

# CENTURION FOOTNOTES

JUNE 2016 – VOL 23 NUMBER 5

*The Official Magazine of Australian Centurion Walkers Inc  
Founded 1971, Incorporated 2000, No. A0040301S  
<http://www.centurions.org.au>*

President	Terry O'Neill (C 18)	03-95435753
Vice-President	Robin Whyte (C 29)	02-62928994
Secretary	Tim Erickson (C 13)	03-93235978
Treasurer	Lois Erickson	03-93235978

## DATES...DATES...DATES

The 2016 ultra racing calendar is filled with lots of challenging events for walkers. Some of the key dates are shown below. In addition, the AURA calendar shows quite a few additional Australian ultra events that may suit serious ultra walkers – check it out at <http://www.aura.asn.au/events.html>. I am pleased to see the number of 24H Track ultras on the Australian calendar growing.

Jun 30, 2016	Start of 2016 Swedish Fotrally ( <a href="http://www.fotrally.se/">http://www.fotrally.se/</a> )	Sweden
Jul 9-10, 2016	Adelaide 6H/12H/24H (measured road loop)	Adelaide, South Australia
Aug 6-7, 2016	<b>105<sup>th</sup> English Centurions 100 mile qualifier</b> (Redcar RWC) See <a href="http://www.northernracewalking.com/redcar-blast/">http://www.northernracewalking.com/redcar-blast/</a>	Redcar, Teeside
Aug 13-14, 2016	Track Ultra WA (3H, 6H, 12H and 24H Track)	Bunbury, Western Australia
Aug 27-28, 2016	Wadelincourt 24H	Wadelincourt, Belgium
Sept 24-25, 2016	<b>2016 USA Centurions 24H Qualifier</b> Enter at <a href="https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park">https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park</a> See also <a href="https://www.facebook.com/NotJustAWalkInThePark/?fref=ts">https://www.facebook.com/NotJustAWalkInThePark/?fref=ts</a>	Owega, NY
Sept 17-18, 2016	Roubaix 28 Hours Walk	Roubaix, FRA
Oct 1-2, 2016	New Zealand Sri Chinmoy 24 Hour Championship Incorporating the <b>2016 New Zealand Centurions 24H Qualifier</b> See <a href="http://nz.srichinmoyraces.org/races/auck/24hr">http://nz.srichinmoyraces.org/races/auck/24hr</a>	Auckland, NZ
22-3 Oct, 2016	Inaugural <b>African Centurion 24 Hour Walk</b> See <a href="http://www.africancenturion.com/">http://www.africancenturion.com/</a> .	Robben Island, South Africa

With the Australian and Continental qualifiers done and dusted for this year, we have 5 centurion qualifiers remaining.

Aug 6-7, 2016	<b>2016 English Centurions 100 mile qualifier</b> See <a href="http://www.northernracewalking.com/redcar-blast/">http://www.northernracewalking.com/redcar-blast/</a>	Redcar, Teeside
Sept 24-25, 2016	<b>2016 USA Centurions 24H Qualifier</b> Enter at <a href="https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park">https://raceroster.com/events/2016/7132/not-just-a-walk-in-the-park</a> See also <a href="https://www.facebook.com/NotJustAWalkInThePark/?fref=ts">https://www.facebook.com/NotJustAWalkInThePark/?fref=ts</a>	Owega, NY
Oct 1-2, 2016	<b>2016 New Zealand Centurions 24H Qualifier</b> See <a href="http://nz.srichinmoyraces.org/races/auck/24hr">http://nz.srichinmoyraces.org/races/auck/24hr</a>	Auckland, NZ
22-3 Oct, 2016	Inaugural <b>African Centurion 24 Hour Walk</b> See <a href="http://www.africancenturion.com/">http://www.africancenturion.com/</a> .	Robben Island, South Africa

## OUT AND ABOUT

The inaugural 24 Hour Ultra Interval Challenge on 22-23 July 2016 sounds like a great concept – run or walk a 10km every 3 hours over a 24-hour period (everyone starts at the same time, regardless of where you are on our planet), complete some fun challenges along the way and post your results using Facebook, Twitter or Instagram. Depending on where you are, you start either on July 22 or 23. It's not a competition, it is a fun challenge open for everyone! If you manage to complete all of the intervals you'll end up with 80km (almost 50 miles) during 24 hours. See <http://www.ultraintervalchallenge.com/#ultra-interval-challenge>.

Lots of our centurions were in action in the 50<sup>th</sup> Lake Burley Griffin racewalking carnival in Canberra on Sunday 12 June. Amongst those completing the gruelling 20 Mile walk around the lake were **Peter Bennett** (5<sup>th</sup>, 3:08:17), **Peter Crump** (8<sup>th</sup>, 3:18:23), **Terry O'Neill** (10<sup>th</sup>, 3:36:16), **Clarrie Jack** (11<sup>th</sup>, 3:40:47) and **Karyn O'Neill** (1<sup>st</sup> woman, 3:58:53). Alas, **Robin Whyte** was also in action in his 50<sup>th</sup> appearance in the LBG 20 Mile event but he incurred a third red card in the dying stages of the race so had to accept a DQ against his name. It was very disappointing for him and

for all of us who were watching – he has finished successfully on 46 times and we were all hoping to see another tick in the box this year.

**Rudy Schoors (C55)** and **Caroline Mestdagh (C56)** are always in action in one walk or another in Belgium or surrounding countries. Rudy emailed me with their latest endeavours.

On the weekend of 29-30 April, Kris Hazenbosch and his team held the 9<sup>th</sup> edition of the ‘Gildentocht 100km’ in his home town of Schaffen. The formula for this walk is different from most of the other walks in Belgium. There are four groups with two road-captains and each group has a maximum of 32 walkers. The average pace for each is 6.5 km/h, 6.2 km/h, 6.1 km/h and 6.0 km/h. The first group starts at 20h30 and then the other groups follow at 10 minute intervals. After 51 km, the rest of the walk is marked and you can walk at your own speed.

