

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/>.

Aug 12, 2018	Inaugural 100km Walk	Komló, HUN
Aug 18-19, 2018	2018 English Centurions 24H Qualifier (Track) See http://my6.raceresult.com/71067/	Douglas, IOM
Aug 25-26, 2018	Wadelincourt 24 Hours Walk (2019 Paris-Alsace qualifier)	Wadelincourt, BEL
Sep 15-16, 2018	Nijmegen-Rotterdam (160km)	Nijmegen, NED
Sep 15-16, 2018	Roubaix 28 Hours Walk (TBC)	Roubaix, FRA
Oct 7-8, 2018	2018 NZ Centurions 24H Qualifier See https://nz.srichinmoyraces.org/races/auck/24hr	Auckland, NZ
Oct 20-21, 2018	African Centurions 24H Qualifier See http://www.africacenturion.com/	Capetown, SA (TBC)

The Australian, Continental and American Centurion qualifiers have now been completed so we have 3 remaining Centurions qualifiers for the year, to be held in England, New Zealand and Africa.

24 HEURES DE MARCHE DE HAUTE-SAINTONGE, MONTGUYON, FRANCE, 23-24 JUNE

The annual 24 Heures de Marche de Haute-Saintonge was held in Montguyon in late June. This is a tough race, with a big hill climb to a medieval castle to be negotiated during every 2.195km lap. Thus the times are effected, but not the enthusiasm of the 158 walk entrants. This year, **Laurent Pineau** won with 171.076km, ahead of **Gilles Letessier** with 165.200km and **Daniel Duboscq** with 160.116km, while **Brigitte Courraud** repeated her win of last year in the women's division with 144.380km. Full results can be seen at <https://www.24heuresdemarche.com/>. The listing below is restricted to those who walked further than 100km in the requisite 24 hours.

24 heures de marche de Haute-Saintonge (158 walkers)

1.	PINEAU Laurent	1968	M78	ORIGNOLLES 17	171.076	23:53:35
2.	LETESSIER Gilles	1950	M75	CONFLANS-STE-HONORI 78	165.200	23:50:56
3.	DUBOSCQ Daniel	1954	M73	LA ROCHE BLANCHE 44	160.116	23:55:25
4.	KIEFFER Pascal	1961	M70	MONTGUYON 17	154.040	23:54:56
5.	SUAU Michel	1957	M69	CESTAS 33	152.748	23:44:36
6.	DURAND Gérard	1967	M67	CROIX CHAPEAU 17	146.864	23:54:18
7.	GUILLAUMIN Michel	1947	M66	PARIS 75	145.472	23:51:54
8.	COURRAUD Joël	1956	M65	MONTGUYON 17	144.380	23:37:52
9.	COURRAUD Brigitte	1956	F65	MONTGUYON 17	144.380	23:37:53
10.	VIGNAUD Annette	1958	F62	PERIGUEUX 24	137.804	23:37:50
11.	SPARFEL Jean-Marie	1954	M62	LES BILLAUX 33	136.104	23:47:51
12.	BARBIER Florence	1968	F62	PLAISANCE DU TOUCH 31	136.104	23:58:44
13.	MORIN Patrice	1954	M61	ST MARTIN D'ARY 17	135.512	23:39:05
14.	DELANGE Dominique	1957	M59	CHAMPIGNELLES 89	131.328	23:38:35
15.	LINARD Benoît	1965	M59	NEUVY DEUX CLOCHERS 18	129.928	23:54:31
16.	SOULARD Eliane	1957	F58	VILLENAVE D'ORNON 33	128.936	23:40:12
17.	MAZIERES Roger	1947	M56	RAZAC SUR L'ISLE 24	122.752	24:00:02
18.	ROBERT Danielle	1949	F55	MERIGNAC 33	121.560	23:50:36
19.	ROBERT Louis	1951	M55	MERIGNAC 33	121.560	23:50:37
20.	ARNAULT Jacques	1962	M55	COULLONS 45	121.160	23:54:01

