

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>. Some key races follow.

Dec 12-13, 2015	Malaysian 12 Hour International Walk See www.themarathonshop.com.my	Kajang, Malaysia
Feb 27-28, 2016	24 Heures de Bourges	Bourges, FRA
Sun Mar 7, 2016	Coburg 6 Hour Track Championships	Coburg, VIC
Mar 18-20, 2016	Inaugural 48H/24H/12H/6H Track Races See http://cbr.48hr.ktkc.com.au/	AIS Track, Canberra, ACT
Mar 26-27, 2016	24 Heures de Chateau Thierry	Chateau Thierry, FRA
Apr 16-17, 2016	Coburg 24 Hour Track Championships 2016 Australian Centurions Qualifier See http://www.coburg24hr.org/24hr/	Coburg, VIC
Apr 23-24, 2016	24 Heures de Dijon	Dijon, FRA
May 14-15, 2016	2016 Continental Centurion 24H Qualifier	Schiedam, NED
Jun 30, 2016	Start of 2016 Swedish Fotrally (http://www.fotrally.se/)	Sweden
Aug 6-7, 2016	105th English Centurions 100 mile qualifier (Redcar RWC)	Redcar, Teeside
Sept 24-25, 2016	2016 USA Centurions 24H Qualifier	Owega, NY
Sept 2016	Roubaix 28 Hours Walk	Roubaix, FRA

Close to home, our **2016 Australian Centurions qualifier** is gazetted for the weekend of 16-17 April, on the track at Coburg (Melbourne). We also have a Coburg 6 Hour Track Championship 6 weeks before, on Sunday 7th March. Entries are already open and the field is building. You can enter at <http://www.coburg24hr.org/24hr/>.

28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 19-20 SEPTEMBER

Emmanuel Tardi made a quick trip to Roubaix last month to get a status update on and some photos of the walkers in the annual 28 Heures de Roubaix, one of the blue riband events on the French ultra walking calendar. It was the 62nd edition of this classic event and, as usual, it saw lots of walkers from many different countries. After an initial lap of 19km around the city, contestants completed the rest of the race over a 1.980km lap on the famous velodrome.

The race started at 11AM on the Saturday in good weather, enabling the walkers to get away to a fast start. Russian walkers Dmitriy Osipov (230.166km) and Evgeniy Shmalyuk (225.173km) took line honours ahead of French walker Christophe Laborie (215.324km) in the men's division while Russian walkers Tatiana Maslova (206.810km) and Irina Poutintseva (202.845km) took the first two places in the women's race ahead of English walker Suzanne Beardsmore (185.629km). Plenty of pictures at:

https://www.facebook.com/emmanuel.tardi/media_set?set=a.10206532316380800.1073741882.1657411914&type=3

1.	OSIPOV Dmitriy	Ind St Petersburg	230.166 km	28:00:00	VEH 1
2.	SHMALYUK Evgeniy	Ind St Petersburg	225.173 km	28:00:00	VEH 2
3.	LABORIE Christophe	Les Ulis	215.324 km	28:00:00	VEH 3
4.	LASSALLE Emmanuel	S/l Athle Vosges Pays D'epin	211.541 km	28:00:00	SEH 1
5.	VAN DER GULIK Frank	Svlat Amsterdam	211.087 km	28:00:00	VEH 4
6.	MASLOVA Tatiana	Etoile Baltique	206.810 km	28:00:00	VEF 1
7.	MC CHESNEY Richard	Hutt Valley Harriers	205.090 km	28:00:00	VEH 5
8.	RODIONOV Alexei	M.g.u.p.f.lesgaft	203.965 km	28:00:00	VEH 6
9.	POUTINTSEVA Irina	Ind St Petersburg	202.845 km	28:00:00	VEF 2