This year the walk was situated most of the time in the region called ‘Hageland’, a hilly region with most of the Belgian wineries. It’s a very varied walk. Because of the rain before the start and during the night, the pads were changed into muddy and slippery tracks and the pace of the first group was reduced to 6.0 km/h for safety and for keeping all the walkers together.

At the 56 km point you could change clothes and shoes and eat some pastry or scrambled eggs. After this welcome moment of rest and with new outfits, Caroline and I decided to walk the last 44 km together with some friends. We had a nice bunch of people and the weather was more pleasant now: the rain had stopped and temperatures were milder. Time flies when you have some chatter on the way!

We arrived two hours later than on other occasions, but very satisfied with our performance in these hard conditions. The walking club ‘Vos-Schaffen’ did a great job to organize such an event in these conditions: only respect!

Lots of photos at <https://picasaweb.google.com/113527613298056248315/6279768686512299121>



**Rudy and Caroline with their walking group from the Gildentocht 100km walk**

#### **CONTINENTAL CENTURIONS 24 HOUR WALK, SCHIEDAM, NEDERLANDS, 14-15 MAY**

The Continental Centurions are one of 6 Centurion organizations who recognize walkers who can complete 100 miles (160.938km) within 24 Hours in an organized walking competition. See <http://www.centurions.org.au/centworl.shtml> for more details.

The Continental Centurions hold one qualifying event each year. It is always in the Netherlands and it swaps between the cities of Schiedam and Weert. This year it was Schiedam's turn as it held its “Walking Weekend” in and around the Beatrix Park. 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 so many of the photos show the walkers rugged up in multiple layers. But it takes more than that to stop an ultra distance walker and the results were absolutely fantastic. And check out Frans Leijten's fantastic photos at <http://myalbum.com/album/THaD3JMbmYry>.

Highlights were many. Some of the main ones are listed

- 33 walkers reached the 100 mile mark, including 23 inaugural Continental Centurions (C428-CC450).
- Local Victorian walkers **Sharon (C63) and Justin Scholz (C61)** competed together as usual, passing the 100 mile mark in 21:45:13 to become CC436 and CC437. This is their fourth centurion badge each (they are also Australian, NZ and USA centurions). They are also top ultra runners. Talk about a talented couple.
- Another local Victorian **John Kilmartin (C67)** also finished the hundred to become CC440 with a 100 mile time of 23:05:24. This is John's third badge – he is also an Australian and English centurion.
- NZ centurion walker **Richard McChesney** set NZ road bests for 100 miles (20:58:27, CC432) and 24 Hours (183.587km).
- The amazing English walker **Sandra Brown (C36)** (now 67 years of age) completed the 100 miles in a time of 21:07:28, but for once she did not win the women's section, coming second to Isle of Man walker **Janette Morgan (CC431)** who recorded 20:36:56 to become CC431. For Sandra, it was her 171<sup>st</sup> 100 mile+ performance and her third 24 Hour event so far this year. It was also her 13<sup>th</sup> Continental Centurion finish. What an amazing record.
- Isle of Man walkers also filled the first 3 positions in the men's event, with **Vinny Lynch (CC428 18:48:36)**, **Michael Bonney (C429 19:52:45)** and **Robbie Callister (CC 430 20:16:10)** all becoming first time Continental Centurions.
- 80-year **Bauke te Nijenhuis** shattered the M80 50km world record of 6:56:37, his time of 6:41:31 taking some 15 mins off the standard.

And now onto the finer details:

#### 24 Hour Walk

1.	Richard McChesney	Hutt Vally	68	183.587 km	24.05.18
2.	Frank van der Gulik	LAT	77	181.605 km	24.01.41
3.	Sandra Brown (W)	Surrey WC	49	177.669 km	24.06.16
4.	Gino Masto	WT Beveren	63	168.806 km	24.04.39
5.	Adrie Zoon	RWV	55	165.861 km	24.07.36
6.	Sharon Scholz (W)	AUS	76	164.870 km	22.25.50
7.	Vinny Lynch	IoMVAC	61	160.934 km	18.48.36
8.	Michael Bonney		61	160.934 km	19.52.45
9.	Robbie Callister	IOM Vets	55	160.934 km	20.16.10
10.	Jantinus Meints	RWV	58	160.934 km	20.28.12
11.	Janette Morgan (W)	IOMVAC	62	160.934 km	20.36.56
12.	Remy van den Brand	OLAT	75	160.934 km	21.15.01
13.	Wilma Driessen (W)	WS'78	66	160.934 km	21.18.46
14.	Luc Van de Velde	Wetteren	63	160.934 km	21.40.58
15.	David Vandercoilden	CM Roubaix	69	160.934 km	21.42.18
16.	Jacques Till	WACO	61	160.934 km	21.42.58
17.	Justin Scholz	AUS	74	160.934 km	21.45.13
18.	Bernie Johnson		82	160.934 km	22.28.33
19.	Frans Leijtens	RWV	76	160.934 km	22.37.38
20.	Werner Alberts	OMAC	70	160.934 km	22.50.50
21.	John Kilmartin	AUS	51	160.934 km	23.05.24
22.	Tony Mackintosh	IOM Vets	71	160.934 km	23.06.08
23.	Karen Lawrie (W)		73	160.934 km	23.06.08
24.	Peter Miller		74	160.934 km	23.08.27
25.	Adrie Ros		62	160.934 km	23.17.21
26.	Adrie Romijn	DAK	50	160.934 km	23.20.20
27.	Jos Van de Wyngaert	Witsoonest.	83	160.934 km	23.22.58
28.	Eric Geudens	WSV IVAS	57	160.934 km	23.23.18
29.	Sven Verbruggen		67	160.934 km	23.24.30
30.	Andrew Titley	Isle of Man	65	160.934 km	23.33.43

