

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/>.

Feb 3, 2019	8 Heures de Charly-Sur-Marne	Charly-Sur-Marne, FRA
Feb 23-24, 2019	24 Heures de Bourges (Paris Alsace qualifier)	Bourges, FRA
Mar 15-17, 2019	Canberra 48 Hour Carnival	Canberra, ACT
Mar 16-17, 2019	24 Heures de Chateau-Thierry (Paris Alsace qualifier)	Chateau-Thierry, FRA
Apr 6-8, 2019	Marche du Grand Est	Domremy-la-Pucelle, FRA
Apr 27-28, 2019	24 Heures de Dijon (Paris Alsace qualifier)	Dijon, FRA
Apr 13-14, 2019	Coburg 24H Carnival (2019 Australian Centurion Qualifier) See http://www.coburg24hr.org/24hr/ .	Coburg, VIC
Jun 1-2, 2019	FANS 24 Hour (2019 USA Centurion Qualifier) See http://www.fans24hour.org/index.html .	Minneapolis, Minnesota, USA
Jun 5-9, 2019	Paris Alsace Classic (422km men, 305km women)	Across France
June 8-9, 2019	2019 Continental Centurions Qualifier See https://www.olat.nl/iwe .	Weert, NED
Jun 9, 2019	Gold Coast 100	Gold Coast, QLD
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 (Paris Alsace qualifier)	St Thibault de Vignes, FRA
oct 26, 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

I see that 5 of the 6 Centurion qualifiers for 2019 are now known. Still waiting on date and venue for the African Cent. 2018 was supposed to be their last year on Robbin Island so presumably we will see a new venue in 2019.

Entries are now open for the The Tower Insurance Isle of Man Open 100 Mile Race Walk 2019 (incorporating the RWA National Long Distance Race Walking Championship). See <http://www.isleofman100milewalk.co.uk/index.html>.

OUT AND ABOUT

The first big track based ultra on the Australian calendar will be the Canberra 48 Hour Carnival, to be held in our national capital 4 weeks before the Coburg 24H Carnival, on the weekend of 15-17 March. It's always a popular event and this year it's already sold out for all distances except for the track marathon. I don't have a definitive listing yet of who is running and who is walking but I do know the following entries are definitely walking.

48H - **David Billett, Justin Scholz**

24H - **Linda Christison, John Kilmartin, Phil Essam**

I am going up for a watch and to support the walkers. I'm expecting to see some quality ultra walk performances there.

Gerald Manderson(C31) turned 75 on 11th November 2018, but there is no stopping this most durable of New Zealand's ultra distance walkers. He emailed me in mid December with Christmas greetings and to drop the following in passing.

I am flying to Perth on Friday to see my sister Julie, then I will walk on my own to Melbourne by the coastal roads, including Albany, Eyre highway, Nullabor Desert, Great South Road, Lorne and Geelong. Total distance is 4,249 kms (100 marathons, 10% of the distance around the Equator; or 26 x 100 miles). I will be carrying 20 litres of water. I am allowing 3 months, and sleeping on the ground at night. My children are freaking out about the snakes and high summer temperatures - but I feel ready for the challenge. There are 500 - 750 motor vehicles a day on the Eyre Highway. I have to walk about 5 million steps - twice the length of New Zealand. The biggest distance between road houses is 230 kms, which is likely to be a four-day walk with no shade anywhere.

The photo below shows him at Salmon Gums in Western Australia on 3rd January, around 780km east of Perth, and on his way towards Adelaide. He was stopped for water and talked a fellow traveller into taking this snap and emailing to us. Garard's exploits make for interesting reading – see more at <http://centurions.org.au/centprofiles/31%20gerald%20manderson.pdf>.

I look forward to welcoming Gerald to Melbourne in March.



Gerald Manderson (C31) tops up with water on his solo walk from Perth to Adelaide

ONE HUNDRED HUNDREDS – A FEAT ACHIEVED BY A SELECT FEW



I've had some interesting conversations recently with USA ultrarunner Davy Crockett who maintains the excellent ultrarunninghistory.com website. He recently achieved his own milestone of one hundred 100-milers and wrote a

widely read article and podcast about those runners who have achieved 100 100-milers. It's worth a listen or a read at <http://ultrarunninghistory.com/100-100-milers/>.

His research showed that USA runner Ed Ettinghausen was generally recognised as having the most 100-milers with 176. But he then heard about Sandra Brown with her 197 hundreds and wanted to chat with me about them. He needed to ensure that there were no unofficial solo walks/runs included in her list. I was able to confirm this for him. All have been done in gazetted and properly run events, except for the hundred miles which she counted from her Lands End to John O'Groats walk. So even if that one does not fit Davy's criteria, her count still stands at 196, well ahead of Ed and definitely number one in the world, running or walking.

