

CENTURION FOOTNOTES

OCTOBER 2014 – VOL 21 NUMBER 7

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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 AURA calendar shows quite a few ultra events that may suit serious ultra walkers – check it out at <http://www.aura.asn.au/events.html>. Some key races follow.

Oct 26, 2014	Ned Kelly Chase 100km	Wangaratta, VIC
Dec 6-7, 2014	Malaysian 12 Hour Walk See http://www.racewalkermalaysia.com	Seremban, Malaysia
Sun Feb 1, 2015	Hong Kong 12 Hour and 6 Hour Walks See http://www.ultramarathon.hk/page/events/2015.php	Hong Kong, HK
Sun Mar 18, 2015	Coburg 6 Hour Championships See http://www.coburg24hr.org	Coburg, VIC
Apr 6-12, 2015	2015 ANZAC Ultra See http://www.anzacultra2015.com	Canberra, ACT
Apr 18-19, 2015	Coburg 24 Hour Carnival and AURA Championship Incorporating 2015 Australian Centurions 24H qualifying walk. See http://www.coburg24hr.org	Coburg, VIC
June 15, 2015	Fotrally (see www.fotrally.se)	Stockholm, Sweden

A special plug for the **Ned Kelly Chase** which will be held on October 26th in Wangaratta in country Victoria. Michelle Thompson and I competed in it last year and loved it so much that we have marked it in our 2014 calendars as well. Organised by fellow centurions Justin and Sharon Scholz, it is an event for ultra athletes, put on by ultra athletes. There are many options (100km or 50km or various relay options). Check it out at <http://www.nedkellychase.com.au/>.

With our 2014 Australian Centurions 24 Hour event now completed (see later in the newsletter), 2015 will see us back at Coburg for a track qualifying opportunity on the weekend of 18-19 April 2015. Entries can be done online via their website at <http://www.coburg24hr.org>.

HONG KONG HOSTS ITS FIRST ULTRA DISTANCE WALK

Thanks to Bill Purves of Hong Kong for letting us know that Hong Kong will be holding 6 Hour and 12 Hour ultra-distance walks in conjunction with their inaugural Hong Kong 24 Hour ultra marathon run, to be staged on the weekend of 31 January - 1 February 2015. Most of the information is in Chinese, but these two webpages present the most important details in English

- Event information: <http://www.ultramarathon.hk/page/events/2015.php>
- Registration is open: http://bao-ming.com/eb/www/activity_content.php?activitysn=490&contentsn=2050

Bill comments: Please encourage your athlete friends (especially racewalkers, but runners too) to sign up.

The ultra walks will be co-organised by Hong Kong Racewalking Association and are scheduled as follows

- 12 hours Race Walking 1 Feb, 2015 0800 – 2000 hrs
- 6 hours Race Walking 1 Feb, 2015 1400 – 2000 hrs

It's the coolest part of the year in Hong Kong with daytime temperatures in the low twenties so hopefully conditions won't be too tough.

OUT AND ABOUT

Geoff Hain (C 49) and his wife Annie continue to travel the world. I received an email in late August advising that they were in Iceland and enjoying some spectacular sights and scenery, not to mention the current threat of significant volcanic action.

I mentioned in the last newsletter that Rudy Schoors and Caroline Mestdagh had walked the Flanders Fields WWI commemorative walk in August. Fellow Australian centurion **Eddy Goeman (C 60)** also participated and his wife Christa tells me that he was overwhelmed by all the places that keep alive the memory of the First World War. The organisers are planning this walk again in 2016 and again in 2018 so there are another couple of opportunities to participate. On the weekend of 12 September, Eddy was in action again in Holland participating in the 110km "From Zeewolde to Zeewolde" walk. By the end of this year, he will have finished 20 races of 100km or more. Great effort Eddy!

Sue Clements (C 35) and **Sandra Brown (C 36)** joined their Dutch friends to walk the 49th Nijmegen to Rotterdam 100 miles on the weekend of 20-21 September. It is a group walk that is organised by Dutch walking club RWV and is premised on a walking speed of 7.0 km/h although higher or lower speeds are not excluded. The organisers are committed to have all participants finish so there are café-rest stops approximately every 20 km where the faster walkers wait until all the group has arrived and then they are off again. This year 74 walkers participated and 67 of them finished the full distance. What a fantastic feat!

