

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/>.

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 14-15, 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
Oct 26-27, 2019	2019 African Centurion Qualifier	Stellenbosch Sth Africa
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

The 2019 African Centurion Walk is now official – it will take place on 26-27 October 2019. This year, the event will be in the heart of Stellenbosch at the Coetzenburg stadium. The course will weave through the town's oak-shaded streets and Coetzenburg precinct, with each loop averaging approximately 30 minutes. Entries open at the end of July. Check out the website at <http://africancenturion.com/> for updates closer to the event.

OUT AND ABOUT

I was excited to get a photo from Belgian based **Kim Janssens (C76)**, showing him along with our other 3 Belgian based Australian Centurions, **Rudy Schoors (C55)**, **Caroline Mestdagh (C56)** and **Eddy Goeman (C60)**. They had all just completed the 40th edition of the Nacht van Vlaanderen in Torhout. This is an annual 100km walk that traverses the Flanders region of Belgium. There is no keeping those Europeans down!



Rudy Schoors, Caroline Mestdagh, Eddy Goeman and Kim Janssens (photo from Kim Janssens)

Anyce Melham (C65) has dusted off his running shoes for yet another successful finish in the annual Sri Chinmoy 24 Hour Carnival which was held in Campbelltown, Sydney, on 15-16 June. For the record, Anyce ran 166km for his 32nd finish since he first lined up for this event in 1984. You can read more about Anyce's wonderful run of finishes in this event at <http://www.coburg24hr.org/24hr/wp-content/uploads/2019/07/Coburg-and-Sri-Chinmoy-History.pdf>.



Anyce (front left) in action in Campbelltown last month

I report later in the newsletter on **Sandra Brown's** latest 100 mile walk, this time in Belfast, Northern Ireland. For the record, she set new world W70 "running" records for 100 miles (**21:15:33**) and 24 hours (**182.62km** or 113.50 miles) in Belfast. Needless to say she walked all the way and moved up from being 205th after the first lap to 24th at the finish. She now holds both the running and walking world bests for her age group. It was her 7th hundred for the year and takes her grand total to 204!

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
204	June	Belfast, Ireland	100mi / 21:15:33	R (but walked)

2019 MANX TELECOM PARISH WALK, ISLE OF MAN, 22-23 JUNE

The Manx Telecom Parish Walk is a walking race that takes place on the Isle of Man each year, usually on the weekend nearest to the Northern Summer solstice. The biggest walking event in the Isle of Man, it is so called because the walk passes through every parish on the Isle of Man, a total distance of 85 miles (137 km). Originally, walkers had to touch the door of each of the seventeen parish churches but nowadays electronic timing chips are worn. A time limit of 24 hours is enforced, and there are cut-off times for reaching each stage. Only a small number of walkers complete the full distance each year. Walkers may drop out at any of the stages, which correspond to each parish. You can read much more about it at https://en.wikipedia.org/wiki/Parish_Walk.

This year, nearly 1400 walkers set off from the Isle of Man National Sports Centre in Douglas at 8AM on Saturday 22nd June and an amazing 158 finished the full 85 very hilly but picturesque miles within the 24 hour cutoff. The first 8 attained the Gold standard (under 18 hours), the next 36 attained the Silver status (under 21 hours) and the remaining 112 finishers attained the Bronze standard, all beating the 24 Hour cutoff. See the walkers finishing at https://www.youtube.com/watch?v=jU9n_kIjZE.

My report is taken from the IOM Today newspaper (see <http://www.iomtoday.co.im/article.cfm?id=49301&headline=Liam%20Parker%20wins%20Parish%20Walk,%20Shilling%20seals%20women%E2%80%99s%20title§ionIs=sport&searchyear=2019>)

Ramsey electrician **Liam Parker** won the gruelling Parish Walk challenge for the second time in three years late on Saturday evening when completing the 85 miles in a time of 15 hours 44 minutes and six seconds. Having been fifth on his debut 12 months ago, colourful Frenchman **David Vandercoilden** was second across the finish line at the War Memorial on Douglas Promenade some 23 minutes behind in 16:07.08. **Robbie Callister** racked up his 17th Parish Walk finish in third place in a time of 16:38.20, ahead of the vastly improved **Paul Sayle** in 16:53.19. Castletown centurion **Andrew Titley** was fifth in 17:10.05 and **Terry Moffat** sixth in 17:30.58. Five-time winner **Richard Gerrard** stopped at Andreas after less than 10 hours of walking, he was one of several leading names to succumb to the hot and sunny conditions.