Interestingly, Ed Ettinghausen is a prolific runner who collects 100+ finishes at a huge rate. He is in his mid-50s, self-employed, and seems to finish at least 20 per year. He finished 41 in one year. So we expect he will possibly catch Sandra in the next couple of years but she will definitely be the first to reach 200 hundreds.

Davey has now modified his list in <http://ultrarunninghistory.com/100-100-milers/> to show Sandra at the top with 196. He has also added Sandra's husband Richard Brown, with 132 (at least). He has also added his own very comprehensive article on Sandra and Richard at <http://ultrarunninghistory.com/15-sandra-brown/>.

There are lots of great articles on this website so it is definitely worth a bookmark.

LONGEST ULTRA CAREERS

As part of the conversation, USA ultra historian **Nick Marshall** shared his list of runners worldwide who have completed races of 100 miles or further for a period of over 30 years. Of course, **Sandra and Richard Brown** are in the list, as they are accomplished runners in addition to being champion walkers. And Australian **Anyce Melham (C65)** is also on the list. That is great to see.

A similar list could be built for the many ultra distance walkers who have achieved this feat, but walking rather than running.

Here is what Nick had to say:

This list is almost entirely comprised of Americans, for two main reasons. Although other countries have hosted races longer than marathons as long as they've been held here in the modern era, the U.S. ultra scene expanded to extra-lengthy distances before anything beyond 100 kilometers came into vogue elsewhere. Most importantly, due to its perfectly round number, 100 miles developed into the most glamorous and attractive event contested in this country, but the distance is pretty meaningless in most parts of the world, where the metric system rules, and 160.934 kilometers carries with it no special fascination at all. Thus, except for trying 24-hour events, ultramarathoners in most of the world have otherwise tended not to be very attracted to trying lengths beyond what is the most perfectly round number in their system, the 100-K.

The 30-year-club for runners doing 100-milers has now grown to 79 members, and there has been a lot of movement at the top. On Dec. 30th, **Ed Dodd** became the first man to crest 40 years, at Across The Years in Arizona. Ed did a lot of 100-milers from 1977 to 2004 (and was the 24-hour national champion in 1984), but then had been largely inactive in ultras over the next decade due to chronic plantar fasciitis problems which caused him to switch to long-distance cycling. That changed when these longevity lists started being published. They rekindled Dodd's interest in ultrarunning, and although he wasn't able to resume jogging, he resurrected his career by becoming a dedicated endurance walker. Now 72, he paced himself evenly for 152 miles through the 72-hour at ATY, striding past the 100-mile point in 45:37 (and beating the 48-hour cutoff to count as a 100-mile finish on this list).

That put him two full years ahead of the runnerup on the list, the indomitable **Ray Krolewicz**, who did his latest 100 mile in July. Meanwhile, in October, **Jean-Gilles Bossiquet** of France moved from 7th place to 4th in the rankings while logging 142 miles in a 48-hour. Boussiquet is 74 years old now, but should be known to those of you with a historical perspective, because he broke the world record for 24 hours way back in October, 1980. The record he set then was 164.09 miles, and he shattered that performance seven months later by running 169.40 miles in 24 hours at Lausanne, Switzerland, on May 3, 1981. That was half a lifetime ago for Jean-Gilles, and illustrates the problem with getting old - 37 years later, it took Boussiquet twice as long to go 27 fewer miles. On the one hand, that's a big comedown. On the other hand, he's still an outstanding age-group runner!

(Question: What other important thing happened in the ultradistance universe in May, 1981, when Boussiquet got his second World Record? Answer: The first issue of Ultrarunning magazine came out. 37 years later, they're both still at it.)

Right behind the Frenchman in 5th place is Hawaii's **Chet Blanton**, another person with a resurrected career. In May, 1980, at the tender age of 21, Blanton won a 100-miler in Southern California. Due to lousy pre-race info, he was one of only two young men to show up for the race. It was a on a point-to-point course with a 5 PM start, going from the high school in Taft, crossing the Pine Mountain region on Highway 33 on the way to the coast and a finish line at Santino's Pizza Parlor in Ventura. The two guys stuck together most of the way, through 20 miles of rain at the start, and then snowfall in the darkness on Pine Mountain, before Chet pulled away, sprinting at the end but just narrowly missing breaking 21 hours. After that, Blanton did some 6-day races through the mid-1980s, but then took about a quarter-century break from ultras until a 50-K in 2013. But recently he ventured back into the longer stuff at Across The Years. Entered there in the 6-day, he went through 100 miles in 35:34:20 before suffering from terrible blisters which halted him at 200 miles in the multiday. Even so, it rocketed him onto a high perch in the standings below.

