

CENTURION FOOTNOTES

SEPTEMBER 2019 – VOL 26 NUMBER 09

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DATES...DATES...DATES

There are always ultra opportunities on offer for those walkers wanting a challenge. Some are shown below. In addition, the AURA calendar shows additional Australian ultra events that may suit serious ultra walkers – see <http://aura.asn.au/>.

Oct 12-13, 2019	St Thibault 24 Heures (2020 Paris Alsace qualifier)	St Thibault de Vignes, FRA
Oct 27, 2019	Ned Kelly Chase (50km, 100km)	Wangaratta, VIC
Oct 26-27, 2019	2019 African Centurion Qualifier See http://africancenturion.com/ and https://www.facebook.com/AfricanCenturionWalk/	Stellenbosch, Sth Africa
Apr 18-19, 2020	2020 Coburg 24H Carnival (2020 Aust Centurions qualifier) See http://www.coburg24hr.org/24hr/race-entry/	Coburg, VIC
Sept 26-27, 2020	Just A Walk In The Park (2020 USA Centurion Qualifier) See https://raceroster.com/events/2020/15288/not-just-a-walk-in-the-park-v30	Owego, NY, USA

One 2019 Centurion qualifier remains - the African Centurion Walk will take place on 26-27 October 2019. This year, the event will be in the heart of Stellenbosch at the Coetzenburg stadium. The course will weave through the town's oak-shaded streets and Coetzenburg precinct, with each loop averaging approximately 30 minutes. Entries are still open via the website at <http://africancenturion.com/>.

COBURG CARNIVAL 2020 ENTRIES ARE BUILDING!!!

Entries have been open for 6 weeks now for the 2020 Coburg 24 Hour Carnival and numbers are building, so we look set for a bumper 2020 Australian Centurions qualifier. Amongst our early overseas entries are Dutch walkers **Arie Kandelaars** and **Remy Van Den Brand**. Arie already has 4 centurion badges to his name (African C19 2016, UK C1185 2017, NZ C24 2017 and US C92 2018) while Remy has 2 badges (Continental CC433 2016, African AC12 2016). They will both be keen to add the Australian badge to their collections. This will be Remy's first visit to our race but it will be Arie's third visit, after attempts at Coburg in 2018 and 2019. As they say, third time lucky!

Entries and race info at <http://www.coburg24hr.org/24hr/race-entry/>.
Centurion specific info at <http://centurions.org.au/event2020.shtml>.

OUT AND ABOUT

- It is my sad duty to let everyone know that **Deryck Skinner (C51)** is now in palliative care in Adelaide, his long battle with cancer now seemingly getting on top of him. He has let his email lapse so now snail mail is the only way to contact him. His address is now

Deryck Skinner, The Churchill Retreat, 470 Churchill Rd, Kilburn, SA, 5084.

Deryck burst onto the ultra scene in 2005, gaining Australian centurion badge C51 in Adelaide with a fine walk of 22:39:55, aged 72. He thus became the oldest person to qualify as a centurion in Australia. Over the next 4 years, he walked further hundreds and branched successfully into the 48 Hour as well as posting significant marks in other even longer endurance walks. He retired in 2009, leaving a swathe of superb M70 and M75 records that will take a lot of beating. You can read more at <http://centurions.org.au/centprofiles/51%20deryck%20skinner.pdf>.

I have had a good chat with Deryck on the phone and he remains lucid and interested in the world of ultra walking, although resigned to his situation. I am sure he would be bouyed by a few letters and cards from those older centurions who know him well. We are thinking of you Deryck and hoping for a miracle.

- Deryck is not the only one doing it tough at the moment. **Merv Lockyer (C30)**, who won his badge at Clifton Hill in 1996, aged 65, has had a series of recent setbacks, including a bad fall, which necessitated a hip replacement, and a serious stroke. He has consequently been moved into care in Red Cliffs, the country Victorian town where he has lived for many years. I am hoping to make the trip to see him in the next week or so. His address is now

Mr Merv Lockyer, Red Cliffs Nursing Home, 39 Jamieson Avenue Red Cliffs, VIC, 3496

You can read more about Merv at <http://centurions.org.au/centprofiles/30%20merv%20lockyer.pdf>.