31. Martin Vos	RWV	69	160.934 km	23.35.42
32. Karen Marie Brogger (W)	Walking DK	72	160.934 km	23.39.25
33. Dwight de Kluijver	KWBN	76	160.934 km	23.42.32
34. Sarah Lightman (W)	Leicester	70	149.126 km	22.19.12
35. Frans de Roo	Dortse Vier	57	149.126 km	23.44.58
36. Hans Pranger	OLAT	43	141.254 km	24.01.39
37. Gustaaf Salu	WSV IVAS	62	137.318 km	19.36.40
38. Chris van Cauwenberghe	Florastap.	64	133.382 km	18.06.53
39. Joop Keetman	LAT	44	133.382 km	24.02.58
40. Hanny Klumpkens (W)	OLAT	49	132.419 km	24.01.51
41. Marry Heuvelman-Goudriaan (W)	RWV	43	132.419 km	24.01.51
42. Simon Cox	Isle of Man	48	129.446 km	20.00.10
43. Wim van Cappelle	OLAT	55	125.510 km	18.26.51
44. Sandra Irene de Graaff (W)	RWV/OLAT	67	125.510 km	24.01.08
45. Bertus van Ginkel	RWV	61	125.510 km	24.01.08
46. Victoria Barnes (W)	Surrey WC	86	122.565 km	24.06.16
47. Rene Wakkee	RWV	65	121.574 km	20.48.17
48. Ilona Klinkendon (W)	RWV	63	113.702 km	14.40.27
49. Richard Boosten	WSV KM	61	113.702 km	15.51.16
50. Gertrude Achterberg (W)	KNWB	70	113.702 km	16.25.55
51. Con Bollmann	RWV	44	113.702 km	17.54.40
52. Ernie Dorre	KWBN	47	109.766 km	15.45.54
53. Jack Bertrums	RWV	63	109.766 km	15.50.55
54. Jan Meijer	RWV	62	109.766 km	15.59.47
55. Hein Sanders	RWV	64	109.766 km	16.22.29
56. Appie Bos	FLAL/LAT	55	109.766 km	17.01.40
57. Jannie Bos (W)	FLAL/LAT	55	109.766 km	17.02.13
58. Jan Dinnissen	OLAT	55	109.766 km	17.41.42
59. Christian Fernandez		--	109.766 km	18.18.34
60. Kathy Crilley (W)	Surrey WC	47	108.803 km	24.03.35
61. Arie Kandelaars	OLAT	64	107.812 km	24.03.06
62. David Vos	OLAT	--	107.812 km	24.03.06
63. Arie Klootwijk	RWV	45	105.830 km	14.55.57
64. Marcel Simons		65	105.830 km	15.39.20
65. Josef Glassee	Wikevorster	64	105.830 km	17.01.05
66. Peter van den Brink	OLAT	64	105.830 km	17.55.39
67. Carla Lukken (W)	RWV	68	105.830 km	22.49.55
68. Anita de Roo-van Hoof (W)	Dortse Vier	60	105.830 km	22.51.55
69. Jurgen Mol	wsv Mol	74	105.830 km	23.09.33
70. Willy Vermeulen	RWV	48	101.894 km	18.24.31
71. Dirk Donders	OLAT	79	101.894 km	19.39.26
72. Tony Vazques Baluenga	LTUC	75	97.958 km	13.34.10
73. Eddie de Leeuw	Eurodax BEL	69	90.086 km	12.51.55
74. Suzannah Corkill (W)		72	86.150 km	12.27.38
75. Lee Corkill		77	86.150 km	14.48.08
76. Sailash Shah	Lancashire	64	86.150 km	14.52.31
77. Boetje Huliselan	OLAT	55	82.214 km	10.20.48
78. Ap van Gelderen	Pr. Marijke	59	78.278 km	10.43.30
79. Daniel Lhoest	La Caracote	59	70.406 km	08.33.14
80. Xabi Casillas Carcia	LTUC	74	70.406 km	09.39.17
81. Gerda Stoevelaar-Engelkes (W)	LAT	55	66.470 km	09.30.35
82. Paul Heskes	RWV	58	54.662 km	10.58.20
83. Peter Asselman	AC Lebbeke	80	34.982 km	10.55.58

**100 Miles Walk – Continental Centurion Qualifier (23 new CC badges awarded \*)**

1. Vinny Lynch	IoMVAC	61	160.934 km	18.48.36	<b>428 *</b>
2. Michael Bonney	IoM	61	160.934 km	19.52.45	<b>429 *</b>
3. Robbie Callister	IOM Vets	55	160.934 km	20.16.10	<b>430 *</b>
4. Jantinus Meints	RWV	58	160.934 km	20.28.12	388
5. Janette Morgan (W)	IOMVAC	62	160.934 km	20.36.56	<b>431 *</b>
6. Frank van der Gulik	LAT	77	160.934 km	20.46.52	343