Meanwhile, Utah's trailblazing **Laurie Staton** was an even bigger success story at Across The Years. Back in 1980, Laurie was one of only five people to attempt the first Wasatch Front 100-Mile Endurance Run. With scant support on a rugged, ill-defined route crossing six mountain passes, Staton and **Greg Rollins** were the only survivors, with Laurie pausing near the end so they could finish together in 35:01:21. Staton went on to run 6:53:12 for 50 miles in 1985, and won three more women's titles at Wasatch. In 2011, she did her 10th Wasatch. At that point, she figured that would be her last 100-mile, and she downshifted to just doing 50Ks in succeeding years. That is, until these lists started appearing. Like Ed Dodd, Laurie was another oldtimer whose appetite was whetted anew when she began thinking in terms of career longevity.

It inspired her to enter the 48-hour division at Across The Years, and three weeks ago she hit 100 miles there in 33:10:02. On the all-time women's list, this jumped her from 6th to 1st place for the longest 100-miling career by any woman ever. She's Number 1! After her ATY experience, the 66-year-old wrote, "*I was swearing like a sailor and nearly broken by the cold after 33 hours. . . . I don't have grand plans. I simply want to continue to running that humbling but elegant distance of 100 miles.*"

Staton's ascension into first place bumped **Lorna Michael** and England's **Sandra Brown** down to the #2 and #3 spots, even though each of them added another 100 to their resume during the autumn season. Lorna's came as a split when she did 177.9 miles at the Icarus 72-hour in Florida in November. This was three months after she turned 60, and one month before she was inducted into the American Ultrarunning Hall of Fame. It's interesting to note that Ted Corbitt was the first person inducted into our Hall of Fame, and of the 16 runners who have now been given this honor, 8 of them have had ultra careers lasting over 30 years, illustrating how this group has tended to remain active in the sport for very extended periods.

Laurie Staton exemplifies this spirit. In 2017, she wrote, "*In the past 37 years, I've been fortunate to have experienced achievements and disappointments; spectacular falls, injuries, and recovery from surgery; course records and personal bests; DNS's, and DNF's; ultras from 50K to multi-day, on the trail, road, and track; and a multitude of things large and small that are the stuff of life intervening. . . . I've been a runner for more than a lifetime. I love running and I can't imagine that will ever change. . . . I still keep running because I love it and I can and because there are these lists. . . .*"

Spoken like a hardcore addict! It seems that along with a bunch of other folks, Laurie Staton is nowhere close to hanging up her shoes.

Nick Marshall
Camp Hill, Pa.

LONGEST ULTRA CAREERS, finishing running races of 100 MILES or longer (with 100-mile PR)

	Name	Country	Span of Career	Best 100 Mile Time
1	Ed Dodd	USA	41y 20d	17:12:37
2	Ray Krolewicz	USA	39y 33d	13:58:07
3	Nick Marshall	USA	38y 337d	14:11:10
4	Jean-G Boussiquet	France	38y 336d	13:48:06

