

# CENTURION FOOTNOTES

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|                |                      |             |
|----------------|----------------------|-------------|
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## DATES...DATES...DATES

The 2016 ultra racing calendar is filled with lots of challenging events for walkers. Some of the key dates are shown below. In addition, the AURA calendar shows quite a few additional Australian ultra events that may suit serious ultra walkers – check it out at <http://www.aura.asn.au/events.html>. I am pleased to see the number of 24H Track ultras on the Australian calendar growing.

|                  |  |                             |
|------------------|--|-----------------------------|
| Jun 30, 2016     | Start of 2016 Swedish Fotrally ( <a href="http://www.fotrally.se/">http://www.fotrally.se/</a> )   | Sweden                      |
| Jul 9-10, 2016   | Adelaide 6H/12H/24H (measured road loop)   | Adelaide, South Australia   |
| Aug 6-7, 2016    | <b>105<sup>th</sup> English Centurions 100 mile qualifier</b> (Redcar RWC)<br>See <a href="http://www.northernracewalking.com/redcar-blast/">http://www.northernracewalking.com/redcar-blast/</a>  | Redcar, Teeside             |
| Aug 13-14, 2016  | Track Ultra WA (3H, 6H, 12H and 24H Track)   | Bunbury, Western Australia  |
| Aug 27-28, 2016  | Wadelincourt 24H   | Wadelincourt, Belgium       |
| Sept 24-25, 2016 | <b>2016 USA Centurions 24H Qualifier</b><br>Enter at <a href="https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park">https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park</a><br>See also <a href="https://www.facebook.com/NotJustAWalkInThePark/?fref=ts">https://www.facebook.com/NotJustAWalkInThePark/?fref=ts</a> | Owega, NY                   |
| Sept 17-18, 2016 | Roubaix 28 Hours Walk  | Roubaix, FRA                |
| Oct 1-2, 2016    | New Zealand Sri Chinmoy 24 Hour Championship<br>Incorporating the <b>2016 New Zealand Centurions 24H Qualifier</b><br>See <a href="http://nz.srichinmoyraces.org/races/auck/24hr">http://nz.srichinmoyraces.org/races/auck/24hr</a>  | Auckland, NZ                |
| 22-3 Oct, 2016   | Inaugural <b>African Centurion 24 Hour Walk</b><br>See <a href="http://www.africancenturion.com/">http://www.africancenturion.com/</a> .   | Robben Island, South Africa |

With the Australian and Continental qualifiers done and dusted for this year, we have 5 centurion qualifiers remaining.

|                  |  |                             |
|------------------|--|-----------------------------|
| Aug 6-7, 2016    | <b>2016 English Centurions 100 mile qualifier</b><br>See <a href="http://www.northernracewalking.com/redcar-blast/">http://www.northernracewalking.com/redcar-blast/</a>   | Redcar, Teeside             |
| Sept 24-25, 2016 | <b>2016 USA Centurions 24H Qualifier</b><br>Enter at <a href="https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park">https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park</a><br>See also <a href="https://www.facebook.com/NotJustAWalkInThePark/?fref=ts">https://www.facebook.com/NotJustAWalkInThePark/?fref=ts</a> | Owega, NY                   |
| Oct 1-2, 2016    | <b>2016 New Zealand Centurions 24H Qualifier</b><br>See <a href="http://nz.srichinmoyraces.org/races/auck/24hr">http://nz.srichinmoyraces.org/races/auck/24hr</a>  | Auckland, NZ                |
| 22-3 Oct, 2016   | Inaugural <b>African Centurion 24 Hour Walk</b><br>See <a href="http://www.africancenturion.com/">http://www.africancenturion.com/</a>   | Robben Island, South Africa |

## OUT AND ABOUT

The inaugural 24 Hour Ultra Interval Challenge on 22-23 July 2016 sounds like a great concept – run or walk a 10km every 3 hours over a 24-hour period (everyone starts at the same time, regardless of where you are on our planet), complete some fun challenges along the way and post your results using Facebook, Twitter or Instagram. Depending on where you are, you start either on July 22 or 23. It's not a competition, it is a fun challenge open for everyone! If you manage to complete all of the intervals you'll end up with 80km (almost 50 miles) during 24 hours. See <http://www.ultraintervalchallenge.com/#ultra-interval-challenge>.

Lots of our centurions were in action in the 50<sup>th</sup> Lake Burley Griffin racewalking carnival in Canberra on Sunday 12 June. Amongst those completing the gruelling 20 Mile walk around the lake were **Peter Bennett** (5<sup>th</sup>, 3:08:17), **Peter Crump** (8<sup>th</sup>, 3:18:23), **Terry O'Neill** (10<sup>th</sup>, 3:36:16), **Clarrie Jack** (11<sup>th</sup>, 3:40:47) and **Karyn O'Neill** (1<sup>st</sup> woman, 3:58:53). Alas, **Robin Whyte** was also in action in his 50<sup>th</sup> appearance in the LBG 20 Mile event but he incurred a third red card in the dying stages of the race so had to accept a DQ against his name. It was very disappointing for him and

for all of us who were watching – he has finished successfully on 46 times and we were all hoping to see another tick in the box this year.

**Rudy Schoors (C55) and Caroline Mestdagh (C56)** are always in action in one walk or another in Belgium or surrounding countries. Rudy emailed me with their latest endeavours.

On the weekend of 29-30 April, Kris Hazenbosch and his team held the 9<sup>th</sup> edition of the ‘Gildentocht 100km’ in his home town of Schaffen. The formula for this walk is different from most of the other walks in Belgium. There are four groups with two road-captains and each group has a maximum of 32 walkers. The average pace for each is 6.5 km/h, 6.2 km/h, 6.1 km/h and 6.0 km/h. The first group starts at 20h30 and then the other groups follow at 10 minute intervals. After 51 km, the rest of the walk is marked and you can walk at your own speed. This year the walk was situated most of the time in the region called ‘Hageland’, a hilly region with most of the Belgian wineries. It’s a very varied walk. Because of the rain before the start and during the night, the pads were changed into muddy and slippery tracks and the pace of the first group was reduced to 6.0 km/h for safety and for keeping all the walkers together.

At the 56 km point you could change clothes and shoes and eat some pastry or scrambled eggs. After this welcome moment of rest and with new outfits, Caroline and I decided to walk the last 44 km together with some friends. We had a nice bunch of people and the weather was more pleasant now: the rain had stopped and temperatures were milder. Time flies when you have some chatter on the way!

We arrived two hours later than on other occasions, but very satisfied with our performance in these hard conditions. The walking club ‘Vos-Schaffen’ did a great job to organize such an event in these conditions: only respect!