7.	Richard McChesney	Hutt Vally	68	160.934 km	20.58.27	<b>432 *</b>
8.	Sandra Brown (W)	Surrey WC	49	160.934 km	21.08.28	131
9.	Remy van den Brand	OLAT	75	160.934 km	21.15.01	<b>433 *</b>
10.	Wilma Driessen (W)	WS'78	66	160.934 km	21.18.46	364
11.	Luc Van de Velde	Wetteren	63	160.934 km	21.40.58	<b>434 *</b>
12.	David Vandercoilden	CM Roubaix	69	160.934 km	21.42.18	<b>435 *</b>
13.	Jacques Till	WACO	61	160.934 km	21.42.58	427
14.	Sharon Scholz (W)	AUS	76	160.934 km	21.45.13	<b>436 *</b>
15.	Justin Scholz	AUS	74	160.934 km	21.45.13	437 *
16.	Bernie Johnson		82	160.934 km	22.28.33	<b>438 *</b>
17.	Frans Leijters	RWV	76	160.934 km	22.37.38	256
18.	Gino Masto	WT Beveren	63	160.934 km	22.50.48	412
19.	Werner Alberts	OMAC	70	160.934 km	22.50.50	<b>439 *</b>
20.	John Kilmartin	AUS	51	160.934 km	23.05.24	<b>440 *</b>
21.	Tony Mackintosh	IOM Vets	71	160.934 km	23.06.08	<b>441 *</b>
22.	Karen Lawrie (W)		73	160.934 km	23.06.08	<b>442 *</b>
23.	Peter Miller		74	160.934 km	23.08.27	<b>443 *</b>
24.	Adrie Ros		62	160.934 km	23.17.21	416
25.	Adrie Romijn	DAK	50	160.934 km	23.20.20	<b>444 *</b>
26.	Adrie Zoon	RWV	55	160.934 km	23.22.09	305
27.	Jos Van de Wyngaert	Witsoonest.	83	160.934 km	23.22.58	<b>445 *</b>
28.	Eric Geudens	WSV IVAS	57	160.934 km	23.23.18	<b>446 *</b>
29.	Sven Verbruggen		67	160.934 km	23.24.30	<b>447 *</b>
30.	Andrew Titley	Isle of Man	65	160.934 km	23.33.43	333
31.	Martin Vos	RWV	69	160.934 km	23.35.42	<b>448 *</b>
32.	Karen Marie Brogger (W)	Walking DK	72	160.934 km	23.39.25	<b>449 *</b>
33.	Dwight de Kluijver	KWBN	76	160.934 km	23.42.32	<b>450 *</b>

#### 100km Walk

1.	Caroline Mestdagh (W)	GAC	65	100.000 km	13.28.35	
2.	Jeanette van Boerdonk (W)	OLAT	67	100.000 km	15.40.24	

#### 50 Miles Kennedyvriend (13 new Kennedyvriend badges awarded \*)

1.	Steward Jones	Manx Harr.	71	80.467 km	09.47.18	<b>434 *</b>
2.	Gerard Heunks	RWV	--	80.467 km	09.48.18	325
3.	Willem Ruiter	WS'78	62	80.467 km	10.32.54	<b>435 *</b>
4.	Nico Gerpot	RWV	65	80.467 km	10.53.49	<b>436 *</b>
5.	Danny Velthuisen	KWBN	92	80.467 km	10.54.40	<b>437 *</b>
6.	Jajo Wit	LAT	51	80.467 km	10.59.21	383
7.	Peter Duijst	WS'78	79	80.467 km	11.07.36	<b>438 *</b>
8.	Corina Riezebos (W)	RWV	65	80.467 km	11.21.32	<b>439 *</b>
9.	David Gerrits		68	80.467 km	11.24.41	<b>440 *</b>
10.	Jeroen van den Bos		68	80.467 km	11.31.28	<b>441 *</b>
11.	Ronald Cuijlits	WS'78	65	80.467 km	11.36.02	336
12.	Larissa Droogendijk (W)	RWV	72	80.467 km	11.36.05	<b>442 *</b>
13.	Arjan Lukken	RWV	67	80.467 km	11.36.05	<b>443 *</b>
14.	Bunyamin Karasu	KWBN	70	80.467 km	11.47.00	<b>444 *</b>
15.	Cora Spruit (W)	WS'78	86	80.467 km	11.55.07	<b>445 *</b>
16.	Herwin Weststrate	LAAC Twente	84	80.467 km	11.55.12	382
17.	Evert de Graaff	KNBLO	55	80.467 km	11.55.12	<b>446 *</b>
18.	Aaf Peters-de Rijk (W)	SV de LAT	53	80.467 km	12.02.33	355
19.	Piet van der Kroft	RWV	44	80.467 km	12.18.15	261
20.	Rageni Goepart-Sewnarain	WS'78	60	80.467 km	12.47.57	
21.	Denise Bras (W)	KWBN	77	80.467 km	13.01.20	
22.	Chris Lauwen		52	80.467 km	13.06.18	
23.	Wil Ubben	WVL Limburg	41	80.467 km	13.15.17	310
24.	Maarten Suidman	Gouden Kr.	65	80.467 km	14.12.03	358
25.	Jack Jaspers		70	80.467 km	14.21.29	
26.	Ludo van Wyngaert		61	80.467 km	14.34.39	376
27.	Martin van Schooten		66	80.467 km	15.28.46	