- USA based Statistician **Nick Marshall** was an elite 100-mile runner in the late 1970s and early 80s and has worked tirelessly in recent years to preserve the history of 100-mile ultrarunning. In fact he was honoured in 2017 with induction into the American Ultrarunning Hall of Fame (see <http://ultrarunninghistory.com/nick-marshall/>). He now maintains, amongst other things, a comprehensive listing of all those men and women aged 70 and over who have completed 100 mile runs. Of course, his listings also include a few walkers!

He issues a refresh every 6 months, and the latest update has now been published. Check it out at <https://docs.google.com/spreadsheets/d/1Ev3eAZTHwvB05QFzcXPJ9ZXejZ8fpHjG2tNWnUh5vrU/edit#gid=865160196>. It has multiple tabs and separate tables for 70-74, 75-80 and 80+ categories. These are fantastic documents.

- The annual Adelaide 6 Day Run (see <https://ultrasa.com.au/events/adelaide-6-day/>) is underway as I write. Held in the picturesque Thorndon Park Reserve in northern Adelaide, the race started on Sunday 29th September and is being run over a certified 1425.5m flat cement circuit. Two of our centurions are in action, with **David Billett (C50)** in the 6 Day event and **Sharon Scholz (C62)** in the 3 Day event. You can follow their fortunes at <https://eventstrategies.racetecresults.com/results.aspx?CId=90&RIId=290&EId=1>. At this stage, David is coming 3rd in the 6D with 475km (after 101 hours) and Sharon is winning the 3D with 205.2km (after 29 hours).

I was sorry to see that **John Timms**, one of our regulars at Coburg, had taken a bad fall and been forced to retire from the 6 Day race. I hope you recover quickly John!



David Billet passes 100 miles in 23.52.49, going on to cover 161.981km in his first 24 hours (Ultra Runners SA)

28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 14-15 SEPTEMBER

Thanks to Emmanuel Tardi who was in Roubaix, in the north of France, in mid September for the 66th edition of the 28 Heures de Roubaix, the last of the year's big European ultra classics and the first of the qualifying races for the 2020 Paris-Alsace Classic. The event was held in the Parc Barbieux, with good coverage from old and historic trees. The lap

was 2km long for the first 27 hours, before being reduced to 787m for the final hour. The weather was beautiful for the entire weekend - no rain and a good sun during the day and overnight temperatures in excess of 10°C.

47 walkers faced the starter's gun at 11AM on Saturday, with **Dmitriy Osipov** and **Tatiana Maslova** immediately going to the front of their respective divisions. When the final gun sounded at 3PM on Sunday, they were still there, each comfortably winning their divisions, with 226.320 km and 204.869 km respectively. It was a big day for Russian ultra distance walkers with Osipov taking his 10th win and the first 5 places in the women's event all going to Russians. I was surprised to see no British walkers in the results. In years past, they have always sent a team.