Lots of photos at <https://picasaweb.google.com/113527613298056248315/6279768686512299121>



**Rudy and Caroline with their walking group from the Gildentocht 100km walk**

#### **CONTINENTAL CENTURIONS 24 HOUR WALK, SCHIEDAM, NEDERLANDS, 14-15 MAY**

The Continental Centurions are one of 6 Centurion organizations who recognize walkers who can complete 100 miles (160.938km) within 24 Hours in an organized walking competition. See <http://www.centurions.org.au/centworl.shtml> for more details.

The Continental Centurions hold one qualifying event each year. It is always in the Netherlands and it swaps between the cities of Schiedam and Weert. This year it was Schiedam's turn as it held its ‘Walking Weekend’ in and around the Beatrix Park. As usual, it was a world wide affair with some 200 walkers from Netherlands, England, the Isle of Man, Belgium, Spain, Australia, New Zealand, South Africa, France and Denmark contesting standards from 50km right up to 24 Hours. The weather was very poor with biting, cold winds so many of the photos show the walkers rugged up in multiple layers. But it takes more than that to stop an ultra distance walker and the results were absolutely fantastic. And check out Frans Leijtens' fantastic photos at <http://myalbum.com/album/THaD3JMbmYry>.

Highlights were many. Some of the main ones are listed

- 33 walkers reached the 100 mile mark, including 23 inaugural Continental Centurions (C428-CC450).
- Local Victorian walkers **Sharon (C63) and Justin Scholz (C61)** competed together as usual, passing the 100 mile mark in 21:45:13 to become CC436 and CC437. This is their fourth centurion badge each (they are also Australian, NZ and USA centurions). They are also top ultra runners. Talk about a talented couple.
- Another local Victorian **John Kilmartin (C67)** also finished the hundred to become CC440 with a 100 mile time of 23:05:24. This is John's third badge – he is also an Australian and English centurion.
- NZ centurion walker **Richard McChesney** set NZ road bests for 100 miles (20:58:27, CC432) and 24 Hours (183.587km).
- The amazing English walker **Sandra Brown (C36)** (now 67 years of age) completed the 100 miles in a time of 21:07:28, but for once she did not win the women's section, coming second to Isle of Man walker **Janette Morgan (CC431)** who recorded 20:36:56 to become CC431. For Sandra, it was her 171<sup>st</sup> 100 mile+ performance and her third 24 Hour event so far this year. It was also her 13<sup>th</sup> Continental Centurion finish. What an amazing record.
- Isle of Man walkers also filled the first 3 positions in the men's event, with **Vinny Lynch (CC428 18:48:36)**, **Michael Bonney (C429 19:52:45)** and **Robbie Callister (CC 430 20:16:10)** all becoming first time Continental Centurions.
- 80-year **Bauke te Nijenhuis** shattered the M80 50km world record of 6:56:37, his time of 6:41:31 taking some 15 mins off the standard.

And now onto the finer details:

#### 24 Hour Walk

|     |                     |             |    |            |          |
|-----|---------------------|-------------|----|------------|----------|
| 1.  | Richard McChesney   | Hutt Vally  | 68 | 183.587 km | 24.05.18 |
| 2.  | Frank van der Gulik | LAT         | 77 | 181.605 km | 24.01.41 |
| 3.  | Sandra Brown (W)    | Surrey WC   | 49 | 177.669 km | 24.06.16 |
| 4.  | Gino Masto          | WT Beveren  | 63 | 168.806 km | 24.04.39 |
| 5.  | Adrie Zoon          | RWV         | 55 | 165.861 km | 24.07.36 |
| 6.  | Sharon Scholz (W)   | AUS         | 76 | 164.870 km | 22.25.50 |
| 7.  | Vinny Lynch         | IoMVAC      | 61 | 160.934 km | 18.48.36 |
| 8.  | Michael Bonney      |             | 61 | 160.934 km | 19.52.45 |
| 9.  | Robbie Callister    | IOM Vets    | 55 | 160.934 km | 20.16.10 |
| 10. | Jantinus Meints     | RWV         | 58 | 160.934 km | 20.28.12 |
| 11. | Janette Morgan (W)  | IOMVAC      | 62 | 160.934 km | 20.36.56 |
| 12. | Remy van den Brand  | OLAT        | 75 | 160.934 km | 21.15.01 |
| 13. | Wilma Driessen (W)  | WS'78       | 66 | 160.934 km | 21.18.46 |
| 14. | Luc Van de Velde    | Wetteren    | 63 | 160.934 km | 21.40.58 |
| 15. | David Vandercoilden | CM Roubaix  | 69 | 160.934 km | 21.42.18 |
| 16. | Jacques Till        | WACO        | 61 | 160.934 km | 21.42.58 |
| 17. | Justin Scholz       | AUS         | 74 | 160.934 km | 21.45.13 |
| 18. | Bernie Johnson      |             | 82 | 160.934 km | 22.28.33 |
| 19. | Frans Leijtens      | RWV         | 76 | 160.934 km | 22.37.38 |
| 20. | Werner Alberts      | OMAC        | 70 | 160.934 km | 22.50.50 |
| 21. | John Kilmartin      | AUS         | 51 | 160.934 km | 23.05.24 |
| 22. | Tony Mackintosh     | IOM Vets    | 71 | 160.934 km | 23.06.08 |
| 23. | Karen Lawrie (W)    |             | 73 | 160.934 km | 23.06.08 |
| 24. | Peter Miller        |             | 74 | 160.934 km | 23.08.27 |
| 25. | Adrie Ros           |             | 62 | 160.934 km | 23.17.21 |
| 26. | Adrie Romijn        | DAK         | 50 | 160.934 km | 23.20.20 |
| 27. | Jos Van de Wyngaert | Witsoonest. | 83 | 160.934 km | 23.22.58 |
| 28. | Eric Geudens        | WSV IVAS    | 57 | 160.934 km | 23.23.18 |
| 29. | Sven Verbruggen     |             | 67 | 160.934 km | 23.24.30 |
| 30. | Andrew Titley       | Isle of Man | 65 | 160.934 km | 23.33.43 |