5	Chet Blanton	USA	38y 218d	21:00:01
F-1	Laurie Staton	USA	38y 96d	25:23:21
7	Lion Caldwell	USA	38y 78d	13:19:12
8	Doyle Carpenter	USA	38y 75d	18:31:00
9	Bob Keating	USA	37y 195d	20:31:26
10	Bill Schultz	USA	36y 227d	22:11:47
11t	Ed Demoney	USA	36y 86d	22:18:34
11t	Fred Pilon	USA	36y 86d	19:24:16
13	Scott Maxwell	USA	36y 30d	22:33:46
14	Joe Schieffer	USA	36y 19d	18:49:03
F-2	Lorna Michael	USA	36y 6d	18:12:40
16	Philippe Herbert	France	35y 350d	18:05:00
17	Mark Dorion	USA	35y 319d	16:44:38
18	Bob Davidson	USA	35y 262d	17:13:15
19	Marvin Skagerberg	USA	35y 185d	18:57:18
20	Al Prawda	USA	35y 179d	18:08:22
21	Jeff Collins	USA	35y 130d	18:53:42
22	Fred Riemer	USA	35y 109d	20:19:14
23	Tim Hicks	USA	35y 94d	19:59:--
24	Wolfgang Schwerk	Germany	34y 236d	13:41:46
25	Jim Gawle	USA	34y 231d	19:36:02
26	Ronald Ross	USA	34y 126d	20:10:--
27	Jay Aldous	USA	34y 90d	13:52:29
28	Trishul Cherns	Canada	34y 5d	17:40:41
29	Del Scharffenberg	USA	33y 356d	18:49:58
30	Kevin O'Grady	USA	33y 314d	16:31:30
F-3	Sandra Brown	England	33y 212d	18:36:24
32	Kip Melham	Australia	33y 211d	18:39:00
33	Tom Green	USA	33y 112d	17:28:50
34	Mike Price	USA	33y 98d	19:56:50
35	Dennis Herr	USA	33y 91d	18:50:07
36	Roy Pirrung	USA	33y 22d	13:15:50
37	Manuel Alves	S. Africa	32y 357d	16:48:42
38	Nick Bassett	USA	32y 352d	18:32:27
39	Luis Rios	USA	32y 317d	15:22:24
F4	Cathy Mason	USA	32y 303d	26:40:--
41	Gordy Ainsleigh	USA	32y 274d	21:50:24
42	Gary Cantrell	USA	32y 234d	23:04:56
43	Richard Brown	England	32y 220d	16:45:15
44	Ulli Kamm	Germany	32y 204d	23:07:05
45	Jeff Hagen	USA	32y 63d	17:56:25
F-5	Mary Ann Miller	USA	32y 35d	22:50:56
47	Ian Maddieson	USA	32y 9d	19:24:00
48	Pieter Booysen	S. Africa	32y 1d	18:17:40
49	Dan Barger	USA	31y 352d	16:48:17
50	Mark Olson	USA	31y 337d	23:12:43
51	Gary Cross	USA	31y 312d	15:13:50
52	Attila Marton	Hungary	31y 232d	22:00:--
53	Ted Corbitt	USA	31y 186d	13:33:06
54t	Kent Holder	USA	31y 101d	19:44:39
54t	Bill Finkbeiner	USA	31y 101d	18:11:25
56	Anstr Davidson	USA	31y 84d	22:33:46
F-6	Lou Peyton	USA	31y 78d	21:17:03
F-7	Kathy D'Onofrio	USA	31y 65d	17:38:30
59t	Randy Ellis	USA	31y 53d	20:09:30
59t	Rick Gates	USA	31y 53d	18:54:00
61	Bill Thomas	USA	31y 38d	18:57:30
62	Yiannis Kouros	Greece	31y 31d	11:46:37
63	Scott Mills	USA	31y 23d	17:04:46
64	John Radich	USA	31y 10d	23:55:24

65	Greg Kleindl	USA	30y 354d	23:27:46
66	Marc Greenberg	USA	30y 334d	26:14:12
67	Tom Possert	USA	30y 248d	13:44:20
68	Steve Harvey	USA	30y 241d	20:09:--
69	Scott Demaree	USA	30y 191d	15:23:40
70	Jeff Jensen	USA	30y 131d	21:48:45
F-8	Ann Trason	USA	30y 130d	13:47:41
72	Rod Dickson	USA	30y 123d	19:12:--
73	Rollie Portelance	Canada	30y 116d	16:19:05
74	Bill Dickey	USA	30y 107d	21:21:25
75	Charles Savage	USA	30y 99d	19:19:53
76	Alfonso Meneses	Mexico	30y 96d	12:46:20
77	Dan Williams	USA	30y 61d	18:00:00
78	Jeff Vieyra	USA	30y 60d	21:39:32
79	Arpan DeAngelo	USA	30y 1d	17:49:40

(next closest: 29 years, 362 days)

National Totals

U.S.A.	65
Canada	2
England	2
France	2
Germany	2
South Africa	2
Australia	1
Greece	1
Hungary	1
Mexico	1

UPDATE ON THE 2019 COBURG 24 HOUR CARNIVAL

It's early days yet but we already have 14 walkers entered in the 2019 Coburg 24 Hour Carnival, which also doubles as our official Australian Centurion qualifying event. We have a big international flavour this year with 4 Dutch walkers, 1 walker from Belgium and 1 walker from the Isle of Man. Follow all the action at <http://www.coburg24hr.org/>.

24 Hour Walk Women - 2		
Achterberg, Gertrude	NED	Gertrude was one of 4 Dutch walkers who appeared at Coburg in 2018, hoping for a centurion walk finish (100 miles). Alas, she fell short with 138.040km so is returning in 2019 to complete unfinished business. Gertrude has 4 Centurion badges to her credit: English (2017, 23:49:28), Continental Europe (2017, 23:52:15), New Zealand (2017, 23:29:45) and African (2016, 23:42:50). Will Australia provide her fifth badge?
Dawn Parris	VIC	After a long and illustrious ultra running career (she is one of the legends of Australian ultra running with a 24H best of 202.65km), Dawn swapped to ultra distance walking some years ago with immediate success. She came 2nd in our 2007 6H walk (43.8km), won our 2008 12H Walk (78.5km), came 2nd in our 2009 24H walk with 137.27km and won our 2010 24H walk with 134.12km. Is now a regular at Coburg and will be with us again in 2019 for the 24H walk.
24 Hour Walk Men - 8		
Bloemerts, Marco	NED	Marco has 5 Centurion badges to his credit - Continental (22:25:21 2015), African (22:46:27 2016), NZ (22:43:30 2017), USA (23:26:11 2018) and UK (22:40:48 2018) - and will be seeking that final sixth badge at Coburg to complete his set. A very experienced Dutch walker and one of a large international contingent coming to our race this year.