### 50km Walk

1.	Matthew Haddock	Manx Harrie	81	50.000 km	05.44.02	
2.	Anne van Anandel (W)	DAK	90	50.000 km	05.55.07	NED Rec
3.	Patrick Demaerschalk	SMAC	55	50.000 km	06.09.30	
4.	Christophe Gontier	ACLO	76	50.000 km	06.19.01	
5.	Bas van Anandel	DAK	54	50.000 km	06.21.43	
6.	Ilonka van Bommel-van der Bas	RWV	72	50.000 km	06.39.24	NED Rec
7.	Bauke ten Nijenhuis	RWV	35	50.000 km	06.41.31	M80 WR
8.	Ron Kuipers	HPSV	83	50.000 km	06.56.06	
9.	David Hoben	Surrey WC	52	50.000 km	07.16.02	
10.	Dirkjan Langerak		52	50.000 km	07.30.44	
11.	Jac van Caulil		49	50.000 km	07.41.15	
12.	Lex Meeusen	WSV KLU	79	50.000 km	08.02.31	
13.	Enrico Vermeer	DST	70	50.000 km	08.18.16	
14.	Michael Klaasse		81	50.000 km	08.32.40	
15.	Joke Valk (W)		49	50.000 km	08.49.56	
16.	Frans Valk		--	50.000 km	08.49.56	
17.	Claire van Hekken (W)		75	50.000 km	09.01.50	
18.	Patricia Boosten (W)		--	50.000 km	09.01.50	
19.	Marco van Vliet		68	50.000 km	09.20.01	
20.	Joke Barendrecht (W)	Papendrecht	62	50.000 km	09.35.44	
21.	Wilco vd Goes		71	50.000 km	09.35.44	
22.	Medy Reumer (W)		70	50.000 km	09.35.44	

And now to some photos. Firstly, we had 9 Australian Centurions at the event – **Bertus van Ginkel** (NED, C70), **Sandra de Graaff** (NED, C69), **Gerrit de Jong** (NED, C40), **Caroline Mestdagh** (BEL, C56), **Justin Scholz** (AUS, C61), **Sharon Scholz** (AUS, C63), **Rudy Schoors** (BEL, C55), **Sandra Brown** (GBR, C36) and **John Kilmartin** (AUS, C67).



For the record, Sandra, Sharon, Justin and John all completed 100 miles, Caroline won the 100km walk, Bertus and Sandra who were fresh from the hundreds in Australia last month were content to stroll through to 125.510km, Rudy was looking after a whole bevy of Belgian walkers and Gerrit was hard at work as one of the administrators.



Sandra Brown, Justin and Sharon Scholz and John Kilmartin in action at Schiedam



Sharon, Justin and John celebrate as they pass the 100 mile mark and clock up another centurion badge

**6 HEURES DE NEUILLY SUR MARNE, FRANCE, SUNDAY 15 MAY**

Thanks to Emmanuel Tardi for results and photos from the annual 6 Heures de Neuilly-sur-Marne which was held in mid May in the city near Paris where the Paris-Alsace classic starts. The race was contested over a 2.1km lap, after an initial 400m lap on the track, but it was not a fast course, with half of the lap on a non-asphalted path. The field was small with only 13 individuals and 4 teams. Local walkers Mathieu Olivares and Pascal Bunel led throughout the race and eventually finished first and second, both covering 55.0km. Isabelle Mennesson won the women's race with 50.800km in her first racewalking race. The support 2 Hour walk added 7 more teams of two and 7 individuals, including Emmanuel who finished with 17.200km. Well done Emmanuel!

**6 Heures de Neuilly Sur Marne (individuals only)**

1. OLIVARES Mathieu	Neuilly-sur-marne Athletisme	55.000 km	6:02:23
2. BUNEL Pascal	Neuilly Sur Marne Athletisme	55.000 km	6:05:57
3. LABARRE Bertrand	Cs Provins Athletisme	55.000 km	6:06:44
4. TOUTAIN Eric	ASC Francophone	55.000 km	6:12:04

5.	DIEN Daniel	Neully Sur Marne Athletisme	50.800 km	6:04:04
6.	MASSON Pascal	Cm Roubaix	50.800 km	6:08:41
7.	MENNESSON Isabelle (F)		50.800 km	6:12:03
8.	CASELLI Pierre		48.700 km	6:07:20
9.	BIZARD Claudie	Thiais Ac	46.600 km	6:02:37
10.	EMONIERE Philippe	COSM Arcueil	40.300 km	6:00:48
11.	KESSELMARK Patrick		40.300 km	6:05:09
12.	LANDRU Noelle (F)	As Corbeil-essonnes	38.200 km	6:06:38
13.	PLAYE Alexandre		36.100 km	6:22:42
14.	PLAYE Christophe		27.700 km	3:34:30



The field gets underway



winner Mathieu Olivares



Pascal Bunel, Isabelle Mennesson and the 2 Hour walkers (including Emmanuel Tardi far right)

**68<sup>TH</sup> PARIS – ALSACE CLASSIC, FRANCE, 1-4 JUNE 2016**

The longest ultra walking classic on the calendar was held over 4 days from Wednesday 1<sup>st</sup> June to Saturday 4<sup>th</sup> June in France. This annual event, which has gone from Paris to Colmar in recent years, was changed for 2015 and now winds its way from the Paris suburb of Neully-sur-Marne to the Alsace city of Ribeauville, almost on the French German



border and in the foothills of the Vosges Mountains. Check out the event website at <http://www.marche-mythique.org/accueil.html>. And see more on the official event website <http://www.marche-mythique.org/accueil.html>.

This event was first held in 1926 and was won by French walker Jean Linder who covered the 504km in 78 hours and 47 minutes. This year was the 68<sup>th</sup> edition. If you are a history buff, check out <https://en.wikipedia.org/wiki/Paris-Colmar>. The following photo shows him after the win. To recognise his performance, many walkers wear a beret in the first stage.



### Jean Linder won the first two editions of the Paris-Colmar in 1926 and 1927

The classic started on the Wednesday evening, with 4 stages for the women (a total of 311.2km) and 3 stages for the men (a total of 425.3km). The stages this year were as follows

The prologue of 14.6km, from Neuilly-sur-Marne to St Thibaut des vignes (men and women)	Start Wed 18:45
The second stage for women was 15km, from Charly-sur-Marne to Chateau-Thierry	Start Wed 22:15
The second stage for men was 353.8km, between Chateau-Thierry and Epinal	Start Wed 22:30
The third stage for women was 222.4km long between Vitry en Perthois and Epinal	Start Thu 16:00
The final stage was 56.9km long between Plainfaing and Ribeauville (men and women)	Start Sat 10:00

The main men's stage of 353.8km from Chateau-Thierry to Epinal was interrupted after 188km by a mandatory two hour break in Bar-le-Duc. Apart from that, it was 353km in one long walk, with walkers reaching Epinal between late night Friday and early Saturday morning. All walkers still in the race then met on the Saturday morning at 10am to start the last 56.9km stage which included a hill climb to an altitude of 1150m. The distance of this year's race totaled to 425.3 km and was expected to take from 52 to 65 hours.