|                                   |             |    |            |          |
|-----------------------------------|-------------|----|------------|----------|
| 31. Martin Vos                    | RWV         | 69 | 160.934 km | 23.35.42 |
| 32. Karen Marie Brogger (W)       | Walking DK  | 72 | 160.934 km | 23.39.25 |
| 33. Dwight de Kluijver            | KWBN        | 76 | 160.934 km | 23.42.32 |
| 34. Sarah Lightman (W)            | Leicester   | 70 | 149.126 km | 22.19.12 |
| 35. Frans de Roo                  | Dortse Vier | 57 | 149.126 km | 23.44.58 |
| 36. Hans Pranger                  | OLAT        | 43 | 141.254 km | 24.01.39 |
| 37. Gustaaf Salu                  | WSV IVAS    | 62 | 137.318 km | 19.36.40 |
| 38. Chris van Cauwenberghe        | Florastap.  | 64 | 133.382 km | 18.06.53 |
| 39. Joop Keetman                  | LAT         | 44 | 133.382 km | 24.02.58 |
| 40. Hanny Klumpkens (W)           | OLAT        | 49 | 132.419 km | 24.01.51 |
| 41. Marry Heuvelman-Goudriaan (W) | RWV         | 43 | 132.419 km | 24.01.51 |
| 42. Simon Cox                     | Isle of Man | 48 | 129.446 km | 20.00.10 |
| 43. Wim van Cappelle              | OLAT        | 55 | 125.510 km | 18.26.51 |
| 44. Sandra Irene de Graaff (W)    | RWV/OLAT    | 67 | 125.510 km | 24.01.08 |
| 45. Bertus van Ginkel             | RWV         | 61 | 125.510 km | 24.01.08 |
| 46. Victoria Barnes (W)           | Surrey WC   | 86 | 122.565 km | 24.06.16 |
| 47. Rene Wakkee                   | RWV         | 65 | 121.574 km | 20.48.17 |
| 48. Ilona Klinkendon (W)          | RWV         | 63 | 113.702 km | 14.40.27 |
| 49. Richard Boosten               | WSV KM      | 61 | 113.702 km | 15.51.16 |
| 50. Gertrude Achterberg (W)       | KNWB        | 70 | 113.702 km | 16.25.55 |
| 51. Con Bollmann                  | RWV         | 44 | 113.702 km | 17.54.40 |
| 52. Ernie Dorre                   | KWBN        | 47 | 109.766 km | 15.45.54 |
| 53. Jack Bertrums                 | RWV         | 63 | 109.766 km | 15.50.55 |
| 54. Jan Meijer                    | RWV         | 62 | 109.766 km | 15.59.47 |
| 55. Hein Sanders                  | RWV         | 64 | 109.766 km | 16.22.29 |
| 56. Appie Bos                     | FLAL/LAT    | 55 | 109.766 km | 17.01.40 |
| 57. Jannie Bos (W)                | FLAL/LAT    | 55 | 109.766 km | 17.02.13 |
| 58. Jan Dinnissen                 | OLAT        | 55 | 109.766 km | 17.41.42 |
| 59. Christian Fernandez           |             | -- | 109.766 km | 18.18.34 |
| 60. Kathy Crilley (W)             | Surrey WC   | 47 | 108.803 km | 24.03.35 |
| 61. Arie Kandelaars               | OLAT        | 64 | 107.812 km | 24.03.06 |
| 62. David Vos                     | OLAT        | -- | 107.812 km | 24.03.06 |
| 63. Arie Klootwijk                | RWV         | 45 | 105.830 km | 14.55.57 |
| 64. Marcel Simons                 |             | 65 | 105.830 km | 15.39.20 |
| 65. Josef Glassee                 | Wikevorster | 64 | 105.830 km | 17.01.05 |
| 66. Peter van den Brink           | OLAT        | 64 | 105.830 km | 17.55.39 |
| 67. Carla Lukken (W)              | RWV         | 68 | 105.830 km | 22.49.55 |
| 68. Anita de Roo-van Hoof (W)     | Dortse Vier | 60 | 105.830 km | 22.51.55 |
| 69. Jurgen Mol                    | wsv Mol     | 74 | 105.830 km | 23.09.33 |
| 70. Willy Vermeulen               | RWV         | 48 | 101.894 km | 18.24.31 |
| 71. Dirk Donders                  | OLAT        | 79 | 101.894 km | 19.39.26 |
| 72. Tony Vazques Baluenga         | LTUC        | 75 | 97.958 km  | 13.34.10 |
| 73. Eddie de Leeuw                | Eurodax BEL | 69 | 90.086 km  | 12.51.55 |
| 74. Suzannah Corkill (W)          |             | 72 | 86.150 km  | 12.27.38 |
| 75. Lee Corkill                   |             | 77 | 86.150 km  | 14.48.08 |
| 76. Sailash Shah                  | Lancashire  | 64 | 86.150 km  | 14.52.31 |
| 77. Boetje Huliselan              | OLAT        | 55 | 82.214 km  | 10.20.48 |
| 78. Ap van Gelderen               | Pr. Marijke | 59 | 78.278 km  | 10.43.30 |
| 79. Daniel Lhoest                 | La Caracote | 59 | 70.406 km  | 08.33.14 |
| 80. Xabi Casillas Carcia          | LTUC        | 74 | 70.406 km  | 09.39.17 |
| 81. Gerda Stoevelaar-Engelkes (W) | LAT         | 55 | 66.470 km  | 09.30.35 |
| 82. Paul Heskes                   | RWV         | 58 | 54.662 km  | 10.58.20 |
| 83. Peter Asselman                | AC Lebbecke | 80 | 34.982 km  | 10.55.58 |

**100 Miles Walk – Continental Centurion Qualifier (23 new CC badges awarded \*)**

|                        |          |    |            |          |              |
|------------------------|----------|----|------------|----------|--------------|
| 1. Vinny Lynch         | IoMVAC   | 61 | 160.934 km | 18.48.36 | <b>428 *</b> |
| 2. Michael Bonney      | IoM      | 61 | 160.934 km | 19.52.45 | <b>429 *</b> |
| 3. Robbie Callister    | IOM Vets | 55 | 160.934 km | 20.16.10 | <b>430 *</b> |
| 4. Jantinus Meints     | RWV      | 58 | 160.934 km | 20.28.12 | 388          |
| 5. Janette Morgan (W)  | IOMVAC   | 62 | 160.934 km | 20.36.56 | <b>431 *</b> |
| 6. Frank van der Gulik | LAT      | 77 | 160.934 km | 20.46.52 | 343          |