Peter Gray	VIC	This will be Peter's 32 nd consecutive Coburg 24H appearance and he has finished every one. Overall, he has done over over 300 ultras including 2 Sydney-to-Melbournes and 17 Colacs. With a best of 230 km in 24 hours, set in our 1991 event and a record as the youngest ever Westfield Sydney-Melbourne finisher, Peter is a legend in the field of Australian ultra running. We are pleased to welcome him back again this year.
Heywood, Colin	NT	Colin is no stranger to the sport of athletics, having been firstly a runner and then switching to racewalking in the early 2000's. And he is a quality walker indeed, winning 2 golds and a silver in the M60 walks at the 2016 World Masters Championships in Perth. He competed in the 2017 Coburg 24H walk as his first foray into the ultra distance world, completing 100km in the very good time of 13:53:38. He returned in 2018, completing the 100 miles standard in 22:46:53 to gain his Australian Centurions badge. He returns in 2019 to chase a few PBs.
Janssens, Kim	BEL	This will be Kim's first appearance at Coburg and he is travelling all the way from Belgium, as one of our visiting international walkers. He is an experienced European ultra walker, with two centurion finishes to his credit - English (2013, 20:45:08) and African (2017, 22:11:52) - as well as a number of finishes in various European walk classics.
Kandelaars, Arie	NED	Arie is one of 4 Dutch walkers who appeared at Coburg last year, hoping for a centurion walk finish (100 miles). Alas, he was carrying an injury and was forced to stop. He returns in 2019 to complete unfinished business. Arie himself has 4 Centurion badges to his credit: African (2016, 23:52:00), English (2017, 23:49:27), NZ (2017, 23:36:29) and USA (2018, 23:52:14). Four badges in quick succession and the aim is to add a fifth one in Coburg.
Kilmartin, John	VIC	John, from country Victoria, walked his first ultra in Melbourne in September 2012, completing 47.973km in 6H. He quickly improved, becoming an Australian centurion in 2015 with 21:11:56. Only months later, he became an English Centurion with a further 100 mile walk on the Isle of Man (21:26:48) and in 2016 he added the Continental Centurion badge (23:05:24). Now an accomplished walker, he is a regular in our Coburg 24H.
Lewis, Stephen	QLD	Stephen has been running ultras regularly since 2013 and competed in our Coburg 24H run last year. He has run one hundred miles in 24 Hours on 3 occasions and is now keen to add a walk hundred to his list of achievements, thus securing a centurion membership.
Vos, Martin	NED	Martin, from Nederlands, is another one of our overseas entrants in 2019. He is an accomplished ultra walker, with two centurion badges already, having completed the 100 mile walk in Nederlands in 2016 (23:35:42) and England in 2017 (23:13:34). Will Coburg be the occasion for a third badge?
12 Hour Walk Women - 1		
Chiarello, Karen	IOM	Karen has achieved centurion status (100 miles walk in 24 hours) on 2 occasions - in 2015 (20:36:14) and 2018 (20:07:56) - and is thus a double British Centurion. She has also finished the Isle of Man Parish Walk (85 miles) 4 times, as well as a number of other walks 50km and beyond. On times, one of the top female ultra walkers in the world. We are very pleased to see her at Coburg this year.
12 Hour Walk Men - 1		
Sharlott, Dominic	VIC	Dominic tells me he has run 3 marathons and completed a 50km walk. That is a good grounding on which to attempt a 12 Hour ultra. Good luck Dominic!
6 Hour Walk Women - 1		
Sandra Howorth	VIC	Sandra has competed in the walk at Coburg on a number of occasions and is one of our many regular supporters. Last competed here with us in 2016. She has PBs of 42.021km (6H), 69.37km (12H) and 103 km (24H). Her thoughts for 2019: Back after a couple of years off. Missed the comradeship!" Nice!
6 Hour Walk Men - 1		
Hess, Albin	VIC	Albin dipped his feet into the ultra world with finishes in the 2012 Trails Plus Series (You Yangs, Tan and Marysville) and the 2013 Marysville 50km. Now concentrating on the ultra walk front. Has PBs of 46.148km (6H) and 123.316km (24H).

CENTURIONS HAVE CAST THEIR VOTES FOR THE 2018 GORDON SMITH AWARD

This annual award, named after **Gordon Smith**, Australian Centurion Number 1, is awarded for the **Best Australian Ultra Distance Walking Performance of the Year**. Award criteria are as follows

1. It is restricted to performances done in Australia.
2. It is awarded for the best SINGLE performance.
3. All Australian Centurions will vote on a short list of performances, as proposed by the Executive.

