

CENTURION FOOTNOTES

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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 – check it out at <http://aura.asn.au/>.

The first 2018 Centurion qualifier dates have now been set, with the Australian Centurions race on 21-22 April in Melbourne and the American Centurions race on 2-3 June in Fort Snelling. Bookmark them!

Apr 21-22, 2018	2018 Australian Centurions 24H Qualifier See http://www.coburg24hr.org/24hr/race-entry/	Coburg, VIC
June 2-3, 2018	2018 USA Centurions 24H Qualifier See http://www.fans24hour.org/index.html	Fort Snelling, Minnesota, USA

I'm also excited to see that Dave and Erin Talcott have announced a further American Centurions qualifier for 2020 in Owego, New York State. After their successful 2016 and 2017 'Not Just A Walk In The Park' events, they have set 26-27 September 2020 as their next date. See <https://raceroster.com/events/2020/15288/not-just-a-walk-in-the-park-v30>.

ST THIBAUT DE VIGNES, 24H WALK, ST THIBAUT DE VIGNES, FRA, OCT 7-8, 2017

Emmanuel Tardi was at the St Thibault de Vignes 24 Hours Walking race in France in early October. This is one of 5 qualifying opportunities (there were supposed to be six qualifiers but the first one was cancelled) for next year's Paris-Alsace classic

- Les 28 heures de Roubaix 16-17 Sept 2017
- Les 24 heures de Saint-Thibault-des-Vignes 7-8 October 2017
- Les 24 heures de Bourges March 2018
- Les 24 heures de Château-Thierry March 2018
- Les 24 heures de Dijon April 2018

The event was held on a cycle path in the local park in St Thibault de Vignes, a city some 32km east of Paris. The first lap was 2.043km, followed by laps of 2.226km (to allow for an exact number of laps at the 100 km mark), before dropping down to a smaller 1.223km lap for the last hour. The weather was cloudy with some rain, dropping to 0°C overnight.

The men's race was very competitive, with the lead changing a number of times. As usual, **Eddy Roze** led out before stopping at the 7 hour mark. This left Belgian **Daniel Lhoest** in the lead but he was forced to stop at 3AM with back issues. From there, local walker **Patrick Langlois** took over the lead, but he was forced out at 6AM with his own issues. Thus **Saadi Lougrada** looked to have victory in his grasp, entering the last hour some 3km ahead of **Pascal Thevenin**. But nothing is certain in such races, as Lougrada slowed and slowed and slowed, while Thevenin walked faster and faster and faster. When the final gun sounded, nobody knew which of the two had won, and it was not until 30 minutes later that the judges had finished the measurements and announced that Thevenin had secured the victory by 285m from Lougrada. In the women's race, it was more straightforward, with **Christine David** leading the whole way to finish fifth overall with a distance of 151.680km.

Check out <https://photos.app.goo.gl/Ee8Js3ZPCFDAZDmJ3> and <https://photos.app.goo.gl/XvVIIIMX5csvPqX3d2> for Guy Destre's photo. In the second album, you can see the anguishing last lap of Saadi Lougrada.

24 heures de Saint-Thibault-des-Vignes 2017

1. THEVENIN Pascal	Marne Et Gondoire Athletisme	171.810 km	24:00:00	VEH	1
2. LOUGRADA Saadi	Cm Roubaix	171.525 km	24:00:00	VEH	2

3.	LACROIX Jean-louis	Ac Chateau Thierry	167.697 km	24:00:00	VEH	3
4.	HIERNARD Alain	Afd Chateau-thierry	160.854 km	24:00:00	VEH	4
5.	DAVID Christine	Essonne Athletic	151.680 km	24:00:00	VEF	1
6.	SONNOIS Martine	Racing Club Haut-jura Morez	150.281 km	24:00:00	VEF	2
7.	BALLAND Johann	Athletic Vosges Entente Clubs	147.563 km	24:00:00	SEH	1
8.	BIZARD Claudie	Thiais Ac	144.811 km	24:00:00	VEF	3
9.	ALEXANDRE Alain	Rfc Liege - Bel	141.396 km	24:00:00	VEH	5
10.	RASSAIND Andre	Ea Centre Isere	124.104 km	24:00:00	VEH	7
11.	MOUGENOT Patrick	Marne Et Gondoire Athletisme	123.705 km	24:00:00	VEH	8
12.	BRUNEAUX Jean-claude		111.416 km	24:00:00	VEH	10
13.	BERTHAULT-KORZHYK Annie	Indre Ac	110.480 km	24:00:00	VEF	4
14.	ARNAULT Francoise	Neuilly Sur Marne Athletisme	109.501 km	24:00:00	VEF	5
15.	ARNAULT Jacques	Neuilly Sur Marne Athletisme	109.501 km	24:00:00	VEH	11
	LANGLOIS Patrick	Marne Et Gondoire Athletisme	133.395 km	17:26:28	VEH	6
	OLIVARES Mathieu	Neuilly Sur Marne Athletisme	117.811 km	15:42:43	VEH	9
	LETOURNEAU Florian	Ac Chateau Thierry	117.811 km	15:51:07	SEH	2
	LHOEST Daniel	Athlé Waremmes - Bel	108.906 km	13:15:50	VEH	12
	LABARRE Bertrand	Cs Provins Athletisme	102.227 km	14:45:53	VEH	13
	THEVENIN Hugues	Marne Et Gondoire	79.963 km	11:55:57	VEH	14
	KESSELMARK Patrick	Mareuil-les-meaux	75.511 km	15:06:48	VEH	15
	BELUTAUD Jeanne-marie	Puteaux	68.832 km	14:13:27	VEF	6
	ROZE Eddy	Amiens Uc	66.605 km	07:50:18	VEH	16
	GILLARD Lydia	Aubercy	64.379 km	10:31:12	VEF	7
	GEORGELIN Serge	Bruz Athletisme	57.700 km	07:26:30	VEH	17
	MASSON Pascal	Cm Roubaix	51.021 km	06:53:02	VEH	18
	GIROD Urbain	Cm Monthey - Sui	26.531 km	03:06:40	VEH	19