Emma Shilling was thoroughly exhausted when she crossed the finish line to win the women's race in seventh place overall with a time of 17:47.09. The Douglas woman's time of gave her a winning margin of almost 28 minutes over **Karen Lawrie** (18:15.14) in joint 11th place. Early leader **Jayne Farquhar** retired at Kirk Michael, shortly before half-distance and 2018 winner **Bernie Johnson** slowed significantly in the final 15 miles to finish third (18:32.22) in 14th place overall.



Winner Liam Parker (photo <https://www.manxradio.com>)

Owen Dudley took the men's under-21 title (6:42:14), while **Danielle Barton** crossed the line first in the women's under-21 field (6:58:33), in a race which finishes in Peel, 32.5 miles (52km) from the start.

Lots of photos and videos at the Parish Walk facebook page at <https://www.facebook.com/parishwalk/>.



Liam Parker, Emma Shilling, David Vandercoilden and Robbie Callister (Photos Rob Quine)

The impressive full listing of all participants is found at https://www.parishwalk.com/page_582018.html. Here are those who achieved the gold and silver standard.

Parish Walk (85 Miles)

1.	Liam Parker	Men	1	15h44:06	GOLD
2.	David Vandercoilden	Veteran Men	1	16h07:08	GOLD
3.	Robbie Callister	Veteran Men	2	16h38:20	GOLD
4.	Paul Sayle	Men	2	16h53:19	GOLD
5.	Andrew Titley	Veteran Men	3	17h10:05	GOLD
6.	Terry Moffat	Veteran Men	4	17h30:58	GOLD
7.	Emma Shilling	Veteran Ladies	1	17h47:09	GOLD
8.	Paul Atherton	Men	3	17h59:24	GOLD
9.	Chris Cale	Veteran Men	5	18h05:10	SILVER
10.	Werner Alberts	Veteran Men	6	18h05:34	SILVER
11.	Tony Mackintosh	Veteran Men	7	18h15:14	SILVER
12.	Karen Lawrie	Veteran Ladies	2	18h15:14	SILVER
13.	David Walker	Veteran Men	8	18h22:29	SILVER
14.	Bernie Johnson	Veteran Ladies	3	18h32:22	SILVER
15.	Stephanie Burton	Veteran Ladies	4	18h40:06	SILVER
16.	Tony Holgate	Veteran Men	9	18h40:49	SILVER
17.	Lorna Gleave	Veteran Ladies	5	18h51:43	SILVER
18.	Kathryn Clough	Veteran Ladies	6	18h58:31	SILVER
19.	Ewa Kowalewska	Veteran Ladies	7	19h03:07	SILVER
20.	Aaron Curphey	Veteran Men	10	19h15:20	SILVER
21.	Shaun Kelly	Men	4	19h15:20	SILVER
22.	Tristan Shields	Men	4	19h15:20	SILVER
23.	Alison Crellin-Dodd	Veteran Ladies	8	19h18:02	SILVER
24.	Paul Jennings	Men	6	19h25:26	SILVER
25.	Lee Darbyshire	Veteran Men	11	19h26:32	SILVER
26.	Megan Thomas	Ladies	1	19h33:18	SILVER
27.	Hattie Thomas	Ladies	1	19h33:18	SILVER
28.	Connor Gilbert	Men	7	19h43:01	SILVER
29.	Juan Readshaw	Veteran Men	12	19h48:43	SILVER
30.	Ben O'Hare	Men	8	19h54:43	SILVER
31.	Derek Sweeting	Veteran Men	13	20h01:05	SILVER
32.	Steve Pevsner	Veteran Men	13	20h01:05	SILVER
33.	Kathryn Prince	Veteran Ladies	9	20h15:18	SILVER
34.	Jessica Kitchin	Veteran Ladies	10	20h17:41	SILVER
35.	Andrew Payne	Men	9	20h23:19	SILVER
36.	Gemma Cringle	Ladies	3	20h23:27	SILVER
37.	Rachel Gawne	Ladies	3	20h23:27	SILVER
38.	Paul Callow	Men	10	20h23:27	SILVER
39.	Alan Teare	Veteran Men	15	20h38:48	SILVER
40.	Patrick Bregazzi	Veteran Men	16	20h39:34	SILVER
41.	Mark Lund	Men	11	20h43:53	SILVER
42.	Gabriel Farmer	Veteran Men	17	20h47:50	SILVER
43.	Ashley Kelley	Men	12	20h56:52	SILVER
44.	Gareth Brolly	Veteran Men	18	20h56:56	SILVER

10TH ENERGIA24, BELFAST, NORTHERN IRELAND, 22-23 JUNE

As mentioned earlier in the newsletter, the wonderful **Sandra Brown (C36)** was in action in late June in Energia24 (<https://www.energia24.co.uk/>) which was held in Victoria Park, Belfast. It is one of the big European 24 Hour races and carries a Gold Label from the world governing body, the IAU.