28 Hour Walk Men

1.	OSSIPOV Dmitriy	RUS	226.320 km	8.083 km/h
2.	VANDERCOILDEN David	FRA	222.320 km	7.940 km/h
3.	GEORGELIN Serge	FRA	215.533 km	7.698 km/h
4.	MATTHYS Ignace	NED	212.093 km	7.575 km/h
5.	LETOURNEAU Florian	FRA	193.836 km	6.923 km/h
6.	LOUGRADA Saadi	FRA	192.625 km	6.879 km/h
7.	BALLAND Johann	FRA	187.554 km	6.698 km/h
8.	DEPARDAY Fabien	FRA	185.833 km	6.637 km/h
9.	LYKYANOV Sergei	RUS	185.247 km	6.616 km/h
10.	MAUREL Eric	FRA	184.098 km	6.575 km/h
11.	FERREIRA Avelino	FRA	179.936 km	6.426 km/h
12.	ALEXANDRE Alain	BEL	174.746 km	6.241 km/h
13.	DEBEURNE Philippe	FRA	173.309 km	6.190 km/h
14.	KERLAU Yves-Michel	FRA	172.626 km	6.165 km/h
15.	AGISHEV Igor	RUS	170.737 km	6.098 km/h
16.	SEYNAEVE Serge	BEL	164.746 km	5.884 km/h
17.	TINTIN Ronald	FRA	163.967 km	5.856 km/h
18.	PICOT Gerard	FRA	156.699 km	5.596 km/h
19.	BALYSHEV Nikolay	RUS	155.694 km	5.561 km/h
20.	OLIVARES Mathieu	FRA	153.744 km	5.491 km/h
21.	GRADOS Stephane	FRA	153.318 km	5.476 km/h
22.	PRUCKNER Jaroslaw	CZE	146.383 km	5.228 km/h
23.	GUILLOT Mickael	FRA	137.745 km	4.919 km/h
24.	RASSAIND Andre	FRA	134.746 km	4.812 km/h
25.	KONDRATIEV Vyacheslav	RUS	133.190 km	4.757 km/h
26.	LANGLOIS Patrick	FRA	126.959 km	4.534 km/h
27.	DANDOY Jeremy	FRA	123.929 km	4.426 km/h
28.	ROCARD Fernando	FRA	121.554 km	4.341 km/h
29.	MACHAL Francis	FRA	120.713 km	4.311 km/h
30.	DIEN Daniel	FRA	120.659 km	4.309 km/h
31.	DUET Denis	FRA	110.000 km	3.929 km/h
32.	MOUGENOT Patrick	FRA	106.315 km	3.797 km/h
	TRIZZULLA Giacomo	BEL	140.000 km	
	BIEBUYCK Pascal	BEL	90.000 km	
	KOROTKOV Alexander	RUS	88.000 km	
	VERNIER Jean-Pierre	FRA	62.000 km	
	FILLEUX Christian	BEL	34.000 km	
	LHERITIER Michel	FRA	24.000 km	

28 Hour Walk Women

1.	MASLOVA Tatiana	RUS	204.869 km	7.317 km/h
2.	GORBUNOVA Maria	RUS	186.740 km	6.669 km/h
3.	MATSAFEEVA Irina	RUS	182.196 km	6.507 km/h
4.	MIROSHNICHENKO Vera	RUS	167.172 km	5.970 km/h
5.	AGISHEVA Olga	RUS	140.906 km	5.032 km/h
6.	GILLARD Lydia	FRA	132.486 km	4.732 km/h
7.	DEPREZ Celine	FRA	111.839 km	3.994 km/h
8.	NITYAGOVSKAYA Liudmila	RUS	80.318 km	2.869 km/h
	FAUQUEUR-DUDA Corinne	FRA	94.000 km	



Dmitriy Osipov, David Vandercoilden, Serge Georgelin, Tatiana Maslova and Irina Matsafeeva (photos Emmanuel Tardi)

RAMSEY BAKERY END TO END WALK, ISLE OF MAN, SUNDAY 15 SEPTEMBER

That same weekend also saw the annual End to End walk contested in near perfect conditions on the Isle of Man. As usual, it started at the Point of Ayre and finished at the Sound, a distance of 39.22 miles. **Richard Gerrard** won for the seventh time with 6:38:10 (over 20 minutes faster than his 2018 winning time), ahead of **Hannah Hunter** (a new women's record of 6:58:56) and **James Quirk** (7:13:59). After taking out those who retired at The Cronk (12.43 miles), Peel (22.16 miles), Dalby (27.70 miles) and Cregneash (37.00 miles), 102 of the 153 walkers completed the full course. See more at <http://www.endtoendwalk.org/>. Lots of photos at <https://www.facebook.com/iomendoendwalk/>. Good article at <https://www.bbc.com/sport/athletics/49717178>.