VWRC / AUSTRALIAN CENTURIONS 24 HOUR WALK, MIDDLE PARK, 4-5 OCTOBER 2014

The weekend of 4-5 October 2014 saw the annual Australian Centurions 24 Hour walk, hosted once again by the Victorian Race Walking Club at Middle Park in inner Melbourne. Alas, the fields were disappointingly small (3 in the 24 Hour, 1 in the 12 Hour and 4 in the 6 Hour) but those who did turn out were well prepared and ready to race!

The gun, which was fired at midday on Saturday, signalled the start for our 24 Hour entrants (Terry and Karyn O'Neill and Saul Richardson) and our sole 12 Hour entrant (Michelle Thompson). Unfortunately, they had to endure a long afternoon of very blustery and hot conditions, with the temperature peaking around 30°C, and it was not until early evening that the weather abated and the cooler night time hours offered some relief. The 6 Hour walkers (John Kilmartin, Clarrie Jack, Steve Jordan and Ken Carter) joined the fray at the 18 hour mark, walking the final 6 hours of the event on Sunday morning and finishing when the final gun was fired at midday on the Sunday.

It takes a lot of people to run such an event so special acknowledgement to the long list of VRWC helpers - Bill and Heather Carr, Damien Elms, David Armstrong, David Cash, David Smyth, Duncan and Christian Knox, Ian Laurie, Liz Feldman, Mark Donahoo, Marlaine Stanway (thanks for breakfast Marlaine!), Michael Bodey, Peter Vysma, Ralph Bennett, Sandra Geisler, Simon Baker, Stuart Cooper, Stuart Kollmorgen, Susan and Lucas Taylor, Terry and Kyle Swan and Tony Doran . It is a big list indeed!

First to the results - full lapsplits are available at http://vrwc.org.au/wpl/?page_id=261, thanks to Ralph Bennett.

24 Hour Walk

1.	Karyn O'Neill (C 45)	VIC	133.750 km
2.	Saul Richardson	NSW	100.000 km
3.	Terry O'Neill (C 18)	VIC	72.500 km

12 Hour Walk

1.	Michelle Thompson (C 58)	VIC	101.660 km
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6 Hour Walk

1.	Clarrie Jack (C 4)	VIC	50.952 km
2.	John Kilmartin	VIC	50.567 km
3.	Ken Carter	VIC	25.874 km
4.	Steve Jordan (C 64)	VIC	17.455 km

Racewalking Australia 100km Championships

1.	Michelle Thompson (C 58)	VIC	11:48:14
2.	Karyn O'Neill (C 45)	VIC	15:55:30
1.	Saul Richardson	NSW	17:37:23

And now to a report from our Australian Centurions president Terry O'Neill (C 18)

As President of the Australian Centurion Walkers, I would like to thank Tim Erickson for his hard work in hosting this event. Although the numbers were small the event still went ahead, mainly due to Tim's dedication, but also a big thanks must go to the many VRWC members and helpers like Peter Vysma, Ralph Bennett, Stu Cooper, Terry Swan, Ian Laurie, Michael Bodey, Marlaine Stanway and Simon Baker. There were many others also who came along and helped out with the running of this event. My thanks to you all.

The conditions at the start did not favour the walkers what with the temperature rising and a very strong wind to contend with. The highlight for me was **Michelle Thompson** in the 12 Hour walk. She set a conservative pace at the start but when the temperature cooled she kept powering on to record a distance of 101.66km for the 12 hours - a fantastic achievement.

The 6 Hour walk saw a classic tussle between **John Kilmartin** and **Clarrie Jack**, nothing separating them for 4 hours until John had to have a pit stop. Clarrie saw his opportunity, put the pace on, built a handy lead and held it to the finish. He had everyone fooled - believing he had not done much training, we were all expecting him to slow down towards the finish but the seasoned campaigner was still increasing his lead at the end. Both Clarrie and John walking in excess of 50 km and it was a PB For John. **Ken Carter** was a finisher as usual and it was great to see **Steve Jordan** fronting up to support the event after very serious health issues.