6 heures de Saint-Thibault-des-Vignes

1.	RAULET Christophe	Ligny-en-barrois	52.744 km	06:00:00	VEH	1
2.	VARAIN Cedric	Ac Chateau Thierry	51.772 km	06:00:00	SEH	1
3.	JACQUEMIN Mickael	Athletic Vosges Entente Clubs	49.723 km	06:00:00	SEH	2
4.	TOUTAIN Eric	As Culturelle Francophone	48.217 km	06:00:00	VEH	2
5.	ANXIONNAT Claudine	Athletic Vosges Entente Clubs	45.924 km	06:00:00	VEF	1
6.	DIEN Daniel	Neuilly Sur Marne Athletisme	45.155 km	06:00:00	VEH	3
7.	SALOMEZ Benedicte	Neuilly Sur Marne Athletisme	43.652 km	06:00:00	VEF	2
8.	PANNIER Josiane	Havre Ac	43.652 km	06:00:00	VEF	3
9.	HAGHEBAERT Eric	Ac Chateau Thierry	40.883 km	06:00:00	VEH	4
10.	MORVAN Nicole	Neuilly Sur Marne Athletisme	32.645 km	06:00:00	VEF	4



*Left: Saadi Lougrada strides out confidently early in the race (Photos Emmanuel Tardi and Guy Destre)
Middle and Right: Lougrada struggles to the finish line as Pascal Thevenin closes in on and then passes him*

12 / 24 / 48 HEURES DE ROYAN, ROYAN, FRANCE, 6-8 OCTOBER 2017

Amazingly, the ultra walk in St Thibault des Vignes was only one of two such events in France on that same weekend. If you fancied a trip to the French seaside, then the seaside resort city of Royan was just the place to be, as their annual 48 Hour / 24 Hour / 12 Hour ultra distance run/walk event was played out (see <http://100km.iroyan.com/>). There were good numbers in the walk divisions, with the 48 Hour walk being won by last year's second placed **Dominique Delange** (281.533km). The 24 Hour walk was won by **Gerard Duran** with 169.333km (that's over 100 miles for us centurion oriented persons). Sadly, the French do not acknowledge the significance of the 100 mile mark (160.934km) and do not have their own centurion chapter. Thus the performances of people like Gerard do not get their full recognition. The 12 Hour walk was won by **Alain Bougnard** with 88.185km.

48 Hour Walk

1.	DELANGE DOMINIQUE	AJA MARATHON AUXERRE	281.533 km	47:58:09
2.	PINEAU LAURENT	HAUTE SAINTONGE ATHL	258.433 km	47:58:06
3.	BAUDET Michel		235.333 km	47:55:38
4.	BETAÏLLE ROGER	STADE Français	224.333 km	47:51:58
5.	HAUSMANN MARTINA		200.133 km	47:50:24
6.	SOUÏLLE JEAN-PIERRE		166.033 km	47:50:15
7.	PIERRE PATRICK	CA CASTELSARRASIN	161.633 km	47:57:37

24 Hour Walk

1.	DURAND GERARD	CPM MARANS	169.333 km	23:55:33
2.	PILLET Frederic		136.333 km	23:50:16
3.	LEDUC CHRISTINE	ACB ST BREVIN	134.133 km	23:59:33
4.	DICHARRY Martine		123.133 km	23:55:27
5.	BEN ROGER		112.133 km	23:59:01
6.	PUYRAUD ROSE-MARIE		111.033 km	23:55:27
7.	HERMAN CLAUDE	LA CARACOLE	106.633 km	23:41:08
8.	DELAHAYE Dominique	ASCHR Rochefort	106.633 km	23:55:05
9.	BAUP JEAN-RENE		101.133 km	23:59:29
10.	ARNAUD Romuald		100.033 km	21:52:21
11.	DEGOULANGE Thierry		100.033 km	22:32:47
12.	VEILLET CLAUDE		95.633 km	23:44:54

12 Hour Walk

1.	BOUGNAUD ALAIN		88.185 km	11:58:10
2.	SUAU Michel		83.717 km	11:53:26
3.	RIVOAL CLAUDE		82.600 km	11:58:10
4.	COURRAUD BRIGITTE		81.483 km	11:59:10
5.	COURRAUD JOEL		81.483 km	11:59:10
6.	CAÏLLAUD FRANCK		79.249 km	11:54:34
7.	DRUGEON Jany Pierre		71.430 km	11:58:01
8.	FRANCOISE DANIEL	ET ROYAN ST GEORGES	66.962 km	11:25:12
9.	JADEAU CHRISTELLE	BIGORRE RUNNING 65	58.026 km	11:52:24
10.	COSSON MARYSE		58.026 km	11:53:09
11.	GAVARD MICHEL		54.675 km	11:26:54
12.	GRISEY MICHELINE		52.441 km	11:25:16
13.	ALLART BEATRICE ASCORI		50.207 km	11:59:23
14.	FRANCOISE FLORENCE		44.622 km	11:26:51
15.	TOULEMONDE GILBERT		42.388 km	11:26:52
16.	RENNESON JEAN-CLAUDE		41.271 km	11:26:25

SRI CHINMOY NZ 24 HOUR CHAMPIONSHIPS, AUCKLAND, NZ, OCT 7-8, 2017

And keeping with the ultra walking theme, that same weekend also saw the annual New Zealand Centurions qualifying race, held in Auckland in conjunction with the Sri Chinmoy New Zealand 24 Hour Championships.

Thanks to New Zealand Centurions Secretary Philip Sharp for the following report

The 2017 New Zealand Centurion Qualifier was held October 7 and 8 at Sovereign Stadium, Auckland, as part of the 20th Sri Chinmoy 6-12-24 track races and 12-hour teams relay. The rain lasted 14 hours, which is longer

than it normally does for this event. Otherwise the weather was typical with an overnight low of 13 degrees and a nearby thunderstorm.

