

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 – see <http://aura.asn.au/>.

Jun 15-16, 2019	Sri Chinmoy 24H/12H/6H races	Campbelltown, Sydney, NSW
Jun 28, 2019 until ?	Swedish Fotrally, (see http://www.fotrally.se/rutt)	Around Stockholm, Sweden
Jul 13-14, 2019	Adelaide 6/12/24 Hour Races	Adelaide, SA
Aug 17-18, 2019	2019 English Centurions Qualifier See http://www.isleofman100milewalk.co.uk/ .	Castletown, Isle of Man
Sep 2019	Roubaix 28 Heures	Roubaix, FRA
Sep 25-26, 2019	Sri Chinmoy NZ 24H (NZ Centurions Qualifier) See https://nz.srichinmoyraces.org/races/auck/24hr .	Auckland, NZ
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
Sept 26-27, 2020	Just A Walk In The Park – USA Centurion Qualifier See https://raceroster.com/events/2020/15288/not-just-a-walk-in-the-park-v30	Owego, NY, USA

We are still waiting on date and venue for the 2019 African Centurion qualifier. 2018 was announced as their last year on Robbin Island so presumably we will see a new venue in 2019.

OUT AND ABOUT

- Jo Aitkin (NZ C26) advises us that the NZ Centurion website has been redesigned and rebuilt. Check it out at [:https://www.nzcenturions.nz/](https://www.nzcenturions.nz/).

LDWA HADRIAN 100

I always feel jealous when I read about the Long Distance Walkers Association (LDWA). This is a British based association for people with the common interest of walking long distances in rural, mountainous or moorland areas. It has chapters around the UK, each holding its own Group walks (led walks of around 20 miles) and Challenge events (longer events between 20 and 100 miles and generally to be completed within a defined time limit).

The annual 100 mile event is the LDWA's flagship event (see <https://www.ldwa.org.uk/hundreds/hundred.php>). Held every year in a different part of the country, to coincide with the late May Bank Holiday, up to 500 people gather to walk 100 miles in 48 hours. In order to enter, all these people must complete a qualifying event beforehand. The first 100 mile event held was the Downsman 100 in 1973. Since then, with the exception of 2001 when foot and mouth closed the countryside, there has been an event every year.

This year's LDWA Hundred was hosted by the Northumbria group of the LDWA and was held over the weekend of 25-27 May 2019 (see <https://www.ldwa.org.uk/2019Hundred>). The stats are pretty impressive for a walk of this nature - 478 started, 293 finished, 185 retired.

Sandra Brown (C36) and **Jill Green (C38)** were amongst the many competitors, Sandra completing the hundred in 35h36m and Jill finishing in 43h54m. Conditions were cold and windy, and the route rough as it traversed the highest hills in the Pennines. Considering that the overnight sections are in complete darkness and that walkers must rely on their head torches to find their way, it's a tough ask. Sandra tells me she walked with fellow English Centurion Rod Holland and Jill walked with with Jim Catchpole – a sensible precaution. This is not the sort of event where you want to be on your own.

For Sandra, it was her 202nd hundred and her fifth for the year. And you will read later in the newsletter that she has since added a further hundred to take her total to 203. There is no stopping her!

2019 USA CENTURION QUALIFIER, MINNEAPOLIS, MINNESOTA, USA, 1-2 JUNE 2019

The annual USA Centurions 24 Hour Qualifier was held on the first weekend of June, in conjunction with the FANS 24 Hour Carnival in Minneapolis, Minnesota (see <http://www.fans24hour.org/index.html>).

Unfortunately, due to the unanticipated temporary closure of Fort Snelling State Park, all FANS Ultra Races had to be relocated to Normandale Lake Park in Bloomington, and this proved one hurdle too many for the walkers. USA Centurions secretary Rob Robertson reports

As a result of spring flooding, the United States Centurion qualifier FANS race was moved to Lake Normandale in Minneapolis, Minnesota, about ten miles from the traditional site. Although the new course was paved completely around the lake, there were several hills on the 1.85 mile loop. The kind of hills that look like mountains late in the race. 18 walkers signed up for the 24 hour option, including U.S. Centurions **John Green C70**, **Joe Roche C74**, **Rob Robertson C78** and **David Holmen C91**. Rob returned as apprentice judge to Chief Judge Bruce Leasure while David ran with the runners. **Gertrude Achterberg** returned to FANS from the Netherlands, looking to complete her collection of six World Centurion Badges. Other experienced long distance walkers included **Paul Terbrack**, **Ray Sharp** and **Karen Kramer**, Canadian long distance runner **Scott Burton** who switched to walking this year, retired FANS race directors **Paul & Pat Sackett**, long time distance walker with a new knee this year **Dave Daubert** and long time race participant **Gene DeFronzo**. **Judy Altman**, **Kate Rinke**, **Kendra Martin**, **Mike Price** and **Robert Schnetzler** rounded the walk list.