21. DELTEIL Laurent	1966	M55	MONTARDON 64	120.560	23:55:13
22. SAKESYN Olivier	1965	M54	ECLAIBES 59	118.668	23:58:15
23. CORNAGLIA Eléonore	1975	F54	ST MÉDARD EN JALLES 33	118.368	23:55:05
24. AUBERGET Mireille	1963	F53	ST MÉDARD EN JALLES 33	116.376	23:50:20
25. CHIFFOLEAU Alain	1942	M52	LA POMMERAYE 49	115.184	23:47:19
26. ELMON Sandra	1973	F52	SOUBISE 17	113.984	21:15:23
27. KEMPF Annie	1957	F52	BEYNAC ET CAZENAC 24	113.984	23:44:25
28. ARNAULT Françoise	1948	F51	COULLONS 45	113.792	23:38:34
29. DIEN Daniel	1950	M51	PANTIN 93	113.692	23:41:41
30. PUYRAUD Rose-Marie	1958	F51	LANSAC 33	112.392	23:49:55
31. RASSAIND André	1937	M51	ST SIMÉON BRESSIEUX 38	112.392	23:53:37
32. LAFOUGERE Gérard	1958	M51	BASSENS 33	112.192	22:24:15
33. DICHARRY Dominique	1959	M51	TARNOS 40	112.192	23:51:06
34. KEMPF Cécila	1981	F51	NOAILLES 81	111.792	23:44:27
35. MICHAU Philippe	1955	M50	SAINT-ASTIER 24	110.900	23:50:17
36. BAUP Jean-René	1942	M50	SAMONAC 33	110.200	23:51:52
37. BRUNET Patrick	1946	M50	BOSCAMNANT 17	110.200	23:51:56
38. PIERRE Patrick	1948	M50	LABASTIDE DU TEMPLE 82	109.800	23:58:41
39. LAUBRETON Stef	1973	M50	RÉAUX SUR TREFLE 17	109.700	23:56:25
40. CASTAING Valérie	1971	F50	MORLAAS 64	109.600	22:46:43
41. DELAHAIE Dominique	1959	M50	ECHILLAIS 17	109.600	24:00:02
42. PISENTI Jean-Paul	1953	M49	ARTIGUES PRES BDX 33	108.008	23:53:00
43. BARRAULT Dominique	1957	M49	CERCOUX 17	107.408	22:52:19
44. DICHARRY Martine	1962	F48	TARNOS 40	105.616	23:51:05
45. DUVAL Bernadette	1955	F48	VEYRE MONTON 63	105.616	23:53:25
46. PARIS Jérémy	1987	M48	PEUGEARD 33	105.516	23:57:39
47. GUELLERIN Patrick	1960	M48	PAU 64	105.216	19:10:40
48. MARTY Michel	1949	M48	VAYRES 33	105.216	22:57:44
49. ARSLANIAN Jacques	1961	M47	PARIS 75	103.024	23:58:23
50. CAMBORIEUX Philippe	1972	M46	SAINT DENIS DE PILE 33	102.632	23:44:33
51. BOULITEAU Bernard	1966	M46	MARMANDE 47	101.232	23:49:27
52. GERON-MORETTI Christine	1954	F46	SALLES D'ANGLES 16	100.832	23:36:55
53. RAIMBAULT Serge	1949	M46	PREMPUYRE 33	100.832	23:47:27
54. COUTURON Sylvie	1961	F45	SAINTE 17	100.440	23:35:20



An ultra walk with a difference – up and down this steep hill each 2.2km lap, just to add an extra layer of toughness

106TH MANX TELECOM PARISH WALK (85 MILES), ISLE OF MAN, 23-24 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, 1278 walkers started the challenge and an amazing 184 finished the full 85 very hilly but picturesque miles within the 24 hour cutoff. The first 16 attained the Gold standard (under 18 hours), the next 48 attained the Silver status (under 21 hours) and the remaining 120 finishers attained the Bronze standard, all beating the 24 Hour cutoff. The impressive full listing of all participants is found at <http://my3.raceresult.com/76933/RRPublish/pdf.php?name=RESULTS%7CResult%20Overall&contest=1&lang=en>.