Husband Richard Brown commented:

Many congrats to Sandra on setting new world W70 "running" records for 100 miles (21:15:33) and 24 hours (182.62km or 113.50 miles) in Belfast. Needless to say she walked all the way and moved up from being 205th

after the first lap to 24th at the finish. She now holds both the running and walking world bests for her age group. Now for more cuppas....???

Her 100 mile best surpassed that of our friend and US legend Helen Klein with whom we stayed in Sacramento before a 6 day event there. Her 24 hour best surpasses that of the Australian Shirley Young set at East Burwood. I do not have her exact times as I only have the nearest time she passed the control point. To set world running records while walking all the way is something special, but then.....

I just love this picture taken of her (see below) at the finish. So often she is wrapped in multi-layers like a Michelin woman against the elements, but here she looks rightly pleased and as always smiling. And where did she find that seat when everyone else is shown collapsed on the ground!!? This was her 7th successful event of 100 miles or above this year, just 2 weeks after Weert which in turn was just 2 weeks after a gruelling cross country 100 miler in the north of England in the pouring rain and driving winds. She deserved a nice weather event in Belfast.

Sandra also subsequently emailed me

I loved the race – the park is a super venue and with over 200 individuals and around 30 relay teams of 4, plus lots of clubs supporting their members, there was a great atmosphere. I knew what I had to do: go out hard and keep it going. I stuck to walking and just worked at it, managing to avoid any real problems though my little feet are sore and the tea tree oil, probably from Australia, is helping the itc.

The organisers say this is the last time they will organise this major event, after 10 successful years, but hopefully others will pick up the baton as ultra-running is impressively popular, as one can see from the club participation.

Nice article on Sandra's performance at <https://www.fastrunning.com/running-athletics-news/experienced-ultra-distance-athletes-excel-at-energia-24hr-in-belfast/25720>.

Lots of photos and videos from <https://www.facebook.com/belfast24/>.

The event saw an amazing 224 individual runners and 28 relay teams contesting the 24H and spread around the 1.025 mile lap. An impressive 79 of the individual runners reached 100 miles or further. Full results can be seen at <https://docs.google.com/spreadsheets/d/1UfGE5i7i4jNtLcd9NZzxAk4P6ZLxhNpv6lSgFr96Olo/edit#gid=854237181>.



Sandra in action and still looking fresh at the end (photos <https://www.facebook.com/belfast24/>)

19TH 24 HEURES DE HAUTE-SAINTONGE À MONTGUYON, MONTGUYON, FRANCE, 29-30 JUNE

Emmanuel Tardi was in the small village of Montguyon (1600 people) last weekend for the 19th annual 24 Heures de Marche de Haute-Saintonge. He reports:

It is a very popular event where competitors can walk however many laps they want. That ensured a big field - there was 139 walkers at the 11AM start line on Saturday! The temperature was very hot, stifling in fact, with the temperature around 40°C. Add to that a very tough course, with the 2,176km lap including a very steep hill to climb and to go down (the height difference is 55m+). The lead changed numerous time: **Dominique Delange** led for the first 3 hours before **Daniel Duboscq** took over. He led until 6PM when he surrendered the lead to **Gérard Durand**. Towards the end of Saturday night, **Gilles Letessier** took over at the front, going on to win with 162.4km. In the women's event **Mireille Aubergé** led initially but it soon turned into a three way battle with **Sandra Elmon** and **Brigitte Courraud**. Eventually, there was only 5' between Courraud and Aubergé at the finish, after an exciting last lap.