The race started at 8am sharp. Early on, Ray Sharp put on a race walk clinic, with Gertrude Achterberg not far behind. By the twelve hour mark, only Ray, Gertrude and Paul Terbrack were over 50 miles. Joe Roche and Karen Kramer needing a small negative split for success. The hills and hot afternoon took their toll. At 20 hours, only Gertrude had a chance at the Centurion distance. Sadly it was not meant to be this year. No new United States Centurion.

What bad luck!

24 Hour Walk

1. Gertrude Achterberg	92.7 Miles
2. Joe Roche	88.3 Miles
3. Ray Sharp	87.6 Miles
4. John Greene	72.1 Miles
5. Kendra Martin	69.0 Miles
6. Paul Terbrack	67.2 Miles
7. Kate Rinke	65.6 Miles
8. Karen Kramer	63.6 Miles
9. Scott Burton	58.1 Miles
10. David Daubert	55.4 Miles
11. Pat Sackett	43.1 Miles
12. Paul Sackett	43.1 Miles
13. Michael Price	38.1 Miles
14. Eugene DeFronzo	27.2 Miles
15. Judy Altman	27.2 Miles
16. Robert Schnetzler	18.1 Miles
17. Rob Robertson	3.5 Miles
18. Bruce Leasure	1.7 Miles

12 Hour Walk

1. Lori Halbur	44.3 Miles
2. Andy Noise	43.4 Miles
3. Susan Wesley	41.0 Miles
4. Craig Olsen	32.6 Miles
5. Elizabeth Stejskal	30.8 Miles
6. Keith Hardy	5.3 Miles

29TH OLAT INTERNATIONAAL WANDELEVENEMENT, WEERT, NETHERLANDS, 8-9 JUNE

We only had to wait a further week for a couple of the year's big European ultradistance walking carnivals. First to Weert in the Netherlands for the 29th OLAT Internationaal Wandelevenement (<https://www.olat.nl/iwe>) which doubled as the annual Continental Centurions qualifying race. Starting at midday on Saturday 8th June and finishing at midday on Sunday 9th June, walkers had 24 hours in which to reach the elusive 100 mile mark and they did so in style, with 23 of the 60 starters achieving that goal. It was a case of Belgium to the fore, with walkers from that country filling the first

5 places, **Bernard Cools** first with 19:41:53, **Peter Hoydonckx** second with 20:29:35 and **Peter Asselman** third with 20:43:08.

The race was held on a 2 mile course which took walkers around a local park and onto the local athletics track for the turnaround and timing point each lap.

Overall, the 23 finishers were a diverse geographical lot, 11 from Belgium, 8 from the Netherlands, 2 from GBR and one from each of NZL and IOM. 15 of the finishers were first time Continental Centurions (**C472 - 486**). For IOM walker **Chris Burn (C72)**, it was his third badge while **Jef Glassée**, **Bart Van Bael** and **Patrick Vandeweyer** joined the Multiple Badge Centurion List with their second badge. Sadly, although Nigerian dual centurion **Charles Arosanyin (C46)** was just short of the required distance, with the results showing him as having achieved 160.116km in 24:02:29 and 24th place.

Apart from Chris Burn, a couple more of our European based Australian centurions were amongst the successful finishers. **Adrie Ros (C74)** finished 14th with 23:13:08 and the amazing English walker **Sandra Brown (C36)**, now 70 years of age, finished 10th with 22:22:34, a W70 world best for 100 miles. It was Sandra's 203rd race finish in events of 100 miles or further. Just as amazingly, it was her sixth hundred so far this year:

198	Feb	Bourges 24H	176.568km	24hW
199	Mar	Chateau Thierry 24H	168.527km	24hW
200	Apr	Dublin to Belfast 107 Miles	107 Miles / 27:50:04	W
201	Apr	Crawley 24H	169.289km	24hR
202	May	LDWA Hadrian 100	100mi / 35h36m	L
203	May	Weert	100mi / 22:22:34	C