10.	VARAIN Cedric	Ac Chateau Thierry	201.349 km	28:00:00	SEH 2
11.	VANDENDAUL Daniel	Ath	198.886 km	28:00:00	VEH 7
12.	LOUGRADA Saadi	Cm Roubaix	194.561 km	28:00:00	VEH 8
13.	DUBOSCQ Daniel	Pass Running	193.457 km	28:00:00	VEH 9
14.	KONING Johannes	Svlat Amsterdam	187.945 km	28:00:00	VEH 10
15.	THIRIOT Louis	Asm Bar Le Duc	187.513 km	28:00:00	VEH 11
16.	VANDERCOILDEN David	Cm Roubaix	186.928 km	28:00:00	VEH 12
17.	BEARDSMORE Suzanne	Abingdon Ac	185.629 km	28:00:00	VEF 3
18.	SEYNAEVE Serge	Cm Roubaix	183.800 km	28:00:00	VEH 13
19.	SALOMEZ Benedicte	Neuilly Sur Marne	178.286 km	28:00:00	VEF 4
20.	FURSOV Vacheslav	M.g.u.p.f.lesgaft	178.121 km	28:00:00	VEH 14
21.	MASSON Pascal	Cm Roubaix	174.942 km	28:00:00	VEH 15
22.	BERTIN Gerard	Gabs Lillebonne	171.719 km	28:00:00	VEH 16
23.	PICOT Gerard	Pass Running	169.052 km	28:00:00	VEH 17
24.	HASSEVELDE Sebastien	C31 Armentieres	166.393 km	28:00:00	SEH 3
25.	PSUTKA Roman	Bk Capartice	165.195 km	28:00:00	VEH 18
26.	KAZANTSEV Vladimir	Minsk 165.	125.000 km	28:00:00	VEH 19
27.	BIZARD Claudie	Thiais Ac	165.031 km	28:00:00	VEF 5
28.	EMONIERE Philippe	Cosm Arcueil	163.219 km	28:00:00	VEH 20
29.	MIROSHNICHENKO Vera	Ind St Petersburg	162.869 km	28:00:00	VEF 6
30.	TARASEVITCH Alexei	Brest	153.345 km	28:00:00	VEH 21
31.	RASSAIND Andre	Ea Centre Isere*	151.320 km	28:00:00	VEH 22
32.	MACHAL Francis	Cm Roubaix	150.145 km	28:00:00	VEH 23
33.	HAUSMANN Martina	Lg Wursbourg	148.196 km	28:00:00	VEF 7
34.	DUBOIS DENGHIEN Catherine	Cm Roubaix	133.502 km	28:00:00	VEF 8
35.	PRUCKNER Jaroslav	Sk Bradlec	125.498 km	28:00:00	VEH 24
36.	LOUKKAD Karim	Cm Roubaix	101.856 km	28:00:00	VEH 25
37.	BIEBUYCK Pascal	Ath	94.320 km	28:00:00	VEH 26
	ROZE Eddy	Amiens Uc	115.670 km	14:29:15	VEH
	LHOEST Daniel	W.a.c.o	99.814 km	12:49:34	VEH
	BLOM HEERTBERG		83.958 km	11:00:44	VEH
	MAGNIER Joel	Cm Roubaix	81.976 km	11:34:49	VEH
	MOMSIK Sergii	Neuilly Sur Marne	74.048 km	10:33:27	SEH
	LEIJTENS Frans	Rwv Rotterdam	50.264 km	06:16:56	VEH
	CHATILLON Nicolas	A Marcheurs St Thibault	50.264 km	24:42:54	SEH
	STRUNC Pierre	Cm Roubaix	48.282 km	06:48:55	VEH
	DANDOY Jeremy	Cm Roubaix	46.300 km	05:48:32	SEH
	PEREVALO Iryna	Neuilly Sur Marne	38.372 km	10:33:29	VEF
	KERLAU Yves-michel	Cm Roubaix	30.444 km	03:38:21	VEH



Suzanne Beardsmore, Tatiana Maslova and Irina Putinseva (photos Emmanuel Tardi)



Evgeniy Shmaliuk, Dmitriy Osipov and Christophe Laborie

24 HEURES DE ST THIBAUT DES VIGNES, FRANCE, 3-4 OCTOBER

Emmanuel Tardi has also forwarded me the results of the annual St Thibault des Vignes 24 Hour event, held in early October. St Thibault des Vignes is near Paris and the race was held in memory of race creator Georges Tambute who died 2 years ago. Before the start, a commemorative plaque was unveiled near the start line. The first lap was 2.042km, followed by laps of 2.226km, enabling an exact 100km time along the way. There was also an ancillary 2x6 Hour event which was in two parts - the first 6 Hours from 1PM to 7PM on the Saturday and the second 6 hours from 7AM to 1PM on the Sunday.

Overall, there were 73 walkers (55 men and 18 women). Jean-Marie Rouault and Eddy Roze battled early and little separated them at the 100 km mark (Rouault 11:52:19 and Roze 11:53:41). At that stage, they were nearly 40 minutes ahead of third placed Xavier Bunel and that is the way it stayed, with Rouault eventually winning with 196.012km. The women's division was won by England's wonderful ultra distance walker **Sandra Brown (C 36)** (now 65 years of age) with 175.225km.