More at the official website at <https://www.24heuresdemarche.com/>. Full results at <https://www.24heuresdemarche.com/directe>. I show the placings for the first 50 finishers (all those who walked further than 85km)

1.	LETESSIER Gilles	CONFLANS ST HONORIN	1950	M 74	162.408 km	23:58:36
2.	DUBOSCQ Daniel	LA ROCHE BLANCHE	1954	M 73	160.616 km	23:54:04
3.	DURAND Gérard	CROIX CHAPEAU	1967	M 72	158.324 km	23:54:57
4.	FAVRIOU Laurent	FONTCOUVERTE	1965	M 65	142.680 km	23:56:37
5.	MIORIN Robert	BORDEAUX	1957	M 63	139.196 km	23:48:11
6.	BREGEON Thierry	PÉRIGNY	1964	M 61	135.412 km	23:42:27
7.	COURRAUD Brigitte	MONTGUYON	1956	F 61	134.812 km	23:49:35
8.	COURRAUD Joël	MONTGUYON	1956	M 61	134.812 km	23:49:37
9.	AUBERGET Mireille	CUBZAC LES PONTS	1963	F 61	134.312 km	23:55:19
10.	LALLEMANT Patrick	ST JEAN LE BLANC	1955	M 60	131.820 km	23:57:26
11.	LINARD Benoît	NEUVY DEUX CLOCHERS	1965	M 58	127.536 km	23:54:25
12.	MONA Franck	LE PIZOU	1970	M 58	127.136 km	21:15:51
13.	ELMON Sandra	SOUBISE	1973	F 57	125.044 km	23:47:38
14.	MORIN Patrice	ST MARTIN D'ARY	1954	M 56	124.152 km	23:43:08
15.	CHEKHAB Saïd	MONTPON MENESTEROL	1958	M 56	122.752 km	21:29:51
16.	ARNAULT Jacques	COULLONS	1962	M 55	121.960 km	23:47:18
17.	BARBIER Florence	PLAISANCE DU TOUCH	1968	F 55	120.860 km	23:57:49
18.	MAZIERES Roger	RAZAC SUR L'ISLE	1947	M 53	117.876 km	23:46:36
19.	AVELINE Jacques	LE GUA	1947	M 53	116.176 km	23:56:04
20.	ARNAULT Françoise	COULLONS	1948	F 52	115.384 km	23:45:04
21.	PUYRAUD Rose-Marie	LANSAC	1958	F 52	114.284 km	23:57:48
22.	SOULARD Eliane	VILLENAVE D'ORNON	1957	F 52	113.984 km	23:42:41
23.	CHAIGNE Christophe	ST SAUVEUR LA LANDE	1967	M 51	113.692 km	23:46:34
24.	ROBERT Danielle	MÉRIGNAC	1949	F 51	112.692 km	23:51:58
25.	MICHAU Philippe	SAINT-ASTIER	1955	M 49	108.408 km	23:51:27
26.	BARELLA Armelle	VILLENEUVE SUR LOT	1973	F 49	107.408 km	23:56:29
27.	MARCHAIS Jean-Luc	BRIVE LA GAILLARDE	1955	M 48	106.016 km	23:48:10
28.	GRANCOIN Sébastien	LAMONZIE ST MARTIN	1976	M 48	105.916 km	21:38:12
29.	DEBORD Michel	LALANDE DE FRONSAC	1949	M 48	105.616 km	23:56:59
30.	LEGAVRE Christiane	LE BOUSCAT	1973	F 48	105.216 km	23:43:52
31.	AIGNAN Olivier	ABZAC	1969	M 47	103.124 km	23:38:38
32.	DUPONT Jean-Philippe	ST CHRISTOLY BLAYE	1961	M 47	103.124 km	23:59:38
33.	DELARUE Jacques	ROUEN	1952	M 47	103.024 km	23:25:06
34.	RASSAIND André	ST SIMON DE BRESSIEU	1937	M 46	102.932 km	23:35:49
35.	GERON-MORETTI Christine	SALLES D'ANGLES	1954	F 46	100.832 km	23:52:39
36.	ROBERT Louis	MÉRIGNAC	1951	M 45	99.540 km	23:51:55
37.	BAUP Jean-René	SAMONAC	1942	M 44	97.848 km	23:45:33
38.	SUAU Michel	CESTAS	1957	M 44	96.448 km	16:29:24
39.	BOUSQUIE Philippe	CHAUVÉ	1963	M 43	94.956 km	23:53:12
40.	PARIS Jean-Marc	CUBNEZAIS	1962	M 42	92.364 km	23:57:43
41.	LETELLIER BLANCHARD Valérie	COGNAC	1960	F 41	90.372 km	23:54:46
42.	DERENONCOURT Edith	ST MAGNE CASTILLON	1948	F 40	89.480 km	23:38:33