100 Miles Walk

1.	Bernard Cools	BEL	160,934 km	19:41:53	472
2.	Peter Hoydonckx	BEL	160,934 km	20:29:35	473
3.	Peter Asselman	BEL	160,934 km	20:43:08	422
4.	Malika Zerifi (W)	BEL	160,934 km	20:46:13	474
5.	Chris Van Cauwenberghe	BEL	160,934 km	21:26:17	411
6.	Frank van der Gulik	NED	160,934 km	21:38:37	343
7.	Christopher James Burn	IOM	160,934 km	21:51:23	475
8.	Wilma Driessen (W)	NED	160,934 km	21:51:41	364
9.	Edwin van Wijngaarden	NED	160,934 km	22:06:54	476
10.	Sandra Brown (W)	GBR	160,934 km	22:22:34	131 (W70 WR)
11.	Patrick Vandeweyer	BEL	160,934 km	22:29:18	477
12.	Bart Van Bael	BEL	160,934 km	22:34:21	478
13.	Michel Verschuren	NED	160,934 km	22:36:51	479
14.	Adrie Ros	NED	160,934 km	23:13:08	416
15.	Claire Bass (W)	GBR	160,934 km	23:22:45	480
16.	Gino Masto	BEL	160,934 km	23:26:01	412
17.	Margy Michiels (W)	BEL	160,934 km	23:29:07	481
18.	Richard Mcchesney	GBR	160,934 km	23:29:40	432
19.	Jan Willem Vogels	NED	160,934 km	23:31:36	482
20.	Jozef Glassee	BEL	160,934 km	23:36:38	483
21.	Frank Saman	BEL	160,934 km	23:39:09	484
22.	Maik Eijdemans	NED	160,934 km	23:52:03	485
23.	David Gerrits	NED	160,934 km	24:02:29	486
	Charles T Arosanyin	NGR	160,116 km	24:02:29	
	Marcel van Tulden	NED	135,185 km	22:04:08	466
	Albertus van Ginkel	NED	131,966 km	23:11:22	399
	Joop Keetman	NED	131,947 km	24:01:00	
	Hans Pranger	NED	122,310 km	21:03:17	371
	Trudy van der Meer (W)	NED	115,872 km	17:47:35	357
	Sandra de Graaff (W)	NED	115,872 km	20:23:41	423
	Con Bollmann	NED	112,654 km	17:44:19	303
	Cristian Fernandez	NED	112,654 km	18:04:08	471
	Mitchell Perdon	NED	112,654 km	18:18:06	
	Jurgen Mol	BEL	111,835 km	24:00:44	

Ingrid Wieringa (W)	NED	109,435 km	14:55:31	
Jan Dinnissen	NED	109,435 km	17:49:42	
Frans Valk	NED	109,435 km	20:39:37	
Corina Riezebos-Rijploeg (W)	NED	106,216 km	15:17:15	455
Peter van den Brink	NED	106,216 km	18:14:25	
René Beukema	NED	106,216 km	18:36:52	
Steven Luyckx	BEL	102,998 km	13:45:39	
Arian van der Burg	NED	83,686 km	12:24:50	
Sailash Shah	GBR	83,686 km	14:19:33	
Martin Vos	NED	80,467 km	11:39:55	448
Dick Stoevelaar	NED	80,467 km	11:43:19	457
Mike Bertrand	NED	77,248 km	20:01:04	
Peter Duijst	NED	74,030 km	9:46:33	456
Marco Timmermans	NED	67,592 km	9:23:50	
Arjan Lukken	NED	67,592 km	11:25:02	460
Arjan Bogerd	NED	64,374 km	9:14:01	
Arie Kandelaars	NED	64,374 km	9:16:46	
Jantinus Meints	NED	61,155 km	7:50:35	388
Gerda Stoevelaar-Engelkes (W)	NED	61,155 km	9:29:16	
Marijke Nijland (W)	NED	57,936 km	9:49:54	
Erik Froeling	NED	57,936 km	9:49:54	
Kathy Crilley (W)	GBR	54,718 km	10:31:55	
Michiel Tamerius	NED	51,499 km	7:02:51	
Rene Wakkee	NED	48,280 km	6:04:05	451
Remy Levink	NED	48,280 km	6:43:03	
Erwin Arnold van den Bosch	NED	32,187 km	3:51:00	
Sven Verbruggen	NED	32,187 km	4:00:25	447
Suzanne Beardsmore (W)	GBR	16,093 km	2:10:08	



Chris Burn (IOM) and Bernard Cools (BEL) competing in Weert last weekend

There was a 24 Hour option, but nearly all the walkers choose to finish when they reached 100 miles. There were three hardy souls who continued on as follows

1. Peter Asselman	BEL	183,446 km	24:00:50
2. Adrie Ros	NED	165,753 km	23:59:29
3. Maik Eijdemans	NED	162,134 km	24:02:27

There were other lesser distance options available. First to the 100km which was won by **Kris Hazelbosch** with 13:58:46. Walkers who complete the 100 km for the first time within 11:30:00 will receive the Honderdman pin. Alas, no one was successful this year. It is a very tough standard.