I am sure you remember the record floods that plagued Paris in early June. That weather also followed this year's competitors in their long walk which was cold and wet, with wind and fog in the mountains. The great Russian walker **Dmitriy Ossipov** won once again (his sixth win) but only by 51 minutes, much closer than last year. French walkers **Emmanuel Lassalle**, **Jean-Marie Rousault** and **David Regy** filled the next 3 positions, followed by former Czech and now USA based **Ivo Majetic**, making a comeback to the event after a long absence. Overall, 10 men finished. It was a great return for Lassalle who was forced to retire from last year's race with heat stroke.

The women's walk was won by Russia's **Irina Poutintseva**, her 4<sup>th</sup> win out of 10 starts. Fellow Russian **Olga Borisova** was second, **Sylvie Maison** was third and GBR's **Suzanne Beardsmore** was fourth (well done Suzanne). Overall, 5 women finished their race. Emmanuel Tardi was there of course – lots of his photos are online at [https://www.facebook.com/emmanuel.tardi/media\\_set?set=a.10208238643117902.1073741901.1657411914&type=3](https://www.facebook.com/emmanuel.tardi/media_set?set=a.10208238643117902.1073741901.1657411914&type=3).

I am very excited to include a blow by blow description of the race by 5<sup>th</sup> placed Ivo Majetic. It is great reading.

After 17 years, I was back at the start of this prestigious endurance race. In the 1990s, I took part in this race four times and twice I finished in third place. Returning after so many years, preparing in a distant country and dealing with the 8 hour time difference were not easy so my main goal for the race was to finish. I relied on my seven member team, our camping car and another car.

20 of the 27 qualifiers stood at the start of the short prologue in Neuilly-sur-Marne. I walked the prologue easily in 1:26:59 at a pace of 6:00min/km. I finished fourth but this was just a short introduction to the race. The prologue was won by the main favorite, five-time overall winner, Russian Dimitriy Osipov, in 1:19:49.

It rained at the start of the main stage and the annoying never-ending rain accompanied us for the rest of the race. It was this year's trial. From the beginning, I started too fast and until 120km I alternated in the lead with Osipov. Then I visibly slowed down but I still kept a reasonable pace. Even with a decreasing pace, I still walked the initial 100 miles in 19:53, which did not seem too bad. Shortly after that I was passed by Regy, Rouault and Lassalle within 30 minutes and I dropped back to fifth place. As I was tiring, I started to look forward to the two hour break with the pleasant thought of a well deserved rest in a horizontal position. I walked the initial 188.6km in 23:58:19 so I set my personal best for 24 hours for year 2016. But the harder part of the race was just to come.

I left the break at about 45 minutes past midnight so I still had most of the night in front of me. Although I came out partially refreshed, I soon had to face a very uncomfortable sleep crisis. My support team was doing their best but the situation was getting hopeless. I fought the crisis for 5 hours. Belief in reaching the finish line was diminishing fast. The tremendous work of my team and my desire to keep walking this famous race turned to success and I managed to stay on the course. Unfortunately, I had lost 3 hours to the leader Osipov and over 1.5 hours to Regy on fourth place. At the same time, other walkers were closing the gap from behind, led by Eddy Roze. During Friday, sunshine peeked through dark clouds couple times but rain always unpleasantly showered us. I was nearing the end of the main stage but was very worried about the upcoming third night. Sleep deprivation was pretty cruel to me. My team had a very hard time supporting me mentally, feeding me and keeping me at a reasonable pace. Finally we reached Epinal in fifth position at 2:55am on the Saturday morning, 1:15 behind fourth placed Regy.

7 hours later, at the start of the final 56km hilly stage, we were greeted by unpleasant heavy rain. The climb to an altitude of 1150m was strenuous but I did it fine. Then we had to walk down on our tired legs to the Alsace lowlands and head to the finish line in the spectacular city of Ribeauville. Crossing the finish line, I was tired but happy and proud of myself that I finished this marvellous race again - after so many years absence. My final time of 59:03:49 was good enough for fifth overall place with an average speed of 7.2 km/h. Russian Dimitry Osipov won the race for the sixth time, young Emmanuel Lassalle finished in second place 50 minutes behind Dimitriy, and Jean-Marie Rouault, this year's French 24 Hour walk champion, finished third another 4 hours behind. Only 10 walkers reached the finish city.