My report is taken from the IOM Today newspaper (see <http://www.iomtoday.co.im/article.cfm?id=41412&headline=Richard+Gerrard+wins+fifth+Parish+Walk+title§ionIs=sport&searchyear=2018>)

Richard Gerrard won the Manx Telecom Parish Walk for a fifth time on Saturday. Having been forced to withdraw from last year's event because of a back injury, Gerrard bounced back in style to claim his fifth title since 2012. Gerrard completed the 85-mile distance in a time of 15 hours 25 minutes and 10 seconds, crossing the finish line on Douglas Promenade shortly after 11.25pm. His nearest challenger was last year's winner **Liam Parker** who completed the gruelling endurance event in 16 hours and 53 seconds, nearly 14 minutes in front of third-placed man Peter Miller.

The 2017 women's winner **Karen Chiarello** finished at Peel as expected, due to her attempted a 100-mile centurion walk at the NSC in August. For a long time it looked as if this year's women's honours would go the way of **Ewa Kowalewska** who was going well in 11th overall at Maughold. However, by Onchan, **Bernie Johnson** had overtaken her and opened up a gap of just over three minutes which she maintained to the finish to claim 12th overall and the women's honours.

My results listing is restricted to the first 50 finishers. Special mention to mate **John Constandinou** who finished 88th with 21:53:27. Well done John!

Manx Telecom Parish Walk	Category	Cat	Place	Time
1. Richard Gerrard	Veteran Men	1		15:25:09
2. Liam Parker	Men	1		16:00:52
3. Pete Miller	Veteran Men	2		16:14:28
4. Noel Ash	Veteran Men	3		16:19:14
5. David Vandercoilden	Veteran Men	4		16:21:46
6. Kevin Edwards	Men	2		16:50:03
7. James Quirk	Veteran Men	5		16:57:57
8. Robbie Callister	Veteran Men	6		17:02:33
9. Tony Edwards	Veteran Men	7		17:09:00
10. Dale Farquhar	Men	3		17:25:41
11. Richard Leigh	Veteran Men	8		17:27:26
12. Bernie Johnson	Veteran Ladies	1		17:37:17
13. Lee Johnson	Veteran Men	9		17:39:49
14. Michael Bonney	Veteran Men	10		17:42:37
15. Ewa Kowalewska	Veteran Ladies	2		17:45:23
16. Chris Cale	Veteran Men	11		17:50:55
17. Alan Cowin	Veteran Men	12		18:07:15
18. Paul Sayle	Men	4		18:14:05
19. Tony Mackintosh	Veteran Men	13		18:24:32
20. Karen Lawrie	Veteran Ladies	3		18:24:32
21. Tony Holgate	Veteran Men	14		18:24:46
22. James Bassett	Veteran Men	15		18:42:39
23. Maureen Moffatt	Veteran Ladies	4		18:42:39
24. Juan Readshaw	Men	5		18:47:07
25. Juan Kinley	Veteran Men	16		18:49:05
26. Andrew Titley	Veteran Men	16		18:49:05
27. Werner Alberts	Veteran Men	18		18:53:00
28. Heather Melvin	Veteran Ladies	5		19:20:24
29. Michael Osborne	Men	6		19:31:48