100 Km Walk

1.	Kris Hazenbosch	BEL	100,000 km	13:58:46
2.	Bernard Jacob	BEL	100,000 km	15:02:38
	Rob Tersteeg	NED	48,501 km	5:29:50
	Bart Taks	NED	35,626 km	3:48:00

The 50 Miles walk was well supported, with the first 19 finishers all under the Kennedy Friend pin standard of 12:00:00. The overall win went to Dutch walker **Remy van den Brand** with 9:22:04

50 Miles Walk

1.	Remy van den Brand	NED	80,467 km	9:22:04	411
2.	Thomas Leijtens	NED	80,467 km	9:37:30	476
3.	Dick van Peer	NED	80,467 km	10:24:27	417
4.	Till Jacques	BEL	80,467 km	10:49:03	477
5.	Jeroen Gerritse	NED	80,467 km	10:50:31	478
6.	Roelof Otten	NED	80,467 km	11:13:23	479
7.	Zeeger van den Berg	NED	80,467 km	11:19:59	413
8.	Martin Fisher	GBR	80,467 km	11:22:44	480
9.	Tiny van Alphen (W)	NED	80,467 km	11:22:55	481
10.	Raphaël Lemmens	BEL	80,467 km	11:24:14	449
11.	Jannie Bos (W)	NED	80,467 km	11:28:31	354
12.	Ko Jak	NED	80,467 km	11:29:43	482
13.	Gustaaf Salu	BEL	80,467 km	11:38:48	483
14.	Ronald Kok	NED	80,467 km	11:40:41	484
15.	Hanny Klumpkens (W)	NED	80,467 km	11:41:05	485
16.	Appie Bos	NED	80,467 km	11:41:07	353
17.	Harrie van Adrichem	NED	80,467 km	11:43:00	472
18.	Johan van Dijk	NED	80,467 km	11:43:18	486
19.	Kelly Kuiper (W)	NED	80,467 km	11:59:14	487
20.	Rageni Goeptar-Sewnarain (W)	NED	80,467 km	12:01:04	
21.	Hein Sanders	NED	80,467 km	12:11:43	
22.	Aaf Peters (W)	NED	80,467 km	12:15:32	355
23.	Dennis Suppers	NED	80,467 km	12:23:40	
24.	Adriaan van den Dool	NED	80,467 km	12:28:38	
25.	Jan Sinot	NED	80,467 km	12:36:43	
26.	Bert Timmermans	NED	80,467 km	13:27:07	
27.	Peter Poorts	NED	80,467 km	13:28:04	
28.	Christopher Flint	GBR	80,467 km	13:37:42	
29.	Will Ubben	NED	80,467 km	13:40:56	
30.	Cora Spruit (W)	NED	80,467 km	13:41:48	445
31.	Peter Haas	NED	80,467 km	14:06:23	
32.	Chris Lauwen	NED	80,467 km	14:36:21	
33.	Marleen Ramakers (W)	NED	80,467 km	14:36:21	398
34.	David Vos	NED	80,467 km	15:11:21	
	Alain Alexandre	BEL	57,936 km	9:22:53	457
	Ad Bijnen	NED	41,843 km	6:23:56	
	Dennis Verwoert	NED	38,624 km	5:27:20	
	Nico Gerpot	NED	32,187 km	4:56:23	436
	Lucy de Keiser-Clement (W)	NED	32,187 km	4:56:23	
	Patsy Gunst (W)	BEL	28,968 km	5:20:04	

And rounding out the weekend, there was a 50km option for those who wanted a 'short' distance walk!

50km Walk

1.	Larissa Droogendijk (W)	NED	50,000 km	6:46:48
2.	David Hoben	GBR	50,000 km	7:17:53
3.	Annick Helsen (W)	BEL	50,000 km	7:55:31
4.	Robert Vanhelden	BEL	50,000 km	7:55:33
5.	Carla Lukken (W)	NED	50,000 km	8:02:26
6.	Patricia Maaskant (W)	NED	50,000 km	8:16:01

7.	Hilde Creemers (W)	BEL	50,000 km	8:19:38
8.	Tanja Peeters (W)	BEL	50,000 km	8:35:16
9.	Nele Swinnen (W)	BEL	50,000 km	9:43:42
10.	Peter Winters	BEL	50,000 km	9:43:42
	Paul Jansen	NED	17,813 km	1:27:47

PARIS ALSACE CLASSIC, ACROSS FRANCE, 5-9 JUNE

Now to the second of the European ultra classics from that same week. The longest walking classic on the world calendar, the Paris-Alsace (<http://www.paris-alsace.fr/accueil.shtml>), kicked off on Wednesday 5th June and saw some of the finest European ultra distance walkers testing themselves out over the multi day format. The fields were not large (only 22 in total), due to the demanding nature of the event and due to the financial costs and logistics associated with competing (support van and crew, etc).