43. BELUTEAU Jeanne-Marie	SAINTE	1962	F 40	88.780 km	23:47:46
44. DELANGE Dominique	NANTHEUIL	1957	M 40	88.080 km	23:54:27
45. PIERRE Patrick	LABASTIDE DU TEMPLE	1948	M 40	87.980 km	23:57:45
46. PARIS Jérémy	PEUJARD	1987	M 39	85.788 km	23:57:44
47. HEDBERT Nathalie	PEUJARD	1966	F 39	85.688 km	23:51:15
48. CANNEZIN Loïc	LA CLOTTE	1972	M 39	85.688 km	23:56:25
49. ARCOUET Loïc	LE GUA	1964	M 39	85.488 km	23:40:28
50. POUGET Didier	MONTPON MENESTEROL	1966	M 39	85.488 km	23:59:07



Left: The Hill at Montguyon



Right: Winner Gilles Letessier (photos Emmanuel Tardi)

2019 SWEDISH FOTRALLY, SWEDEN, FROM FRIDAY 28 JUNE FOR AS LONG AS IT TAKES!

The Long Walk is a novel by Stephen King, published under the pseudonym Richard Bachman in 1979. It was collected in 1985 in the hardcover omnibus *The Bachman Books*, and has seen several reprints since. Set in a dystopian present, the plot revolves around the contestants of a gruelling walking contest, held annually by a totalitarian version of the United States of America. In 2000, the American Library Association listed *The Long Walk* as one of the 100 best books for teenage readers published between 1966 and 2000. According to Stephen King, it is the first novel he wrote, begun eight years before his novel *Carrie* was published in 1974, when he was a freshman at the University of Maine in 1966–1967. It's a ripper yarn that I first read many years ago. Of course, in the book, once you dropped behind, you were shot. Luckily that does not happen with Fotrally – you are simply out of the race but live to fight again another day!

So, just how far can a person go before he/she can go no further? Well, in 2009, Pontus Kylberg decided to put the concept to the test and organised what is perhaps the ultimate ultra challenge. The walkers walk day and night, without rest until there is only one left standing. Over 200 people start each year but only a few get beyond the 24 hour mark. From then on, it's a brutal war of attrition as, one by one, they fall by the wayside. All contestants walk together as a group at a speed of 5km/h. In the front there is a leading vehicle which the contestants may not pass and in the back there is a portable toilet which the contestants may not be passed by. Each contestant gets 25 minutes per 24 hours for toilet breaks (all the contestants are timed). You must carry what you need, with support zones only once every 6 hours where you can supplement drinking water and food stocks. But the race itself never stops, even for such refreshment points. You must get going before the rear vehicle passes. There is also a national team competition with Swedish and Norwegian walkers normally putting teams in.

Wow! What a concept. Just consider the last few years.

- The 2014 event was fought out between Swedish walkers **Silvio Cannavá** and **Lena Jensen**. Lena eventually had to call it quits after 55 hours of walking, leaving Silvio as the last man standing. In fact, Swedish walkers filled the first 25 places that year.
- The 2015 staging really upped the ante on what was possible with winner **Fredrik Forsström** walking for an

amazing **87 hours and 45 minutes**, just over 32 hours above the previous record. **Jonas Davidsson** took second place in the same time (but obviously could no longer continue) while Silvio Cannavá, Pia Rosvall, PerOla Axelsson and Niklas Grebäck also shattered the 2014 record of 55 hours. For 44 year old Forsström, it was his 4th Fotrally – his previous placings had been 20th (2012 24:20), 3rd (2013 33:26) and 5th (2014 48:18). 5km/hr for some 88 hours comes out at around 440km of continuous walking.

- In 2016, it came down to another two person duel, with **PerOla Axelman** eventually winning with 72 hours 12 minutes, after **Robert Jonsson** had to stop, total distance 361km! Obviously Axelsson could have gone on but he called it quits at that stage, content with being the last person standing. It was his sixth attempt and the win gave him his first victory after 5th, 4th, 3rd and 2nd placings in previous years.
- A similar two person duel happened in 2017, when **Richard Andersson** outlasted **Ange Truss** by walking for 81 hours (405km).
- 2018 saw a duel between the same two walkers. After **87 hours and 48 minutes**, the win was finally decided when officials forced Agne Truss to retire, worried that her condition had deteriorated too much to continue. That left Richard Andersson as the final walker, repeating his 2017 win. They had both bettered the previous record of 87 hours and 45 minutes and had each walked a total distance of 439km! Richard chose to stop then as well. I suppose when you have won and set a new record, you can be excused for resting on your laurels!