30.	Sophie Dvorakova	Ladies	1	19:32:56
31.	Mark Hempsall	Veteran Men	19	19:32:56
32.	Tristan Shields	Men	7	19:38:15
33.	Louise Smith	Veteran Ladies	6	19:38:15
34.	John Mc clafferty	Veteran Men	20	19:43:20
35.	Stephanie Burton	Veteran Ladies	7	19:53:40
36.	David Anderson	Veteran Men	21	19:56:43
37.	Shaun Kelly	Men	8	19:59:23
38.	Steve Pevsner	Veteran Men	22	20:00:26
39.	Luke McKinlay	Men	9	20:02:14
40.	Kathryn Prince	Veteran Ladies	8	20:05:22
41.	Kenny Valerga	Veteran Men	23	20:10:04
42.	Viv Avery	Veteran Ladies	9	20:16:21
43.	Megan Thomas	Ladies	2	20:22:20
44.	Louise Thomas	Veteran Ladies	10	20:22:20
45.	Hattie Thomas	Ladies	2	20:22:20
46.	Julian Thomas	Veteran Men	24	20:22:20
47.	Emma Buckley	Veteran Ladies	11	20:24:40
48.	Jimmy Corkish	Veteran Men	25	20:32:26
49.	Charlotte Hemensley	Veteran Ladies	12	20:35:13
50.	Rupert Crookshank	Men	10	20:37:42



Richard Gerrard on his way to winning the 2018 Manx Telecom Parish Walk, his fifth victory overall (Photo: John Watterson)

2018 SWEDISH FOTRALLY, SWEDEN, FROM FRIDAY 29 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. Around 300-400 people start 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).

The improvement in the event can be traced with the winning times from the 9 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

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 2018 race saw 194 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. The attrition rate was fierce, with only 45 walkers lasting to the 24 hour mark. By the time the 25 hour mark had been reached, the field had been reduced to 27. It seems many had set themselves to reach 24 hours but were spent then and stopped very shortly afterwards. At 30 hours, it was down to 21 walkers. By 34 hours, it was down to 13. By

40 hours, it was down to 8. By 50 hours, it was down to 6. By 54 hours, it was down to the final two, **Richard Andersson** and **Agne Truss**, both of Sweden. Shades of 2017 when the same two were left to fight it out after 76 hours! On that occasion, Agne eventually stopped at 81:00, leaving Richard as the winner.

After 87 hours and 48 minutes, the winner was finally decided when officials forced Agne to retire, worried that her condition had deteriorated too much to continue. That left Richard 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!

Here are the placings and distances of the 45 who reached the 24 hour mark (as per <http://www.fotrally.se/resultat>). A special shout out to Swedish racewalker and statistician **Birger Fält** who withdrew in 23rd place after 27:11.