The route was almost identical to 2018, with 3 separate race options.:

La Mythique (426km in 3 stages)	Neuilly-sur-Marne	9.2 km
	Château-Thierry / Epinal	360.5 km
	Plainfaing / Ribeauvillé	56.3 km
La Vosgienne (303.1km in 4 stages)	Neuilly-sur-Marne	9.2 km
	Château-Thierry / Château-Thierry	34.8 km
	Vitry-le-François / Epinal	202.8 km
	Plainfaing / Ribeauvillé	56.3 km
La Nocéenne (227.2km in 3 stages)	Neuilly-sur-Marne	9.2 km
	Château-Thierry / Vitry-le-François	161.7 km
	Plainfaing / Ribeauvillé	56.3 km

Emmanuel Tardi visited the race on Friday, taking in the middle stages and following the walkers as they laboured through day 2 of the 4 day race.

The start of the 2019 edition took place as usual at 4PM on Wednesday at Neuilly-sur-Marne, with everyone walking 8 loops in the city for a 9.2km prologue. Walkers then had a chance to rest before the race started in earnest at 8PM, everyone heading off from Château-Thierry towards Charly-sur-Marne and then returning to Château-Thierry for an additional distance of 34.8km. The weather had definitely turned for the worse by this stage and competitors were forced to don the wet weather gear.

While the competitors in La Vosgienne had a stop at Château-Thierry, the other walkers simply used it as a check point, turning around and continuing on for a much longer walk to either Epinal (360.5km) or Vitry-le-François (161.7km).

The competitors in La Vosgienne were transported to Vitry-le-François in time for a departure at 5PM on Thursday towards Epinal, some 202.8km distant. They, like everyone else, had to be in Epinal by 7AM on Saturday. Then all 3 races had the same final stage of 56.3km from Plainfaing to Ribeauvillé.

Full race results at <http://www.paris-alsace.fr/lesdirects/live-PA19.shtml>. Lots of photos from Guy Destre at <https://tinyurl.com/y4mpp4cd>. I report on each race separately.

LA MYTHIQUE (426km)

La Mythique saw a very small field of only 5 men, of whom only 2 finished. Early on, the race was between **Florian Letourneau** and **Jean-Marie Rouault**, but a gap soon developed, with Rouault surging ahead. His lead was 30 minutes at the 100km mark and had extended to 90 minutes at 130km and 2 hours at 170km. Letourneau finally called it quits at Bar le Duc (226km). With **Serge Georgelin** and **Mathieu Olivares** both stopping at Château-Thierry (44km), that left only two walkers, Rouault and **Alexandre Forestieri**. They both finished the full 426km, Rouault in 56:52:02 and Forestieri in 64:15:22, over 7 hours in arrears.

Stage 1 : Neuilly sur Marne : 9.2km

1.	LETOURNEAU Florian	51:09
2.	FORESTIERI Alexandre	51:22
3.	OLIVARES Mathieu	52:13

4. GEORGELIN Serge 52:36
5. ROUAULT Jean-Marie 57:05

Stage 2 : Château-Thierry-Epinal : 360.5km

1. ROUAULT Jean-Marie 47 h 58 min
2. FORESTIERI Alexandre 55 h 37 min

Stage 3 : Plainfaing-Ribeauville : 56.3km

1. ORESTIERI Alexandre 7 h 47 min
2. ROUAULT Jean-Marie 7 h 57 min

Final Classification : 426.0km

- | | | | |
|-------------------------|------------------------------|----------------|----------|
| 1. ROUAULT Jean-Marie | USM Gagny | 426.0 km | 56:52:02 |
| 2. FORESTIERI Alexandre | Ust Courir A Saint Tropez | 426.0 km | 64:15:22 |
| LETOURNEAU Florian | AC Chateau Thierry | DNF (226.1 km) | |
| OLIVARES Mathieu | Neuilly-sur-Marne Athlétisme | DNF (44.0 km) | |
| GEORGELIN Serge | EA Cessonaise | DNF (44.0 km) | |



Jean-Marie Rouault finishes (photo <https://www.facebook.com/marchemythiqueorganisation/>)

LA VOSGÉENNE (303.1km)

La Vosg eenne saw a mixed field, with Sylvie Maison and Emilie Bizard-Planchot joining their male counterparts for the 303.1km 4 stage race. The men’s race was a close affair, with Pascal Biebuyck winning the first 3 stages, but not by much. That meant he lined up for the 56.3km final stage to Ribeauville with a lead of around 40 minutes over Saadi Lougrada. Lougrada gave it everything in the final stage and won it, taking 7 minutes back – alas, not enough - with the final standings showing a win for Biebuyck (40:26:53) ahead of Lougrada (41:05:10). In the women’s race, Sylvie Maison (43:45:52) won by a little over 3 hours from Emilie Bizard Planchot (47:04:26), both women walking well. Overall, 10 of the 11 walkers completed the full race.