24 Hour Walk (finishers only)

1.	ROUAULT Jean-marie	196.012m	VEM/64	As Culturelle Francophone
2.	ROZE Eddy	191.637m	VEM/70	Amiens Uc
3.	BUNEL Xavier	185.831m	VEM/62	Granville Ac
4.	LABORIE Christophe	181.416m	VEM/67	Essonne A - S/I C.o. Des Ulis
5.	GILLES Philippe	180.412m	VEM/64	Usm Montargis
6.	KERLAU Yves-michel	178.836m	VEM/61	Cm Roubaix
7.	ARNAULT Jacques	176.693m	VEM/62	Neuilly Sur Marne Athletisme
8.	LETOURNEAU Florian	175.884m	SEM/88	Ac Chateau Thierry
9.	BROWN Sandra (Gbr) (F)	175.225m	VEF/49	Surrey Walking Club
10.	THEVENIN Pascal	170.811m	VEM/59	Marne Et Gondoire Athletisme
11.	CHATILLON Nicolas	169.150m	SEM/81	A Marcheurs St Thibault
12.	LACROIX Jean-louis	168.351m	VEM/62	Ac Chateau Thierry
13.	DIEN Daniel	167.537m	VEM/50	Neuilly Sur Marne Athletisme
14.	SALOMEZ Benedicte (F)	166.486m	VEF/62	Neuilly Sur Marne Athletisme
15.	SONNOIS Martine (F)	165.655m	VEF/59	Racing Club Haut-jura Morez
16.	FORESTIERI Alexandre	156.623m	SEM/82	Ust Courir A Saint Tropez
17.	BIZARD PLANCHOT Emilie (F)	153.236m	SEF/85	Thiais
18.	PAPI Luca (Ita)	147.704m	SEM/80	4 6,2 37
19.	PICOT Gerard	146.769m	VEM/47	Rando Montfermeil
20.	BOVIN Laurent	142.692m	VEM/61	Marcheurs St Thibault Des Vi
21.	BIZARD Claudie (F)	139.271m	VEF/59	Thiais Ac

22. CRILLEY Kathy (Gbr) (F)	135.797m	VEF/47	Surrey Walking Club
23. HAGHEBAERT Eric	127.671m	VEM/60	Ac Chateau Thierry
24. GLASER Jean-bernard	124.426m	VEM/38	Neuilly Sur Marne Athletisme
25. KESSELMARK Patrick	122.380m	VEM/59	Mareuil Lès Meaux
26. EMONIERE Philippe	117.741m	VEM/61	Cosm Arcueil
27. BELUTAUD Jeanne-marie (F)	114.698m	VEF/62	Puteaux
28. CHAMPMARTIN Maurice	114.240m	VEM/	Saint-dizier
29. LANDRU Noelle (F)	112.107m	VEF/51	As Corbeil-essonne
30. PASSEREL Laurent	111.953m	VEM/68	Neuilly Sur Marne Athletisme
31. AUVRE Alain	106.792m	VEM/58	Co Eu Bresle
32. LE LOUARN Stephan	47.804m	VEM/65	Neuilly Sur Marne



The start



Eddy Roze, Daniel Dienand Jean-Marie Rouault (photos from Emmanuel Tardi)

2 x 6 Hours walk (finishers only)

1. OLIVARES Mathieu	98.359m	SEM/76	Neuilly Sur Marne Athletisme
2. FAUQUEUR Raymond	96.378m	VEM/57	Elan 59 - S/I Us Dunkerque
3. FAUQUEUR DUDA Corinne	94.946m	VEF/64	Elan 59 - S/I Us Dunkerque
4. MARECHAL Pascal	91.057m	VEM/62	Ac Chateau Thierry

5.	CASELLI Pierre	86.341m	VEM/53	Fontenay-sous-bois
6.	AUBRY Michel	83.144m	VEM/40	Maisons-alfort
7.	MOUGENOT Patrick	82.212m	VEM/63	Marne Et Gondoire Athletisme
8.	CAPUSANO Alain	77.744m	VEM/52	Ozoir La Ferrière
9.	QUINQUETON Bernadette	77.668m	VEF/61	A Marcheurs St Thibault Des Vi
10.	DEFOIX Laurent	77.259m	VEM/69	St-thibault-des-vignes

18TH SRI CHINMOY 6-12-24 HOUR TRACK RACES, AUCKLAND, NZ, 3-4 OCTOBER 2015

And now to Auckland, New Zealand, where the NZ Centurions 24 Hour walk was held earlier this month, in conjunction with the annual NZ Sri Chinmoy 24 Hour run. There were a number of walkers in action in the 24 Hour, 12 Hour and 6 Hour divisions and a sprinkling of NZ walk judges present to ensure that all was done correctly.

The big news is that Australian Centurion husband and wife team **Justin (C 61) and Sharon Scholz (C 63)** walked superbly, passing the 100 mile mark in 22:24:28 to become NZ Centurions 20 and 21 and then going on to a final shared distance of 170.853km. This gives them 3 centurion badges each (Australian, USA and NZ) and they continue to shine with the ease with which they complete whatever challenges are put in front of them. Justin posted the following brief report.