The improvement in the event can be traced with the winning times from the 10 annual stagings held up till and including last year.

Year	Name	Location	Time (hh:mm)
2009	Thomas Gjutarenäfve	Tullinge, Sweden	9:45
2010	Maria Thomsen	Stockholm, Sweden	29:58
2011	Jonas Davidsson	Hägersten, Sweden	33:21
2012	Jonas Davidsson	Hägersten, Sweden	50:40
2013	Silvio Cannavá	Stockholm, Sweden	48:05
2014	Silvio Cannavá	Stockholm, Sweden	55:00
2015	Fredrik Forsström	Huddinge, Sweden	87:45
2016	PerOla Axelsson	Stockholm, Sweden	72:12
2017	Richard Andersson	Lund, Sweden	81:00
2018	Richard Andersson	Lund, Sweden	87:48

And what do you get for your efforts – the Fotrally medal – bronze for more than 12 hours, silver for more than 24 hours and gold for more than 48 hours of walking.



So the big question was – how far could they go this year? The 2019 race saw 202 entrants starting in the Stockholm suburb of Gärdet at 9PM last Friday evening, all hoping to complete the huge lap around Lake Mälaren, taking in as many cities as possible before returning to the starting point at the end of 3 days, ready to go into a second lap if required. Check out the field size at the start: <https://www.facebook.com/tv100sverige/videos/1785258144910156/>. It is just so big!!

With defending champion Richard Andersson a non starter this year, 2018 runner up Agne Truss went in as the favourite. The attrition rate was fierce, with only 52 walkers lasting to the 24 hour mark. After 48 hours (2 days), the

field had been reduced to 7 walkers. The carnage continued, walker by walker. Finally, at the 55 hour mark, we were down to the final 4 who would fight out the finish - **Agne Truss** (2, PB 87:48), **Jonatan Nordebo** (135, first timer), **Niklas Yjord** (182, PB 48:20) and **Roman Matus** (226, first timer).

For a further 20 hours, the four walkers trudged on, none willing to stop. Then the end came quickly. First Jonatan stopped at 74hr 14 min and Roman stopped just 6 minutes later at 74 hr 20 min, leaving the final 2. Less than an hour later, Niklas had reached the end of the road and sankdown, time 75 hrs 6 mins. That left Agne as the first non-Swedish winner in the 11 year history of the event.

Plenty of videos at <https://www.facebook.com/fotrally.ik>, Article at <https://www.lt.se/artikel/gang/agne-truss-fran-sodertalje-promenerade-oavbrutet-i-75-timmar-vann-extrema-tavlingen-fick-bara-henne-till-lagenheten>.

Here are the placings and distances of those 52 who reached the 24 hour mark (as per <http://www.fotrally.se/resultat>) and carried on. A special shout out to Swedish racewalker and statistician **Birger Fält** who withdrew in 44th place after 24:04.