Stage 1 : Neuilly sur Marne : 9.2km

1. BIEBUYCK Pascal (BEL) 52:27
2. LANEAU Maxime 56:01
3. LOUGRADA Saadi 57:07
4. BIZARD-PLANCHOT Emilie 58:51
5. BALLAND Johann 59:21
6. THOUMELIN Laurent 59:23
7. JACQUEMIN Mickael 59:24
8. DANDOY Jeremy 1:00:12
9. MAISON Sylvie 1:02:08
10. CAIN Marie 1:04:16

11. GILLARD Lydia 1:08:44

Stage 2 : Château Thierry-Château Thierry 34.8km

1.	BIEBUYCK Pascal (BEL)	3:58:49
2.	LOUGRADA Saadi	4:05:42
3.	LANEAU Maxime	4:12:35
4.	JACQUEMIN Mickael	4:13:11
5.	BALLAND Johann	4:18:09
6.	MAISON Sylvie	4:29:36
7.	DANDOY Jeremy	4:29:46
8.	BIZARD-PLANCHOT Emilie	4:30:05
9.	THOUMELIN Laurent	4:37:56
10.	CAIN Marie	4:44:39
11.	GILLARD Lydia	5:04:38

Stage 3 : Vitry-le-François - Epinal 202.8km

1.	BIEBUYCK Pascal	28 h 04 min
2.	LOUGRADA Saadi	28 h 37 min
3.	MAISON Sylvie	29 h 39 min
4.	JACQUEMIN Mickael	29 h 54 min
5.	BALLAND Johann	31 h 59 min
6.	BIZARD PLANCHOT Emilie	32 h 26 min
7.	THOUMELIN Laurent	32 h 41 min
8.	CAIN Marie	34 h 32 min
9.	LANEAU Maxime	35 h 15 min
10.	GILLARD Lydia	35 h 49 min

Stage 4 : Plainfaing-Ribeauville : 56.3km

1.	LOUGRADA Saadi	7 h 25 min
2.	BIEBUYCK Pascal	7 h 32 min
3.	JACQUEMIN Mickael	8 h 08 min
4.	BALLAND Johann	8 h 10 min
5.	MAISON Sylvie	8 h 35 min
6.	THOUMELIN Laurent	8 h 38 min
7.	BIZARD PLANCHOT Emilie	9 h 09 min
8.	GILLARD Lydia	9 h 55 min
9.	LANEAU Maxime	10 h 18 min
10.	CAIN Marie	10 h 25 min

Final Classification : 303.1km

1.	BIEBUYCK Pascal	AC Ath (BEL)	40:26:53
2.	LOUGRADA Saadi	Cm Roubaix	41:05:10
3.	JACQUEMIN Mickael	AVEC / Pays de Mirecourt	43:15:20
4.	MAISON Sylvie	Strasbourg AA	43:45:52
5.	BALLAND Johann	AVEC / Pays de Mirecourt	44:25:10
6.	THOUMELIN Laurent	Athletisme Sarthe Loir 72	46:55:42
7.	BIZARD PLANCHOT Emilie	Neuilly sur Marne Athletisme	47:04:26
8.	LANEAU Maxime	Us Camon	50:42:21
9.	CAIN Marie	Nice Cote d:Azur A	50:46:22
10.	GILLARD Lydia	Pass J:aime Courir	51:56:52
	DANDOY Jeremy	Cm Roubaix	DNF

LA NOCEENNE (227.2km)

All 6 walkers completed la Nocéenne, which saw an interesting battle between **Damien Maldène** and **Daniel Vandendaul**. Eventually, it was Maldène who won out by some 26 minutes with a finish time of 31:24:20.