The End to End route – 39.22 Miles (63.12km)

The End to End Walk (those who bettered 9 hours)

1.	Richard Gerrard	Men 45-49	--	6:38:10
2.	Hannah Hunter	Women 35-39	--	6:58:56
3.	James Quirk	Men 45-49	--	7:13:59
4.	Paul Atherton	Men 35-39	--	7:17:31
5.	Chris Burn	Men 40-44	1	7:20:46
6.	Michael Readshaw	Men 60-64	1	7:25:25
7.	Tony Mackintosh	Men 45-49	1	7:39:31
8.	Jayne Farquhar	Women 50-54	--	7:43:52

9. Sophie Dvorakova	Senior Women	--	7:44:26
10. Karen Lawrie	Women 45-49	1	7:44:41
11. Tristan Shields	Senior Men	1	7:46:01
12. Ray Beattie	Men 60-64	2	7:50:11
13. Louise Gimson	Women 40-44	1	7:59:30
14. Tony Holgate	Men 60-64	3	8:05:32
15. David Williams	Senior Men	2	8:08:04
16. Michael Shipsides	Men 50-54	1	8:10:51
17. Lucy Langford	Senior Women	1	8:11:46
18. Paul Jackson	Men 50-54	2	8:19:18
19. Angie Robinson	Women 50-54	1	8:26:56
20. Callan Cooper	Senior Men	3	8:29:17
21. Alan Teare	Men 55-59	1	8:30:39
22. Ann-Marie Clucas	Women 40-44	2	8:31:50
23. Michael Crook	Men 55-59	2	8:36:12
24. Lisa Dunwell	Women 45-49	2	8:36:46
25. Trevor Newton	Men 60-64	4	8:40:05
26. Juan Corrin	Men 40-44	2	8:44:59
27. Mike Wells	Senior Men	4	8:46:08
28. David Chambers	Men 60-64	5	8:48:48
29. Maureen Moffatt	Women 50-54	2	8:48:48
30. Mike Callister	Men 45-49	2	8:49:51
31. Samuel Richardson	Senior Men	5	8:51:38
32. Shelley Walker	Women 35-39	1	8:52:28
33. Vicki Heavey	Women 45-49	3	8:52:53
34. Laura Warren	Women 35-39	2	8:54:09
35. Kerry Palmer	Women 45-49	4	8:54:33
36. Phill Swales	Men 50-54	3	8:54:34
37. Paul Jones	Men 40-44	3	8:57:06
38. Fiona Wilby	Women 35-39	3	8:57:44
39. Dougie Scott	Men 35-39	1	8:57:45
40. Pauline Taylor	Women 55-59	1	8:57:46
41. Matthew Oates	Men 35-39	2	8:57:46
42. Sarah Cain	Women 45-49	5	8:57:47
43. Kate Condon	Women 35-39	4	8:58:00
44. Greg Nation	Men 45-49	3	8:58:30
45. Charlotte Hemensley	Women 40-44	3	8:58:42
46. Denise Bridson	Women 60-64	1	8:59:05
47. Mora Bosendorfer	Women 45-49	6	8:59:06



Richard Gerrard, James Quirk, Hannah Hunter; Richard Gerrard and James Quirk (photos event facebook page)

ROBIN HOOD 100, RETFORD INTO SHERWOOD FOREST, 14-15 SEPTEMBER

That same weekend saw yet another significant ultra, with the annual staging of the Robin Hood 100 in England. Held on scenic trails, the route headed into Sherwood Forest to take in Robin Hood's homeland before returning back to South Wheatley. Relatively flat with no major climbs, just steady undulations on occasion, it was designated as a 'fast' course (see more at <https://www.hobopace.co.uk/robin-hood-100/>).