1	Agne Truss	Södertälje	Estonia	75 hr 06 min
2	Niklas Yjord	Glumslöv	Sweden	75 hr 06 min
3	Roman Matus	Hässleholm	Sweden	74 hr 20 min
4	Jonatan Nordebo	Umeå	Sweden	74 hr 14 min
5	Charlotta Sahlström	Täby	Sweden	55 hr 05 min
6	Lars Hagstedt	Örebro	Sweden	53 hr 10 min
7	Tommy Johansson	Svartsjö	Sweden	48 hr 32 min
8	Stephen Claw	Stockholm	Great Britain	42 hr 31 min
9	Fredrik Göthe	Värmdö	Sweden	41 hr 50 min
10	Jon Enqvist	Stockholm	Sweden	41 hr 50 min
11	Pierre Börjesson	Addis Ababa	Sweden	41 hr 50 min
12	Anders Mörch	Älvsjö	Sweden	41 hr 12 min
13	Mohamed AbuBaker	Stockholm	Sweden	36 hr 35 min
14	Mikael Ramstedt	Trosa	Sweden	36 hr 01 min
15	Olof Torbrand	Skövde	Sweden	35 hr 03 min
16	Stefan Jonsson	Mariefred	Sweden	33 hr 27 min
17	Tobias Nordström	Årsta	Sweden	33 hr 16 min
18	Viktor Strömquist	Uppsala	Sweden	31 hr 11 min
19	Olof Modin	Johanneshov	Sweden	30 hr 53 min
20	Anders Lundgren	Strängnäs	Sweden	30 hr 28 min
21	Johan Nilsson	Nacka	Sweden	30 hr 14 min
22	Sakari Haka	Espoo	Finland	30 hr 14 min
23	Petri Perttilä	Helsinki	Finland	30 hr 14 min
24	Per Nordström	Stockholm	Sweden	30 hr 14 min
25	Fredrik Persson	Glumslöv	Sweden	30 hr 14 min
26	Oscar Rasmusson	Tranås	Sweden	30 hr 14 min
27	Kristina Bjerka	Stockholm	Sweden	27 hr 11 min
28	Noomi Grimstad	Skellefteå	Sweden	27 hr 06 min
29	Mattias Johansson	Romelanda	Sweden	27 hr 00 min
30	Niklas Mylfalk	Stockholm	Sweden	26 hr 38 min
31	Anna-Pia Ternström	Bälinge	Sweden	25 hr 23 min
32	Jonas Bergström	Hägersten	Sweden	25 hr 22 min
33	Lars Molin	Bromma	Sweden	25 hr 08 min
34	Anne Aalto	Bålsta	Sweden	24 hr 46 min
35	Menno Dijk	Märsta	Sweden	24 hr 46 min
36	Mattias Sidebäck	Köping	Sweden	24 hr 46 min
37	Beatrice Lenkert	Nacka	Sweden	24 hr 26 min
38	Andreas Bilén	Göteborg	Sweden	24 hr 23 min
39	Annica Johansson	Norrälje	Sweden	24 hr 04 min
40	Jan Ehnberg	Möklinta	Sweden	24 hr 04 min
41	Nicklas Ulvnäs	Uppsala	Sweden	24 hr 04 min
42	Maria Grimstad	Karlskoga	Sweden	24 hr 04 min
43	Stefan Larsson	Bollebygd	Sweden	24 hr 04 min
44	Birger Fält	Norsborg	Sweden	24 hr 04 min
45	Ylva Hjernö-Christensen	Strängnäs	Sweden	24 hr 04 min

46	Magnus Överby	Zurich	Switzerland	24 hr 04 min
47	Jan Söderström	Önnestad	Sweden	24 hr 04 min
48	Stefan Edström	Järfälla	Sweden	24 hr 04 min
49	Mattias Fahlén	Boxholm	Sweden	24 hr 04 min
50	Joel Wiklund	Stockholm	Sweden	24 hr 04 min
51	Kristin Lönngrén	Beddingestrand	Sweden	24 hr 04 min
52	Calle Ortner	Stockholm	Sweden	22 hr 46 min



Last 2 standing - winner Agne Truss and second placed Niklas Yjord (photos <https://www.lt.se>)

FOCUS ON OUR NEW CENTURIONS

I have been chatting online with our 5 new 2019 Australian Centurions and 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 fourth of our 5 new members.

MARTIN VOS C79: 22:19:38

Dutch walker Martin Vos became Australian Centurion number 79 with his successful 100 mile walk in the 2019 Coburg 24 Hour Carnival. For 49 year old Martin, it was his third centurion badge and his fourth centurion walk

Continental Centurion	2016	23:35:42
England Centurion	2017	23:13:35
Continental Centurion (again)	2018	22:09:43
Australian Centurion	2019	23:20:17

Martin's long distance walking career dates back to 1999, when a friend suggested he participate in the *Internationale Vierdaagse Afstandsmarsen Nijmegen*¹, the biggest 4-day walking event in the world. From then on, Nijmegen became a regular outing for him, but it remained his sole yearly walk, with each year's finish enough training for the next year.

In 2012 he was forced to retire from the Nijmegen walk with severe blistering due to heavy rain. This prompted him to get more serious with his walking and he, along with some friends, joined the *Via Vierdaagse*², the official program which prepares walkers for Nijmegen. With a customised training schedule and with organized walks in the country, he was now on the path to greater things.

1 See <https://www.4daagse.nl/en/>

2 See <https://www.wandel.nl/via-vierdaagse.htm>

Now regularly walking 40-50 kilometres at a time, he decided to extend things further and try a *Kennedwalk* (50 miles)³. With this successfully under his belt, he decided to walk the Belgian based *Dodentocht* (100 kilometres)⁴.

In 2013, he completed Nijmegen easily and decided to go even further, with his first really long walk being the *Amsterdam to Leeuwarden*⁵ in June 2015. The total distance was 150 kilometres, but more importantly you had to walk in a group with an average of 7 kilometres per hour for the first 80 kilometres. He decided he needed to adjust his training to hold a faster speed over the longer distance. Thanks to Jurgen de Waart (C78), he made it in a good time. Jurgen was already more experienced and living in the Netherlands at that time.