|     |                         |             |    |            |          |       |
|-----|-------------------------|-------------|----|------------|----------|-------|
| 7.  | Richard McChesney       | Hutt Vally  | 68 | 160.934 km | 20.58.27 | 432 * |
| 8.  | Sandra Brown (W)        | Surrey WC   | 49 | 160.934 km | 21.08.28 | 131   |
| 9.  | Remy van den Brand      | OLAT        | 75 | 160.934 km | 21.15.01 | 433 * |
| 10. | Wilma Driessen (W)      | WS'78       | 66 | 160.934 km | 21.18.46 | 364   |
| 11. | Luc Van de Velde        | Wetteren    | 63 | 160.934 km | 21.40.58 | 434 * |
| 12. | David Vandercoilden     | CM Roubaix  | 69 | 160.934 km | 21.42.18 | 435 * |
| 13. | Jacques Till            | WACO        | 61 | 160.934 km | 21.42.58 | 427   |
| 14. | Sharon Scholz (W)       | AUS         | 76 | 160.934 km | 21.45.13 | 436 * |
| 15. | Justin Scholz           | AUS         | 74 | 160.934 km | 21.45.13 | 437 * |
| 16. | Bernie Johnson          |             | 82 | 160.934 km | 22.28.33 | 438 * |
| 17. | Frans Leijtens          | RWV         | 76 | 160.934 km | 22.37.38 | 256   |
| 18. | Gino Masto              | WT Beveren  | 63 | 160.934 km | 22.50.48 | 412   |
| 19. | Werner Alberts          | OMAC        | 70 | 160.934 km | 22.50.50 | 439 * |
| 20. | John Kilmartin          | AUS         | 51 | 160.934 km | 23.05.24 | 440 * |
| 21. | Tony Mackintosh         | IOM Vets    | 71 | 160.934 km | 23.06.08 | 441 * |
| 22. | Karen Lawrie (W)        |             | 73 | 160.934 km | 23.06.08 | 442 * |
| 23. | Peter Miller            |             | 74 | 160.934 km | 23.08.27 | 443 * |
| 24. | Adrie Ros               |             | 62 | 160.934 km | 23.17.21 | 416   |
| 25. | Adrie Romijn            | DAK         | 50 | 160.934 km | 23.20.20 | 444 * |
| 26. | Adrie Zoon              | RWV         | 55 | 160.934 km | 23.22.09 | 305   |
| 27. | Jos Van de Wyngaert     | Witsoonest. | 83 | 160.934 km | 23.22.58 | 445 * |
| 28. | Eric Geudens            | WSV IVAS    | 57 | 160.934 km | 23.23.18 | 446 * |
| 29. | Sven Verbruggen         |             | 67 | 160.934 km | 23.24.30 | 447 * |
| 30. | Andrew Titley           | Isle of Man | 65 | 160.934 km | 23.33.43 | 333   |
| 31. | Martin Vos              | RWV         | 69 | 160.934 km | 23.35.42 | 448 * |
| 32. | Karen Marie Brogger (W) | Walking DK  | 72 | 160.934 km | 23.39.25 | 449 * |
| 33. | Dwight de Kluijver      | KWBN        | 76 | 160.934 km | 23.42.32 | 450 * |

#### 100km Walk

|    |                           |      |    |            |          |  |
|----|---------------------------|------|----|------------|----------|--|
| 1. | Caroline Mestdagh (W)     | GAC  | 65 | 100.000 km | 13.28.35 |  |
| 2. | Jeanette van Boerdonk (W) | OLAT | 67 | 100.000 km | 15.40.24 |  |

#### 50 Miles Kennedyvriend (13 new Kennedyvriend badges awarded \*)

|     |                          |             |    |           |          |       |
|-----|--------------------------|-------------|----|-----------|----------|-------|
| 1.  | Steward Jones            | Manx Harr.  | 71 | 80.467 km | 09.47.18 | 434 * |
| 2.  | Gerard Heunks            | RWV         | -- | 80.467 km | 09.48.18 | 325   |
| 3.  | Willem Ruiters           | WS'78       | 62 | 80.467 km | 10.32.54 | 435 * |
| 4.  | Nico Gerpot              | RWV         | 65 | 80.467 km | 10.53.49 | 436 * |
| 5.  | Danny Velthuisen         | KWBN        | 92 | 80.467 km | 10.54.40 | 437 * |
| 6.  | Jajo Wit                 | LAT         | 51 | 80.467 km | 10.59.21 | 383   |
| 7.  | Peter Duijst             | WS'78       | 79 | 80.467 km | 11.07.36 | 438 * |
| 8.  | Corina Riezebos (W)      | RWV         | 65 | 80.467 km | 11.21.32 | 439 * |
| 9.  | David Gerrits            |             | 68 | 80.467 km | 11.24.41 | 440 * |
| 10. | Jeroen van den Bos       |             | 68 | 80.467 km | 11.31.28 | 441 * |
| 11. | Ronald Cuijlits          | WS'78       | 65 | 80.467 km | 11.36.02 | 336   |
| 12. | Larissa Droogendijk (W)  | RWV         | 72 | 80.467 km | 11.36.05 | 442 * |
| 13. | Arjan Lukken             | RWV         | 67 | 80.467 km | 11.36.05 | 443 * |
| 14. | Bunyamin Karasu          | KWBN        | 70 | 80.467 km | 11.47.00 | 444 * |
| 15. | Cora Spruit (W)          | WS'78       | 86 | 80.467 km | 11.55.07 | 445 * |
| 16. | Herwin Weststrate        | LAAC Twente | 84 | 80.467 km | 11.55.12 | 382   |
| 17. | Evert de Graaff          | KNBLO       | 55 | 80.467 km | 11.55.12 | 446 * |
| 18. | Aaf Peters-de Rijk (W)   | SV de LAT   | 53 | 80.467 km | 12.02.33 | 355   |
| 19. | Piet van der Kroft       | RWV         | 44 | 80.467 km | 12.18.15 | 261   |
| 20. | Rageni Goeptar-Sewnarain | WS'78       | 60 | 80.467 km | 12.47.57 |       |
| 21. | Denise Bras (W)          | KWBN        | 77 | 80.467 km | 13.01.20 |       |
| 22. | Chris Lauwen             |             | 52 | 80.467 km | 13.06.18 |       |
| 23. | Wil Ubben                | WVL Limburg | 41 | 80.467 km | 13.15.17 | 310   |
| 24. | Maarten Suidman          | Gouden Kr.  | 65 | 80.467 km | 14.12.03 | 358   |
| 25. | Jack Jaspers             |             | 70 | 80.467 km | 14.21.29 |       |
| 26. | Ludo van Wyngaert        |             | 61 | 80.467 km | 14.34.39 | 376   |
| 27. | Martin van Schooten      |             | 66 | 80.467 km | 15.28.46 |       |