**Ivo (19) walking with Florian Letourneau in the early stages of the classic (photo Emmanuel Tardi)**

### Paris-Alsace, Men, 425.3km

1.	OSIPOV DIMITRY	RUS	52:08:39
2.	LASSALLE EMMANUEL	FRA	52:59:35
3.	ROUAULT JEAN-MARIE	FRA	57:02:12
4.	REGY DAVID	FRA	58:12:21
5.	MAJECTIC IVO	USA	59:04:19
6.	BUNEL XAVIER	FRA	61:28:07
7.	LETOURNEAU FLORIAN	FRA	61:52:07
8.	GILLES PHILIPPE	FRA	61:56:51
9.	ROZE EDDY	FRA	62:09:26
10.	KERLAU YVES-MICHEL	FRA	64:00:00
11.	FORESTIERI ALEXANDRE	FRA	316.8 km
12.	BIEBUYCK PASCAL	BEL	200.1 km
13.	LOUGRADA SAADI	FRA	175.0 km
14.	VANDENDAUL DANIEL	BEL	175.0 km
15.	HUART GILLES	FRA	86.0 km
16.	OLIVARES MATHIEU	FRA	38.6 km
17.	MASSON PASCAL	FRA	38.6 km
18.	DIEN DANIEL	FRA	38.6 km
19.	CHATILLON NICOLAS	FRA	38.6 km
20.	VARAIN CEDRIC	FRA	14.6 km

### Paris-Alsace, Women, 311.2km

1.	POUTINTSEVA IRINA	RUS	42:57:06
2.	BORISOVA OLGA	RUS	43:20:19
3.	MAISON SYLVIE	FRA	45:03:06
4.	BEARDSMORE SUZANNE	GBR	49:30:55
5.	BIZARD CLAUDIE	FRA	50:09:12
6.	SALOMEZ BENEDICTE	FRA	235.6 km
7.	BERTHAULT-KORZHYK ANNIE	FRA	203.2 km
8.	BIZARD EMILIE	FRA	29.6 km



Dmitry Osipov, Emmanuel Lassalle and Jean-Marie Rouault (photos Emmanuel Tardi)



Suzanne Beardsmore (35), Irina Poutintseva (31), Olga Borisova (32) and Sylvie Maison (33)

**SRI CHINMOY 24 HOUR TRACK CHAMPIONSHIPS, CAMPBELLTOWN, NSW, 18-19 JUNE**

I spent the weekend of 18-19 June 2016 at the Campbelltown Sports Centre in Sydney, where I was helping some of the competitors in this year's annual Sri Chinmoy 24 Hour Track Championships. With 24 Hour, 12 Hour and 6 Hour options on offer, the overall field was large (over 60) and the racing was fantastic as usual. Heavy rain and floods were forecast for Sydney on Sunday but luckily the front held off until the afternoon so we were spared additional angst.

Race report and photos at <http://au.srichinmoyraces.org/events/24hour/previous-results/2016>. While I won't give all the results (you can check that for yourself at <http://my4.raceresult.com/56722/results?lang=en>), I will zoom in on the performances which will be of interest to the walking community.

Firstly, we had 3 of our Australian centurion walkers in action.

- **Sharon Scholz (C63)** was in action in the run and won the women's section and was second overall with a huge 201.931 km. With that performance, Sharon has qualified for the Australian team which will contest the 2017 24 hour World Championships in Belfast in July next year. Fingers crossed that it all goes according to plan between now and then.
- **Anyce Melham (C65)** was in action in the run, clocking up 166.720km. Now that may not be significant as a 24H run except when you consider the fact that Anyce's first ever 24 Hour run was in the 1984 Sri Chinmoy Australian Championship where he finished 16<sup>th</sup> with 163.768 km. Since then he has amassed the enviable record of completing 29 of the Australian Sri Chinmoy 24 Hour Championships - a remarkable achievement - 1984-1987, 1989, 1990, 1992-1997, 1999, 2000, 2002-2016. And one of those (2014) was a walk performance, where he qualified as an Australian Centurion. Wow!
- **Justin Scholz (C61)** was in action as a walker and the 100 mile mark was never in doubt as he powered through 52.4km in the first 6 hours and just kept going. His 100 mile time was **20:42:55** and he then called it quits, job done. This is his 8<sup>th</sup> centurion effort and comes alongside a very successful parallel career as an ultra runner. If all goes to plan and Sharon makes the Australian 24 Hour team next year, they will travel to Belfast where Sharon will run the 24H, then they will cycle through GBR before they both walk the English Centurions qualifier. Now that's a pretty neat idea!

And we had a number of other walkers in action in one capacity or other.

- Regal racewalker **Robert Osborne** swapped his walking shoes for his runners, clocking up 100.4km in the run, a good followup from his 20 Mile walk finish at last weekend's LBG Carnival in Canberra.
- Ultra walkers **David Attrill** (130.000km), **John Timms** (100.400km) and **Louis Commins** (42.400km)

rounded out the 24 Hour walk field and **Ron Schwebel** (40.529km) and **Val Chesterton** (35.626km) both walked in the 6 Hour event, all putting in good efforts. Special note in particular for 69 year old David who walked superbly for his 130km. His last ultra walk of note was in 2007 when he completed 140.9km at Coburg. He showed that he has lost little of that form in the intervening 9 years.

And here are the first 3 men and women overall, along with the results for those mentioned above.

<b>Sri Chinmoy 24 Hour</b>		<b>6 Hours</b>	<b>12 Hours</b>	<b>18 Hours</b>	<b>24 Hours</b>
1.	Malcolm Gamble	61.2	120.4	173.6	222.656 km
2.	<b>Sharon Scholz (C63)</b>	60.0	112.4	159.6	201.931 km
3.	Stephen Redfern	66.4	119.6	161.2	196.575 km
4.	Donna Urquhart	59.2	106.8	150.0	192.530 km
5.	John Yoon	59.6	102.4	148.0	185.916 km
6.	Kristy Lovegrove	58.4	104.0	139.2	175.327 km
7.	<b>Anyce Melham (C65)</b>	50.0	93.6	132.0	166.720 km
9.	<b>Justin Scholz (W C61)</b>	52.4	98.8	141.6	161.600 km
13.	<b>David Attrill (W)</b>	38.0	69.2	99.6	130.000 km
25.	<b>John Timms (W)</b>	37.2	65.6	91.2	110.400 km
27.	<b>Robert Osborne</b>	43.2	81.6	100.4	100.400 km
34.	<b>Louis Commins (W)</b>	41.6	42.4	42.4	42.400 km

  

<b>Sri Chinmoy 6 Hour</b>		<b>6 Hours</b>
15.	<b>Ron Schwebel (W)</b>	40.529 km
16.	<b>Val Chesterton (W)</b>	35.626 km



**Left: Justin on his way to 100 mile walk number 8**  
**Right: Justin and Sharon Scholz with their trophies on Sunday – mine's bigger than yours!**

### 104<sup>TH</sup> PARIS WALK, ISLE OF MAN, 18-19 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](https://en.wikipedia.org/wiki/Parish_Walk).

