

CENTURION FOOTNOTES

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DATES...DATES...DATES

The AURA calendar shows quite a few Australian ultra events that may suit serious ultra walkers – check it out at <http://www.aura.asn.au/events.html>. Most of the key European and Centurion dates are now also in place for 2015 so the calendar looks quite comprehensive. Some key races follow.

May 2-3, 2015	Isle of Wight Challenge (106km) See http://www.isleofwightchallenge.com/	Isle of Wight, GBR.
May 23-24, 2015	Continental Centurions 100 miles qualifying walk	Weert, Holland
June 3-6, 2015	Paris-Alsace Classic 430km (M), 320km (W)	Neuilly sur Marne to Ribeaucourt
June 6, 2015	Parish Walk (80 Miles)	Douglas, Isle of Man
June 6-7, 2015	American Centurions 100 miles qualifying walk See http://www.fans24hour.org/registration.html	Minneapolis, MN
June 13-14, 2015	Sri Chinmoy 12H/24H Track See http://au.srichinmoyraces.org/events/24hour .	Campbelltown, NSW
June 15, 2015	Fotrally (see www.fotrally.se)	Stockholm, Sweden
Aug 2-8, 2015	6 Jours de France See http://www.6jours-de-france.fr/	Privas, FRA
Aug 15-16, 2015	104th Centurions 100 Miles qualifying walk See http://www.isleofman100milewalk.co.uk/index.html	Castletown, Isle of Man
Aug 15-16, 2015	Track Ultra WA (see http://trackultrawa.com/) - 3H, 6H, 12H, 24H	Bunbury, WA
Sept 19-20, 2015	28 Heures de Roubaix (with 28 Hour Individual, 24 Hour Relay)	Roubaix, France
Sept 19-20, 2015	50 th anniversary Nijmegen to Rotterdam 100 miles walk	Holland
Oct 3-4, 2015	St Thibault 24 Hour Walk	St Thibault, FRA
Oct 3-4, 2015	NZ Centurions Qualifier (NZ Sri Chinmoy 24H) See http://nz.srichinmoyraces.org/races/auck/24hr	Auckland, NZ
Oct 25, 2015	Ned Kelly Chase (50km and 100km)	Wangaratta, VIC
Aug 6-7, 2016	105 th English Centurions 100 mile qualifier (Redcar RWC)	Redcar, Teeside
Oct 22-23, 2016	USA Centurions qualifying walk, Owega, NY (TBC)	

I received notification last week that the Sri Chinmoy 24 Hour Track championships have been changed from Blacktown to Campbelltown (Sydney). The date is still the same (13-14 June) and a 6 Hour race has been added to the 12H and 24H options already advertised. A number of our walkers do that event each year so just letting everyone know. See <http://au.srichinmoyraces.org/events/24hour>.

A new track ultra has just been announced for August – the Track Ultra WA. It will be held in Bunbury (Western Australia) and will feature 3H, 6H, 12H and 24H options. Check it out at <http://trackultrawa.com/>. As the number of track based ultras has dropped over the last few years, it is great news to hear about a new one.

AUSTRALIAN CENTURIONS 24 HOUR WALK, COBURG, 18-19 APRIL

It is my pleasant duty to report on our annual Australian Centurions qualifier which was held in Melbourne on the weekend of 18-19 April. As usual, we joined Coburg Harriers in their annual Coburg 24 Hour Track Championships which also included the AURA Australian Track Running Championships. The field of 49 starters included 13 walkers (9 men and 4 women) and saw some fantastic running and walking. The weather was atrocious - it rained for some 5 hours in the early evening of Saturday and, from then on, conditions were cold with further showers. The attrition rate was big with a number of entrants having to take time off the track or, in some cases, stop completely. But with all that said, there were still plenty of highlights