Sharon and I have just finished a New Zealand Centurion (100 miles walking in 24 hours). We're stoked! We covered the 100miles in 22:24:28, and Shaz finished with just over 170.8km for the 24 hours. Shaz was first outright in the ladies division, managing a better distance than all the runners, and I managed 3rd outright in the men's division.

We're tremendously grateful to the Sri Chinmoy team for the manner in which they conducted the event, Mark for his ride to the track at the start, Heather (3rd in the ladies with a whopping PB) and her crew for the tent space and for looking after us and the Sri Chinmoy ladies who dropped us to our hotel after the event. All the competitors and crews and onlookers were full of positive sentiments as well and really helped to lift us to achieve this goal.

Conditions were pretty good, though it was rainy at the start and there was some very strong winds for better than 12 hours which took their toll on the runners especially. Now we need some sleep!

Other good walk performances came from

- NZ racewalker **Graeme Jones** who set 4 NZ records (52.983 km in 6 Hours, 50 Miles in 9:16:14, 100 Km in 11:33:16 and 103.247 km in 12 Hours).
- **Cliff Harrison** (NZ C18) who completed a distance of 51.269km in the 6 Hours walk. He actually lead Graeme for the first 3.5 hours before surrendering his lead.
- 70 year old **Heather Smyth** who completed a distance of 32.920 km in the 6 Hour walk. Her daughter Anna Smyth (36) competed in the 6 Hour run and did 43.720km. Both received trophies and the two granddaughters were very excited.

Unfortunately VRWC walker **John Kilmartin (C 67)** (who already has Australian, USA and English centurion finishes to his credit) suffered badly in the race and could only manage 147km, being force off the track for some significant breaks with abdominal issues. John had started well and passed the 100km mark in 13:20:27, only 18 minutes behind Justin and Sharon. However, he was having trouble with an upset stomach by then and was forced to stop at 105km for a 40 minute break. A number of further breaks were forced upon him as he struggled to his final distance of 147km.

There is a great little video of Wayne Botha breaking the 100km barefoot running record - and you see a bit of footage of Sharon and Justin and some other walkers as they pass the start/finish line: <https://www.youtube.com/watch?v=6TpNBgpvqIg&feature=share>. Lots more info at website <http://nz.srichinmoyraces.org/races/auck/24hr>.

24 Hour Run/Walk

1.	Alexander McKenzie	488	195.432 km	m	Male 50-59	1
2.	Lance Hunniford	455	182.171 km	m	Male 60-69	1
3.	Sharon Scholz (W)	427	170.853 km	w	Female Under 50	1
4.	Justin Scholz (W)	427	170.853 km	m	Male Under 50	1
5.	Brian Prescott	413	165.443 km	m	Male 50-59	2
6.	Jesper Fuhlendorff	406	162.608 km	m	Male Under 50	2
7.	Georgina Cox	391	156.466 km	w	Female Under 50	2
8.	Richard Young	374	149.967 km	m	Male 50-59	3
9.	Heather Andrews	373	149.343 km	w	Female Under 50	3

10. John Kilmartin (W)	367	146.927 km	m	Male 60-69	2
11. Penny Kirkwood	363	145.208 km	w	Female Under 50	4
12. Jason Buckley	341	136.459 km	m	Male Under 50	3
13. Mark Gray	324	129.949 km	m	Male 50-59	4
14. Alan Potter	306	122.400 km	m	Male Under 50	4
15. Valerie Muskett	300	120.000 km	w	Female 60-69	1
16. Bryan McCorkindale	286	114.400 km	m	Male 60-69	3
17. Kevin Wilson (W)	274	109.885 km	m	Male 60-69	4
18. Trent Vannisselroy	268	107.580 km	m	Male Under 50	5
19. Alexandria Senior	259	103.660 km	w	Female Under 50	5
20. Niribili File	228	91.211 km	w	Female 60-69	2
21. Vivian Cheng	200	80.389 km	w	Female Under 50	6
22. Dave Candy	170	68.263 km	m	Male 50-59	5
23. Warren Burke	167	66.800 km	m	Male Under 50	6

12 Hour Run/Walk

1. Wayne Botha	299	119.948 km	m	Male Under 50	1
2. Craig Price	272	108.905 km	m	Male Under 50	2
3. Graeme Jones (W)	258	103.247 km	m	Male Under 50	3
4. Fiona Ellison	251	100.700 km	w	Female Under 50	1
5. Alice Adiwinata	240	96.190 km	w	Female Under 50	2
6. Matt Ford	230	92.360 km	m	Male Under 50	4
7. Ainie Kwok	197	78.857 km	w	Female 50-59	1
8. Cheryl Martin	196	78.607 km	w	Female Under 50	3
9. Roger Colquhoun	125	50.000 km	m	Male Under 50	5
10. Gary Regtien	80	32.000 km	m	Male 70 and over	1