Eight walkers entered the 24 hour race. **John Kilmartin** did not start because of a quad injury. This left **Gertrude Achterberg** (W45), **Trudy Geldhof** (W45), **Marco Bloemerts** (M50), **Arie Kandelaars** (M50), **Antoine Hunting** (M45), **Rob Robertson** (M50) and **Damien Wood** (M40). The first five were from the Netherlands, Rob was from the US, and Damien from New Zealand. Going into the race, Rob had five centurion designations, Antoine 4, Gertrude 3, Arie and Marco 2 each. Damien had not competed in a centurion qualifier but he had run ultras.

The race started at 9:11am in good weather. Gertrude led off, followed by Arie, Marco, Antoine, and Damien (see photo below). Rob and Trudy were a little back. After several laps Antoine made a brief stop to adjust a belt and took the opportunity to reduce his speed a bit. Nothing untoward happened in the first six hours except Rob developed a distinct lean to the left. This was taken just after the walkers changed direction at the four-hour mark. I asked Rob if he was okay and he said he was.

After 6 hours 30 Gertrude, Arie, Damien had covered 48 km, Marco 47, Antoine and Rob 46, and Trudy 45.

Ninety minutes later, Antoine was out of the race because of shin splints in his left leg, leaving six in the race. Soon it was five with Trudy retiring after 8½ hours. She thought she would not have enough time to complete the 100 miles in the 24 hours. Antoine and Trudy both completed 58.4 kms.

The rain started nine hours into the race. The rain was not heavy but was a nuisance because despite \$30,000 worth of remedial work, water still does not drain from lane 1 on the Sovereign track. An hour after the rain started, Marco asked me how long it was going to rain. I said, with more confidence than could be justified, "All night". Marco donned his raincoat.

At the 10½ hour mark, Gertrude was on 77 kms, Arie, Marco and Damien on 76 kms, and Rob on 74 kms. Two and a half hours later Gertrude was on 92 kms, Marco 91 kms, Arie who had an upset tummy on 90 kms, and Rob 88 kms. Gertrude reached 100 km at 14:07, followed by Marco, Arie and Rob. By now Damien had slowed considerably.

I completed my first session of judging after 17¼ hours at around 2:30am. My partner Elizabeth Mead assumed the judging duties while I had some sleep. When I went to bed, Marco was still on his 3:20 laps, Gertrude and Arie were walking steadily but had slowed a bit, and Damien was off the track.

The first thing I did when I arose just after 6am was to count the number of walkers on the track. I knew Damien might be off the track and was surprised to see just three walkers circling. Where was Rob? I was told he was in the kitchen of the millennium building beside the track. I walked up to the kitchen and found Rob lying on the floor and his wife Brenda with him. I quickly decided Rob was suffering from mild hypothermia. I had brought spare clothes to the race for the walkers. Brenda and I put these to good use.

I left Brenda to it and went back to the track. Gertrude, Arie and Marco had slowed but I was sure they would make 100 miles unless they had a medical difficulty. And that's what happened. Marco reached 100 miles in **22:43:30**, followed by Gertrude in **23:29:45** and Arie in **23:36:29**.

Marco continued walking and reached 169.331 kms in 24 hours. Gertrude and Arie stopped immediately after reaching the 100 miles. I suggested they do two more laps in case their laps had been miscounted. This rarely happens with the Sri Chinmoy races but it does happen and I always recommend walkers (and runners) do two more laps once they reach their goal. Gertrude and Arie took my advice and walked to 161.600 kms.

I looked in on Rob about one hour after leaving him. He was sitting up against the wall in the kitchen and wearing some "mostly dry" clothes of his Brenda had found. One hour was a fast recovery and indicates his hypothermia was mild. When I check on him a further hour later, he and Brenda had returned to their accommodation.

That left Damien. Much to his credit he did not retire from the race. Instead he used a mix of walking and naps in a chair to keep himself going. When the 24 hours was up he had walked 115.625 kms.

This qualifier was one of our most successful qualifiers. I am always grateful that Sri Chinmoy permit us to hold the qualifier as part of their annual event. I would like to thank Elizabeth Mead who did part of the graveyard shift of judging.

Full results at <http://my6.raceresult.com/83079/RRPublish/pdf.php?name=Presenter%2FAnnouncer%7CLeaderboard>.

Walking results are as follows:

Sri Chinmoy 24-Hour Race - Men

6	Marco Bloemerts	M50-54	NED	423	169.331 km	23:58:52.8	NZC22	22:43:30
8	Arie Kandelaars	M50-54	NED	404	161.600 km	23:50:07.9	NZC24	23:36:29
9	Rob Robertson	M50-54	USA	332	132.800 km	21:27:12.3		
11	Damien Wood	M40-44	NZL	289	115.625 km	23:59:50.5		
13	Antoine Hunting	M45-49	NED	146	58.400 km	8:02:04.0		
	John Kilmartin	M65-69	AUS	0	DNS			

Sri Chinmoy 24-Hour Race - Women

3	Gertrude Achterberg	F45-49	NED	404	161.600 km	23:50:07.0	NZC23	23:29:45
7	Trudy Geldhof	F50-54	NED	146	58.400 km	8:28:13.5		



Left: right to left Gertrude Achterberg, Arie Kandelaars, Marco Bloemerts, Antione Hunting and Damien Wood

Centre: Rob Robertson looked good early before succumbing to the conditions

Right: Arie Kandelaars reaches the 100 mile mark to become New Zealand Centurion number 24 (photos Philip Sharp and Rob Robertson)

Rob Robertson did post a very honest appraisal of the race. It says lots about the toughness of the event.

WOW what a race in Auckland. I have been VERY lucky to have done five Centurion races. Well, now I have seen the other side of a Centurion race. The side where you have to swallow your pride and bale. One challenge in any long race is figuring splits in your head. I knew I needed 3:55 splits to make centurion the last six hours. When I crossed the mat with a 4:10 lap, I knew I didn't have a 3:40 in me. You can't play that game for five hours. I pulled the plug. Where did I go wrong? Training was good. Slept each night before the race. Mentally tough. I have experience. It was not my day. It was an honor to watch my Dutch Friends Marco, Arie and Gertrude walk a tough race. It rained for 14 hours, almost half that time sideways due to the wind. They earned their New Zealand Centurion badges. Congratulations! So sad to watch Antoine, Trudy and Damien struggle like me.