- 7 runners over 200km and 12 in excess of 100 miles (and that is with all our top runners at the World 24 Hour Championships in Italy)
- a new Australian Centurion, with local Victorian walker **John Kilmartin** becoming C67 with a time of **21:11:56**
- a number of new Australian walking records as follows:
 - Michelle Thompson Open 100km Residential 11:38:04
 - Michelle Thompson Open 12 Hours Residential 103.209 km
 - Michelle Thompson Open & W45 100km All-Comers/Residential 11:38:04
 - Michelle Thompson Open & W45 12 Hours All-Comers/Residential 102.209 km
 - John Kilmartin M60 100 Miles All-Comers/Residential 21:11:56
 - Val Chesterton W70 50km All-Comers/Residential Inaugural: 9:04:47
 - Val Chesterton W70 12 Hours All-Comers/Residential Inaugural: 63.776 km
 - Val Chesterton W70 24 Hours All-Comers/Residential Inaugural: 63.684 km
 - Karyn O'Neill W60 12 Hours Residential 83.864 km

The walking event was a race of 2 halves. The first 12 hours was dominated by **Michelle Thompson** as she powered through, well ahead of anyone else and on record pace. She was rewarded with Australian Open records for 100km (11:38:04) and 12 Hours (103.209km), performances which only a small number of Aussie men have ever matched. She then stopped to have her feet checked and decided to retire on advice as the rain had wreaked havoc with her toes and it was a case of stop now or do some real damage. From then on, it was the **John Kilmartin** show as he powered through to his 100 miles with almost unbelievable consistency, never more than 1-2 secs variation from lap to lap. His 50 mile splits tell the story: 10:33 followed by 10:38 for a final 100 mile time of 21:11:56. He then walked a couple of extra laps for insurance purposes and called it quits, job done for the day. Other walk record breakers included **Karyn O'Neill** (a new W60 12 Hour record of 83.864 km) and **Val Chesterton** who set inaugural W70 records for 50km, 12 Hours and 24 Hours.



John Kilmartin, Michelle Thompson, Val Chesterton and Karyn O'Neill

Full results can be sourced at <http://www.coburg24hr.org/24hr/files/>. Here are the walk results

24 Hour Walk Men

1.	John Kilmartin (C67)	VIC	161.734 km
2.	Chris Kelly	VIC	131.413 km
3.	Saul Richardson	NSW	127.825 km
4.	Louis Commins	NSW	110.102 km
5.	Laurie Tinson	VIC	101.602 km
6.	Robin Whyte (C29)	ACT	100.773 km
7.	Clarrie Jack (C4)	VIC	46.861 km
8.	Ian Hoad	VIC	43.958 km
9.	Ken Carter	VIC	41.470 km

24 Hour Walk Women

1.	Karyn O'Neill (C45)	VIC	133.534 km
2.	Diana Kelly	WA	128.827 km
3.	Michelle Thompson (C58)	VIC	106.000 km
4.	Val Chesterton	ACT	63.864 km



Male walkers John Kilmartin, Saul Richardson, Clarrie Jack, Robin Whyte, Chris Kelly and Lou Commins



Female walkers Karyn O'Neill, Val Chesterton, Michelle Thompson and Diana Kelly

The carnival also hosted the Racewalking Australia 100km championships which were awarded as follows

Australian 100 km Track Walk Championship Men

1.	John Kilmartin	VIC	13:03:50
2.	Robin Whyte	ACT	13:59:00
3.	Chris Kelly	VIC	16:15:20

Australian 100 km Track Walk Championship Women

1.	Michelle Thompson	VIC	11:38:04
2.	Karyn O'Neill	VIC	17:01:23
3.	Diana Kelly	WA	18:25:13

JOHN KILMARTIN – C67: 21:11:56

When 63 year old Ballarat walker John Kilmartin qualified as Australian Centurion number 67 earlier this month, it was a dream performance and one that made the feat look easy!