Previous winners are	2005 Deryck Skinner (C 51)	2006 Stan Miskin (C 23)
	2007 Terry O'Neill (C 18)	2008 Deryck Skinner (C 51)
	2009 Peter Bennett (C 24)	2010 Peter Bennett (C 24)
	2011 Michelle Thompson (C 58)	2012 Barry Loveday (C 62)
	2013 Tim Erickson (C 13)	2014 Michelle Thompson (C 58)
	2015 John Kilmartin (C 67)	2016 Linda Christison
	2017 Robin Whyte (C29)	

As is always the case, we had a number of very worthy local nominations this year and it was tough to whittle the list down to four. But here they are, in date order, as proposed by our Executive:

- **Colin Heywood (C75) – Australian Centurion 75 (22:46:53)**
Colin is no stranger to the sport of athletics, having been firstly a runner and then switching to racewalking in the early 2000's. And he is a quality walker indeed, winning 2 golds and a silver in the M60 walks at the 2016 World Masters Championships in Perth. He competed in the 2017 Coburg 24H walk as his first foray into the ultra distance world, completing 100km in the very good time of 13:53:38. In 2018, he went one better, qualifying as Australian Centurion 75 with a time of 22:46:53.
- **Lorraine Billett – Five new W70 records at Coburg**
Lorraine Billett excelled at our 2018 Coburg Carnival, setting five new W70 records. She had walked 92.105km at our 2017 Coburg event but really raised the bar this year with 101.378km.
 - W70 50 km Walk 8:43:09
 - W70 12 Hour Walk 65.154 km
 - W70 50 Miles Walk 16:33:21
 - W70 100 km Walk 23:01:14
 - W70 24 Hour Walk 101.378 km
- **Claire Tallent - W35 50km Record of 4:09:33**
An ultramarathon is any footrace longer than the traditional marathon distance of 42.195 km. We long distance walkers are part of this ultra world, with the 50km being the shortest of the ultra distance standards. For many years now, I have been maintaining Australian ranking lists for the women's 50km walk. Now the women's 50km has now come in from the cold, with the IAAF finally giving that event official status, granting it World Record status and including it in its various world championships.

An Australian has been at the forefront of this newly minted international event. At the recent IAAF Race Walking World Team Championships in Taicang, China, Australian walker Claire Tallent came third in the inaugural women's 50km event with an absolutely fantastic time of 4:09:33. For those of us who struggle to walk 50km within 6 hours, this performance puts things into perspective. Her bronze medal time was the fourth-fastest performance in the event's brief history and earned her new Australian and Oceania records into the bargain.
- **Justin Scholz (C61) - 100 mile finish in the Sri Chinmoy 24 Hour Championship in Sydney**
Justin was one of 3 walkers among the largely running field in 2018 Sri Chinmoy 24 Hour in Sydney in June. There, he completed yet another 100 miles walk, this time with 21:48:12, his 10th 100 mile walk finish. Oh yes, he then went on to complete another hundred in South Africa to complete the full suite of all 6 badges – but that's another story!

Voting closed on 20th January, with all 4 nominees receiving good support. But there has to be one winner and this year the trophy goes to **Claire Tallent**. You can check out the history of this prestigious trophy, along with details of all past nominees and winners, at <http://centurions.org.au/centtrophies.shtml>.



Colin, Lorraine, Claire and Justin in action in the nominated events

As Claire lives in Adelaide, I will be arranging for a suitable presentation at a time and place that suits.

PROVISIONAL 100 MILES WALK RANKING LISTS FOR 2018

Thanks to facebook page *Ultra Walking España* (<https://www.facebook.com/ultrawalking/>) for the following provisional 2018 100 Miles ranking lists. There could well be a few performances that have been missed, especially in the French events where the 100 mile mark is not significant, but the main races are captured. **Dave Talcott** and **Karen Chiarello** top the lists.