6 Hour Run/Walk

1. Kim Dirks	141	56.631 km	w	Female Under 50	1
2. Ian Brailsford	140	56.139 km	m	Male 50-59	1
3. Richard Lake	133	53.349 km	m	Male 50-59	2
4. Cliff Harrison (W)	128	51.269 km	m	Male 50-59	3
5. Eric Sila	119	47.805 km	m	Male Under 50	1
6. Andrew Shelley (W)	119	47.677 km	m	Male Under 50	2
7. Anna Smyth	109	43.720 km	w	Female Under 50	2
8. Heather Smyth (W)	82	32.920 km	w	Female 70 and over	1
9. Paramartha Gallienne	78	31.407 km	w	Female 50-59	1



Justin Scholz, Sharon Scholz and John Kilmartin in action in Auckland earlier this month

That takes Justin to a total of six hundred mile walks and Sharon to four. And it takes them to 3 centurion badges each (Australian, USA and NZ). Of course, they have many hundred mile runs to their credit as well, having come off careers as top ultra runners and still competing in both walk and run disciplines. The list reads as follows:

Justin Scholz (C 61)	22:09:03	14-15 July 2012	Adelaide, SA (road)	(C 61)
	19:43:21	15-16 June 2013	Blacktown, NSW	
	22:40:37	14-15 Sept 2013	Middle Park, VIC	
	21:03:00	14-15 June 2014	Blacktown, NSW	
	22:29:51	06-07 June 2015	Minnesota, USA	(C 76)
	22:24:28	03-04 Oct 2015	Auckland, NZ	(C 20)
Sharon Scholz (C 63)	20:06:00	15-16 June 2013	Blacktown, NSW	(C 63)
	22:40:37	14-15 Sept 2013	Middle Park, VIC	
	22:29:51	6-7 June 2015	Minnesota, USA	(C 77)
	22:24:28	03-04 Oct 2015	Auckland, NZ	(C 20)

You can check our all our multiple centurion performances at <http://www.centurions.org.au/documents/Australian-Centurions-Multiple-Performances.pdf>.

BRIBIE BEACH BASH, QUEENSLAND, SUNDAY 4 OCTOBER

Brisbane based walker **Peter Bennett (C 24)** had a training session with a difference few weeks ago as an entrant in the Bribie Island running festival in Queensland. He was in fact the solo walker in the 50km event that started in the pre-dawn on the morning of Sunday 4th October. Besides the 50km race there were 10km, 15km, half marathon and marathon categories and they were all out and back races along the many kilometres of pristine beach in the Bribie Island National Park, some 50km outside Brisbane.

An early start meant the athletes were able to watch the sunrise over the ocean, race on miles of endless, deserted beach and watch dolphins playing offshore. The heat was not really a problem as there was a bit of a breeze and competitors were able to refill water bottles at the regular drink stations. Being a National Park, no plastic cups or other disposable items were allowable and everyone had to carry a drink bottle. The incoming tide slowed the pace in the last 10km as competitors were forced to race in the soft sand and 4WD tracks as well as getting caught by the occasion wave. Walking through a police random breath station set up on the beach was quite an unusual experience. Everyone finished with soggy shoes that were full of sand. This is not the type of race if you are looking for a fast time but for fun and enjoyment it can't be beaten. And for the record, Peter finished 6th with **5:32:55**. Now that's not too bad for a beach walk!



Nearing the finish of the Bribie Beach 50km

Photo courtesy Tim Miller Dreamsport Photography. Article sourced from QRWC newsletter.

NED KELLY CHASE, WANGARATTA, SUNDAY 25 OCTOBER 2015

Michelle Thompson (C 58) returned to Wangaratta last weekend for the 2015 edition of the 100km Ned Kelly Chase, looking for her third finish in the 3 years that the event has been held. And she was of course successful, starting at 2AM on the Sunday morning and finishing in hot conditions in the excellent time of **12:24.14**. Fellow centurion **John Kilmartin (C 67)** was also in action but stopped after 50km covered in 6:29:08.



Michelle Thompson steps out in the 2015 Ned Kelly Chase (photo www.nedkellychase.com.au)

FRENCH 100KM WALK CHAMPIONSHIPS, CORCIEUX, FRANCE, SUNDAY 25 OCTOBER

Emmanuel Tardi was in Corcieux (400km in the east of Paris) for the French National 100km Championships last weekend. Alas, only a few walkers were on the start line at 5am – perhaps it was due to the very tough cutoff time of 11:30:00 for 99km. The race was contested over a 1km lap and Fabien Lombard lead from start to finish. Mathieu Olivares was with him until the 25km mark and Christophe Erard held on until 51km but from then on, he was on his own, going on to win the title for the second time (the first was in 1997) ahead of Mathieu Olivares and Pascal Tournois (his 13th time in top 3 since 1985). Sadly, no women contested the women's 50km event. Emmanuel was one of the judges but did manage to get a few pictures – thanks mate.