This was John's first attempt at the 100 mile distance and he made no mistakes, powering through with a time of **21:11:56**. The consistency of his pace was exceptional: consider the distance walked each hour in his race

Hour 1	Hour 2	Hour 3	Hour 4	Hour 5	Hour 6	Hour 6	Hour 8	Hour 9	Hour 10	Hour 11	Hour 12
7.880k	8.294k	7.323k	7.880k	7.880k	7.465k	7.050k	7.465k	7.050k	7.464k	7.465k	8.294k
Hour 13	Hour 14	Hour 15	Hour 16	Hour 17	Hour 18	Hour 19	Hour 20	Hour 21			
7.464k	7.465k	7.050k	7.465k	7.879k	7.465k	7.464k	7.465k	7.465k			

If he had kept going, I am confident he would have achieved 180km or more within the required 24 hours. He was showing no obvious signs of fatigue when he passed his 100 mile mark – he had simply achieved his goal and hence stopped. In retrospect, he admits he should perhaps have continued on. But there is always next time! In any case, his 100 mile time was a new M60 record by a big margin.



John celebrates his 100 mile at Coburg in April 2015

It is hard to believe that John has been training for this event for less than 2 years and that he started from scratch with his first walking race in September 2013. Here are the bare bones of his preparatory long races

8 Mar 2015	Coburg 6 Hour Track Championships, VIC	6 Hours	50.479km
3 Jan 2015	Narabeen All Nighter, NSW	12 Hours	86.030km
15 Nov 2014	Athletics NZ 50km, Auckland, NZ	50km	5:51:25
26 Oct 2014	Ned Kelly Chase 50km, VIC	50km	6:16:35
4 Oct 2014	VRWC 6 Hour Road Walk, VIC	6 Hours	50.567km
14 Sept 2014	VRWC 6 Hour Roadwalk, VIC	6 Hours	49.141km
8 June 2014	LBG Carnival 20 miles fitness walk, ACT	20 Miles	3:40:00
23 Feb 2014	Coburg 6 Hour Track Championships, VIC	6 Hours	26.12 km
27 Oct 2013	Ned Kelly Chase 50km, VIC	50km	6:11:08
15 Sept 2013	VRWC 6 Hour Endurance Walk, VIC	6 Hours	47.973km

John's approach has been very thorough and his successful centurion performance comes with a lot of hard work and planning. Along the way, he has shed around 15kg to get himself down to what he regards as fighting weight. He is an example of how to prepare for and how to conquer this demanding challenge.

And now onto a few questions.

John – what is your background? Did you play lots of sport as a young bloke?

I was definitely a late starter to the world of ultra walking. Never terribly athletic, although I did like cross country at school and in my early post school years in Hawthorn I did a bit of fitness running/jogging with a work colleague. For the last 30 years my interest in pure bred Samoyed dogs saw me do heaps of walking. In October 2012 after being inspired by a neighbour who had ran Comrades in South Africa, I walked my first marathon, dog lead in hand...the result was a great sense of achievement but at a price...an injured sacro-iliac joint necessitating about 6 weeks of Bowen treatment....42km holding onto a pulling dog is not good for your body!

Tell me about your first few ultra walks.

I upped the training and decided to have a walk at the September 2013 6 Hour...that seemed an awesome task as it was unknown territory, having only walked 2 marathons prior! This was my first exposure to see the tortures of 24 hour walking...ie Karyn's blisters and the obvious pain that Peter Crump was experiencing in those last few hours. To me all those finishers seemed super human, way beyond my comprehension! Naturally I was "street" walking at that stage and also at the first NKC a month later and in my training on the 55km Ballarat to Skipton rail trail.

Realising that there was a more efficient style of walking.. ie Race walking..I purchased a number of books online including the excellent Tim Seaman volumes in November and from that point on I taught myself the basics. No easy task, especially in the shins and arm swinging.

From there I joined the local Ballarat race walkers...instruction from Daryl Biggin...a few short local races then onto to the VRWC events in Middle Park. I also had my first Coburg 6 hour and after a good start (26km in 3 hours) had to retire with a massive shear blister. It has taken till now to really get toughened feet after podiatry care, shoe and sock experimentation and orthotics.



John competes in his first endurance walk in September 2013 – 6 Hours at Middle Park

After dipping the toes in during 2013, you got serious in 2014?

2014 was a busy year, building stamina, improving technique with a number of long training walks and races, the most memorable was the Athletics NZ 50km non-championship in windy Auckland in mid November resulting in a win and a new PB of 5:51:25.