2018 100 Miles Ranking Men

1.	18:55:41	Dave Talcott	USA	Douglas	17-18/08/2018	
2.	19:27:38	David Vandercoilden	FRA	Roubaix	15-18/09/2018	1
3.	19:32:15	Jean Marie Roualt	FRA	Wadelincourt	25-26/08/2018	2
4.	19:41:58	Emmanuelle Lasalle	FRA	Roubaix	15-16/09/2018	1
5.	20:10:34	Christophe Laborie	FRA	Dijon	21-22/04/2018	3
6.	20:12:35	Dimitri Osipov	RUS	Roubaix	15-16/09/2018	1
7.	20:16:32	Alexandre Forestieri	FRA	Dijon	21-22/04/2018	3
8.	20:16:40	Birger Coulier	NED	Schiedam	19-20/05/2018	
9.	20:23:56	Johan Taghon	NED	Schiedam	19-20/05/2018	
10.	20:26:21	Philippe Morel	FRA	Wadelincourt	25-26/08/2018	2
11.	20:44:11	Richard McChesney	NZE	Schiedam	19-20/05/2018	
12.	20:52:45	Paul Jansen	NED	Douglas	17-18/08/2018	
13.	20:53:00	Frank van der Gulik	NED	Schiedam	19-20/05/2018	
14.	20:53:35	Adam Killip	NED	Schiedam	19-20/05/2018	
15.	20:57:39	Andy Green	GBR	Ciudad del Cabo	20-21/10/2018	
16.	21:00:06	Ignace Matthys	BEL	Douglas	17-18/08/2018	
17.	21:00:21	Guido Venneir	BEL	Roubaix	24-25/02/2018	1
18.	21:09:08	Peler Asseman	BEL	Schiedam	19-20/05/2018	
19.	21:13:48	Cedric Varain	FRA	Chateau-Thierry	16-17/03/2018	1
20.	21:19:32	Daniel Vandendaul	BEL	Wadelincourt	25-26/08/2018	2
21.	21:29:19	Serge Georgelin	FRA	Chateau-Thierry	16-17/03/2018	1
22.	21:32:59	Saadi Lougrada	FRA	Wadelincourt	25-26/08/2018	2
23.	21:39:03	Ivo Majetic	USA	Roubaix	15-16/09/2018	1
24.	21:44:07	Alain Gibelli	FRA	Dijon	21-22/04/2018	3
25.	21:44:31	Frank van der Gulik	NED	Douglas	17-18/08/2018	
26.	21:48:12	Justin Scholz	AUS	Sydney	02-03/06/2018	
27.	22:00:40	Chris Van Cauwenberghe	BEL	Roubaix	15-16/09/2018	1
28.	22:03:37	Dale Farquhar	GBR	Douglas	17-18/08/2018	

29.	22:08:09	Chris Burn	IOM	Coburg	21-22/04/2018	
30.	22:09:43	Martin Vos	NED	Schiedam	19-20/05/2018	
31.	22:11:41	Jantinus Meints	NED	Ciudad del Cabo	20-21/10/2018	
32.	22:12:58	Kris Hazenbosch	BEL	Douglas	17-18/08/2018	
33.	22:13:09	Giles Letessier	FRA	Chateau-Thierry	16-17/03/2018	1
34.	22:13:41	Eric Francois Bibrac	FRA	Dijon	21-22/04/2018	3
35.	22:17:03	Bernardo Jose Mora	ESP	Chateau-Thierry	16-17/03/2018	1
36.	22:27:32	Andrew Tilley	IOM	Fort Shelling	02-03/06/2018	
37.	22:31:15	Alain Penerln	FRA	Chateau-Thierry	16-17/03/2018	1
38.	22:33:31	Adrie Ros	NED	Coburg	21-22/04/2018	
39.	22:40:48	Marco Bloemerts	NED	Douglas	17-18/08/2018	
40.	22:45:31	Patrick Vandeweyer	BEL	Douglas	17-18/08/2018	
41.	22:46:53	Colin Heywood	AUS	Coburg	21-22/04/2018	
42.	22:48:21	Mathieu Olivares	FRA	Chateau-Thierry	16-17/03/2018	1
43.	22:54:24	Erwin van den Bosch	NED	Schiedam	19-20/05/2018	
44.	22:58:49	Marcel van Tulden	NED	Schiedam	19-20/05/2018	
45.	23:02:45	Gustaaf Salu	NED	Schiedam	19-20/05/2018	
46.	23:04:16	Stewart Jones	NED	Schiedam	19-20/05/2018	
47.	23:12:32	Daniel Duboscq	FRA	Wadelincourt	25-26/08/2018	1
48.	23:20:52	Ray Beattie	GBR	Schiedam	19-20/05/2018	
49.	23:21:25	Alain Grassi	FRA	Chateau-Thierry	16-17/03/2018	4
50.	23:23:46	Rob Robertson	USA	Auckland	07-08/10/2018	
51.	23:26:32	Andrew Dawson	GBR	Schiedam	19-20/05/2018	
52.	23:36:59	Martin Fisher	GBR	Schiedam	19-20/05/2018	
53.	23:39:33	David Holmen	USA	Fort Shelling	02-03/06/2018	
54.	23:41:09	Philippe Debeurme	FRA	Chateau-Thierry	16-17/03/2018	5
55.	23:45:35	Aleksei Kondratenko	RUS	Roubaix	15-16/09/2018	4
56.	23:48:38	Cristian Fernandez	NED	Schiedam	19-20/05/2018	
57.	23:52:14	Arie Kandelaars	NED	Fort Shelling	02-03/06/2018	
58.	23:53:42	Martin Fisher	GBR	Douglas	17-18/08/2018	
59.	23:56:49	Thomas Joseph Reyneke	RSA	Ciudad del Cabo	20-21/10/2018	