1.	Richard Andersson	Lund	Sweden	87:48
2.	Agne Truss	Södertälje	Sweden	87:48
3.	Björn Ohlsson	Lidingö	Sweden	53:09
4.	Lars Hagstedt	Örebro	Sweden	53:00
5.	Stefan Jonsson	Mariefred	Sweden	50:53
6.	Charlotta Sahlström	Täby	Sweden	50:36
7.	Anders Jungfors	Stockholm	Sweden	50:19
8.	Bjørn Fliflet Johannessen	Oslo	Norway	40:10
9.	Pierre Börjesson	Addis Ababa	Sweden	37:18
10.	Calle Ortner	Stockholm	Sweden	36:41
11.	Stephen Claw	Stockholm	Great Britain	36:38
12.	Pernilla Otto	Johanneshov	Sweden	36:25
13.	Anders Mörch	Älvsjö	Sweden	33:38
14.	Mohamed AbuBaker	Stockholm	Sweden	32:05
15.	Mikael Ramstedt	Trosa	Sweden	31:45
16.	Stefan Edström	Järfälla	Sweden	31:21
17.	Linda Nordmark	Järfälla	Sweden	31:21
18.	Lisa Mobrand	Stockholm	Sweden	30:35
19.	Petri Perttilä	Helsinki	Finland	30:18
20.	Martina Hausmann	Würzburg	Germany	30:18
21.	Stefan Andersson	Tumba	Sweden	30:18
22.	Anders Ganslandt	Klagstorp	Sweden	29:34
23.	Birger Fält	Norsborg	Sweden	27:11
24.	Kim Karlsen	Huddinge	Sweden	26:03
25.	Anders Lundgren	Strängnäs	Sweden	25:38
26.	Daniel Johansson	Vretstorp	Sweden	25:08
27.	Karl Lewenhagen	Mariefred	Sweden	25:04
28.	Johan Nilsson	Nacka	Sweden	24:50
29.	Viktor Strömquist	Uppsala	Sweden	24:41
30.	Fredrik Göthe	Värmdö	Sweden	24:18
31.	Frank Johan Ahlberg	Stockholm	Sweden	24:17
32.	Magnus Urquhart	Göteborg	Sweden	24:16
33.	Tommy Johansson	Svartsjö	Sweden	24:11
34.	Jonas Bergström	Hägersten	Sweden	24:11
35.	Per Nordström	Stockholm	Sweden	24:10
36.	Thomas Angeria	Saltsjö-Boo	Sweden	24:10
37.	Daniel Andersson	Stockholm	Sweden	24:10
38.	Peter Lindkvist	Södertälje	Sweden	24:10
39.	Mats Liljegren	Farsta	Sweden	24:09
40.	Richard Kindroth	Stockholm	Sweden	24:07
41.	Joel Wiklund	Stockholm	Sweden	24:07
42.	Christer Brandt	Hägersten	Sweden	24:06
43.	Anna Hessel	Uppsala	Sweden	24:06
44.	Peter Skoglund	Enskededalen	Sweden	24:06
45.	Joakim Karlsson	Stockholm	Sweden	24:05



Richard and Agne stride out late on the Monday afternoon Swedish time – approximately 69 hours down and still going strongly



Richard in action in the final hours – still looking fresh after some 400km of walking

SELF-TRANSCENDENCE 3100 MILE RACE, NEW YORK, 17 JUNE – 7 AUGUST

Ok, if you thought the Fotrally was tough (and it is!), consider the entrants in the 2018 Self-Transcendence 3100 Mile Race (<https://3100.srichinmoyraces.org/> in New York). This is known as 'The Mount Everest of ultramarathons' and is the longest certified footrace in the world. In order to meet the overall goal of 3100 miles in 52 days, entrants must log an average of 59.6 miles per day. The runners/walkers begin at 6am each day and run for extended periods, taking breaks as needed. If they want to, they can continue as late as 12 midnight when the course closes for the night. The 2018 event is underway at the moment, the 22nd held thus far, and runs from 17th June until 7th August. It takes everyone place on a route which takes entrants repeatedly around the same block in Queens, New York.

The 10 entrants this year (7 men and 3 women) have to complete an average of 59.60 miles a day to finish the 3100 miles (around 5000km) within the 52 day time limit. Great article on them at <https://multidays.com/self-transcendence-3100-mile-race-2018/>.



*The 2018 field of 10 – Yolanda Holder second from right
(photo Alan Young - <https://multidays.com/self-transcendence-3100-mile-race-2018/>)*

The sole walker in the group is 60 year old American ultra distance specialist **Yolanda Holder** (see <http://www.yolandaholder.com/>) who completed the event last year, finishing fifth overall in 51 days 17 hours and 13 seconds, just getting in before the 52 days cutoff. By doing this, she became the oldest woman to finish the 3100 mile race, and only the second American woman to complete this difficult race. She was also the first pure walker to complete the distance.



Yolanda looking relaxed on Day 14 (photo <https://www.srichinmoyultraphoto.com/3100-mile-race/2018>)

At the end of 21 days, she was coming second in the women's division with 1207.3 miles and 9th overall. Her daily totals had been 62, 54.8, 55.4, 56.5, 59.8, 63.1, 60.3 65.3, 62.5, 62, 63.1, 53.7, 57.6, 58.7, 56.5, 54.8, 53.7, 59.8, 59.2, 60.3 and 27.4 miles. Some of the days, the weather had been horrendously hot, with the temperatures in the high thirties, and her feet had taken a battering. She tried to start on day 22 but was forced to retire after 3.2 miles, a total distance of 1210.6 miles.