Centurionship was a growing aspiration all along but the impetus to make it happen really started with Centurion Steve Jordan telling me at the Centurion 6 hour in October 2014 that, in his opinion, I had what it takes to be the next Centurion qualifier...those words resonated well with me considering Steve's mammoth quest to succeed, and in his ailing health would most likely have been spoken with conviction.



John powers to a 50km PB of 5:51:25 in Auckland in November 2014 – in howling gale force winds

How did you alter your training in the last few months to get ready for your first centurion attempt?

Its a long step up to 24 hours from 6, so after longer training walks in Dec 2014, I walked the Narrabeen 12 hour early Jan this year, managing 86km - that gave me confidence that I was over the half way mark. A good Coburg 6 hour then followed and I completed my prep with a very long effort - Ballarat to Skipton to Ballarat...16.5 hours, 112km, walking through the night, suffering hallucinations just before dawn. This was a real confidence booster... I had now endured 2/3rds of a 100 miler a month out from the Coburg 24 Hour.

I went into Coburg confident I had put the work in, had the endurance and had tackled the mental hurdles. It was really a matter of sticking to an even paced race plan...this I learnt from those successfully walking the recent Chateau-Thierry 24 Hour in France. I was surprised as to how well the plan went and how even the pace turned out... a comfortable first 6 hours and then locking it in for the next 15 hours! I did have Sue crewing, yelling out lap times from her stop watch intermittently, keeping me focused, and her best advice was "don't stop".

This year I have covered an average 360km per month in training and events, walking most days with some recovery rest for shin splints, tight hamstring and ankle tendonitis issues ,and when walking was not the best choice I would be on the bike, however that proved hard on the knees.

Where do you normally train?

Typically I train on an undulating 8 km bush track circuit where the two dogs can run free, speed work on local sealed roads and long walks along our rail trail into Ballarat, lap of the lake then home.

What's next for you?

In January I entered the British Centurions annual qualifying walk, to be held on the Isle of Man in August, paid the airfares and resolved that I was not turning up without my Australian Centurion badge! As this will be a street 2 mile looped course I have lately selected a similar length training route with a good measure of elevation, gravel and bitumen surface, food and drinks table set up, walking up to 15 laps, often starting 2 hours before dawn.

The Lake Burley Griffen 20 miler in June and the Adelaide Yumigo 12 Hour walk in mid July should be a good lead up to Isle of Man 100 miler 4 weeks later.

I'm also making arrangements to compete in NZ at the Sri Chinmoy 24 Hour in Auckland on Sept 26... and I'd like to set my goal at beating Peter Baillie's NZ 24 hour distance walk record of 182km, set in 2005...I think he was M55 at that time. I realise that being a non- Kiwi, a successful result won't go into the record books but it's the personal challenge that's important.

Well done to John on a fantastic centurion performance and welcome to our exclusive club.

Tim Erickson, 27 April 2015

24 HEURES DE CHATEAU THIERRY, CHATEAU THIERRY, FRANCE, 28-29 MARCH

Emmanuel Tardi was in Chateau-Thierry, 100km east of Paris, for their annual 24 Hour walking festival. The race started at 1PM on the Saturday with an initial lap of 1335m, followed by laps of 2406m (to enable an exact 100km split) and finishing with a shorter lap of 701m in the final hour). There were no real dramas as French walker Eddy Roze led the men's race from start to finish and British walker Suzanne Beardmore similarly led the women's race from beginning to end. The weather was cloudy on Saturday, then fresh overnight and finally competitors had to endure rain and wind on the Sunday morning. In the ancillary event (2x6 hours), Fabien Lombard produced a very impressive race, but needed to slow down after being warned by the judges. See Emmanuel's photos at https://plus.google.com/photos/113493053302679203574/albums/6131668147560258849?authkey=CJDto5Pa_5XMfA. More photos at <https://plus.google.com/photos/102132893630195174932/albums/6132007259356851681?banner=pwa>.