It rates a mention in our newsletter because of the wonderful performance of **Sandra Brown (C36)**. Sandra walked the whole way, as is her usual mode, finishing 56th in a time of 27:11, one of 96 finishers from the 134 starters. Results at https://docs.google.com/spreadsheets/d/132MgHlav_RkTa07z1O4NIIICR0PDd1tvy-xy4iC2OgM/edit?usp=sharing. Here is what Sandra had to say:

*As soon as I read about this event, I had to do it! Who wouldn't want to do a race called the Robin Hood 100, which passes the ancient and magnificent "Major Oak" in Sherwood Forest and has Robin Hood on the medal and t shirt! I walked round in 27.11 [cut off was 30h] enjoying the sights, which included great estates like the National Trust's Clumber Park, pretty villages, prehistoric cave dwellings at Cresswell Crags ["inspiring visitors for over 50,000 years"], forest and heaths and the historic Chesterfield canal which carried farm produce and coal from this former mining area. Great run/walk by friend and fellow Centurion **Sarah Lightman**, who lives locally, finishing 4th lady in under 24h. Before the race I was delighted to re-visit Lincoln with its Roman remains and picture-postcard medieval city, Cathedral and castle on a steep hill; my family go back generations there and I was born in Grantham, Lincolnshire, where the father of former Prime Minister "the Iron Lady" Margaret Thatcher [nee Roberts] had a grocery shop. After the race, this 70 year-old kid rushed for the train to go and see my lovely dad who retired to East Anglia. It took 4 trains to get there and I had to try not to sleep through the connections!*

For the record, Leicester Walking Club's Sarah Lightman finished 36th with 23:48, but I assume she ran rather than walked?

That takes Sandra's 'hundreds' count for the year to 9 and raises her grand total to 206 – a record not set to be matched in the walking world for many years, if ever. See the full list at <http://centurions.org.au/centranks.shtml>.



Sarah Lightman and Sandra Brown at the Robin Hood 100 (photo Sarah Lightman)

54TH NIJMEGEN-ROTTERDAM (160KM), NIJMEGEN, NEDERLAND, 21-22 SEPTEMBER

Late September saw one of the very popular ultra distance events of the European year, the annual Nijmegen to Rotterdam walk (see <http://www.rotterdamsewandelsportvereniging.nl/index.php?page=nijmegen-rotterdam-160-km>). It got underway on the morning of Saturday 21st September, with nearly 70 walkers setting out from the Nijmegen Kronenburg Park and hoping to complete the 160km walk to Rotterdam. This event is not a race. Rather, it is a group

walk, with the leaders travelling at a pace of 7km/hr. Regular cafe stops are scheduled every 20km, when the group reforms and then off they go again. A meal stop is scheduled at the 60km mark in Leersum. This leads to a wonderful sense of comraderie, with everyone helping everyone else. It is a great concept which ensures that most of the walkers actually finish the long walk to the Kralingsebos in Rotterdam after the allotted 29 hours.

I see a number of Australian Centurions amongst the list, including **Jantinus Meints (C73)**, **Adrie Ros (C74)**, **Sue Clements (C35)** and **Gertrude Achterberg (C80)**. I have not seen the final results but there were 66 starters and 56 finishers. It takes a huge workforce to put on this sort of event so well done to organisers and volunteers. Race report at (<https://www.rotterdamsewandelsportvereniging.nl/index.php?mact=News.cntnt01.detail.0&cntnt01articleid=134>).

From the start to the finish it was dry and sunny. It cooled down to around 15 degrees overnight. Pretty tasty. During the day it was around 25 degrees on both days. Pretty hot. Perhaps the heat played a role in the relatively large number of dropouts. 8 out of 66 participants = 12%. But the walkers who succeeded can be proud. **Annie van der Meer** participated for the 36th time and tops the list. But also the jubilees **Aaf Peters (35th)** and **Rein Pistorius (25th)**. Eleven debutants walked the longest walking tour in the Netherlands. Extra special is the performance of **Thomas Leijtens**. He was too young to be allowed to participate. The minimum age is 20 years, and Thomas did not meet that. He asked the RWV for dispensation, and it was granted. Thomas walked the 160 kilometers in an exemplary way. He became the youngest participant in Nijmegen-Rotterdam ever. We congratulate all participants on their achievement, we thank the volunteers for the enthusiastic effort to make it a successful edition. The 55th Nijmegen-Rotterdam will take place on 19-20 September 2020. You can already start today to make your training schedule.