The race continues, with Vasu Duzhiy leading the remaining 9 runners with a distance of 2014 miles done in 29 days.

SANDRA BROWN CLOCKS UP ANOTHER HUNDRED

Sandra Brown (C36) has done it again! The world's most prolific centurion walker completed her 192nd 'hundred' last weekend, one of only four finishers in the 2018 Essex 100 Mile Race (see <https://www.webscorer.com/race?raceid=143952>). She emailed us with a brief description.

*I did the Essex Hundred last weekend – a very hot trail 103.2 miles, mostly flat and thankfully with shade at times. Only 4 people survived the 100, 2 men and 2 women, all the others retiring or deciding to settle for 30 miles or 50 miles, the other distances offered. I did 25.01.46 – the limit was 30h. Last year's men's winner did 18.30 odd, but this year's winning time was 2 hours or so slower. It was a survival job!
Of course, the wonderful organisers and lovely people providing drinks etc helped make it all worthwhile. The organiser Lindley (his company is Challenge Running) has an awesome beard, almost rivalling the legendary Dick Kearns of canal run fame. The buckle for completion is a beauty.*

For the record, Sandra finished third overall (first lady) with a time of 25:01:46. And yes, it takes her grand total of hundreds to 192 and takes her 2018 total to 6 and counting....

187	Feb 2018	24 Heures de Bourges	169.359km	24h Walk
188	Mar 2018	24 Heures de Chateau Thierry	169.450km	24h Walk
189	Apr 2018	Frawley 24 Hour Track Race	173.2km	24h Run
190	May 2018	Kent Cinque Ports 100	100mi / 34h 27m	LDWA
191	May 2018	Schiedam	100mi /	Continental Centurion
192	July 2018	Essex 100	103.2mi / 25:01:46	Run

You can check out her full hundreds listing at <http://centurions.org.au/centranks.shtml>.

ALL SET FOR THE INTERNATIONAL FOUR DAYS MARCHES NIJMEGEN

Last year, **Justin Scholz (C61)** and **Sharon Scholz (C63)** competed in the 101st edition of the International Four Days Marches Nijmegen and they enjoyed it so much that they have travelled back to Holland for a repeat dose of pain. The 2018 edition (see <https://www.4daagse.nl/en>) starts today (Tuesday 17 July) and will see walkers doing either 30, 40 or 50km each day. Of course it goes without saying that our hardy travellers will be doing the 50km option. They have been hosted in Holland by **Jantinus Meints (C73)** and his wife Annette.



Justin and Sharon – all set to start in the 2018 Nijmegen 4 Days Walk

I look forward to their report for our next newsletter.

COBURG AND SRI CHINMOY 24 HOUR CHAMPIONSHIPS: A TALE OF TWO RACES

There are a number of parallels between Australia's two longest running 24 Hour Track races.

Australian Sri Chinmoy 24 Hour Track Championship

The Sri Chinmoy 24 Hour race has been staged variously at Adelaide, Brisbane and Sydney for the past 37 years, and has many times been awarded the prestigious title of National Championship. It was cancelled in 1998 and 2001, so has been held on 35 occasions. It is the oldest ultra distance event in Australia. The event is renowned for the level of care and service provided to runners, and the family atmosphere amongst helpers and athletes (most of the organising team are or have been ultra runners).

In 2010, the overall winner was Bernadette Benson with 200.884km. This is the only occasion on which a woman has been the first to finish in this event. The race records are held by **Yiannos Kouros (C33)** who ran a world record distance of 303.506km in 1997 and by Merideth Quinlan who ran 214.795km in 2014.