After I threw in the towel, to say I was in a bad way is an gross understatement. I had mild hypothermia. Thanks to Phillip Sharp who saved me a trip to the hospital. Thanks to my wife Brenda who feed me porridge like I was a little baby violently shaking on the floor. My granddaughter is going to love that photo. Back at our B&B now. Can't sleep. Can't eat.

Whats next? Think I will take up ping pong.

AFRICAN CENTURION 2017, ROBBERN ISLAND, CAPE TOWN, SOUTH AFRICA, 21-22 OCTOBER

Fast forward two weeks for the second annual African Centurions 100 Mile Walk qualifier which proved just as successful as last year's event which saw an inaugural 19 qualifiers. This year's 100 mile walk was held in the same venue, namely Robben Island, Cape Town. The first lap took in 6.8 miles (11km) of Robben Island's incredible

scenery, including a sweeping stretch of wild Atlantic coastline. Thereafter, walkers settled into a 4.4-mile (7km) loop that wound through the forested ground and the village housing those who work on the island. Overall, 22 laps were required to complete the 100 miles. Ten walkers were up to the task, led by Isle of Man walkers **Robbie Callister** (2:33:44) and **Andrew Titley** (21:51:24). The 2 IOM finishers were joined by 5 Belgians, 2 South Africans and one Dutch walker. Husband and wife team **Rudy Schoors** (22:47:08) and **Caroline Mestdagh** (22:47:06) each completed their 6th centurion badge, joining Jill Green in that elite group and only 1 badge behind the great Sandra Brown who leads the pack with all 7 possible badges. South African **Hilton Murray** (22:58:17) got a special cheer as he crossed the finish line, becoming a local African Centurion. Overall, badges AC20-29 were awarded.

A special note for Australian readers – it was great to see Australian **Geoff Hain (C49)** in action. Geoff, who has 5 centurion badges to his credit, returned after some 10 years away from the sport, finishing 10th with 117.5 km.

Rudy Schoors reports further

Hoi Tim,

Great effort from the Belgian team at the second Centurion in South Africa. Five Belgians started the race and all five achieved the South African Centurion title. Two got even on the podium: Caroline became the first lady and Kim Janssens finished in the third place at the men's category.

We were very pleased to have two supporters with us during the race: Mart and Angèle travelled all the way from Belgium to spoil us with their refreshments. Big thanks for them!

The race started with a lap of 11 km, after this another 21 laps of 7.15 km.

Conditions were good: 25 degrees, some wind and mild temperatures during the night. The course itself was pretty hard. Hilly and the surface was hard to walk on. And a torchlight was necessary.

Of course the sights on Table Mountain, Cape Town and the Atlantic ocean were fantastic. And for us 'Europeans' the penguins crossing the road: excellent! Also the enthusiastic supporters along the road were superb.

It was a nice moment to meet Geoff and Annie (Hain) again after so many years. We became together Continental Centurions in 2008 at Schiedam. Sorry for Geoff that he didn't succeed in his mission this time.

Both Caroline and I were very pleased with our 6th badge worldwide and 11th Centurion finish in a row.

We stayed another couple of days in Cape town to explore the region and had a fantastic time with our Belgian friends.

Take care,

Rudy and Caroline.



Belgian finishers Kim Janssens Luc Soetewey Caroline Mestdagh Rudy Schoors and Nour Addine Ayyoub

For more info on the event, check out <http://africancenturion.com/>. Rob Robertson has updated his multiple-centurions list at <http://www.walk100miles24hours.com/wp-content/uploads/2017/10/Multi-Centurions-1.pdf>. Lots of photos at <https://www.facebook.com/AfricanCenturionWalk/>.

100 Miles Walk Men

1.	Robbie Callister	IOM/GBR	161.1 km	20:33:40	AC20
2.	Andrew Titley	IOM/GBR	161.1 km	21:51:24	AC21
3.	Kim Janssens	BEL	161.1 km	22:11:52	AC22
4.	Luc Soetewey	BEL	161.1 km	22:22:34	AC23
5.	Rudy Schoors	BEL	161.1 km	22:47:08	AC25
6.	Hilton Murray	RSA	161.1 km	22:58:17	AC26
7.	Nour Addine Ayyoub	BEL	161.1 km	23:44:00	AC28
8.	Thomas Joseph Reyneke	RSA	161.1 km	23:45:55	AC29
9.	David Walker	IOM/GBR	117.5 km	14:42:06	
10.	Geoff Hain	AUS	117.5 km	21:43:56	
11.	Michael Mortley	RSA	110.4 km	21:07:00	
12.	Nathan Sassman	RSA	110.4 km	23:21:37	
13.	Stewart Jones	GBR	103.3 km	15:08:37	
14.	Gerrit Riezebos	NED	89.1 km	12:23:05	
15.	Johannes Hermanus	RSA	89.1 km	23:58:14	
16.	Nicolaas Laubscher	RSA	53.6 km	22:30:19	
17.	Thabiso Nkone	RSA	53.6 km	23:46:36	
18.	Evan Hughes	RSA	46.5 km	6:26:27	

100 Miles Walk Women

1.	Caroline Mestdagh	BEL	161.1 km	22:47:06	AC24
2.	Corina Riezebos-Rijploeg	NED	161.1 km	23:33:37	AC27
3.	Erika Gibson	RSA	124.6 km	22:53:51	
4.	Lee Den Hond	RSA	117.5 km	22:57:26	
5.	Suzannah Corkill	IOM/GBR	110.4 km	17:35:51	
6.	Carla Burger	RSA	89.1 km	14:18:41	
7.	Allison Horton	RSA	53.6 km	20:41:51	
8.	Kathleen Lynch	RSA	53.6 km	23:59:36	
9.	Esme Van Deventer	RSA	39.4 km	19:55:57	
10.	Aletta Riezebos	NED	32.3 km	6:21:17	

Additionally, 4 two-person relay teams and 46 four-person relay teams also completed 100 miles withing the required 24 hours. Now that is impressive! Check out the full results set at http://africancenturion.com/?page_id=696.