24 Hour Walk

1.	ROZE Eddy	Amiens Uc	197.757km	24:00:00
2.	VARAIN Cedric	Ac Chateau Thierry	193.607km	24:00:00
3.	BUNEL Pascal	Neuilly Sur Marne Athletisme	182.901km	24:00:00
4.	BIEBUYCK Pascal	Ath Ac	180.512km	24:00:00
5.	LETESSIER Gilles	Plm Conflans	180.370km	24:00:00
6.	THIRIOT Louis	Asm Bar-le-duc	180.370km	24:00:00
7.	FORESTIERI Alexandre	Ust Courir A Saint Tropez	180.370km	24:00:00
8.	DANDOY Jeremy	Cm Roubaix	175.141km	24:00:00
9.	BEARDMORE Suzanne (W)	Abingdon Ac	173.791km	24:00:00
10.	MACKINTOSH Tony	Isle Of Man Veterans Ac	173.388km	24:00:00
11.	GILLES Philippe	Usm Montargis	172.870km	24:00:00
12.	THEVENIN Pascal	Marne Et Gondoire Athletisme	172.767km	24:00:00
13.	LAWRIE Karen (W)	Iom Vets Ac	171.986km	24:00:00
14.	VAN DER GULIK Frank	Endurance Walking	171.699km	24:00:00
15.	MASSON Pascal	Essonne Athletic*	168.315km	24:00:00
16.	POUTINSEVA Irina (W)	Ind St Petersburg	166.687km	24:00:00
17.	GEORGELIN Serge	Bruz Athletisme	166.048km	24:00:00
18.	MC CHESNEY Richard	Hutt Valley Harriers	162.514km	24:00:00
19.	GRASSI Alain	Pass Running	161.328km	24:00:00
20.	SALOMEZ Benedicte (W)	Neuilly Sur Marne Athletisme	159.270km	24:00:00
21.	ANXIONNAT Claudine (W)	Athletic Vosges Entente Clubs	157.762km	24:00:00
22.	RODIER Nicole (W)	Efs Reims A. *	155.038km	24:00:00
23.	BIZARD PLANCHOT Emilie (W)	Thiais Ac	150.780km	24:00:00
24.	HUART Gilles	Asptt Besancon	149.340km	24:00:00
25.	FABRE Françoise (W)	Courir A Beaucaire	149.151km	24:00:00
26.	HAGHEBAERT Eric	Ac Chateau Thierry	144.356km	24:00:00
27.	BERTHAULT-KORZHYK Annie (W)	As Culturelle Francophone	140.564km	24:00:00
28.	EMONIERE Philippe	Cosm Arcueil	136.800km	24:00:00
29.	BIZARD Claudie	Thiais Ac	135.298km	24:00:00
30.	RASSAIND Andre	Ea Centre Iserre*	116.887km	24:00:00
31.	BIZARD Cyrille	Elan Chevilly-larue	114.261km	24:00:00
32.	LOUGRADA Saadi	Cm Roubaix	136.097km	18:08:04
33.	NOEL Jean-claude	A Marcheurs St Thibault Des Vi	124.065km	19:41:04
34.	LEIJTENS Frans	Rwb Rotterdams	100.000km	15:54:15
35.	MAGNIER Joel	Cm Roubaix	87.967km	12:58:19
36.	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	87.967km	21:26:26
37.	BONNOTTE Remi	Dijon Uc*	78.341km	21:26:25
38.	QUINQUETON Bernadette (W)	A Marcheurs St Thibault Des Vi	66.309km	09:57:30
39.	MARECHAL Jean	Ac Chateau Thierry	37.431km	04:55:37
40.	FAUQUEUR Raymond	Entente Littoral Athletisme No	32.618km	03:56:28

2x6 Hour Walk

1.	LOMBARD Fabien	Asm Bar-le-duc	112.079km	12:00:00
2.	LHOEST Daniel	Waco	104.726km	12:00:00
3.	RAULET Christophe	Ga Meusien	104.494km	12:00:00
4.	LETOURNEAU Florian	AC Chateau Thierry	99.541km	12:00:00
5.	LABARRE Bertrand	Cs Provins Athletisme	98.985km	12:00:00
6.	KERLAU Yves-michel	Cm Roubaix	96.113km	12:00:00