Fabien Lombard, Christophe Erard, Mathieu Olivares and Pascal Tournois (photos Emmanuel Tardi)

And now to the results for all finishers:

1.	LOMBARD Fabien	ASM Bar le Duc	100 km	10:47:11	9.271 km/h	VEH	1
2.	OLIVARES Mathieu	Neuilley sur MarneAthletisme	100 km	11:00:28	9.084 km/h	SEH	1
3.	TOURNOIS Pascal	ASM Bar le Duc	100 km	11:06:42	9.000 km/h	VEH	2
4.	ERARD Christophe	ASM Bar le Duc	100 km	11:14:15	8.899 km/h	VEH	3
5.	BUNEL Pascal	Neuilley sur Marne athletisme	97 km	11:37:03	8.349 km/h	VEH	4
6.	BANO Jean Michel	Ajs la Garde	95 km	11:30:58	8.249 km/h	VEH	5
7.	MICHELOT Remi	Es Thaon	93 km	11:35:41	8.021 km/h	VEH	6
8.	DIEN Daniel	Neuilley sur Marne athletisme	92 km	11:31:51	7.979 km/h	VEH	7
9.	BRUNEAUX Jean Claude	Coulommiers	79 km	11:32:11	6.848 km/h	VEH	8
10.	HAUMESSER Marc	Villeneuve d'Ascq Fretin Ath	61 km	06:53:04	8.861 km/h	VEH	9
11.	HOUOT Valery	Athletic Vosges Entente Clubs	24 km	02:43:01	8.833 km/h	SEH	2
12.	FAUQUEUR Raymond	Entente Littoral Athletisme 59	16 km	01:57:03	8.202 km/h	VEH	10

NEW BELGIAN WALKING ASSOCIATION WEBSITE

Theo Bické has emailed me to advise that the new website of the Belgian Walking Association is now online. Still a way to do with their build but you can check it out at www.belgianwalkingassociation.com.

It looks like it is going to focus mainly on ultra distance walking and it has lots of info on that front, including fully up to date world ranking lists for men's 200km and women's 24 Hour walks. I reproduce the top section of the women's 24 Hour Ranking List here for interest. Great to see Australians **Michelle Thompson (C 58)**, **Sharon Scholz (C 63)** and **Carol Baird (C 39)** in there.

Women 24 Hour Walk All-Time Ranking List (all performances over 180km)