Walkers spread out as they make their way to Rotterdam (photo: <https://myalbum.com/album/VzzytaoQyyKU>)

SRI CHINMOY NZ 24H (2019 NZ CENTURIONS QUALIFIER), AUCKLAND, NZ, 28-29 SEPTEMBER

NZ Centurions secretary **Philip Sharp** emailed me earlier this week to pass on news from last weekend's New Zealand Centurion qualifier at the Millenium Stadium, Maurangi Bay, Auckland, held as part of the annual Sri Shinmoy NZ 24 Hour Carnival (see more at <https://nz.srichinmoyraces.org/races/auck/24hr>).

The big news is that Belgian walker **Kim Janssens (C76)** qualified as New Zealand centurion NZC27 with a time of **22:27:03**. It was Kim's second attempt – he had travelled to New Zealand in October 2018 for the annual centurion qualifier, but had been forced to stop after only 26km, stricken with a stomach bug and food poisoning. He made up for it this year with a clinical display of 100 mile track walking. As Kim already had centurion badges from UK (C1111, 2013), Africa (C22,2017) and Australia (C76, 2019), this grew his count to four. Only two to go - US and Continental.

Some bits and pieces from Philip's email:

I asked Kim after the race how many toilet breaks he took. None, not even to pee!

Given there was just one walker, the judging was pretty boring. Cliff Harrison was in the 12 hour. He has been training for marathons and slowed down on the second half. He took at least two sit down breaks in the second half. In first half he did what he called 'tourist laps' every hour. Slower, arms swinging as pendulums.

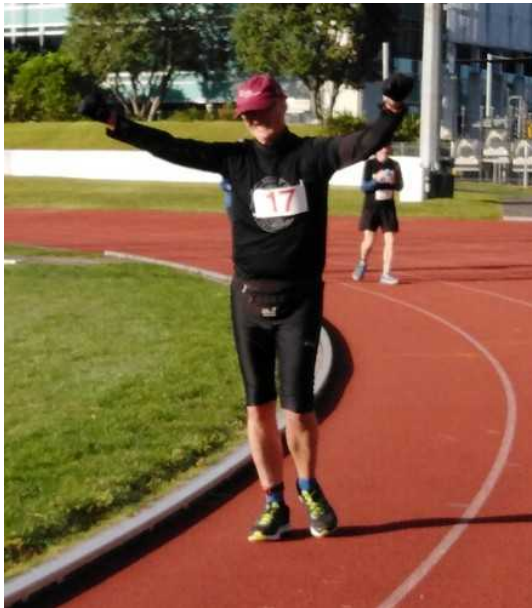
The track etiquette from both the support crews and athletes was generally poorer than in previous years:

- Plenty of examples of people walking with an athlete for 1/2 to 2 laps
- Athletes running two abreast, more so in the six hour than the longer races

- A member of a support crew running a fast lap (67s) to see how quickly he could do it. This puzzled the lap counters. He did it again a few hours later.

There were some amusing one-off happenings.

- Kim was almost tripped by a rabbit.
- For two or so hours, a member of the public was cheering on every athlete as they went past. His comments were a little ill-informed at times. Several times he told athletes to "dig deep". This was many hours before the end! Eventually, two of his friends explained that you use the term "dig deep" when there is just a short time to the finish. I ended up moving my judges chair down the track.



*Left: Kim reaches 100 miles
Right: Kim is congratulated by NZ Centurions secretary Philip Sharp (photos Philip Sharp)*

FINANCIAL NEWS

A quiet month for us, ensuring our finances remain healthy.

Incoming:	Deryck Skinner Donation	50.00
	Bank Interest	<u>0.38</u>
Final Balance:		2368.63

UNTIL OUR NEXT NEWSLETTER

Another interesting newsletter, with a number of our members in action. Thought for the month

The best remedy for a short temper is a long walk (Joseph Joubert).

Yours in Centurion walking

Tim Erickson (C13)
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