Stage 1 : Neuilly sur Marne : 9.2km

1.	VANDENDAUL Daniel (BEL)	59:21
2.	HIERNARD Alain	1:00:41
3.	MALDEME Damien	1:01:03

- | | | |
|----|-----------------|---------|
| 4. | THEVENIN Hugues | 1:05:05 |
| 5. | GUILLOT Mickael | 1:07:09 |
| 6. | SONNOIS Martine | 1:07:39 |

Stage 2 : Château-Thierry-Vitry le François : 161.7km

- | | | |
|----|-------------------------|----------|
| 1. | MALDEME Damien | 22:57:28 |
| 2. | THEVENIN Hugues | 23:10:09 |
| 3. | VANDENDAUL Daniel (BEL) | 23:24:20 |
| 4. | SONNOIS Martine | 24:49:45 |
| 5. | HIERNARD Alain | 25:22:24 |
| 6. | GUILLOT Mickael | 26:39:40 |

Stage 3 : Plainfaing-Ribeauville : 56.3km

- | | | |
|----|-------------------|------------|
| 1. | MALDEME Damien | 7 h 26 min |
| 2. | VANDENDAUL Daniel | 7 h 27 min |
| 3. | HIERNARD Alain | 7 h 44 min |
| 4. | SONNOIS Martine | 8 h 07 min |
| 5. | GUILLOT Mickael | 9 h 05 min |
| 6. | THEVENIN Hugues | 9 h 34 min |

Final Classification : 227.2km

- | | | | |
|----|-------------------|------------------------------|----------|
| 1. | MALDEME Damien | AVEC / Pays de Mirecourt | 31:24:20 |
| 2. | VANDENDAUL Daniel | CABW (BEL) | 31:50:54 |
| 3. | THEVENIN Hugues | Neuilly Sur Marne Athletisme | 33:48:57 |
| 4. | SONNOIS Martine | Racing Club Haut-jura Morez | 34:04:10 |
| 5. | HIERNARD Alain | Marche Mythique Organisation | 34:06:33 |
| 6. | GUILLOT Mickael | AC Chateau-Thierry | 36:52:01 |



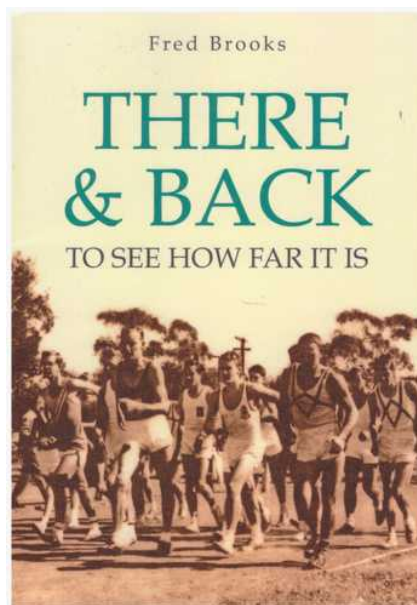
Damien Maldeme, Jean-Marie Rouault and Alexandre Forestieri



Sylvie Maison, Martine Sonnois and Pascal Biebuyck (all photos Emmanuel Tardi)

FRED BROOKS PUTS HIS LIFE DOWN IN PRINT

Australian Centurion **Fred Brooks (C42)** has put pen to paper, publishing a short (52 pages) and very readable summary of what has been an interesting life. Titled *There & Back To See How Far It Is*, the front cover is shown below. Fred, now 85 years of age and living back in Birmingham, England, with his extended family, is one of my regular correspondents and keeps up an active lifestyle that belies the years.



I will find out from Fred how people can order the book. In the meantime, you can read about Fred's eventful life in my profile at <http://centurions.org.au/blueprofiles/42%20Fred%20Brooks.pdf>.

FOCUS ON OUR NEW CENTURIANS

I have been chatting online with our 5 new 2019 Australian Centurions and gradually putting some profiles together so that we can learn a little about how their paths led them to Coburg in April. Time to focus on the third of our 5 new members.

Jurgen De Waart C78: 23:13:03

Jurgen de Waart (C78) was one of 5 walkers to qualify as an Australian Centurion in our 2019 qualifying event at the Harold Stevens Athletics Track in Coburg, his time a creditable **23:13:03**.

This was Jurgen's first Centurion attempt and his first centurion badge and it was done with a minimum of fuss. Settling in behind Marco Bloemerts (C77) early on, he reached the half way mark in 11 hours and 4 minutes, slowing only a little in the second half, which he completed in just over 12 hours. His own comments after the event confirm a happy man

It was a great weekend. I was not sure at first, as I was not really used to walking so many laps around an athletics track, but the feeling at the end was superb.

The photos below show a confident walk, a centurion finish never really in doubt from our perspective on the sidelines.