### 50km Walk

|     |                               |             |    |           |          |         |
|-----|-------------------------------|-------------|----|-----------|----------|---------|
| 1.  | Matthew Haddock               | Manx Harrie | 81 | 50.000 km | 05.44.02 |         |
| 2.  | Anne van Anandel (W)          | DAK         | 90 | 50.000 km | 05.55.07 | NED Rec |
| 3.  | Patrick Demaerschalk          | SMAC        | 55 | 50.000 km | 06.09.30 |         |
| 4.  | Christophe Gontier            | ACLO        | 76 | 50.000 km | 06.19.01 |         |
| 5.  | Bas van Anandel               | DAK         | 54 | 50.000 km | 06.21.43 |         |
| 6.  | Ilonka van Bommel-van der Bas | RWV         | 72 | 50.000 km | 06.39.24 | NED Rec |
| 7.  | Bauke ten Nijenhuis           | RWV         | 35 | 50.000 km | 06.41.31 | M80 WR  |
| 8.  | Ron Kuipers                   | HPSV        | 83 | 50.000 km | 06.56.06 |         |
| 9.  | David Hoben                   | Surrey WC   | 52 | 50.000 km | 07.16.02 |         |
| 10. | Dirkjan Langerak              |             | 52 | 50.000 km | 07.30.44 |         |
| 11. | Jac van Caulil                |             | 49 | 50.000 km | 07.41.15 |         |
| 12. | Lex Meeusen                   | WSV KLU     | 79 | 50.000 km | 08.02.31 |         |
| 13. | Enrico Vermeer                | DST         | 70 | 50.000 km | 08.18.16 |         |
| 14. | Michael Klaasse               |             | 81 | 50.000 km | 08.32.40 |         |
| 15. | Joke Valk (W)                 |             | 49 | 50.000 km | 08.49.56 |         |
| 16. | Frans Valk                    |             | -- | 50.000 km | 08.49.56 |         |
| 17. | Claire van Hekken (W)         |             | 75 | 50.000 km | 09.01.50 |         |
| 18. | Patricia Boosten (W)          |             | -- | 50.000 km | 09.01.50 |         |
| 19. | Marco van Vliet               |             | 68 | 50.000 km | 09.20.01 |         |
| 20. | Joke Barendrecht (W)          | Papendrecht | 62 | 50.000 km | 09.35.44 |         |
| 21. | Wilco vd Goes                 |             | 71 | 50.000 km | 09.35.44 |         |
| 22. | Medy Reumer (W)               |             | 70 | 50.000 km | 09.35.44 |         |

And now to some photos. Firstly, we had 9 Australian Centurions at the event – **Bertus van Ginkel** (NED, C70), **Sandra de Graaff** (NED, C69), **Gerrit de Jong** (NED, C40), **Caroline Mestdagh** (BEL, C56), **Justin Scholz** (AUS, C61), **Sharon Scholz** (AUS, C63), **Rudy Schoors** (BEL, C55), **Sandra Brown** (GBR, C36) and **John Kilmartin** (AUS, C67).



For the record, Sandra, Sharon, Justin and John all completed 100 miles, Caroline won the 100km walk, Bertus and Sandra who were fresh from the hundreds in Australia last month were content to stroll through to 125.510km, Rudy was looking after a whole bevy of Belgian walkers and Gerrit was hard at work as one of the administrators.





**Sandra Brown, Justin and Sharon Scholz and John Kilmartin in action at Schiedam**



**Sharon, Justin and John celebrate as they pass the 100 mile mark and clock up another centurion badge**

**6 HEURES DE NEUILLY SUR MARNE, FRANCE, SUNDAY 15 MAY**

Thanks to Emmanuel Tardi for results and photos from the annual 6 Heures de Neuilly-sur-Marne which was held in mid May in the city near Paris where the Paris-Alsace classic starts. The race was contested over a 2.1km lap, after an initial 400m lap on the track, but it was not a fast course, with half of the lap on a non-asphalted path. The field was small with only 13 individuals and 4 teams. Local walkers Mathieu Olivares and Pascal Bunel led throughout the race and eventually finished first and second, both covering 55.0km. Isabelle Mennesson won the women's race with 50.800km in her first racewalking race. The support 2 Hour walk added 7 more teams of two and 7 individuals, including Emmanuel who finished with 17.200km. Well done Emmanuel!

**6 Heures de Neuilly Sur Marne (individuals only)**

|                     |                              |           |         |
|---------------------|------------------------------|-----------|---------|
| 1. OLIVARES Mathieu | Neuilly-sur-marne Athletisme | 55.000 km | 6:02:23 |
| 2. BUNEL Pascal     | Neuilly Sur Marne Athletisme | 55.000 km | 6:05:57 |
| 3. LABARRE Bertrand | Cs Provins Athletisme        | 55.000 km | 6:06:44 |
| 4. TOUTAIN Eric     | ASC Francophone              | 55.000 km | 6:12:04 |



|     |                        |                              |           |         |
|-----|------------------------|------------------------------|-----------|---------|
| 5.  | DIEN Daniel            | Neuilly Sur Marne Athletisme | 50.800 km | 6:04:04 |
| 6.  | MASSON Pascal          | Cm Roubaix                   | 50.800 km | 6:08:41 |
| 7.  | MENNESSON Isabelle (F) |                              | 50.800 km | 6:12:03 |
| 8.  | CASELLI Pierre         |                              | 48.700 km | 6:07:20 |
| 9.  | BIZARD Claudie         | Thiais Ac                    | 46.600 km | 6:02:37 |
| 10. | EMONIERE Philippe      | COSM Arcueil                 | 40.300 km | 6:00:48 |
| 11. | KESSELMARK Patrick     |                              | 40.300 km | 6:05:09 |
| 12. | LANDRU Noelle (F)      | As Corbeil-essonnes          | 38.200 km | 6:06:38 |
| 13. | PLAYE Alexandre        |                              | 36.100 km | 6:22:42 |
| 14. | PLAYE Christophe       |                              | 27.700 km | 3:34:30 |



The field gets underway



winner Mathieu Olivares



Pascal Bunel, Isabelle Mennesson and the 2 Hour walkers (including Emmanuel Tardi far right)

**68<sup>TH</sup> PARIS – ALSACE CLASSIC, FRANCE, 1-4 JUNE 2016**

The longest ultra walking classic on the calendar was held over 4 days from Wednesday 1<sup>st</sup> June to Saturday 4<sup>th</sup> June in France. This annual event, which has gone from Paris to Colmar in recent years, was changed for 2015 and now winds its way from the Paris suburb of Neuilly-sur-Marne to the Alsace city of Ribeauville, almost on the French German



border and in the foothills of the Vosges Mountains. Check out the event website at <http://www.marche-mythique.org/accueil.html>. And see more on the official event website <http://www.marche-mythique.org/accueil.html>.

This event was first held in 1926 and was won by French walker Jean Linder who covered the 504km in 78 hours and 47 minutes. This year was the 68<sup>th</sup> edition. If you are a history buff, check out <https://en.wikipedia.org/wiki/Paris-Colmar>. The following photo shows him after the win. To recognise his performance, many walkers wear a beret in the first stage.