Hilton Murray, Rudy Schoors and Caroline Mestdagh, Andrew Titley and Luc Soetewey



Corina Riezebos-Rijploeg, Kim Janssens, Nour Addine Ayyoub and Robbie Callister (photos www.facebook.com)

24 HEURES D'ALBI, ALBI, FRANCE, 21-22 OCTOBER

The 100 Mile walk in Cape Town was not the only long event on offer on that weekend. The French city of Albi, some 500m south of Paris, held its annual 24 Hour race which was well supported, with 50 finishers in the 24H run and 7 finishers in the 24H walk. The race was held around the local stadium on a 1.1km lap. Start time was 10AM on Saturday. See website <http://www.albi24h.fr> for more details.

24 Hour Walk

1.	BOYER Michel		V4M/47	151.571 km
2.	MARTY Patrick	Us Carmaux	V2M/65	130.391 km
3.	PIERRE Patrick	Cercle Ath Castelsarrasinois	V3M/48	128.434 km
4.	BOUILLON Philippe		V2M/58	111.154 km
5.	BEN Roger	Umf	V4M/45	107.643 km
6.	OUF Patrick		V2M/58	75.441 km
7.	PORTES Philippe		V2M/67	75.267 km
	KIEFFER Pascal	AJ Montmoreau	V2M/61	63.077 km

FRENCH 100KM ROADWALK CHAMPIONSHIPS, CORCIEUX, FRANCE, SUNDAY 29 OCTOBER

Emmanuel Tardi was in Corcieux, in eastern France, on Sunday 29th October for the French 100km National Championships. It was a long day with the 100km (time limit 14 hours) starting at midnight, ancillary 50km races (time limit 6 hours) starting at 8AM and ancillary 20km races (time limit 3 hours) starting at 11AM. The races were held on a 1km lap in the central city area and Emmanuel was chief judge. He reports as follows

12 walkers were on the 100km start line at midnight but unfortunately the weather was very very bad, with very strong winds and cold rain staying for the entire race. **Cedric Varain** led from start to finish, winning with a time of 11:30:48. **David Vandercoilden** was close behind was unfortunately disqualified after 63km. The minor placings were decided with a sprint in the final km, with **Rene Serrano** (12:54:06) finishing just ahead of **Mickaël Jacquemin** (12:56:11).

In the men's 50km, the 3 walkers started fast, with the first 5km covered in 25:40. But the weather eventually took its toll with two retiring and the only finisher **Raymond Fauqueue** slowing as the race progressed. The women's 50km saw a very healthy field of 6 walkers, with the youngest **Morgane Ausello** (born in 1992) eventually winning. She started carefully in 4th place but walked very evenly, eventually taking the lead around the 20km mark. At the 42km mark, we heard her coach saying "you can go now" and she then sped off, finishing in a time of 5:32:04, after a strong negative split. It's a pity the weather was so bad. She can probably reach the 5 hour mark very soon.

Article and photos at <http://www.vosgesmatin.fr/sport/2017/10/29/championnats-de-france-des-100-km-marche> and Emmanuel's photos at <https://photos.app.goo.gl/IJHayVVADVHW3zhd2>

100km French National Championship

1.	VARAIN Cedric	Ac Chateau Thierry	SEM/80	11:30:48
2.	SERRANO Rene	La Foulee D'annemasse	VEM/66	12:54:06
3.	JACQUEMIN Mickael	Athle Vosges Pays	SEM/83	12:56:11
4.	MICHELOT Remi	Es Thaon	VEM/75	13:46:35
5.	GRADOS Stephane	Cm Roubaix	VEM/76	14:02:07
6.	HASSEVELDE Sebastien	Touquet Opale Athletisme	VEM/77	DNF 96km 14:04:41
7.	HAFFNER Bernard	Lyon Athletisme	VEM/46	DNF
8.	TOURNOIS Pascal	Asm Bar-le-duc	VEM/54	DNF
9.	VAN HILLE Dominique	Nice Cote D'azur Athletis	VEM/77	DNF
10.	DANDOY Jeremy	Cm Roubaix	SEM/80	DNF
11.	FAITEAU Maxime	Entente Poitiers Athle 86	SEM/90	DNF
	VANDERCOILDEN David	Cm Roubaix	VEM/69	DQ

50km Women

1.	AUSELLO Morgane	Nice Cote D'azur Athletis	SEF/92	5:32:04
2.	CARDEILLAC Elisabeth	Stadoceste Tarbes	VEF/69	5:45:03
3.	JOFFROY Raphaelle	Bassin Mortagne	VEF/72	5:53:55
4.	ROPERS Adele	Cca Rouffach	SEF/80	6:00:09
	MAISON Sylvie	Ill Bruche A Lingolsheim	VEF/73	DNF
	ANXIONNAT Claudine	Avec Pays De Bruyère	VEF/51	DNF

50km Men

1.	LEAUTE Benjamin	Lille Metropole	SEM/88	4:37:22
	ANDRIEU Hugo	Uavh Aubagne	SEM/92	DNF
	BLANCHETEAU Jean	Athle Bourgogne Sud	ESM/96	DNF

20km Women

1.	DEMON Sonia	Efs Reims	VEF/72	1:56:26
2.	BUAUD Elise	Athletisme Metz Metro	SEF/89	2:04:00
3.	FAUQUEUR DUDA Corinne	Us Dunkerque	VEF/64	2:18:58

20km Men

1.	FAUQUEUR Raymond	Us Dunkerque	VEM/57	2:15:00
2.	SCHWING Martin	Rc Epernay	SEM/89	2:28:49
3.	CHAMAGNE Daniel	Asm Bar-le-duc	VEM/41	2:56:41
	DURAND-PICHARD David	Athletisme Metz Metro	VEM/72	DNF



Benjamin Leaute, Sonia Demon, Cedric Varain and Mogane Ausello (photos from Emmanuel Tardi)

Justin and Sharon Scholz (61 and C63) were in action in this year's Malaysian 12 Hour Walk, held in Kajang in mid November. And they scooped the pool, winning their respective divisions with some fine walking. Justin reported as follows

Justin and Sharon Scholz have again been in action at an international event this year. After a disappointing 24 Hour World Championships outing for Sharon in July, the Scholz team mounted an assault on China and Malaysia in recent weeks and managed to win outright at the Malaysian 12 hour international walk in Kajang, Kuala Lumpur.