In 2016 Martin walked his first Centurion race in Schiedam in the Netherlands. As usual, it was a world wide affair with some 200 walkers from Netherlands, England, the Isle of Man, Belgium, Spain, Australia, New Zealand, South Africa, France and Denmark contesting standards from 50km right up to 24 Hours. The weather was very poor with biting, cold winds, but it takes more than that to stop an ultra distance walker and the results were absolutely fantastic. 33 walkers reached the 100 mile mark, including Martin who finished 31st with 23.35.42.



Martin walking in the 2016 Continental Centurions qualifier

That winter, he decided to walk some 10km races to develop more speed. He had already tried one in the winter of 2015, recording a time of 1:14:53. In order to improve his style and speed, he also decided to join Dutch athletic club *DAK Drunen*, the only club with racewalks in its program.

By the end of 2016, he had improved his 10km walk personal best to 1:05:26 (by 2019, he had improved his 10km walk personal best to 1:02:07).

In August 2017, he added a second centurion badge with a finish in the annual English Centurions qualifier in Bury St Edmunds. Overall, the event was a great success, with 41 starters, 23 finishers and 15 new centurions. Martin finished 15th with a time of 23:13:35.

3 See https://en.wikipedia.org/wiki/Kennedy_march

4 See <http://www.dodentocht.be/en.html>

5 See <http://www.delat.nl/amsterdamleeuwarden>

In May 2018, he returned to Schiedam for a second Continental Centurions walk and showed just how much he had improved since 2016. This time, he finished 9th with a PB of 22:09:43.



Martin in action and finishing his 100 miles in the 2018 Continental Centurions qualifier in Schiedam

He was now a regular starter in the various Dutch classics. For instance, he completed *the Mergellandroute* (135km) in 2017, 2018 and 2018, *Amsterdam-Leeuwarden* (150km) 4 times (2015-2018), *Nijmegen-Rotterdam* (160km) 3 times (2015-2017) and attempted the *Roubaix 28 Hours* in 2018. Unfortunately he was forced to retire from this last race at 87km due to illness, but hopes to return in 2019 to complete unfinished business.

And now to April 2019, when Martin was one of 11 starters in the Coburg 24 Hour Carnival walk in Melbourne, Australia. The hunt for centurion badges had attracted 4 experienced walkers from Netherlands (including Martin) and one from Belgium.



Martin walking at Coburg (left) and celebrating his Australian Centurion finish (right)

With hot weather the week before and with the temperatures climbing again the following week, the weekend of the race proved just about perfect, with temperatures peaking around 20C on Saturday before cooling to a pleasant 12C on Saturday night.

The pace was on target from the start, with 8 of the 11 walkers heading off briskly. Nearly all of the 8 powered through the hours, 6 of them reaching the 100 mile mark well within the required 24 Hours. For the record, Martin completed his 100 miles in a time of 23:20:17, becoming Australian Centurion 79, the 8th Dutch walker to do so.
I asked Martin about his future plans

For the future I hope to improve my 100 miles time more and more, as well as my other PBs. And of course I also want to get the American, New Zealand and African Centurion badges. And, as we fell in love with Australia, you never know, I may come back one more time to walk in Coburg.

I am sure we will hear lots more of Martin over the next few years.

FINANCIAL NEWS

With the steady stream of new Australian Centurions year by year, the time has come to replenish our stock of Australian Centurion badges. I have ordered 60 new badges (50 numbered and 10 un-numbered ones). That will take our current stock to 100 (60 numbered and 40 un-numbered). Hopefully that will outlast me!

Incoming:	Bank Interest	0.50
Outgoing:	AwardsAndTrophies – 60 new Cent Badges	<u>579.90</u>
Final Balance:		2497.21

Our current badges are labelled “CENTURION RACE WALKERS”, wording which was pertinent in the 1970s when we set up our die and created our first badges, but which no longer reflects our mandate. The new badges will be labelled “AUSTRALIAN CENTURION WALKERS”. Here is the new spec which I think looks great.



UNTIL OUR NEXT NEWSLETTER

Another big issue with lots of news from the world of ultra distance walking. Good luck to all those preparing for the 3 remaining Centurion qualifiers this year – English, New Zealand and African. And all the best to all our readers – may your walks be long and enjoyable!

Yours in Centurion walking

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