### Jean Linder won the first two editions of the Paris-Colmar in 1926 and 1927

The classic started on the Wednesday evening, with 4 stages for the women (a total of 311.2km) and 3 stages for the men (a total of 425.3km). The stages this year were as follows

|   |                 |
|---|-----------------|
| The prologue of 14.6km, from Neuilly-sur-Marne to St Thibaut des vignes (men and women) | Start Wed 18:45 |
| The second stage for women was 15km, from Charly-sur-Marne to Chateau-Thierry           | Start Wed 22:15 |
| The second stage for men was 353.8km, between Chateau-Thierry and Epinal                | Start Wed 22:30 |
| The third stage for women was 222.4km long between Vitry en Perthois and Epinal         | Start Thu 16:00 |
| The final stage was 56.9km long between Plainfaing and Ribeauville (men and women)      | Start Sat 10:00 |

The main men's stage of 353.8km from Chateau-Thierry to Epinal was interrupted after 188km by a mandatory two hour break in Bar-le-Duc. Apart from that, it was 353km in one long walk, with walkers reaching Epinal between late night Friday and early Saturday morning. All walkers still in the race then met on the Saturday morning at 10am to start the last 56.9km stage which included a hill climb to an altitude of 1150m. The distance of this year's race totaled to 425.3 km and was expected to take from 52 to 65 hours.

I am sure you remember the record floods that plagued Paris in early June. That weather also followed this year's competitors in their long walk which was cold and wet, with wind and fog in the mountains. The great Russian walker **Dmitriy Ossipov** won once again (his sixth win) but only by 51 minutes, much closer than last year. French walkers **Emmanuel Lassalle**, **Jean-Marie Rousault** and **David Regy** filled the next 3 positions, followed by former Czech and now USA based **Ivo Majetic**, making a comeback to the event after a long absence. Overall, 10 men finished. It was a great return for Lassalle who was forced to retire from last year's race with heat stroke.

The women's walk was won by Russia's **Irina Poutintseva**, her 4<sup>th</sup> win out of 10 starts. Fellow Russian **Olga Borisova** was second, **Sylvie Maison** was third and GBR's **Suzanne Beardsmore** was fourth (well done Suzanne). Overall, 5 women finished their race. Emmanuel Tardi was there of course – lots of his photos are online at [https://www.facebook.com/emmanuel.tardi/media\\_set?set=a.10208238643117902.1073741901.1657411914&type=3](https://www.facebook.com/emmanuel.tardi/media_set?set=a.10208238643117902.1073741901.1657411914&type=3).

I am very excited to include a blow by blow description of the race by 5<sup>th</sup> placed Ivo Majetic. It is great reading.

After 17 years, I was back at the start of this prestigious endurance race. In the 1990s, I took part in this race four times and twice I finished in third place. Returning after so many years, preparing in a distant country and dealing with the 8 hour time difference were not easy so my main goal for the race was to finish. I relied on my seven member team, our camping car and another car.

20 of the 27 qualifiers stood at the start of the short prologue in Neuilly-sur-Marne. I walked the prologue easily in 1:26:59 at a pace of 6:00min/km. I finished fourth but this was just a short introduction to the race. The prologue was won by the main favorite, five-time overall winner, Russian Dimitriy Osipov, in 1:19:49.

It rained at the start of the main stage and the annoying never-ending rain accompanied us for the rest of the race. It was this year's trial. From the beginning, I started too fast and until 120km I alternated in the lead with Osipov. Then I visibly slowed down but I still kept a reasonable pace. Even with a decreasing pace, I still walked the initial 100 miles in 19:53, which did not seem too bad. Shortly after that I was passed by Regy, Rouault and Lassalle within 30 minutes and I dropped back to fifth place. As I was tiring, I started to look forward to the two hour break with the pleasant thought of a well deserved rest in a horizontal position. I walked the initial 188.6km in 23:58:19 so I set my personal best for 24 hours for year 2016. But the harder part of the race was just to come.

I left the break at about 45 minutes past midnight so I still had most of the night in front of me. Although I came out partially refreshed, I soon had to face a very uncomfortable sleep crisis. My support team was doing their best but the situation was getting hopeless. I fought the crisis for 5 hours. Belief in reaching the finish line was diminishing fast. The tremendous work of my team and my desire to keep walking this famous race turned to success and I managed to stay on the course. Unfortunately, I had lost 3 hours to the leader Osipov and over 1.5 hours to Regy on fourth place. At the same time, other walkers were closing the gap from behind, led by Eddy Roze. During Friday, sunshine peeked through dark clouds couple times but rain always unpleasantly showered us. I was nearing the end of the main stage but was very worried about the upcoming third night. Sleep deprivation was pretty cruel to me. My team had a very hard time supporting me mentally, feeding me and keeping me at a reasonable pace. Finally we reached Epinal in fifth position at 2:55am on the Saturday morning, 1:15 behind fourth placed Regy.

7 hours later, at the start of the final 56km hilly stage, we were greeted by unpleasant heavy rain. The climb to an altitude of 1150m was strenuous but I did it fine. Then we had to walk down on our tired legs to the Alsace lowlands and head to the finish line in the spectacular city of Ribeauville. Crossing the finish line, I was tired but happy and proud of myself that I finished this marvellous race again - after so many years absence. My final time of 59:03:49 was good enough for fifth overall place with an average speed of 7.2 km/h. Russian Dimitriy Osipov won the race for the sixth time, young Emmanuel Lassalle finished in second place 50 minutes behind Dimitriy, and Jean-Marie Rouault, this year's French 24 Hour walk champion, finished third another 4 hours behind. Only 10 walkers reached the finish city.



**Ivo (19) walking with Florian Letourneau in the early stages of the classic (photo Emmanuel Tardi)**

### Paris-Alsace, Men, 425.3km

|     |                      |     |          |
|-----|----------------------|-----|----------|
| 1.  | OSIPOV DIMITRY       | RUS | 52:08:39 |
| 2.  | LASSALLE EMMANUEL    | FRA | 52:59:35 |
| 3.  | ROUAULT JEAN-MARIE   | FRA | 57:02:12 |
| 4.  | REGY DAVID           | FRA | 58:12:21 |
| 5.  | MAJECTIC IVO         | USA | 59:04:19 |
| 6.  | BUNEL XAVIER         | FRA | 61:28:07 |
| 7.  | LETOURNEAU FLORIAN   | FRA | 61:52:07 |
| 8.  | GILLES PHILIPPE      | FRA | 61:56:51 |
| 9.  | ROZE EDDY            | FRA | 62:09:26 |
| 10. | KERLAU YVES-MICHEL   | FRA | 64:00:00 |
| 11. | FORESTIERI ALEXANDRE | FRA | 316.8 km |
| 12. | BIEBUYCK PASCAL      | BEL | 200.1 km |
| 13. | LOUGRADA SAADI       | FRA | 175.0 km |
| 14. | VANDENDAUL DANIEL    | BEL | 175.0 km |
| 15. | HUART GILLES         | FRA | 86.0 km  |
| 16. | OLIVARES MATHIEU     | FRA | 38.6 km  |
| 17. | MASSON PASCAL        | FRA | 38.6 km  |
| 18. | DIEN DANIEL          | FRA | 38.6 km  |
| 19. | CHATILLON NICOLAS    | FRA | 38.6 km  |
| 20. | VARAIN CEDRIC        | FRA | 14.6 km  |