"It was great to get a win in Malaysia," said Justin. "I've been focusing on winning this event since about June and have trained well. I had some calf and shin issues in the two weeks leading in which made me a bit nervous. Fortunately, I worked through those and was feeling good within a couple of hours of the event starting."

Justin, first placed of all 400 entrants in the 12 hour event, managed a final distance of 102km. With a comfortable margin over second placed Peter Black from Singapore and Malaysia's Mark Yong Leong, Justin reduced the pace at the 9 hour mark.

"Though there was a lap display, it didn't include the athletes position in the field. I asked a lady to check my position for me at 9 hours, and if I was in front then by how much. When informed that I was seven laps (seven kilometres) in front of second I decided that the win was more important than anything else and so backed off the pace to avoid any possible injury issues. I wouldn't have been able to sustain the pace I was at anyway and it hurts too much to keep up a high intensity. So, it suited me fine to know that I could afford to back it off a bit."

Just seven days after participating in a 24 hour invitational running race in China, Sharon also managed a win in the 12 hour event with 92km. This bettered Hong Kong athlete Ng Peng Hoon's 79km who in turn led home a close field for the minor places. Malaysia's Tan Boon Gaik was third with 78km, ahead of China's So Kit Sum on 77km.

"I had issues in China similar to those I experienced in Belfast in July and only managed 127 kilometers before I needed to withdraw. Training had generally been OK with some good weeks of running at and over 200km in preparation. With very high temperatures and humidity, and on a concrete course with lots of direction changes, the China event was always going to be tough. But I was ready for that and thus disappointed that internal issues which I can't avoid got in the way. Though I was entered for the Malaysian walk event, I had no expectations at all. This was Justin's focus event and I was meant to be there for participation only. But the China failure got me revved up a bit and because my muscular and cardio systems were fine I decided to have a serious go at doing well. Very stoked with the win against quality international competition."

Not only did Justin and Sharon each win 2000 Malaysian Ringgits (\$650) for their victories in the 12 hour event, they also each collected the 1000 Ringgits prize for the fastest 50 kilometer time along the way.

"I'm not competitive at the short end of race walking," said Justin. "As such I was shuffled back to about 12th male at the start and figured that I'd slowly gain on those in front as the time went on, but not before the 50 kilometer point. As I started passing entrants and doing the math though, I figured by three hours I must be pretty close to the front. With over 400 people on a one kilometre course it was hard to be sure, but I felt good and decided to just go for it. Eventually I passed the 50 kilometer mark in 5 hours 33 minutes which is a nice personal best for me."

Sharon managed 6 hours 14 minutes for her 50 kilometers.

"Like Justin, I just went for it. We figured that if we fell apart in the extreme humidity then at least we'd have something to show for it. Fortunately, we stayed strong and built a buffer after the six hours mark which allowed us to slow down and walk together for a couple of hours at the end."

In an Aussie clean sweep, the Scholz duo and shared the 1000 Ringgits prize for top team.

"Organisers invited us to a pre-event dinner the night before the event," said Justin. "Most of the competitive internationals were there and with the blessing of event organisers we were allowed to form a team which we named the 'International All Stars'. Sharon was the minimum one female in the team of four, and to this we added the services of Akihiro Sugimoteo from Japan and Leung Tin Kin from Hong Kong to form our team.

Both Leung (83km) and Akihiro (75km) walked personal best distances to help us claim the win with a team total of 350 kilometers.”

The second placed team ‘World Masters Racewalkers’ started strongly, but generally faded as the event continued due to their shorter distance credentials. With 332 kilometers they were well ahead of third placed Hong Kong walkers with 282 kilometers.

“Yes, if the team event stopped at 20 (kilometres) then we’d have been beaten by a long way,” said Justin. “Patience and persistence is the key to long ultras and both Sharon and I were really pleased with the tenacity shown by our new international friends Akihiro and Leung. Those guys really suffered as they weren’t going to let the team down. With only four members in any team it’s important that the lowest distance completed of the four is still solid,” he said.

Such is the nature of ultra running and walking that Justin and Sharon are already preparing for events in 2018. “I’d like to get a decent 24 hour run result under my belt again soon,” said Sharon. “So my focus now is the 24 hour in Canberra in March. I’ll do some other shorter ultras as training before then, but Canberra is the main future goal.”

“And I’ve got the 240 kilometer Coast to Kosciuszko in under three weeks,” added Justin. “That’s a big event for our family each year and I’m keen to do well. But my main focus now is the 24 hour in Coburg in April where I’m unashamedly aiming to break the National 24 hour walk record of 196 kilometers set by Jim Gleeson in 1971. When you break that down it’s a massive undertaking, but I’m keen to give it a shot.”

Full results at <http://www.racewalkermalaysia.com/>.