The 24 Hour event saw only 3 competitors, all regular ultra walking supporters - **Terry O'Neill**, **Karyn O'Neill** and **Saul Richardson**. Terry built a handy lead early but conditions, combined with a very tight back and stomach problems, forced him to slow and he had to retire after 10 hours. Karyn and Saul continued to brave the strong winds, both going through their own difficult stages. Saul was content to complete 100km and then retired, just before the 16 hour mark. leaving Karyn from then on as the sole 24 Hour walker still on the track. She also had to have time off but gallantly returned to the track in the final hours to build a few more kms. In the finish it was Karyn who was the overall winner with 133.75km ahead of Saul with 100.00 km and Terry with 72.50km.

The event also saw the annual Racewalking Australia 100km walk championships which were won this time around by Michelle Thompson and Saul Richardson.

Terry O'Neill (C18)
President, Centurion Race Walkers.

Thanks to Terry Swan for his photos (see <http://www.vrwc.org.au/coppermine/thumbnails.php?album=186>)



Michelle Thompson, Karyn O'Neill, Saul Richardson and Terry O'Neill (photos Terry Swan)



John Kilmartin and Clarrie Jack (photo Tim Erickson)

28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 20-21 SEPTEMBER

On the Saturday evening of the 28 Heures de Roubaix, Emmanuel Tardi drove to the northern France city to watch a little of the traditional 28 Hours classic. This is a huge ultra walk which draws competitors from throughout Europe. On this occasion, Hungarian triple Olympian Zoltan Czukor kicked out from the start and was in control for most of the race. He passed the 100km mark in 10:23:04, some 45 minutes ahead of Russian ultra specialist Dmitriy Ossipov. However, he had to leave the track around the 20 hour mark, eventually giving up his lead to Ossipov who powered home to win with 230.909km, over 7km clear of Czukor. The women's race was won by French walker Maggy Labyllle with the excellent mark of 205.189km.

1.	OSSIPOV Dmitriy	Ind St Petersburg	230.909 km
2.	CZUKOR Zoltan	Komboi-banyasz	223.195
3.	RAULET Christophe	Ga Meusien	217.111
4.	LHOEST Daniel	Wareme Athle C O	216.813
5.	THIRIOT Louis	Asm Bar-le-duc	215.489
6.	KERLAU Yves-michel	Cm Roubaix	205.837
7.	LABYLLE Maggy (F)	Ac Bouillante	205.189
8.	VARAIN Cedric	Ac Chateau Thierry	204.314
9.	LYKYANOV Sergey	Ind St Petersburg	202.381
10.	DUBOSCQ Daniel	Pass Running	201.804
11.	POUTINSEVA Irina (F)	Ind St Petersburg	201.182
12.	GUILLEMANT Franck	Cm Roubaix	200.687
13.	MASLOVA Tatiana (F)	Etoile Baltique	200.003
14.	OBYDOL Yvan	Etoile Morne-a-l'eau	199.195
15.	BUNEL Pascal	Neuilly Sur Marne Athletisme	198.998
16.	LAILLER Patrick	Asptt Tours	194.071
17.	LOUGRADA Saadi	Cm Roubaix	191.782
18.	MCCHESNEY Richard	Hutt Valley Harriers	186.069
19.	KONDRATENKO Aleksei	Ind St Petersburg	182.201
20.	SEYNAEVE Serge	Cm Roubaix	181.163
21.	SONNOIS Martine	Racing Club Haut-jura Morez	181.159
22.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	180.809
23.	PICOT Grard	Rando Monfermeil	174.521
24.	BORISOVA Olga	Tarentul St Petesbourg	172.992
25.	BIZARD-PLANCHOT Emilie	Thiais Ac	171.583
26.	DANDROY Jeremy	Cm Roubaix	170.531
27.	PECOURT Jean-michel	Us Camon	170.231
28.	THEVENIN Pascal	Marne Et Gondoire Athletisme	169.771
29.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	169.639

