



October 2016

Dear Centurions

This newsletter is a bit late, but there has been so much going on throughout the summer of 2016. And, as ever, Centurions have certainly been busy in a variety of races and capacities - Rio Olympics, Paris Alsace, Parish Walk, Nijmegen, Wadelincourt, Church to Church, Roubaix and so many more... winning races, taking part in races and officiating at races.

Redcar 100 miles

This is the "big one" for Centurions and would-be Centurions alike. With a start list of 30, it looked promising for a few new Centurions to emerge after 24 hours. And emerge they certainly did - six new Centurions was such a good result.

The weather took its toll as it was deceptively hot in Redcar despite a sea breeze - which during the night turned into a veritable gale resulting in many tents blown over in the support area and heading towards the North Sea! So, in the end only 10 of the 30 starters managed to complete. That said, it was not the easiest of courses, having to negotiate a very busy sea side promenade.

The overall winner was that Flying Dutchman Frank van der Gulik in 20:30:56. 1st lady home (4th overall) was, of course, Sandra Brown with a time of 21:10:06. Existing Centurions placed in the top 10 were: 5th Kevin Marshall 22:02:15; 8th Martin Fisher 23:10:31

Welcome new Centurions!

2nd Colin Vesty C1167 20:39:44 (winner of the RWA 100 miles Championship)

3rd Jimmy Milard (NED) C1168 21:02:25

6th Rob Robertson (USA) C1169 22:19:37

7th John Borgars C1170 22:31:52

9th Kim Reed C1171 23:25:11

10th Gino Masto (BEL) C1172 23:46:53

Congratulations go to John Borgars who has the age record as the oldest person to complete a British Centurion 100 mile race in 24 hours.

Other domestic races

Of course, Centurions were busy racing in other races throughout the summer...

Moulton Open Five 4th June

Quite a gathering of Centurions took part in this race organised by Centurion Ron Wallwork. First Centurion home in 5th place was Martin Fisher, closely followed by Steve Kemp. Seven Centurions took part with Kevin Marshall winning the Suffolk Championship.

A week later saw the **GB/RWA national 10km road championship** held in Coventry. In 11th place: Chris Flint 68.54 followed by Sean Pender in 12th place 72.54

Home Countries International (3,000metres)

A new major innovation which took place at the Manchester International, Sport City on 17 August and 4th home was Dan King in 12:24:05. Back in action 10 days later in the **Essex County 10,000 Metre Track Championships** (Garon Park, Southend) Dan won this championship with a time of 47:17.2. Bob Dobson followed in 2nd place. John Borgars (recently qualified as a Centurion in Redcar), Sean Pender and Dave Ainswrth took part in the 3,000 metre race.

Of course, Centurions take part in many local races all over the country (and the world). Do send in a report - it doesn't have to a long one and it can be posted on our website.

Away races

14-15 May Continental Centurions 100miles/24hour Schiedam

The venue for this well organised race was Princess Beatrix Park in Schiedam on the outskirts of Rotterdam. As ever, different distances were offered covering 50km, 50 miles, 100km 100 miles and 24 hours. Take your pick. A good turn out from Centurions, British, Isle of Man, Dutch, New Zealand and Belgian...

Results 24 hours

- 1 Richard McChesney Hutt Valley 183.587 24.05.18 (Centurion)
- 2 Frank van der Gulik LAT 181.605 24.01.41 (Centurion)
- 3 Sandra Brown (f) Surrey WC 177.669 24.06.16 (Centurion) 1st Lady

100 miles (all British Centurions)

- 1 Vinny Lynch IoM VAC 160.934 18.48.36 428
- 2 Michael Bonney 160.934 19.52.45 429
- 3 Robbie Callister IOM Vets 160.934 20.16.10 430
- 4 Jantinus Meints RWV 160.934 20.28.12 388
- 5 Janette Morgan (f) IOMVAC 160.934 20.36.56 431 1st Lady

100km: 1. Caroline Mestdagh (f) 13.28.35 (Centurion)

50km: Congratulations to 2nd placed Anne van Andel (f) (Centurion) who created a new Dutch Record of 05.55.07

1st-4th June Paris Alsace - Neuilly sur Marne - Ribeauville

Despite many Centurions having been invited to participate, Suzanne Beardsmore was the only Centurion competitor for the 2016 edition. Suzanne finished in 4th position clocking 49 hours, 30 minutes & 55 seconds. An amazing result! Well done Suzanne and to the many Centurions who were part of her support crew. The tracking system used by the organisers made it possible to follow the race on line throughout. Boy, was it tiring!!! But, it was also very exciting as positions constantly changed throughout this 4 day race.