Jurgen (2444) walks with Marco Bloemerts (2435) early



Jurgen reaches his 100 mile target



Our walk placegetters Marco Bloemerts (second), Kim Janssens (first) and Jurgen (third)

Jurgen tells me he has been a runner since he was 16, but he had never realised there was such a thing as long distance walking until he was introduced to the sport by accident. His village Santpoort, in the Netherlands, hosts a yearly festival week, with various agricultural events and music, with the odd beer in the evening. At some point, a friend

started organising a walk, held on the final Saturday of the festival. When he told Jurgen, after a few beers, that he did not have any registrations for the inaugural 50km walk, Jurgen and a friend decided to walk the 50km, which they duly did. A few years later, the organisers introduced 100km and then 110km walks and he also completed these. His aim was always to walk the longest distance on offer. He is in fact the only walker to have participated in all 9 years of the walk which is called the *Nacht van Santpoort* (<https://www.rondjezandhaas.nl/geschiedenis.htm>).



Jurgen walks in the 2014 edition of the Nacht van Santpoort

So just how did a Dutch walker end up living in Australia and becoming an Australian centurion? It's a back and forth tale.

Jurgen came to Australia for the first time in 1998, to work for a year. After that year, he and his wife decided not to return immediately to the Netherlands, staying to work in Australia for an extended period and then relocating to the USA for further work opportunities. In 2011 they decided to return permanently to the Netherlands. If that decision had held true, I would not be writing this story now!

In 2015, during a holiday back in Australia, Jurgen was headhunted for another project 'down under'. A decision was quickly made and they relocated back here once more. They are now living in suburban Melbourne, but will eventually relocate back home at some time in the future.

Anyway, back to the story!

Walking with experienced long distance walkers back in the Netherlands in that period from 2011 to 2015, Jurgen learned about all other long walks in the Netherlands and was introduced to the concepts of the Kennedy walks (50 miles), the Kennedy friend (50 miles within 12 hours) and the centurion walk.

He now started to do some of these long walks; Amsterdam-Tilburg (125km), Amsterdam-Leeuwarden (150km) and Nijmegen-Rotterdam (160km), and various Kennedy walks.

The idea to attempt a centurion walk was always in the back of his mind and, a few years ago, he started looking into this more seriously. Last year he decided it was time and targetted the 2019 Coburg Carnival. As the date drew year, he was rather nervous and procrastinated until the Monday before the event before finally registering. The rest is history.

Does he like the long walks?

Whether I really like the long walks depends on when you ask: 30km before the finish I start hating myself for participating, but after the finish with a cold beer I love it.

When I asked him about how he prepared for his walk at Coburg, his reply was rather unexpected, as he confided that his training regime had involved more running than walking.

For training, I just ran my 50-60 km per week, with a long run of 27km each Saturday. Five weeks before and one

week before the event, I did a 27km run followed by a 26km walk @7.5km/hr. A more specific training could probably have made me faster.

It was certainly an unusual preparation, but one that produced the goods for Jurgen.

I am sure that we will hear more of him over the next few years. Will he now target further centurion badges? Only time will tell. But in the meanwhile, we welcome him to our little club.

FINANCIAL NEWS

Just a few small outgoings since the last newsletter, so our balance remains very healthy. I have been given permission by the Executive to source some new Australian Centurions polo tops, so shall do some preliminary investigations in the next few weeks.

Incoming:	Bank Interest	0.27
Outgoing:	Racewalk Australia annual affiliation fee	100.00
	Stamps – Australia Post	10.00
	Photocopying	10.00
	24H Carnival related postage	<u>59.95</u>
Final Balance:		3076.88

Now that the final Australian Centurion costs have been settled from our annual Centurion qualifying event at Coburg, I can publish the following breakdown which shows that the process has only cost us \$357. It would be a huge expense to run this sort of event on our own, so we remain firmly committed to our Coburg Harriers partnership.

6 Centurion badges (C76-80 plus one un-numbered one)	\$ 48
RWA 100km Medal engraving	\$ 30
Engraving – Jack Webber Trophy	\$ 20
Engraving – Jim Gleeson Trophy	\$ 24
Purchase of new measuring wheel	\$ 33
Purchase of new witches hats	\$ 21
Postage – new Centurion certificates, medals, etc	\$ 60
Honour Board update (5 new lines)	<u>\$ 121</u>
Total	\$ 357

UNTIL OUR NEXT NEWSLETTER

Another bumper issue, our sixth for the year, and it is still only June The ultra distance walking scene seems to grow each year, a very pleasing fact.

It is cold and wet here today in Melbourne (well, is it our winter after all) but readers will be pleased to know that I am still getting out for my daily walk or bike ride.

There are many things I do for amusement, but for happiness I like to gather up my memories and go for a walk in the rain Robert Brault

Yours in Centurion walking

Tim Erickson (C13), 1 Avoca Crescent, Pascoe Vale, Victoria, Australia, 3044