30. WALLEYS Jean	Earp Romans	169.605
31. PSUTKA Roman	B.k.capartice	165.596
32. MASSON Pascal	Essonne Athletic	163.630
33. DIALLO Aida	Toulon Ec	163.458
34. CHABIN Frederic	Essonne Athletic	161.033
35. MIROSHNICHENKO Vera	Ind St Petersburg	160.589
36. PRUCKNER Jaroslav	S.k.bradlec	160.204
37. PEREVALO Iryna	Neuilly Sur Marne Athletisme	159.242
38. EMONIERE Philippe	Cosm Arcueil	152.100
39. SALOMEZ Benedicte	Neuilly Sur Marne Athletisme	150.494
40. DUBOIS D'ENGHIEN Catherine	Essonne Athletic	147.441
41. BIZARD Claudie	Thiais Ac	145.216
42. RASSAIND Andre	Ea Centre Isere	144.852
43. ELIEZER Jocelyn	Ac Bouillante	144.738
44. HAUSMANN Martina	L.g Wurzburg	142.416
45. BEARDSHORE Suzanne	Abingdon A.c	140.597
46. MACHAL Francis	Cm Roubaix	138.703
47. BERTHAULT-KORZHYK Annie	As Culturelle Francophone	136.742
48. MONSIK Serguey	Neuilly Sur Marne Athletisme	133.990
49. LOUKKAD Karim	Club Athletique Quevillais Cou	107.267
LASSALLE Emmanuel	Athletic Vosges Entente Clubs	142.441
ROZE Eddy	Amiens Uc	130.315
DE MARCILLAC Bertrand	Ca Montreuil 93	130.315
HASSEVELDE Sebastien	Cill Armentieres	127.283
BOVIN Laurent	A Marcheurs St Thibault Des Vi	118.189
BOUFFLERT Eric	Ga Basse-seine Bolbec*	103.031
LOMBARD Fabien	Asm Bar-le-duc	100.000
BIEBUYCK Pascal	Ath	87.874
MAGNIER Joel	Cm Roubaix	60.590
FAUQUEUR Raymond	Entente Littoral Athletisme No	57.559
DUJARDIN Bernard	Cm Roubaix	54.527
DIEN Daniel	Neuilly Sur Marne Athletisme	45.433



Zoltan Czukur, Maggy Labyllle and Kevin Campion (photos Emmanuel Tardi)

NZ CENTURIONS 24H QUALIFYING EVENT, AUCKLAND, NZ, 27-28 SEPTEMBER 2014

The New Zealand Centurions partnered with the NZ Sri Chinmoy Assn to stage their annual qualifier in late September in Auckland. Alas, although there were plenty of good running performances, there was very little walking presence that I could see. Full results at <http://nz.srichinmoyraces.org/aksept14>. **Justin Scholz (C 61)** was in the mix as a runner, calling it quits after 101.200km covered. See <http://nz.srichinmoyraces.org/races/auck/24hr> for full event details.

ADELAIDE 6 DAY AND 48 HOUR ENDURANCE RACES, ADELAIDE, SA, 29 SEPT - 4 OCT

The last 6 Day Race to be held in Australia was in Colac in 2006 and it was then retired after 24 years of racing (it was first staged in 1983). We have been waiting some 8 years for another such opportunity and the South Australian Road Runners rose to the occasion and staged one in Adelaide last weekend (see http://sarrc.asn.au/Adelaide_6_Day_race). The event was held on a 1.13km bitumen loop in the South Adelaide Parklands, just south of the CBD. Apart from the traditional 6 Day, the organisers also put on a 48 Hour event which was held on the final two days of the 6 Day event. We had a couple of our Australian centurions in action as runners so a quick report is warranted.

South Australian **David Billett (C 50)** competed in the 2005 Colac 6 Day, finishing 9th with an inaugural run of 602.40km. This time around, he improved to 631.670km and took third place. Conditions were tough with warm weather for a number of days, meaning that overall distances were down across the board. **John Timms**, a regular in our centurion walks in recent years, also showed wonderful resilience to finish the gruelling 6 day run, coming 8th with 462.170km. At 72 years of age, John must have been the oldest runner in the elite field and he did himself proud. And finally, **Barry Loveday (C 62)** won the 48 Hour run comfortably with 302.840km. Barry had been intending to walk but a recent niggling foot injury meant a late change of plans and a run instead. Powering through the first 24 hour with 210km, he was on target for a huge distance but was forced to stop early with back issues. Hopefully it is a temporary hiccup for Barry who has had a wonderful last few years from both run and walk perspectives.

6 Day Run

3.	David Billett (C 50)	SA	631.670 km
8.	John Timms	VIC	462.170 km

48 Hour Run

1.	Barry Loveday (C 62)	VIC	302.840 km
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LINK TO A WONDERFUL ARTICLE ON EDWARD PAYSON WESTON

Some years ago, I wrote a short article on the great American ultra distance walker Edward Payson Weston (see <http://www.vrwc.org.au/tim-archive/articles/wo-edward-weston.pdf>). I came across another great biographical article on the web a little while ago so produce the link here for readers to peruse. See <http://www.sportingintelligence.com/2010/03/21/the-worlds-greatest-walker-ultra-marathons-victorian-pioneer-and-coke-210302/>.