1.	VAN DE MEER Annie	NED	203,760 km	8,490 km/h	1982	Mons
2.	DE RIJK Aaf	NED	200,952 km	8,373 km/h	1982	Mons
3.	VARIN Sylviane	FRA	200,520 km	8,355 km/h	2003	Perpignan
4.	BROWN Sandra	GBR	199,392 km	8,308 km/h	1991	Vallorbe
	<i>BROWN Sandra</i>	<i>GBR</i>	<i>198,456 km</i>	<i>8,269 km/h</i>	<i>1992</i>	<i>Bazancourt</i>
	<i>VAN DE MEER Annie</i>	<i>NED</i>	<i>197,592 km</i>	<i>8,233 km/h</i>	<i>1983</i>	<i>Lagny-Thorigny</i>
	<i>VAN DE MEER Annie</i>	<i>NED</i>	<i>195,336 km</i>	<i>8,139 km/h</i>	<i>1986</i>	<i>Roubaix 28H</i>
5.	COUHÉ Edith	FRA	195,096 km	8,129 km/h	1988	Bar-le-Duc
	<i>BROWN Sandra</i>	<i>GBR</i>	<i>194,712 km</i>	<i>8,113 km/h</i>	<i>1990</i>	<i>Dijon</i>
6.	LEFILLEUL Joëlle	FRA	193,272 km	8,053 km/h	1996	Bar-le-Duc
	<i>COUHÉ Edith</i>	<i>FRA</i>	<i>191,472 km</i>	<i>7,978 km/h</i>	<i>1987</i>	<i>Bar-le-Duc</i>
7.	THOMPSON Michelle	AUS	190,984 km	7,958 km/h	2014	Coburg (Australia)
	<i>COUHÉ Edith</i>	<i>FRA</i>	<i>189,984 km</i>	<i>7,916 km/h</i>	<i>1986</i>	<i>Torcy</i>
8.	AMIROVA Ludmila	RUS	189,792 km	7,908 km/h	2000	Roubaix 28H
9.	PETRUS Josiane	FRA	189,432 km	7,893 km/h	1982	Château-Thierry
10.	ALVERNHE Dominique	FRA	189,247 km	7,885 km/h	2011	Roubaix 28H
	<i>LEFILLEUL Joëlle</i>	<i>FRA</i>	<i>188,760 km</i>	<i>7,865 km/h</i>	<i>1995</i>	<i>Chaumont</i>
	<i>RADDER Marleen</i>	<i>NED</i>	<i>188,232 km</i>	<i>7,843 km/h</i>	<i>1998</i>	<i>Schiedam/ Rotterdam (NL)</i>
11.	GOURIEVA Evguenia	RUS	187,680 km	7,820 km/h	1996	Torcy
12.	SCHOLZ Sharon	AUS	187,653 km	7,819 km/h	2013	Blacktown (Australia)
13.	MESMOUDI Anne-Marie	FRA	187,392 km	7,808 km/h	2004	Bézu-Saint-Éloi
14.	RADDER Marleen	NED	187,032 km	7,793 km/h	1996	Schiedam/ Rotterdam (NL)
15.	POUTINTSEVA Irina	RUS	186,984 km	7,791 km/h	2004	Roubaix 28H conv.
16.	PAJOU Delcina	FRA	186,672 km	7,778 km/h	1997	Bourges
	<i>LEFILLEUL Joëlle</i>	<i>FRA</i>	<i>186,120 km</i>	<i>7,755 km/h</i>	<i>1993</i>	<i>Lagny-sur-Marne</i>
17.	SAYER Ann	GBR	186,009 km	7,750 km/h	1981	Roubaix 28H
	<i>GOURIEVA Evguenia</i>	<i>RUS</i>	<i>185,376 km</i>	<i>7,724 km/h</i>	<i>1994</i>	<i>Bar-le-Duc</i>
18.	GUTIERREZ Eugénia	FRA	184,824 km	7,701 km/h	1997	Château-Thierry
	<i>THOMPSON Michelle</i>	<i>AUS</i>	<i>184,724 km</i>	<i>7,697 km/h</i>	<i>2013</i>	<i>Coburg (Australia)</i>
	<i>GUTIERREZ Eugénia</i>	<i>FRA</i>	<i>184,296 km</i>	<i>7,679 km/h</i>	<i>1998</i>	<i>Château-Thierry</i>
19.	DUCHENE Isabelle	FRA	184,200 km	7,675 km/h	1993	Château-Thierry
	<i>RADDER Marleen</i>	<i>NED</i>	<i>183,624 km</i>	<i>7,651 km/h</i>	<i>2002</i>	<i>Roubaix 28H</i>
	<i>POUTINTSEVA Irina</i>	<i>RUS</i>	<i>183,451 km</i>	<i>7,644 km/h</i>	<i>2013</i>	<i>Roubaix 28H</i>
20.	BOUFFLERT Kora	FRA	183,264 km	7,636 km/h	2008	Saint-Thibault-des-Vignes
	<i>PAJOU Delcina</i>	<i>FRA</i>	<i>183,096 km</i>	<i>7,629 km/h</i>	<i>1997</i>	<i>Bazancourt</i>

	<i>PAJOUL Delcina</i>	<i>FRA</i>	<i>182,904 km</i>	<i>7,621 km/h</i>	<i>1998</i>	<i>Torcy</i>
	<i>VARIN Sylviane</i>	<i>FRA</i>	<i>182,784 km</i>	<i>7,616 km/h</i>	<i>2003</i>	<i>Roubaix 28H</i>
21.	BAIRD Carol	AUS	182,657 km	7,611 km/h	2002	Coburg (Australia)
22.	LACHIA Francine	FRA	182,568 km	7,607 km/h	1999	Château-Thierry
	<i>ALVERNHE Dominique</i>	<i>FRA</i>	<i>181,950 km</i>	<i>7,581 km/h</i>	<i>2009</i>	<i>Château-Thierry</i>
	<i>POUTINTSEVA Irina</i>	<i>RUS</i>	<i>181,584 km</i>	<i>7,566 km/h</i>	<i>2003</i>	<i>Roubaix 28H</i>
23.	MIZERA Nicoletta	ITA	181,424 km	7,559 km/h	2011	Roubaix 28H
24.	HOUOT Valéry	FRA	181,224 km	7,551 km/h	2004	Bar-le-Duc
25.	LUBOMIROVA Ludmilla	RUS	180,720 km	7,530 km/h	1994	Bar-le-Duc
26.	TARASSEVICH Marina	BLR	180,192 km	7,508 km/h	2004	Roubaix 28H

THE AMAZING SANDRA BROWN

I had noticed that the amazing **Sandra Brown (C 36)** had finished her ultra walking season with a flurry so I emailed her for some further details. She replied to tell me that she had indeed finished her season off in fine style with 3 events of 100 miles or more in 4 weeks. Here is how she did it

Nijmegen to Rotterdam 100 miles walk across Holland on 19-20 September

The 50th edition of this great walk was brilliantly organised by the RWV club. Supported by long-time partners Europe Pallet, RWV pulled out the stops to make this occasion very special. Even the weather was perfect! This classic journey route across Holland is one of the nicest ways to walk 100 miles. With RWV's great support, no wonder the completion rate is never far off 100%. Of 112 starters this year, 99 made the distance, many for the first time. Congratulations to all the walkers, all Centurions, and especially to RWV. Many happy returns! Sandra Brown, C735

St Thibault des Vignes on 3-4 October in France, 24 Hour Walk

As reported earlier in the newsletter, Sandra completed 175.225km in this event to win the women's division and come 9th overall.