12 Hours Open Men (149 starters)		Laps	DQLaps	Km	TotalTime
1.	JUSTIN SCHOLZ	102	1	101	12:00:08
2.	PETER JAMES BACK	91	0	91	12:00:14
3.	MARK YONG LEONG	88	1	87	12:00:15
4.	R SUBRAMANIAM	85	0	85	11:52:07
5.	LEUNG TING KIN	83	1	82	12:00:08
6.	SURESH KUMAR	81	0	81	12:00:09
7.	LAU SAY NIONG	79	0	79	12:00:11
8.	SIVA SUBRAMANIAM	79	0	79	12:00:34
9.	GUANDASAMY	76	0	76	12:00:34
10.	AKIHIRO SUGIMOTEO	75	0	75	12:00:08
11.	FOONG FATT HENG	74	0	74	12:00:07
12.	CHU KOK KUAN	72	1	71	12:00:13
13.	KU@KHOO KAY HAO	71	0	71	12:00:21
14.	DR. DEVINDER SINGH	71	0	71	12:00:22
15.	CHEUNG MAN TAI	69	0	69	11:49:52
16.	TEH KOK PENG	67	0	67	12:00:17
17.	GOH TUAN HONG	66	0	66	11:48:57
18.	MOHD YUSNIR BIN ABDULLAH	65	0	65	12:00:11
19.	SUKHRAJ SINGH DHILLON	65	0	65	12:00:17
20.	KRISHNAN A/L RENGASAMY	64	0	64	12:00:12
12 Hours Open Women (157 starters)		Laps	DQLaps	Km	TotalTime
1.	SHARON SCHOLZ	92	0	92	12:00:08
2.	TAN BOON GAIK	78	0	78	12:01:21
3.	SO KIT SUM, ISSAC	77	0	77	11:55:04
4.	CHANG I-YIN	76	0	76	12:00:11
5.	KOMATHI RAMALINGAM	75	0	75	12:00:12
6.	SUEN WAI HA	74	0	74	11:42:01
7.	CHOY YEN YI	73	0	73	12:00:12
8.	CHEUNG MEI YI	72	0	72	12:00:10
9.	SEAH BENG CHOO	68	0	68	12:00:18
10.	WAI LING	67	0	67	11:59:34
11.	CH'NG TENG TENG	65	0	65	12:00:10
12.	CHUNG SIM FONG ANGEL	63	0	63	11:50:51
13.	MARLINA BINTI IBRAHIM	63	0	63	12:00:15
14.	YAP KIM MUI	61	0	61	11:08:15

15. TAM MEI LIN	61	0	61	11:50:24
16. CHIN FAH MONG	60	0	60	12:00:05
17. T.YOKESWARI A/P S.THURAISSINGAM	58	0	58	12:00:08
18. TAN YOW YEE	57	0	57	12:00:08
19. HANA AYOB	55	0	55	11:19:30
20. LEE JING	54	0	54	12:00:10

12 Hours Masters Men (22 starters)

1. ABD WAHID BIN KASSIM	80	0	80	12:00:21
2. LO YAU WING	75	0	75	11:49:38
3. CHEAH SIN CHOR	73	0	73	12:00:45
4. EYAKUMAR RAMASAMY DHARMALINGAM	69	0	69	12:00:13
5. OLIVER KER KANG PIN	67	0	67	11:54:11
6. TANI CLACE A/L SEBASTIAN	67	0	67	11:58:06
7. ELANGO VAN AL SITHIRAM SUPPIAH	66	0	66	12:00:08
8. CHO CHUNG TAT	64	0	64	11:50:51
9. CHAN PAK KUEN	61	0	61	12:00:11
10. MOHD RAZALI JUSOH	59	0	59	11:51:38

12 Hours Masters Women

1. NG PENG HOON	79	1	78	12:00:10
2. CHEUNG HANG PING FIONA	71	0	71	11:44:54
3. CHOI KAM HAR	55	0	55	11:52:58
4. HOW SAU ENG	23	0	23	11:58:18

50km Women

1. SHARON SCHOLZ	6:14:18
2. SO KIT SUM, ISSAC	7:25:44
3. TAN BOON GAIK	7:31:23
4. CHEUNG HANG PING FIONA	7:36:10
5. CHANG I-YIN	7:39:33
6. NG PENG HOON	7:45:35
7. SUEN WAI HA	7:46:38
8. KOMATHI RAMALINGAM	7:46:56
9. CHOY YEN YI	7:57:46
10. CHEUNG MEI YI	8:06:31

50km Men

1. JUSTIN SCHOLZ	5:33:25
2. PETER JAMES BACK	6:01:54
3. MUHAMAD AKRAM BIN ISMAIL	6:09:57
4. MARK YONG LEONG	6:30:43
5. AKIHIRO SUGIMOTEO	6:33:20
6. R SUBRAMANIAM	6:34:08
7. SURESH KUMAR GOBINNAAN	6:48:52
8. LEUNG TING KIN	7:09:03
9. ABD WAHID BIN KASSIM	7:15:14



Justin and Sharon competing in the Malaysian 12 Hour Walk last month



Individual winners and Teams winners – taking the overall honours

LES 8 HEURES D'ETAMPES-SUR-MARNE, FRANCE, SUNDAY 26 NOVEMBER

Emmanuel Tardi was in Etampes sur Marne, 100km to the East of Paris, in late November for that city's annual 8 Hours walking classic. Last year, the race was cancelled because there were not enough racewalkers, but this year lots of people supported the event and came to compete in the streets of this small village. The lap was 2.5km in length and included a very hard hill, some 500m in length. Fifty walkers were on the start line at 8am and the weather was very cold (-2°C). It soon went from bad to worse, with hail falling about 30 minutes in race, but after 2 hours, conditions cleared and competitors were able to enjoy a beautiful sunny winter day for the remainder of the race.

Eddy Roze led for the first four hours before **Florian Letourneau** took over. Eddy recovered and eventually caught Florian at the 7 hour mark, but final victory went to Florian who was able to clear out again with 30 minutes to go. The women's event was more straight forward, with **Adele Ropers** led from start to finish. The ancillary 10km races were won by Dominique Van Hille and Evguenia Gutierrez.