1. 162 km
2. 163.252 km
3. 163.143 km
4. 181.125 km
5. 160.900 km

2018 100 Miles Ranking - Women

1.	20:07:56	Karen Chiarello	IOM	Douglas	17-18/08/2018	
2.	21:32:35	Wilma Driessen	NED	Schiedam	19-20/05/2018	
3.	21:55:25	Sandra Brown	GBR	Schiedam	19-20/05/2018	
4.	22:10:09	Tatiana Maslova	RUS	Roubaix	15-16/09/2018	1
5.	22:36:21	Karine Zelmer	FRA	Wadelincourt	25-26/08/2018	2
6.	22:47:45	Sharon Scholz	AUS	Ciudad del Cabo	20-21/10/2018	
7.	23:03:25	Emilie Bizard	FRA	Wadelincourt	25-26/08/2018	2
8.	23:09:24	Maggy Labyille	FRA	Dijon	21-22/04/2018	3
9.	23:11:35	Annic Deman	BEL	Douglas	17-18/08/2018	
10.	23:29:51	Nontu Mgabhi	RSA	Ciudad del Cabo	20-21/10/2018	
11.	23:31:32	Joanne Aitken	NZE	Auckland	07-08/10/2018	
12.	23:32:51	Bernie Johnson	IOM	Ciudad del Cabo	20-21/10/2018	
13.	23:42:51	Irina Potinseva	RUS	Roubaix	15-16/09/2018	1
14.	23:57:28	Fundiswa Sandi	RSA	Ciudad del Cabo	20-21/10/2018	

1. 162 km
2. 163.252 km
3. 161.387 km

ADVANCE NOTICE - AUSTRALIAN CENTURIONS ANNUAL GENERAL MEETING

With our financial year completed on 31st December 2018, it is now time for a few organizational matters. I enclose links to our Annual report (and associated financial statement) and other matters.

- [2018 Australian Centurion Highlights.pdf](#)
- [2018 Annual Report.pdf](#)
- [2018 AGM Agenda.pdf](#)

Our **Annual General Meeting** will be held at the Leighoak Club, 1555 Dandenong Road, Oakleigh, starting at 12:30PM on **Sunday 3rd February 2019**. The agenda contains one motion as follows

Motion to Change the Rules Governing Australian Centurion Records

Australian Centurion records are mandated to be track based. Web page <http://centurions.org.au/centrec1.shtml> clearly states.

Note that only Track performances are eligible for submission as records. Road and/or solo performances are ineligible. The Centurions follow the lead of AURA and define a track event as one held on a measured and certified track of no longer than 400m.

In 2015, AURA changed its ruleset to create a single record for best time or distance, regardless of surface, provided all the boxes are ticked. Now, Australian Ultra Running records no longer discriminate between road and track. See <https://www.aura.asn.au/records/>.

Our own record implementation has been somewhat inconsistent, with a number of our multi-day records done at places like Caboolture, which is a road course.

Further, an increasing number of multi-day events in Australia are no longer track based - the Canberra 48 Hour Carnival is the exception to the rule here.

With these thoughts in mind, the following changes to our record rules are proposed

Only track based performances will be considered for all records up to and including 24 Hours and 100 Miles (ie 6H, 12H, 24H, 50M, 100M, 100km).

Both track and road based performances will be considered for all multi-day distance and time related records (ie 200km, 500km, 2 Day, 6 Day).

Proposed Tim Erickson, Seconded Terry O'Neill

Obviously the usual caveats would still apply - we would need to be warned in advance, and the granting of any record would remain dependant on our ability to view the performance ourselves or obtain verification by suitably trustworthy people (eg event managers, etc).

I look forward to reporting back in our next newsletter.

FINANCIAL NEWS

A quiet month, which is what our treasurer likes!

Income:	Bank Interest	0.20
	Donation – Cathy Cox	50.00
Bank balance		\$2469.66

We do not charge an annual fee for membership but rely on the generosity of our members and supporters to keep us afloat. If you have not given lately, now is the time! Our bank details are

Bank: Westpac
BSB Number: 033003
Acct Name: Australian Centurions Walkers Inc.
Acct Number: 123947

UNTIL OUR NEXT NEWSLETTER

No races to report as yet but lots of hot weather here in Melbourne. It peaked yesterday at 42C and it peaked at 44C today, with a hot blustery wind. Summer in Australia!

Needless to say I'm not going for a walk today but tomorrow is always just one sleep away!

Yours in Centurion walking

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