The Centurion Running Autumn off-road 100 miles on 17-18 October in England

Sandra completed the 100 miles (nearly all walking in her case) in 24:36:42, well within the 28 Hour cut off, pleasing as she was not exactly "fresh" in her legs by this stage. She explained this event further below

The Autumn 100, which I haven't done before, uses a very successful format of 4x25 mile stages off-road, hilly in parts, using two national trails, the Thames Path E and W and the Ridgeway N and S, all centred on the delightful historic village of Goring on Thames where the Thames Path trail and the Ridgeway trail inter-sect. It was a gorgeous autumn weekend, with good weather, and there were impressive new course records for men [14h 35m] and women. The course is attractive and interesting - though there were 12h of darkness, which is especially challenging off-road where you are watching by torchlight all the time for tree roots, ruts and rocks to fall over! I'd gone there on my own - though I know many of the runners of course - and completed the event solo, which never bothers me. It was the usual story of the fast walker in such events - starting right at the back as the runners literally run away, and then, from about 12 miles onwards, steadily over-taking people as they tire. I met two fellow Centurions¹⁹¹¹ doing the event. Everyone was inspired and moved to see Mark Haynes - who qualified at Southend in 2014 and has been treated for cancer since then - successfully complete the Centurion Running Autumn 100, finishing to the delight and acclaim of family and friends.

Sandra closes the 2015 ultra season with a total of 168 events of 100 miles or more, of which 64 are 100 milers, 89 are 24h/28h with more than 100 miles covered, and 15 are multi-day. This is a record which I am sure will never be equalled – and we are still counting.

And she is already planning for next year.

Now we look forward to starting the 2016 ultra season. We hope to have a party at the Bourges 24h in late February, and at the Schiedam Dutch 100 miles in May. There is likely to be international interest in the 2016 Paris-Alsace event in June. Our English 100 miles championship is planned for Redcar on 6-7 August. And there will be many other events, as usual, in the IOM, Holland, France and Belgium, and across the walking world. Another exciting year to look forward to!



Sandra steps it out in the 2015 Nijmegen to Rotterdam 100 miles
 (photo <http://www.mijnalbum.nl/Album=BYLVIDGG#OOF317WU>)

VALE JUDY WALKERS

It is my sad duty to advise the passing on Thursday 23rd September of Judy Walters, the wife of Ken Walters (C 26). Judy had battled cancer for a number of years and eventually lost her long battle in last September, dying peacefully after spending her final weeks in palliative care.

I represented the club at her funeral which was followed by a private Cremation. For those who wish to send a condolence card, Ken's address is

Mr Ken Walters
 7 Waters Ave
 Upper Ferntree Gully
 VIC, 3156

We pass on our deepest sympathies to Ken and to their sons Andrew, Mathew, Kenneth and Stuart and their respective families.

THE 2016 PARIS-ALSACE CLASSIC TAKES SHAPE

After the highly successful inaugural Paris-Alsace classic in June this year, the organizing committee are hard at work with the 2016 edition which will be the 90th anniversary of the first Paris-Strasbourg event in 1926. Their event website <http://www.marche-mythique.org/selectifs.html> has lots of info and will build in size as we get closer to the actual event.

There are 6 qualification opportunities, after which the top ranking 30 men and 15 women will be invited to compete in the 2016 event which will run from Paris-Neuilly-sur-Marne Ribeauvillé

- | | |
|---|----------------------|
| • 24 hours Vallorbe (Switzerland) | 22-23 August 2015 |
| • The 28 hours of Roubaix | 19-20 September 2015 |
| • 24 hours of Saint-Thibault-des-Vignes | 3-4 October 2015 |
| • 24 hours of Bourges | 27-28 February 2016 |
| • 24 hours of Château-Thierry | 27-28 March 2016 |
| • 24 hours of Dijon | 23-24 April 2016 |

FINANCIAL NEWS

Another quiet month with little or no expenditure. That's what I like!

Expenditure	Photocopying	10.00
Balance		\$318.32

UNTIL OUR NEXT NEWSLETTER

Another newsletter done and dusted and lots of news as usual. The weather is getting warmer day by day here in Melbourne as we work out way though spring so it's a great time to be out and about – on foot of course!

Yours in Centurion walking

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