7.	MOREL Philippe	AC Chateau Thierry	95.410km	12:00:00
8.	TOUTAIN Eric	As Culturelle Francophone	94.939km	12:00:00
9.	CHATILLON Dominique	Non Licencie	94.834km	12:00:00
10.	HARTMANN Emmanuel	Ga Meusien	91.440km	12:00:00
11.	HELLER Denis	Avia Club Issy-les-moulx	90.165km	12:00:00
12.	SEYNAEVE Serge	Cm Roubaix	89.104km	12:00:00
13.	VANDENDAUL Daniel	Ath Ac	86.767km	12:00:00
14.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	83.725km	12:00:00
15.	DISPAS Caroline (W)	Waco	74.496km	12:00:00
16.	NAUMOWICZ Veronique (W)	Cm Roubaix	63.565km	12:00:00



Cédric Varain, Pascal Bunel, Eddy Rozé and Irina Putinseva



Suzanne Beardmore, Karen Lawrie, Christoph Raulet and Fabien Lombard

24 HEURES DE DIJON - RONDE DES DUCS 2015, DIJON, FRANCE, 25-26 APRIL

The Ronde de Ducs 24 Hour Walk in Dijon is one of the main qualification opportunities for this year's Paris-Alsace Classic (430km for men and 320km for women), to be held on June 3-6. As such, it saw lots of the top walkers in action. French ultra specialist Dominique Bunel was too strong for the field, winning with an excellent 198.239km ahead of Belgian walker Daniel Lhoest 194.040km and Mathieu Olivares 190.225km. The three of them were a long way ahead of anyone else. Benetictte Salomez won the women's race with a good 164.310km. Christophe Raulet won the 6 Hour walk on Sunday morning with a distance of 55.469km.

24 Hour Walk (start time 1PM Saturday)

1.	BUNEL Dominique	FRA	198.239km
2.	LHOEST Daniel	BEL	194.040km
3.	OLIVARES Mathieu	FRA	190.225km
4.	LETOURNEAU Florian	FRA	182.180km
5.	BUNEL Pascal	FRA	179.031km
6.	FORESTIERI Alexandre	FRA	175.658km
7.	GEORGELIN Serge	FRA	173.214km
8.	BOCUZE Daniel	FRA	172.707km
9.	DUBOSCQ Daniel	FRA	172.072km
10.	HUART Gilles	FRA	171.833km
11.	DIEN Daniel	FRA	165.260km
12.	SALOMEZ Benedicte (F)	FRA	164.310km
13.	BIET Christophe	FRA	163.504km
14.	KERLAU Yves-michel	FRA	163.130km
15.	MESMOUDI Anne-marie (F)	FRA	160.360km
16.	HASSEVELDE Sebastien	FRA	156.363km
17.	PICOT Gerard	FRA	153.964km
18.	BIZARD PLANCHOT Emilie (F)	FRA	152.732km
19.	BONNOTTE Remi	FRA	149.313km
20.	GUENEAU Jean-claude	FRA	147.657km
21.	BIZARD Claudie (F)	FRA	147.509km
22.	LACROIX Jean Louis	FRA	146.705km
23.	DUBOIS DENGHIEN Catherine (F)	FRA	140.115km
24.	GUERINIER Christian	FRA	137.715km
25.	BERTHAULT-KORZHYK Annie (F)	FRA	134.304km
26.	OUTREQUIN Florian	FRA	133.795km
27.	RASSAIND Andre	FRA	131.466km
28.	SIMON Yannick	FRA	130.262km
29.	WALLAEYS Jean	FRA	123.405km
30.	BIEBUICK Pascal	BEL	117.125km
31.	MAZEAU Daniel	FRA	110.246km
32.	VIOLLON Mireille (F)	FRA	103.835km
33.	LAURIN Martine (F)	FRA	103.215km
34.	VESSIGAUD Jean-pierre	FRA	102.664km
35.	LANDRU Noelle (F)	FRA	83.142km
36.	QUINQUETON Bernadette (F)	FRA	77.564km
37.	LACHIVER Pierre	FRA	77.564km
38.	CHAUVITEAU Daniel	FRA	73.825km
39.	MOMSIK Sergii	UKR	51.390km
40.	GIROD Urbain	SUI	51.390km
41.	KRUMM Charles	FRA	43.211km
42.	BEAUMONT Didier	FRA	36.432km
43.	BENAMAR Kevin	FRA	28.954km