### Paris-Alsace, Women, 311.2km

|    |                         |     |          |
|----|-------------------------|-----|----------|
| 1. | POUTINTSEVA IRINA       | RUS | 42:57:06 |
| 2. | BORISOVA OLGA           | RUS | 43:20:19 |
| 3. | MAISON SYLVIE           | FRA | 45:03:06 |
| 4. | BEARDSMORE SUZANNE      | GBR | 49:30:55 |
| 5. | BIZARD CLAUDIE          | FRA | 50:09:12 |
| 6. | SALOMEZ BENEDICTE       | FRA | 235.6 km |
| 7. | BERTHAULT-KORZHYK ANNIE | FRA | 203.2 km |
| 8. | BIZARD EMILIE           | FRA | 29.6 km  |



Dmitry Osipov, Emmanuel Lassalle and Jean-Marie Rouault (photos Emmanuel Tardi)





Suzanne Beardsmore (35), Irina Poutintseva (31), Olga Borisova (32) and Sylvie Maison (33)

### SRI CHINMOY 24 HOUR TRACK CHAMPIONSHIPS, CAMPBELLTOWN, NSW, 18-19 JUNE

I spent the weekend of 18-19 June 2016 at the Campbelltown Sports Centre in Sydney, where I was helping some of the competitors in this year's annual Sri Chinmoy 24 Hour Track Championships. With 24 Hour, 12 Hour and 6 Hour options on offer, the overall field was large (over 60) and the racing was fantastic as usual. Heavy rain and floods were forecast for Sydney on Sunday but luckily the front held off until the afternoon so we were spared additional angst.

Race report and photos at <http://au.srichinmoyraces.org/events/24hour/previous-results/2016>. While I won't give all the results (you can check that for yourself at <http://my4.raceresult.com/56722/results?lang=en>), I will zoom in on the performances which will be of interest to the walking community.

Firstly, we had 3 of our Australian centurion walkers in action.

- **Sharon Scholz (C63)** was in action in the run and won the women's section and was second overall with a huge 201.931 km. With that performance, Sharon has qualified for the Australian team which will contest the 2017 24 hour World Championships in Belfast in July next year. Fingers crossed that it all goes according to plan between now and then.
- **Anyce Melham (C65)** was in action in the run, clocking up 166.720km. Now that may not be significant as a 24H run except when you consider the fact that Anyce's first ever 24 Hour run was in the 1984 Sri Chinmoy Australian Championship where he finished 16<sup>th</sup> with 163.768 km. Since then he has amassed the enviable record of completing 29 of the Australian Sri Chinmoy 24 Hour Championships - a remarkable achievement - 1984-1987, 1989, 1990, 1992-1997, 1999, 2000, 2002-2016. And one of those (2014) was a walk performance, where he qualified as an Australian Centurion. Wow!
- **Justin Scholz (C61)** was in action as a walker and the 100 mile mark was never in doubt as he powered through 52.4km in the first 6 hours and just kept going. His 100 mile time was **20:42:55** and he then called it quits, job done. This is his 8<sup>th</sup> centurion effort and comes alongside a very successful parallel career as an ultra runner. If all goes to plan and Sharon makes the Australian 24 Hour team next year, they will travel to Belfast where Sharon will run the 24H, then they will cycle through GBR before they both walk the English Centurions qualifier. Now that's a pretty neat idea!

And we had a number of other walkers in action in one capacity or other.

- Regal racewalker **Robert Osborne** swapped his walking shoes for his runners, clocking up 100.4km in the run, a good followup from his 20 Mile walk finish at last weekend's LBG Carnival in Canberra.
- Ultra walkers **David Attrill** (130.000km), **John Timms** (100.400km) and **Louis Commins** (42.400km)

rounded out the 24 Hour walk field and **Ron Schwebel** (40.529km) and **Val Chesterton** (35.626km) both walked in the 6 Hour event, all putting in good efforts. Special note in particular for 69 year old David who walked superbly for his 130km. His last ultra walk of note was in 2007 when he completed 140.9km at Coburg. He showed that he has lost little of that form in the intervening 9 years.

And here are the first 3 men and women overall, along with the results for those mentioned above.

| <b>Sri Chinmoy 24 Hour</b> |                              | <b>6 Hours</b> | <b>12 Hours</b> | <b>18 Hours</b> | <b>24 Hours</b> |
|----------------------------|------------------------------|----------------|-----------------|-----------------|-----------------|
| 1.                         | Malcolm Gamble               | 61.2           | 120.4           | 173.6           | 222.656 km      |
| 2.                         | <b>Sharon Scholz (C63)</b>   | 60.0           | 112.4           | 159.6           | 201.931 km      |
| 3.                         | Stephen Redfern              | 66.4           | 119.6           | 161.2           | 196.575 km      |
| 4.                         | Donna Urquhart               | 59.2           | 106.8           | 150.0           | 192.530 km      |
| 5.                         | John Yoon                    | 59.6           | 102.4           | 148.0           | 185.916 km      |
| 6.                         | Kristy Lovegrove             | 58.4           | 104.0           | 139.2           | 175.327 km      |
| 7.                         | <b>Anyce Melham (C65)</b>    | 50.0           | 93.6            | 132.0           | 166.720 km      |
| 9.                         | <b>Justin Scholz (W C61)</b> | 52.4           | 98.8            | 141.6           | 161.600 km      |
| 13.                        | <b>David Attrill (W)</b>     | 38.0           | 69.2            | 99.6            | 130.000 km      |
| 25.                        | <b>John Timms (W)</b>        | 37.2           | 65.6            | 91.2            | 110.400 km      |
| 27.                        | <b>Robert Osborne</b>        | 43.2           | 81.6            | 100.4           | 100.400 km      |
| 34.                        | <b>Louis Commins (W)</b>     | 41.6           | 42.4            | 42.4            | 42.400 km       |

| <b>Sri Chinmoy 6 Hour</b> |                           | <b>6 Hours</b> |
|---------------------------|---------------------------|----------------|
| 15.                       | <b>Ron Schwebel (W)</b>   | 40.529 km      |
| 16.                       | <b>Val Chesterton (W)</b> | 35.626 km      |



**Left: Justin on his way to 100 mile walk number 8**  
**Right: Justin and Sharon Scholz with their trophies on Sunday – mine's bigger than yours!**

### 104<sup>TH</sup> PARIS WALK, ISLE OF MAN, 18-19 JUNE

The Manx Telecom Parish Walk is a walking race that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. The biggest walking event in the Isle of Man, it is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is enforced, and there are cut-off times for reaching each stage. Only a small number of walkers complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish. You can read much more about it at [https://en.wikipedia.org/wiki/Parish\\_Walk](https://en.wikipedia.org/wiki/Parish_Walk).