FOCUS ON PETER CRUMP, OUR MOST RECENT MEMBER

Peter Crump (C 66)

23:39:40

Middle Park, Melbourne, Victoria

14-15 September 2013

When Peter Crump finally crossed the finish line at Middle Park in September 2013, he became Australian Centurion number 66. The last of six centurion finishers in that race, he had walked an excellent first half, covering 93.224km at the 12 hour mark, so he had only just over 64km to go and 12 hours in the kitty. Sounds easy! If only life were so simple. He hit the proverbial wall around the 19 hour mark and had to dig deep in the final 5 hours of the event, eventually reaching his 100 mile target in a time of 23:39:40. His performance against the odds was so impressive that he was awarded the Jack Webber Trophy for the gutsiest walk of the meet. It was a well deserved honour.

Finally I am able to add a short biography of Peter to the website, to sit alongside all our other Australian Centurion, on webpage <http://www.centurions.org.au/centprof.shtml>. I hope you enjoy the read. Thanks for your input Peter!

Born in England in October 1960 and migrating to Australia with his family in 1967, athletics was not an activity that Peter aspired to. As a youngster in Sydney, soccer was the main sporting activity until University, when hockey became an interest.

At the time of starting work in Sydney (1980), fun runs, half marathons and marathons were at their peak of participation, and his first tilt at distance was the 1984 (Olympic Trial) Canberra marathon (3:17:26). On the tail of that, Peter moved from Sydney to Adelaide, where he has lived since (aside from a brief return to Sydney for 2 years from 1989 to 1991), and completed a further 5 marathons (PB 3:07:24) before children caused a suspension of activity.

On returning to Adelaide in 1991, his brother-in-law persuaded him to join the St Peters Old Collegians Athletics Club and to participate as distance runner for the club over 3,000, 5,000 and 10,000 metres. At that time, track and field athletics was strong in Adelaide, and Peter was generally a “reserve” competitor, with the club having great depth across all disciplines. Peter watched the racewalks with interest, but only took the event up at a time the club when was aspiring to win the final series and needed to field full numbers in all events. “I’ll give it a go”, were his final words before he started out on his race walking venture.

It was an inglorious start, as Peter had not undertaken any formal coaching and proceeded to “goose step” (legally but most inconveniently) for the majority of the 5,000 metres. Many who were there still look back at that as an “interesting start” to Peter’s race walking career.

As any mature age athlete knows, it is difficult balancing family, job and athletic pursuit (training and competing) and for a number of years, Peter’s walking participation was a weekly event, with no formal training or endurance work to support it.

And so it continued until 2007, when after much persuasion, Peter joined the South Australian Race Walkers Club and commenced competing in their winter competition, starting to train as a race walker, undertaking a number of sessions each week with gradually increasing distances – endurance training.

This training progressively paid off and Peter’s times over the winter racing distances steadily improved, some seasons being better than others for times. Over the next few years, Peter developed an interest in national competition, representing the SARWC at the national winter (20km) road walking championships, as well as the main race walking carnival, the “LBG”, over the 20 mile distance. Clearly more suited to distance than the shorter events, Peter enjoys the sense of rhythm that can be attained in a longer event.

While the times were never world (or even State) beaters, they were good enough for Peter to feel a sense of achievement, and his PBs were generally around the high 70% of world age ranking. But participating in the 20km and 20 mile national events were not enough, as the elite walking distance of 50km was an interesting proposition, not for any attempt at national qualifying, but rather for personal attainment. It took a few years of forward planning and a modest training regime (by elite standards) for Peter to front for the 2010 Australian 50km championships. It was a good year to participate, as there were only three finishers (of 4 starters), Peter being the third, in a time of 4:59:14, just inside the cut off time of 5 hours. (The two themes of modest training and just inside the cut off would recur for the centurions walk a few years later.)



Peter walks to third place in the 2010 Australian 50km championship in Melbourne

One of Peter’s good race walking friends, Darren Bown, an experienced international walker, was in Melbourne to see Peter complete the 50km and joked afterwards “It was great to be there for your 50km. Next year for Christmas I will support you for your Centurions ...”. Prophetic words, even though they were delivered and received in jest.