6 Hour Walk (Start Time 7AM Sunday)

1.	RAULET Christophe	FRA	55.469km
2.	DESCHEPPER Bruno	FRA	48.901km
3.	BORNEL Veronique (F)	FRA	48.262km
4.	ANXIONNAT Claudine (F)	FRA	46.401km
5.	PENKALLA Patrick	FRA	46.226km
6.	SONNOIS Martine (F)	FRA	43.778km

7.	PHEULPIN Adrien	FRA	42.751km
8.	PETETIN Beatric (F)	FRA	42.675km
9.	DUMONT Luc	FRA	42.397km

WELL DONE TO BARRY LOVEDAY (C 62)

For **Barry Loveday (C 62)**, the World 24 Hour Running Championships in Italy earlier this month were a bitter sweet experience. After a whole swag of fantastic performances over the last couple of years, he was rewarded with membership of the Australian team and travelled to Turin as our top ranked male runner and the spearhead for what looked on paper to be a very strong team. Alas, things did not go to plan. After covering 140km in the first 12 hours of the event and looking set to come home with a huge distance, he badly twisted his knee when negotiating a tricky turn on the course which has generally been criticised as inadequate for such an event. All he could do was limp home mid field with a distance of **211.048km**. The mens' team were still successful in winning a silver medal, finishing in second place to the United Kingdom with Germany third but it could have been an even better story but for Barry's misfortune.

We are all proud of you Barry. Sometimes things do not go according to plan but we know that you will bounce back.

JUSTIN AND SHARON SCHOLZ – AN UNUSUAL PREP FOR A CENTURION WALK

Justin Scholz (C 61) and **Sharon Scholz (C 63)** are doing their final packing before flying out to USA on Monday May 4th for the start of what will be a very challenging trip. Their ultimate destination is Minneapolis where they will compete in the USA Centurions 24 hour walk event on the weekend of 8-9 June. Why are they leaving so early - in the lead up to this event they intend to cycle from New York to Minneapolis, a distance of 2500km! This very long ride clearly adds to the immensity of the 100 miles in 24 hours as they will only have 4 days to recover in Minneapolis before starting their walk.

Justin and Sharon intend to walk this event together, side by side, as they did in our Centurions event in 2013. Justin quipped in true 'tongue in cheek' fashion: *This approach dramatically reduces the chance of success but also adds immensely to the sense of satisfaction when achieved. Though we have done this once before we do not believe that this attempt in June is a "given" or will come easily.*



Left: walking together in the 2013 Australian Centurions event in Melbourne
Right: packed up and ready to do – you have to travel light on a trip like this

In fact, this is not a completely new challenge for them as they usually do a long cycle when they go overseas. It has allowed Sharon to acclimatise to the different time zones prior to her World 24 Hour Run Championship appearances and has also been a great way to see and explore the countries they visit. They started off with a couple of very long local rides

Nov 2008 Wangaratta to Omeo to Bairnsdale to Healesville to Wangaratta: 861km in 7 days
 June 2009 Wangaratta to Brisbane (Sharon only): 1507km in 7 days. That was ~230km per day and without support for the first 4 days.

They then branched out with their overseas trips

Sept/Oct 2009 Manchester (UK) to Rome (Italy), 2646km in 28 days, after Commonwealth Championships where the Aussie girls won the silver team medal.
 2010 Short commutes in France with their daughter Jasmine: ~500km
 Sept 2011 London (UK) to Llandudno (Wales) and return, 1049km in 17 days, after the Commonwealth Championships where the Aussie girls again won the silver team medal
 Sept 2012 Vienna (Austria) to Katowice (Poland) and return, 1020km in 20 days with Jasmine, prior to and after the 24 Hour World Championships.
 Apr/May 2013 Paris (France) to Steenburgen (Netherlands) and return, 1015km in 24 days, prior to and after the 24 Hour World Championships.
 Apr/May 2014 Tokyo to Osaka loop (Japan), 1503km in 37 days with Jasmine - just a holiday with no running duties.

