions. I'm familiar with what the handbook says, and I have the entry for JEFD from the Friends of Highgate Cemy Trust website. JEFD was a notable sports journalist and author, as well as an athlete - a record holding ultra-runner as well as walker, and a prominent sports official, having a role in various Olympic Games. He was a founder of the AAA and a Vice-President, as well as first C and our first President from 1911. He died aged 94. Quite a life!

CENTURION NEWS FROM CHRIS FLINT

At the AGM on Saturday a new President was elected. It is **Ann Sayer** who completed the Bristol 100 in 1977 to become C.599 and our first lady Centurion. Ann has many achievements to her credit, on and off the road. She still holds the record for walking from Land's End to John O'Groats, and she is a past President of the Long Distance Walkers' Association [for off-road walking] in the UK. Ann has been an inspiration to many walkers, and many lady Centurions since her pioneering 100 have walked in her footsteps. We all congratulate Ann on her election.

I am very pleased at the response from Centurions wishing to be involved in the election process and this method may well be a template for future elections. Our email database is expanding and is an effective means of communication.

At the AGM other posts were filled as follows:

Captain: **Sandra Brown** C.735 re-elected
 Hon. Treasurer: **Richard Brown** C.760
 Merchandise Officer: **Chris Flint** C.849
 Archivist: **Sue Clements** C.959

The AGM was attended by 26 Centurions and important business was transacted, and some changes made in positions held on the Committee. It was also an opportunity for Centurions to give their personal reflections on those Centurions who have died this past year. Overall, we had a useful meeting, and it was a pleasure to see amongst others John Erington C.693, Jack Thomas C.606, Norman Smith C.976, Bob Dobson C.786, George Beecham C.716, the Rev'd David Watson C.881 all of whom had travelled long distances. Some Centurions were forced to abandon their journeys due to poor weather. Afterwards 11 of us enjoyed a dinner at the Union Jack club before dispersing around 8 pm.

Best wishes, Chris Flint C.849

MANSFIELD TO MT BULLER 50KM, SUNDAY 27 JANUARY 2013

This annual road ultra takes in the stunning scenery and gruelling challenge of the Mt Buller Tourist Road and finishes with a 16km uphill section from Mirimbah at the base of the mountain right up to the Mt Buller Village - a climb that rises 909 vertical metres in height, with an average grade of 6% and a number of sections that reach 12%. So it is not an event for the faint hearted. Added to that, it is an event that is held during the daylight hours so temperatures are often on the warm side.

Michelle Thompson (C 58) last competed in this event as a runner in 2008, coming 6th in the women's division with a time of 6:23:00. This year, she walked and did even better, finishing 5th in the women's division with 6:19:00, a time some 4 minutes faster than 5 years ago. And she tells me that she finished full of walking and had plenty left in the tank. Overall results read as follows (all except Michelle were running).

1	4.00.19	Ryan	Wissmer	Male
2	4.11.23	David	Eadie	Male
3	4.25.46	Justin	Scholz	Male
4	4.27.42	Toby	Wiadrowski	Male
5	4.32.14	Geoff	Moulday	Male
6	4.37.28	Dan	Beard	Male
7	4.39.44	Dan	Kehoe	Male
8	4.42.09	Nikki	Wynd	Female
9	4.49.44	Natalie	Wallace	Female
10	4.55.32	Duncan	Allen	Male
11	5.02.12	Lisa	Wilkinson	Female
12	5.20.22	Kelvin	Marshall	Male
13	5.28.23	Peter	Mullins	Male
14	5.34.58	Sharon	Scholz	Female
15	5.45.20	Rob	Sutton	Male
16	5.47.10	Claude	Ramirez	Male
17	6.19.00	Michelle	Thompson	Female
18	6.25.56	George	Mihalakellis	Male
19	6.38.33	Kerri	Comer	Female
=19	6.38.33	Brian	Gawne	Male
21	6.38.34	Cheryl	Symons	Female
22	6.51.48	Jon	Lim	Male
23	7.23.22	Brendan	Ryan	Male

CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN, CABOOLTURE, QLD, 9-10 FEBRUARY

Caboolture Historical Village has been providing their grounds for this event since about 1994 but I do not think they

would have ever expected the event to have grown in popularity as displayed this year. There were over 268 entries, and over 155 competitors started at 6pm on the Saturday evening. Of those starters, 47 finished in the 12H, 62 in the 6H, 2 the 100km, 4 the 50km, 11 the Marathon & 12 the Half Marathon. Overnight conditions were good but humid.

Four walkers contested the overnight event with **Peter Bennett (C 24)** the best of them with 97.096km. It was also great to see **Caleb Maybir (C 28)** back in action after a significant layoff.

12 Hour Event

24	Peter Bennett (C 24)	194 laps	97.096km
39	Stephen Jordan	143 laps	71.705km
43	Caleb Maybir (C 28)	105 laps	52.655km

6 Hour Event

53	John Harris (C 12)	68	34.472km
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You can see the full result set as well as all lapsheets at <http://results.timingplus.com.au/Meet.aspx?MeetID=76137e80-a6f6-433d-85a8-db91fd3599b7>.



John Harris, Caleb Maybir and Peter Bennett in action in the gravel 500m loop at Caboolture

LES 8 HEURES DE CHARLY SUR MARNE, FRANCE, SUNDAY 10 FEBRUARY

Emmanuel Tardi reports from Charly sur Marne in northern France.

I went this Sunday to Charly-sur-Marne for this traditional walking classic. Due to bad weather and snow in the north of France, the 8 Hour walk saw only 87 starters (with teams) on the start line at 8am with the temperature sitting at -3°C (last year it was -15°C). The first lap was 3.650km and subsequent laps were 2.575km. This ensured that everyone could get an exact 50km reading on the way through.

In the men's competition, 4 walkers led after the first lap: Eddy Roze (French 50km champion in 2010, 2011 and 2012), Fabrice Henry, Remi Bonotte and Dominique Bunel. The speed was impressive for such a long event (10.5km/hr). In the third lap Fabrice Henry increased his speed to 11km/hr, drawing clear, now followed by Eddy Roze, Remi Bonotte and Swiss walker Urbain Girod who had started more slowly than the others. By 40km, Eddy Roze had problems with his stomach, and Fabrice Henry had slowed. It was at this stage that Urbain Girod took the lead. His 50k split was 4:48:17, Eddy Roze was gamely holding onto second place with 5:00:14 (he then stopped) and third was Bonotte with 5:01:05. Girod powered home from there to win with 78.325km ahead of Bonotte with 75.750km while local walker Philippe Morel pushed his way up to finish third with the same distance but a couple of minutes further back. And a special mention to Jean Pichon, aged 80, who finished the race with 55.150km (50km in 7:12).

In the women's race, Deborah Geimer led the race from start to finish, passing the 50km mark in 5:39:18 and finishing with 65.450km. Second place went to Dominique Malochet with 62.875km and third place went to Florence Pierre, also with 62.875km.

As for Emmanuel, he participated in the 10km race which was won by Virginie Barthelemy in 57.40. As the race ended, it began to snow and it was a long way back home