This year some 1400 walkers started the challenge and an amazing 155 finished the full 85 very hilly but picturesque miles within the 24 hour cutoff. Overall, local walker **Richard Gerrard** won for the third year in succession on

Saturday evening, completing the walk in a time of 15:31:43, outside his 2014 race record but nearly 15 minutes quicker than anyone else. **David Walker** was second with 15:56:10, with **Karen Chiarello** completing the podium in just over 16 hours, claiming the women's title and recording the second fastest ever time by a woman. The first 30 places are shown below. All finishers at <http://www.parishwalk.com/>. Lots of race info at <http://www.manxathletics.com/Blog/>. Photos at <http://www.parishwalk.im/>.

| Pos.  | Name             | Time     | Previous best | Improve  | Finishes |
|-------|------------------|----------|---------------|----------|----------|
| 1st   | Richard Gerrard  | 15:31:43 | 14:40:08      |          | 9        |
| 2nd   | David Walker     | 15:56:10 | 15:39:16      |          | 6        |
| 3rd   | Karen Chiarello  | 16:00:03 | 17:01:31      | 01:01:28 | 3        |
| 4th   | Liam Parker      | 16:16:13 | 16:34:44      | 00:18:31 | 5        |
| 5th   | Jock Waddington  | 16:48:48 | 15:01:48      |          | 10       |
| 6th   | Terry Moffat     | 16:57:47 | 16:03:41      |          | 10       |
| 7th=  | Stephen Corkill  | 17:00:05 | 16:59:35      |          | 6        |
| 7th=  | Noel Ash         | 17:00:05 | 18:38:32      | 01:38:27 | 5        |
| 9th   | Brian Kelly      | 17:08:21 | 16:56:27      |          | 5        |
| 10th  | Emma Shilling    | 17:16:15 | 18:23:14      | 01:06:59 | 6        |
| 11th  | Adam Killip      | 17:30:40 | 17:41:22      | 00:10:42 | 5        |
| 12th  | Andrew Dawson    | 17:36:36 | 16:52:55      |          | 4        |
| 13th  | Robert Currey    | 17:44:36 | 17:26:31      |          | 3        |
| 14th  | Stewart Jones    | 17:49:35 | 18:36:28      | 00:46:53 | 5        |
| 15th  | James Quirk      | 17:56:30 | First finish  |          | 1        |
| 16th  | Juan Readshaw    | 17:58:06 | 19:13:14      | 01:15:08 | 6        |
| 17th  | Richard Leigh    | 18:12:54 | 20:37:15      | 02:24:21 | 2        |
| 18th  | Jane Mooney      | 18:18:15 | 17:26:36      |          | 4        |
| 19th= | Lee Johnson      | 18:26:12 | 21:48:35      | 03:22:23 | 2        |
| 19th= | Bernie Johnson   | 18:26:12 | 20:04:40      | 01:38:28 | 5        |
| 21st= | Karen Lawrie     | 18:30:16 | 17:53:10      |          | 6        |
| 21st= | Tony Mackintosh  | 18:30:16 | 17:53:10      |          | 4        |
| 23rd  | Kathryn Clough   | 18:38:23 | 19:36:19      | 00:57:56 | 4        |
| 24th  | Jayne Farquhar   | 18:39:53 | 20:35:38      | 01:55:45 | 4        |
| 25th  | Derek Moultrie   | 18:43:50 | First finish  |          | 1        |
| 26th= | Stephanie Quayle | 18:53:28 | 18:05:08      |          | 5        |
| 26th= | Chris Cale       | 18:53:28 | 16:43:22      |          | 14       |
| 28th  | Andrew Titley    | 18:55:02 | 16:50:51      |          | 15       |
| 29th  | Louise Duncan    | 18:55:23 | 19:44:53      | 00:49:30 | 3        |
| 30th  | Gabriel Farmer   | 19:00:37 | 22:57:34      | 03:56:57 | 3        |



Winners Richard Gerrard and Karen Chiarello (photos <http://www.manxathletics.com/Blog/>)



## CENTURION HONOUR BOARD AND MEMORABILIA UPDATES

Our honour board has now been updated to reflect our 3 new 2016 centurions – and it looks fantastic. You will notice that it is now full but don't worry – we have a new board ready for 2017!

And while talking about club possessions (which we might call memorabilia), another new item for us. The 1971 Australian Centurions qualifying event at the Edwards Lake Athletics Track in Reservoir proved a memorable one with centurion performances by Jim Gleeson, Clarrie Jack and Stuart Cooper. But it was Jim's performance which set the standards which have withstood the test of time. In atrocious conditions, he powered through without stopping to reach the 100 miles mark in 18:33:58 (a record that would stand until 1979), before continuing on for the full 24 hours to set our current Australian 24 Hours Walk record of 122 miles 215 yards (196.490km).

After his death, his widow Gladys generously donated his centurion badge back to the club and I have had it mounted here as a lasting memorial to Jim's performances on the track.

Alas we don't have a permanent home for all our trophies and honour boards and memorabilia so I look after them. You can check them out at <http://www.centurions.org.au/gallery/thumbnails.php?album=4>.



## FINANCIAL NEWS

Quite a few payments to complete the costs associated with our annual centurion qualifying event at Coburg and our bank balance remains healthy, thanks to our many supporters.

|                    |   |                  |
|--------------------|---|------------------|
| <b>Income</b>      | Donation – Peter Crump                              | + 50.00          |
| <b>Expenditure</b> | Keyhole Engraving – Centurion trophies              | - 75.00          |
|                    | V.F. Trainor – perpetual trophy engraving           | - 40.00          |
|                    | Officeworks – glossy paper for certificate printing | - 27.23          |
|                    | Hansen Signwriting – Honour Board Update            | - 209.00         |
|                    | Postage   | - 38.65          |
|                    | Picture Frames (memorabilia additions)              | - 11.00          |
|                    | RWA yearly affiliation fee                          | - 104.00         |
| <b>Balance</b>     |   | <b>\$1108.22</b> |

**UNTIL OUR NEXT NEWSLETTER**

Another bumper edition with lots of our Australian Centurions in action around the world. It's a cold winter's day here in Melbourne as I put the finishing touches to this newsletter but a bit of adverse weather never keeps a keen walker indoors. I wish everyone all the best and hope thaty you also have a chance of putting the shoes on today and walking a few miles.

Yours in Centurion walking

Tim Erickson (C 13)  
1 Avoca Cres, Pascoe Vale, Victoria, Australia, 3044