The USA Centurions event is held as part of the FANS 24 Hour event (see <http://www.fans24hour.org/about-fans.html>) which raises funds for FANS (Furthering Achievement through a Network of Support). As such, Justin and Sharon are raising money to contribute to the organisation and invite their friends to give their support in some small way by emailing (justinscholz@telstra.com) with a pledge amount – in Australian Dollars. All pledges will be conditional on the successful completion of the 100 miles (161km) in the 24 hour period. It's a pretty good offer

- If you are able to pledge \$30 or more, you will receive an email every few days of our journey to the start line.
- If you are able to pledge \$70 or more, they will provide you with a signed print of our achievement
- If you are able to pledge \$120 or more, you will receive this signed print of their achievement framed and delivered to you.

Now that's a pretty good deal! Good luck to Justin and Sharon. We look forward to following your cycling trip and then hearing of your successful walk.

THE ULTIMATE STATS WEBSITE FOR THE SERIOUS ULTRA COMPETITOR

Deutsche Ultramarathon Vereinigung (<http://statistik.d-u-v.org/>) is the ultimate ultra statistics website, containing the results of nearly all the world's ultras. I often use it as it has a fantastic database search engine that allows the researcher to zoom in and review a particular runner. For instance, the query <http://statistik.d-u-v.org/getresultperson.php?runner=42905> will display the main results for Justin Scholz from 2008 when he first started ultra running.

The big news is that the website now includes ultra walks. It is not as complete as for the runners and currently only has European results but is a worthy start. Check it out at <http://statistik.d-u-v.org/walk/index.php>.

RECORD UPDATE

It has been a great start to the year with a number of new Australian walking records.

Val Chesterton	W70 50km All-Comers/Residential	9:04:47	Coburg, VIC	18-19/04/2015
Val Chesterton	W70 12 Hours All-Comers/Residential	63.776km	Coburg, VIC	18-19/04/2015
Val Chesterton	W70 24 Hours All-Comers/Residential	63.684km	Coburg, VIC	18-19/04/2015
Karyn O'Neill	W60 12 Hours Residential	83.864 km	Coburg, VIC	18-19/04/2015
Karyn O'Neill	W60 6 Hours Residential	46.032km	Coburg, VIC	08/03/2015
Michelle Thompson	Open & W45 100km Residential	11:38:04	Coburg, VIC	18-19/04/2015
Michelle Thompson	Open & W45 12 Hours Residential	103.209 km	Coburg, VIC	18-19/04/2015
John Kilmartin	M60 100 Miles All-Comers/Residential	21:11:56	Coburg, VIC	18-19/04/2015
Robin Whyte	M70 6 Hours All-Comers/Residential	50.741km	Coburg, VIC	08/03/2015
Val Chesterton	W70 6 Hours All-Comers/Residential	39.965km	Coburg, VIC	08/03/2015

Michelle Thompson is now ever so close to Sandra Brown's All-Comers records for 100km (11:33:24) and 12H (103.600km).

FINANCIAL NEWS

Our 24 Hour qualifying event has now been successfully negotiated for another year with tshirts given to all walkers and with a new Centurion badge (c 67) passed onto John Kilmartin. With a few costs still remaining (perpetual trophy engraving and honour board updating), our finances remain healthy.

Income	Ellwyn Miskin – newsletter subscription	12.00
	Ellwyn Miskin – donation	38.00
Expenditure	Photocopying	- 10.00
	RWA 100km Championship medal purchases	- 25.00
	RWA 100km medal engraving	- 32.00
	Postage/Stamps	<u>- 14.00</u>
Balance		\$710.37

UNTIL OUR NEXT NEWSLETTER

It is always an exciting time when we can welcome a new member to our exclusive club. When people ask me how can they join, my answer is simple – walk 100 miles within 24 hours in one of our designated events! So we welcome John who has done just that!

Yours in Centurion walking

Tim Erickson(C 13)
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