This year some 1400 walkers started the challenge and an amazing 155 finished the full 85 very hilly but picturesque miles within the 24 hour cutoff. Overall, local walker **Richard Gerrard** won for the third year in succession on

Saturday evening, completing the walk in a time of 15:31:43, outside his 2014 race record but nearly 15 minutes quicker than anyone else. **David Walker** was second with 15:56:10, with **Karen Chiarello** completing the podium in just over 16 hours, claiming the women's title and recording the second fastest ever time by a woman. The first 30 places are shown below. All finishers at <http://www.parishwalk.com/>. Lots of race info at <http://www.manxathletics.com/Blog/>. Photos at <http://www.parishwalk.im/>.

Pos.	Name	Time	Previous best	Improve	Finishes
1st	Richard Gerrard	15:31:43	14:40:08		9
2nd	David Walker	15:56:10	15:39:16		6
3rd	Karen Chiarello	16:00:03	17:01:31	01:01:28	3
4th	Liam Parker	16:16:13	16:34:44	00:18:31	5
5th	Jock Waddington	16:48:48	15:01:48		10
6th	Terry Moffat	16:57:47	16:03:41		10
7th=	Stephen Corkill	17:00:05	16:59:35		6
7th=	Noel Ash	17:00:05	18:38:32	01:38:27	5
9th	Brian Kelly	17:08:21	16:56:27		5
10th	Emma Shilling	17:16:15	18:23:14	01:06:59	6
11th	Adam Killip	17:30:40	17:41:22	00:10:42	5
12th	Andrew Dawson	17:36:36	16:52:55		4
13th	Robert Currey	17:44:36	17:26:31		3
14th	Stewart Jones	17:49:35	18:36:28	00:46:53	5
15th	James Quirk	17:56:30	First finish		1
16th	Juan Readshaw	17:58:06	19:13:14	01:15:08	6
17th	Richard Leigh	18:12:54	20:37:15	02:24:21	2
18th	Jane Mooney	18:18:15	17:26:36		4
19th=	Lee Johnson	18:26:12	21:48:35	03:22:23	2
19th=	Bernie Johnson	18:26:12	20:04:40	01:38:28	5
21st=	Karen Lawrie	18:30:16	17:53:10		6
21st=	Tony Mackintosh	18:30:16	17:53:10		4
23rd	Kathryn Clough	18:38:23	19:36:19	00:57:56	4
24th	Jayne Farquhar	18:39:53	20:35:38	01:55:45	4
25th	Derek Moultrie	18:43:50	First finish		1
26th=	Stephanie Quayle	18:53:28	18:05:08		5
26th=	Chris Cale	18:53:28	16:43:22		14
28th	Andrew Titley	18:55:02	16:50:51		15
29th	Louise Duncan	18:55:23	19:44:53	00:49:30	3
30th	Gabriel Farmer	19:00:37	22:57:34	03:56:57	3



Winners Richard Gerrard and Karen Chiarello (photos <http://www.manxathletics.com/Blog/>)

## CENTURION HONOUR BOARD AND MEMORABILIA UPDATES

Our honour board has now been updated to reflect our 3 new 2016 centurions – and it looks fantastic. You will notice that it is now full but don't worry – we have a new board ready for 2017!

And while talking about club possessions (which we might call memorabilia), another new item for us. The 1971 Australian Centurions qualifying event at the Edwards Lake Athletics Track in Reservoir proved a memorable one with centurion performances by Jim Gleeson, Clarrie Jack and Stuart Cooper. But it was Jim's performance which set the standards which have withstood the test of time. In atrocious conditions, he powered through without stopping to reach the 100 miles mark in 18:33:58 (a record that would stand until 1979), before continuing on for the full 24 hours to set our current Australian 24 Hours Walk record of 122 miles 215 yards (196.490km).

After his death, his widow Gladys generously donated his centurion badge back to the club and I have had it mounted here as a lasting memorial to Jim's performances on the track.

Alas we don't have a permanent home for all our trophies and honour boards and memorabilia so I look after them. You can check them out at <http://www.centurions.org.au/gallery/thumbnails.php?album=4>.



## FINANCIAL NEWS

Quite a few payments to complete the costs associated with our annual centurion qualifying event at Coburg and our bank balance remains healthy, thanks to our many supporters.

<b>Income</b>	Donation – Peter Crump	+ 50.00
<b>Expenditure</b>	Keyhole Engraving – Centurion trophies	- 75.00
	V.F. Trainor – perpetual trophy engraving	- 40.00
	Officeworks – glossy paper for certificate printing	- 27.23
	Hansen Signwriting – Honour Board Update	- 209.00
	Postage	- 38.65
	Picture Frames (memorabilia additions)	- 11.00
	RWA yearly affiliation fee	- 104.00
<b>Balance</b>		<b>\$1108.22</b>

**UNTIL OUR NEXT NEWSLETTER**

Another bumper edition with lots of our Australian Centurions in action around the world. It's a cold winter's day here in Melbourne as I put the finishing touches to this newsletter but a bit of adverse weather never keeps a keen walker indoors. I wish everyone all the best and hope thaty you also have a chance of putting the shoes on today and walking a few miles.

Yours in Centurion walking

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