1.	GIROD Urbain	(C.M. Monthey)	78 km 325 m	7:50:22
2.	BONNOTTE Remi	(Dijon U.C.)	75 km 750 m	7:57:16
3.	MOREL Philippe	(AC Chateau Thierry)	75 km 750 m	7:59:03
4.	BUNEL Dominique	(Neuilly/Marne Athle)	73 km 175 m	7:46:47
5.	GILLES Philippe	(LMA Meung sur Loire)	73 km 175 m	7:49:47
6.	LETOURNEAU Florian	(AC Chateau Thierry)	73 km 175 m	7:50:43
7.	HENRY Fabrice	(AS St Junien)	73 km 175 m	7:52:59
8.	ERARD Christophe	(A.S.M. Bar le Duc)	73 km 175 m	7:59:51
9.	DUTERTE Andre	(CM Roubaix)	70 km 600 m	7:48:01
10.	BUNEL Pascal	(Neuilly/Marne Athle)	70 km 600 m	7:48:34
11.	ROUAULT Jean-Marie	(Omnisports Pithiviers)	70 km 600 m	7:54:02
12.	VARAIN Cedric	(AC Chateau Thierry)	70 km 600 m	7:58:53
13.	KORZHYK Alieksei	(ASC Francophone)	68 km 025 m	7:50:24
14.	LOUGRADA Saadi	(CM Roubaix)	68 km 025 m	7:54:22
15.	LABARRE Bertrand	(CS Provins)	68 km 025 m	7:57:11
16.	RAULET Christophe	(GA Meusien)	68 km 025 m	7:58:04
17.	BIEBUYCK Pascal	(Ath AC)	68 km 025 m	7:58:47
18.	GEIMER Deborah (F)	(A Sarreguemines Sarrebourg)	65 km 450 m	7:45:54
19.	CHAUVITEAU Daniel	(NL Jouy / Morin)	65 km 450 m	7:47:19
20.	MICHELOT Remi	(ES THAON)	65 km 450 m	7:52:25
21.	GICQUEL Bernard	(PLM Conflans)	65 km 450 m	7:57:02
22.	MARECHAL Jean	(AC Chateau Thierry)	65 km 450 m	7:58:09
23.	THEVENIN Pascal	(AM St Thibault des Vignes)	65 km 450 m	7:59:13
24.	LAILLER Patrick	(ASPTT Tours)	65 km 450 m	8:02:45
25.	LETESSIER Gilles	(PLM Conflans)	65 km 450 m	8:02:53
26.	DUFRIEN Pascal	(AM St Thibault des Vignes)	65 km 450 m	8:04:38
27.	SWYNGHEDAUF David	(EFSReims Athletisme)	65 km 450 m	8:05:25
28.	MALOCHE Dominique (F)	(ASC Le Havre)	62 km 875 m	7:45:22
29.	CHABIN Frederic	(Essonne Athle)	62 km 875 m	7:45:47
30.	KERLAU Yves Michel	(CM Roubaix)	62 km 875 m	7:47:19
31.	PIERRE Florence (F)	(ATHLE 55)	62 km 875 m	7:47:40
32.	MARECHAL Pascal	(AC Chateau Thierry)	62 km 875 m	7:50:05
33.	BIET Christophe	(SEPA Bellegarde)	62 km 875 m	7:51:12
34.	FRECHENGUES Bernard	(S.C.B.A)	62 km 875 m	7:52:12
35.	HARTMANN Emmanuel	(GA Meusien)	62 km 875 m	7:55:37
36.	PANNIER Josiane (F)	(Le Havre AC)	62 km 875 m	7:56:20
37.	ANXIONNAT Claudine (F)	(Athletic Vosges EC)	62 km 875 m	7:58:16
38.	HUART Gilles	(US Toul)	62 km 875 m	8:02:53
39.	THEVENIN Hugues	(Marne et Gondoire Athle)	60 km 300 m	7:46:29
40.	BOUCHET Jean	(NL Fondettes 37)	60 km 300 m	7:47:49
41.	PETIT Alain	(AS Bourse de Paris)	60 km 300 m	7:49:41
42.	GIRAUDEAU Denis	(PLM Conflans)	60 km 300 m	7:50:58
43.	HELLER Denis	(Avia Club Issy Les Moulineaux)	60 km 300 m	7:54:53
44.	SALOMEZ Benedicte (F)	(Neuilly/Marne Athle)	60 km 300 m	7:55:28
45.	VARIN Sylviane (F)	(AM St Thibault des Vignes)	60 km 300 m	7:56:18