Les 8 Heures d'Etampes-sur-Marne - Men

1.	LETOURNEAU Florian	Ac Chateau Thierry	72.500 km	7:50:03
2.	ROZE Eddy	Amiens Uc	72.500 km	7:56:19
3.	VARAIN Cedric	Ac Chateau Thierry	70.000 km	7:53:48
4.	GEORGELIN Serge	Bruz Athletisme	67.500 km	7:52:04
5.	LABARRE Bertrand	Cs Provins Athletisme	67.500 km	7:59:29
6.	DEPARDAY Fabien	Acdf-78	67.500 km	8:00:50
7.	BOUFFLERT Eric	G.a.Basse Seine	67.500 km	8:01:53
8.	PELLERIN Alain	Nl Avenay	67.500 km	8:04:24
9.	DELANGE Dominique	Aj Auxerre Section Marathon	65.000 km	7:58:43
10.	TOURNOIS Pascal	Asm Bar-le-duc	65.000 km	8:03:26
11.	GRADOS Stephane	Cm Roubaix	62.500 km	7:47:48
12.	PAPI Luca	Waa Runiing	62.500 km	7:51:09
13.	GIRAUDEAU Denis	Ula Cornouaille	62.500 km	7:51:33
14.	THEVENIN Pascal	Marne Et Gondoire Athletisme	62.500 km	8:03:44
15.	DIEN Daniel	Neuilly Sur Marne Athletisme	60.000 km	7:46:47
16.	HARTMANN Emmanuel	Athle 55	60.000 km	7:49:37
17.	DANDOY Jeremy	Cm Roubaix	60.000 km	7:59:56
18.	LOZOUET Guy	Nl Corbreuses	60.000 km	8:00:39
19.	LACROIX Jean-louis	Ac Chateau Thierry	60.000 km	8:02:35
20.	FILLIEUX Christian	Caf-Belgique	60.000 km	8:04:09
21.	BOVIN Laurent	AM St Thibault Des Vignes	57.500 km	7:52:24
22.	BRUNEAUX Jean-claude	Coulommiers Brie Athletisme	57.500 km	7:53:27

23. POTY Alain	Nl Belgique	55.000 km	7:54:44
24. HAGHEBAERT Eric	Ac Chateau Thierry	55.000 km	8:05:10
25. GRASSI Alain	Team Tda	50.000 km	6:13:00
26. PICOT Gerard	Nl	50.000 km	7:45:19
27. EMONIERE Philippe	Cosm Arcueil	50.000 km	7:52:09
28. LEMOINE Daniel	Nl Domont	50.000 km	7:55:37
29. THEVENIN Hugues	Nl Torcy	50.000 km	8:00:11
30. GLASER Jean-bernard	Neuilly Sur Marne Athletisme	42.500 km	7:45:10
31. BURLLOT Pascal	Spn Vernon	35.000 km	8:03:23
32. KESSELMARK Patrick	Nl Mareuil-les-meaux	37.500 km	6:35:29
33. MOREL Philippe	Nl Chalons	35.000 km	3:56:52
34. TOUTAIN Eric	As Culturelle Francophone	32.500 km	3:49:19
35. MOUGENOT Patrick	Marne Et Gondoire Athletisme	27.500 km	3:58:25
36. TABOURET Guy	Us Toul Athletisme	25.000 km	3:42:43

Les 8 Heures d'Etampes-sur-Marne - Women

1. ROPERS Adele	Pays De Colmar Athl	62.500 km	7:51:44
2. BIZARD PLANCHOT Emilie	Neuilly Sur Marne Athl	62.500 km	7:59:48
3. BIZARD Claudie	Thiais Ac	60.000 km	8:03:25
4. RODIER Nicole	Efs Reims A.	55.000 km	7:57:37
5. GILLARD Lydia	As Culturelle Francoph	52.500 km	7:56:23
6. THEVENIN Margot	Nl Torcy	50.000 km	8:00:14
7. BERTHAULT-KORZHYK Annie	Indre Ac	42.500 km	7:45:09

10km Walk

1. VAN HILLE Dominique	Nice Cote d'Azur	51:28
2. DA SILVA CARVALHO Thomas	Nl	54:05
3. GUTIERREZ Evguenia (F)	Nl St-remy De La Vanne	1:07:14
4. ANXIONNAT Claudine (F)	Athletic Vosges Entente	1:10:01
5. TARDI Emmanuel	LP Longjumeau	1:16:09
6. LOGEROT William	Nl Reims	1:16:35
7. MALLET Martine (F)	Afd 02	1:17:43
8. IBANEZ Marie-Lilliane (F)	Nl	1:23:06
9. MALLET Christian	Afd 02	1:23:14
10. KLEIN Patrick	Nl	1:28:08
11. KLEIN Annie (F)	Nl	1:28:09
12. HIERNARD Isabelle (F)	Nl	1:31:17
13. HIERNARD Angelique (F)	Nl	1:31:19



Florian Letourneau and Eddy Rose, Adele Ropers, Emilie Bizard Planchot and Dominique Van Hille (photos Emmanuel Tardi)

NEW WEBSITE PAGES

I have recently added a couple of pages to our Australian Centurions website. No comment needed – check them out for yourselves. Comments and additions always welcomed.

<http://www.centurions.org.au/ultraprofiles.shtml>

<http://www.centurions.org.au/centbooks.shtml>

FROM THE VAULTS – FRENCH 100KM CHAMPIONSHIP VIDEOS

Emmanuel Tardi has recently uploaded three great archival videos from the 1994 and 1998 French 100km racewalking championships. The full results are in the Youtube description for each video. Suffice it at my end to simply quote the first few places in each event. Both were won in well under 10 hours, wonderful walking!

French 100km Racewalk Championship, Roubaix, 9 October 1994

- | | | |
|----|-----------------------|---------|
| 1. | Terraz Denis | 9:30:53 |
| 2. | Vladimir Boidatchenko | 9:35:04 |
| 3. | André Toussaint | 9:35:24 |
| 4. | Pascal Tournois | 9:40:19 |
| 5. | Pascal Kieffer | 9:55:40 |

See <https://www.youtube.com/watch?v=xwpeqjZd6A> and <https://www.youtube.com/watch?v=U0C4nXsO5EE>

French 100km Racewalk Championship, Bourges, 10 October 1998

- | | | |
|----|------------------|----------|
| 1. | Pascal Kieffer | 9:13:28 |
| 2. | Fabien Lombard | 9:46:50 |
| 3. | Sylvain Tournois | 10:18:54 |

See <https://www.youtube.com/watch?v=PgNE3WedEbg>

FINANCIAL NEWS

Another quiet month.

Incoming:	Bank Interest	0.16
Outgoing:	Postage and Photocopying	30.00
Balance		\$688.13

UNTIL OUR NEXT NEWSLETTER

A very big newsletter to round out our 2017 year. Well done to all those long distance walkers who continue to strive for excellence. And thanks to the many people who have contributed to the newsletter this year. Onward, ever onward!

Yours in Centurion walking

Tim Erickson (C 13)
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