It was Tim Erickson’s regular weekly newsletters that lay at the root of the initial thoughts of attempting the

Centurions qualifier. Early in 2012, Peter was discussing the idea of the 24 hour walk with one of his mentors, Bob Cruise, and noted that this was something to attempt when the race walking career was nearing completion. Bob retorted that it was better done sooner rather than later, and so the idea began to grow. During the 2012 year, it was mooted that the 2013 24 hour event would be held separately from Coburg and probably in Melbourne in September or October. So Melbourne in September 2013 became the goal.

In hindsight, the training regime that was adopted for the 24 hour event was very light on and not really event specific, which will explain the dramatic fade out in the second half of the event. Peter elected to follow his standard training regime up until the SA state 30 km road championships, held in late July 2013, before embarking on a program which was more suited to longer and slower events. Time was never a major ingredient in the recipe, what with a busy day job and not wanting to tip the balance of time away from home. His training was undertaken alongside regular SARWC events, as well as with the training group co-ordinated by Kim Mottrom, for company, and with walks on his own.

As a result, the greatest weekly distance that was undertaken in the lead up was 95km and the longest single walk was 45 km in 6 hours (over two successive days 75 km in 10 hours). The strong performance over the first half of the 24 hour event (93.2 km in 12 hours) is likely a result of good general fitness, rather than the lead up training.



Peter qualifies as Australian Centurion number 66 in Melbourne in September 2013

On reflection, Peter says that there are two important factors for a successful Centurions outcome, the first being walking preparation and the second being event preparation / support. In Peter's case, underdone walking preparation (but with good endurance fitness) was outweighed by the support that he received during the event from his support crew (Darren Bown and Bec Pelentsov). The regular feed, drink, goo and change routine was invaluable and this part of the event cannot be overstated. And the significant contribution from other walkers, officials, Centurions and spectators was an amazing adrenaline lifter, which maintained the desire to achieve when the ability was compromised.

And it's done, goal achieved and in the bank. Is there another 24 hour event on the horizon ? Not at all. It's just like the Australian 50km, having done it, let's not ruin the moment, leave it up there. Perhaps a 6 hour to see what distance can be done, but no aspiration for anything longer. For now.

Peter is now back into shorter distance racewalking mode with the South Australian Racewalking Club (road) and with Athletics South Australia (track) and continues to improve and enjoy his walking.

For the record, Peter's personal bests currently read as follows

3,000 metres	0:15:38
5,000 metres	0:26:28
10,000 metres	0:56:31
10 km	0:53:31

20 km	1:49:49
30 km	2:51:59
20 miles	3:02:40
50 km	4:59:14
100km	12:55:06
100 miles	23:39:40
24 hours	161.25 km



Peter walking in a SAWC event in Adelaide in May 2014

A belated welcome to the club, Peter! May you have many more enjoyable years in the sport, walking both short and long distances.

FINANCIAL NEWS

It has been a busy time from a financial perspective, given our 2014 Centurion qualifying walk which we co-hosted with the Victorian Race Walking Club at Middle Park. With underwrote the event and have paid the shortfall so that the event was cost-neutral for the walkers club. With just about all the bills now in, it has cost us around \$600, an acceptable amount and one which we have been able to cover with our existing funds. Thanks to those members who forwarded donations this month. We rely on yearly donations rather than more formal membership payments and the informal concept hasn't failed us yet.

Income	Geoff Hain - donation	75.00
	Stan Miskin - donation	50.00
	Carol Baird - 2014 newsletter subscription	12.00
	Carol Barid - donation	38.00
	Mike Porter - donation	100.00
	Michelle Thompson - donation	50.00
Expenses	Tee Shirt sale	15.00
	Deka Trophies - 24H event trophies and medal refresh	278.00
	Keyhole Engraving - engraving of RWA 100km medals	40.00
	Tee Shirt Company - Cent tee shirt refresh	375.00
	Keyhole Engraving - engraving for 6H and 12H trophies	48.00
	24H raceday costs (food, incidentals, etc)	133.92
Balance		\$231.08

UNTIL OUR NEXT NEWSLETTER

Another newsletter (number 7 for the year) done and dusted and lots of good news to report as usual. It is heading for a beautiful 29°C in Melbourne today and the garden beckons! Not to mention a walk!

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

1 Avoca Cres
Pascoe Vale
Victoria, Australia, 3044