Men's winner Urbain Girod



Women's winner Deborah Geimer with Fabrice Henry 80 years young - Jean Pinchon



Leaders after 1 lap - Philippe Morel, Remi Bonnotte, Fabrice Henry and Eddy Roze

INJINJI 12 HOUR ENDURANCE RACE, CANBERRA, 16-17 FEBRUARY

I was in Canberra a week ago helping out with a bit of crewing at the annual Injinji 12 Hour Endurance race, held in the Mt Stromlo Park. Like most Hour ultra events at this time of the year, it is held overnight as the risk of extreme daytime temperatures is too high for safety. This ultra is part of the Stromlo Running Festival (see <http://www.stromlorunningfestival.com.au/event.aspx?e=21>), a 3 day carnival which runs from Friday to Sunday and incorporates School Challenge runs, cross country, tough off road runs and the ultra events themselves (50km, 6 Hours, 100km and 12 Hours). One of the highlights of the night was seeing Australian Olympic Marathon runner Marty Dent attack the Australian 100km record of 6:29.26, set by Tasmanian Tim Sloan in 1995. It is a very tough record and, although Marty was on track at 50km (around 3:09), he faded in the second half, eventually retiring at the 70km mark.

There were 3 walkers in action in the 12 Hour event which was won overall by runner Mal Gamble (130.600km). **Michelle Thompson (C 58)** was in superb form, finishing with a distance of 100.986 km (100km in 11:53:10). Last

year in this event, she walked 101.158km so she was only 172m under that distance, a lapse around the 10 hour mark seeing her lose some 10 minutes. It was a dominant performance by our best ultra walker. Fellow Victorian **Steve Jordan** was also in great form, finishing with 83.180km, his best since 2007 and only 2km outside his PB. Since Steve walked in the Caboolture 12 Hour event the previous weekend, it was a huge effort to back up a week later and walk so well. Saul Richardson, the third of the walkers, was forced out mid race and had to be content with 43.000km.

11	Michelle Thompson	VIC	100.986 km
17	Steve Jordan	VIC	83.266 km
25	Saul Richardson	NSW	43.000 km



Michelle Thompson and Steve Jordan in action last Saturday evening in Canberra

See <https://www.facebook.com/media/set/?set=a.10151512870646565.547679.770831564&type=3&l=53780006ea> for more photos, compliments of Phil Essam.

24 HEURES DE BOURGES, BOURGES, FRANCE, 23-24 FEBRUARY 2013

Thanks to Emmanuel Tardi for the following report from Bourges in France where their national 24 Hour Walk Championships were held last weekend.

Today (Sunday) was our national 24 Hour Racewalking Championship in Bourges, 250km south of Paris . The first lap was 540m long, then walkers competed on a lap of 2688m long. The last 30 minutes were on a lap of 629m. This allowed everyone to get an official time for 100km. 70 Starters were on the start line of 1PM with the temperature at -3°C and the sky cloudy with a very cold swirling wind.

French walker David Regy immediately went to the lead in the men's race while Italian walker Nicoletta Mizera went to the lead in the women's race, closely followed by Dominique Alvernhe, the first female French walker. By 7PM, as night fell, the snow began to fall. David Regy passed the 100km mark in 11:00 ahead of Bunel 11:12 and Rozé 11:24. By the 12 hour mark, Regy was around 109km and on target for a big overall distance. By 3AM, the snow was building and there was a fine coverage of snow on the road, making it difficult to walk but the walkers continued courageously

As the leaders slowed in the final hours, men's 2012 winner Jean-Marie Rouault came through the field (he was 15th after 5 hours) to eventually finish 2nd with 201.232km, not far behind Regy whose 205.386km was excellent in the conditions. It was Regy's eighth victory in this championship.

In the women's competition, Alvernhe and Mizera were always into the same lap but it was Mizera who won the race (178.910km) and Alvernhe the French title with 178.506km.