Parish Walk, Isle of Man June

Once again, it's so good to see plenty of Centurions in the top finishers. First home was Richard Gerrard 15:31:43 followed by David Walker in 15:56:10. Third Centurions home in 4th place was Jock Waddington in 16:48:48. Brian Kelly and Andrew Dawson made up the top 10 Centurion finishers. 1st Lady home was Karen Chiarello in 16:00:03. Oh those final three seconds!! Karen qualified as a Centurion in the 2015 Isle of Man Castletown 100 miles. In fact there were loads of Centurions in the top 20 as well: James Quirk, Bernie Johnson, Karen Lawrie, Tony Mackintosh, Jayne Farquhar.... This year the tracking system worked well and supporters, friends and family were able to follow their athlete as they made their way round the island.

Nijmegen, Netherlands July

Not a race, but this year was very special as it was the 100th edition the organisers decided to do something different to celebrate the occasion, namely a "Lap of Honour". Ereronde in Dutch. The lap of honour was 50km - surely the longest lap of honour in any athletic event. This entailed sneaking in a 100 miles within the existing 2 days of 55k walks. Centurions from Holland, Belgium, Denmark and the UK were invited to take part: - Sandra de Graaf, Frans Leijens, Karen Brogger, Remco de Bruin, Gerard Heunks, Antoine Hunting, Ilona Klinkendon, Piet van der Kroft, Jantus Meints, Jack Bertram, Berthus van Ginkel, Thijs Tlmerman, Anne van Andel, Annie van der Meer, Connie Raijmakers, Rik Weverburgh, Sue Clements and myself, Kathy Crilley. It is thanks to Centurions Frans Leijens and Gijs den Ouden (route coordinator) who were so keen to get the Centurions (and as many as possible) represented. It was indeed a great honour to be invited.

As ever, though, Centurions from all over the world take part in this event - and this year included prominent Centurions - Chris Flint, Hand Rennie, Sean Pender and from Holland, Piet Janssens.

Olympic Games, Rio 12th-19th August. Having qualified for his second Olympic Games, 50km specialist, Dom King was unfortunately DQ'd (knees again he admitted afterwards). Dom thanked everyone for their continuing support and vows he will be back!!!

Wadelincourt (Belgium) 24 hours 27th-28th August

This was the first of the Paris - Alsace - Ribeauville qualifiers for the 2016-2017 season. Sandra Brown won the women's race with 175.101km. I wimped out with a mere 106km suffering from back problems. The

weather was brutal - 35 degrees on Saturday which included rolling thunderstorms, a sudden downpour (which just increased the humidity) and then more sunshine....

Church to Church Walk Guernsey (19.4 miles) 4 September

Three Centurions took part in this classic race in the Channel Islands: Ed Shillabeer, Sean Pender and (myself) Kathy Crilley. Having been "going" for many years, it is, of course, a very well organised race. There are arrows and mile markers painted on the road for the whole course - so my fears of getting lost were unfounded. However, no-one told me about the hills! Well, OK small hills... The day is finished off with a meal and presentation at a local hotel. Sarnia Walking Club is to be congratulated on such a great event and I urge all Centurions to go and take part. It's worth it!

Roubaix 28H and 24H team relay. 17th-18th September 2016

Sadly no British walkers in the 28 hours individual race, but two teams competed in the much depleted 24 hour team relay. The Trois Centurions - Chris Flint, Martin Fisher and Dave Jones. The Lightning Ladies appeared again with Kathy Crilley, Norma Grimsey and Serena Queeney.

Race results,, reports and photos can be found on the Centurions website at <http://www.centurions1911.org.uk/race-results.html>

Future races

October

22nd-23rd South African Centurions 100 miles (several Centurions taking part in this race)

23rd-29th 6 Jours de France (3 Centurions taking part)

November

12th 90th Enfield Open 7 + Enfield League. Please support this special race.

The 2017 100 miles

Centurion Kevin Marshall has offered to organise the 100 mile Centurion qualifying event in 2017. The race will be held in Bury St Edmunds on 5th-6th August 2017.

The course, a 2 mile lap, will be on footpaths round a pleasant private estate. Details will be published on the Centurions website when they become available.

Social

The last social walk, was a ramble around 'London's historic bridges' on 11th June - Tower Bridge to Westminster Bridge. Organised by Steve Kemp and led by George Beecham.

Details of this walk at <http://www.centurions1911.org.uk/social-.html>

The next social walk will take place on 4 December through London's historic parks. 6- 7 miles.

An easy paced walk led by Ken Livermore C386 providing the opportunity to visit three London parks and a rose garden. Starting at Green Park Tube Station at 11:00am and finishing at Marble Arch about 3:30pm. A coffee and the London Christmas lights await!

Contact: Steve Kemp (racewalker@sky.com) if you have ideas for future social walks

Wishing everyone success in whatever you do.

Best wishes,

Kathy Crilley

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