See <http://bases.athle.com/asp.net/liste.aspx?frmbase=resultats&frmcode=1&frmspace=0&frmcompetition=126209> for the full results. The following list shows all finishers and the French Championship place getters.

Women's 24 Hour Championship

	MIZERA MARGONELLI Nicoletta	59	ITA	178.910km
1.	ALVERNHE Dominique	34	FRA	178.506km
	POUTINTSEVA Irina		RUS	171.103km
2.	MAISON Sylvie	67	FRA	171.339km
3.	COUGOUREUX-AUGE Emilie	12	FRA	155.715km
	DAVIES Karen		GBR	148.047km
4.	FABRE Francoise	30	FRA	144.537km
5.	BIZARD Emilie	94	FRA	142.192km
6.	DIALLO Aida (GUI)	83	FRA	141.270km
7.	QUINQUETON Bernadette	77	FRA	126.699km
8.	LANDRU Noelle	91	FRA	100.835km
9.	GEIMER Deborah	57	FRA	97.310km
10.	BIZARD Claudie	94	FRA	74.650km

Men's 24 Hour Championship

	REGY David	27	FRA	205.386km
2.	ROUAULT Jean-marie	45	FRA	201.232km
3.	BUNEL Dominique	93	FRA	197.394km
	OSSIPOV Dmitry		RUS	193.961km
4.	ERARD Christophe	55	FRA	192.212km
5.	BONNOTTE Remi	21	FRA	189.837km
	BIEBUYCK Pascal		BEL	189.653km
	HAZENBOSCH Kris		BEL	187.882km
6.	LETESSIER Gilles	78	FRA	186.066km
7.	BUNEL Pascal	93	FRA	182.923km
8.	VARAIN Cedric	2	FRA	182.578km
9.	LASSALLE Emmanuel	88	FRA	181.343km
10.	ROZE Eddy	80	FRA	176.832km
11.	LOUGRADA Saadi	59	FRA	175.745km
	TONKONOG Stephan		RUS	173.626km
12.	DIEN Daniel	93	FRA	173.358km
13.	BIET Christophe	45	FRA	170.757km
14.	CAILLEAUX Patrick		FRA	169.703km
15.	KIEFFER Pascal	16	FRA	168.456km
16.	DERRIEN Franck	35	FRA	168.361km
17.	OLIVARES Mathieu	91	FRA	166.935km
18.	BOCUZE Daniel	42	FRA	166.349km
19.	BOUCHET Jean		FRA	160.724km
	DAUENDORFER Pierre			155.650km
20.	KERLAU Yves-michel	59	FRA	152.569km
	NAUDIN Jean pierre			149.295km
21.	LAILLER Patrick	37	FRA	149.176km
22.	KORZHYK Aliaksei	93	FRA	148.075km
	GRASSI Alain			147.686km
	CARREY Franck			146.824km
23.	EMONIERE Philippe	94	FRA	143.886km
	DE MARCILLAC Bertrand			143.457km
24.	SEYNAEVE Serge	59	BEL	141.720km
25.	DALPHIN Daniel	64	FRA	141.694km
26.	CHABIN Frederic	91	FRA	137.452km
27.	GLASER Jean-bernard	93	FRA	130.948km
28.	SPIESER Jean-paul	88	FRA	116.824km
29.	MERCIER Jean-pierre	68	FRA	75.636km
30.	BAUDRILLART Antonio	68	FRA	62.211km

Emmanuel has posted two videos, taken around 5AM - and it was snowy indeed!

- <http://youtu.be/dilW1706UnI>
- <http://youtu.be/IIUXbzs2gb4>

he has also sent me a selection of photos - how tough does this look!



Jean-Marie Roualt (front) and David Regy (back), Jean-Marie Roualt again and Dominique Bunel



Dominique Alvernhe, Nicoletta Mizera and David Regy

COBURG 6 HOUR EVENT IS NOW UPON US

The annual Coburg 6 Hour Walk/Run event is now less than 2 weeks away (it will be held on Sunday 10 March) and the field is building towards its cutoff at 45 entrants. It is always a popular leadup event to the Coburg 24 Hour Carnival in April and this year sees 13 walkers in the mix so far. The walking entry list reads like this

CARTER, Ken	VIC	Ken is a regular walk competitor, having a best time of 32km for the 6H.
GRINTER, Rob	VIC	This will be Rob's first ultra event.
HOWORTH, Sandra	VIC	Sandra has competed in the walk at Coburg on a number of occasions and has PBs of 103 km (24H) and 38.42km (6H).
JORDAN, Steve	VIC	First time competitor in 2005 when he won the 6 Hour Walk with 43.6 km. Since then he has competed in every Coburg Carnival as a walker and has improved his bests to 46 km (6H), 86km (12H) and 157 km (24H).
McKAY, Doug	VIC	Doug competed in his first 24H event in Adelaide in October 2008 and walked 127.55km He has competed in the last 4 Coburg 24H events and has a best of 138.7km.
O'NEILL, Karyn	VIC	Karyn successfully walked 100 miles in 24 hours in our 2002 event. She walked the 12 hour event in 2003, ran 141 km in 2004 and has walked well in excess of 100km at Coburg every year since. In 2011, she excelled with a second centurion walk (162.092 km), showing she has lost none of her form.
O'NEILL, Terry	VIC	Terry (C18) reappeared in 2006 after a long absence and walked the 100 km in 13:19:08, indicating that he had lost little of his fitness. In 2007, he completed his second 100 mile finish with 21:48:35. One of our top ultra walkers, he is now a regular at Coburg and always features highly in the walk results.
PARRIS, Dawn	VIC	After a long and illustrious ultra running career, Dawn swapped to ultra distance walking a few years ago with immediate success. She came 2 nd in our 2007 6H walk (43.8km), won our 2008 12H Walk (78.5km), came 2 nd in our 2009 24H walk with 137.27km and won our 2010 24H walk with 134.12km. Is now a regular at Coburg.
RICHARDSON, Saul	NSW	Saul had his first ever long walk at the 2012 Sri Chinmoy 24H in Sydney, completing a good first up 128.8km. He now comes to Coburg for the double - 6H and 24H Walks - and will be hoping to improve on his inaugural effort.
THOMPSON, Michelle	VIC	Won our 2005 12 Hour run with 101.9 km, won our 2006 24H run with 166.053km, was second in 2008 in both the 6H run (57.596km) and the 12H run (105.974km), won the 2010 6H walk (49.1km) and 24H run (172.906km) double and won the 2011 6H Walk (53.784km) and 24H walk (172.593km) double. Broke most of our Australian women's walking records with a series of superb walks in 2012. Will do the two Coburg walks again this year and will give her records a real shake.
TIMMS, John	VIC	John is a very experienced runner at all distances from 24 hours to 1000 miles. Has been dipping his toes into ultra walking the last few years and completed 142km to come 2 nd in our 2010 24H walk. Is back to contest the 6H walk and the 24H walks this year.
TURNER, Gary	VIC	Gary is another Coburg regular and has contested the 6H, 12H and 24H walks over the last few years. Has a 6H PB of 41.5km.
WHIMPEY, Michael	VIC	This will be Michael's first ultra marathon event.

FINANCIAL NEWS

Our bank balance is healthy but we may need that buffer given the need to take a more leading role in our Centurion qualifying walk this year at Middle Park. For those who have not donated in the last 12 months, now is the time to act.

Incoming	Deryck Skinner - donation	75.00
Outgoing	Keyhole Engraving - Gordon Smith Award	12.00
Balance		\$1542.27

UNTIL OUR NEXT NEWSLETTER

It is always exciting to see a new year kick off and this year looks particularly promising from an ultra distance walking perspective.

Yours in Centurion walking ... Tim (C 13)