Year	Venue	Starters	M	Winner	Distance	F	Winner	Distance
1982	Adelaide Harriers	14	12	Bob Bruner	199.768	2	Kay Haarsma	161.612
1983	Adelaide Harriers	31	28	Bob Bruner	205.315	3	Helen O'Connor	154.862
1984	Adelaide Harriers	39	35	Gerry Riley	204.051	4	Helen O'Connor	170.096
1985	Adelaide Harriers	39	35	Cliff Young	235.969	4	Eleanor Robinson (ENG)	167.000
1986	Adelaide Harriers	37	31	David Standeven	228.556	6	Cynthia Cameron	200.615
1987	Adelaide Harriers	35	32	David Standeven	234.313	3	Susan Worley	155.336
1988	Adelaide Harriers	24	21	Owen Tolliday	253.063	3	Cheryl Standeven	168.584
1989	Adelaide Harriers	25	21	Mike March	257.767	4	Helen O'Connor	155.317
1990	Adelaide Harriers	26	21	Peter Gray	202.014	5	Susan Worley	141.036
1991	Kensington	33	25	David Standeven	237.436	8	Helen Stanger	207.969
1992	Adelaide Harriers	25	21	Rudolf Kinshofer	216.856	4	Susan Worley	136.812
1993	Adelaide Harriers	23	19	David Standeven	209.218	3	Sandra Barwick (NZ)	174.490
1994	Adelaide Harriers	21	18	Joe Skrobalak	198.423	3	Lorraine Lee-McGough	172.791
1995	Adelaide Harriers	20	17	David Standeven	211.797	2	Helen O'Connor	136.000
1996	Adelaide Harriers	16	13	David Standeven	219.037	2	Anubha Baird	142.161
1997	Kensington	13	10	Yiannis Kouros (WR)	303.506	2	Helen O'Connor	142.119
1998	Not held							
1999	Adelaide Harriers	19	14	Mick Francis	224.521	5	Anubha Baird	171.722
2000	Adelaide Harriers	16	11	John Twartz	185.805	5	Anubha Baird	183.240
2001	Not held							
2002	Adelaide Harriers	16	14	David Standeven	200.448	2	Carol Baird	179.811
2003	SANTOS Stadium	15	13	Mick Francis	211.459	2	Carol Baird	180.919
2004	SANTOS Stadium	16	14	Mick Francis	221.323	2	Felicity Joyce	171.543
2005	SANTOS Stadium	16	14	Anyce Melham	197.779	2	Carol Baird	194.945
2006	SANTOS Stadium	20	17	Mick Francis	227.928	3	Carol Baird	192.436
2007	SANTOS Stadium	20	18	Mick Francis	226.241	2	Rebecca Oliver	138.634
2008	SANTOS Stadium	20	19	Michael Lovric	209.424	1	Erin Kreiss	140.434
2009	St Lucia Brisbane	19	18	Jonathan Blake	224.229	1	Meredith Quinlan	201.463
2010	St Lucia Brisbane	23	17	Colin Solomon	190.935	6	Bernadette Benson	200.884
2011	QE2 Brisbane	14	13	Trevor Allen	200.405	1	Sharon Scholz	163.156
2012	Blacktown	35	28	Mike Canty	210.892	7	Allison Lillie	192.168
2013	Blacktown	25	16	Trevor Allen	201,048	9	Larissa Tichon	192,935
2014	Blacktown	34	28	Bryan McCorkindale	223.743	6	Meredith Quinlan	214.795
2015	Campbelltown	31	24	Kevin Muller	220.442	7	Karen Chan	171.941
2016	Campbelltown	34	30	Malcolm Gamble	222.656	4	Sharon Scholz	201.931
2017	Campbelltown	27	21	Stephen Redfern	220.416	6	Cheryl Symons	165.732
2018	Campbelltown	38	23	Stephen Redfern	245.566	15	Sharon Scholz	188.450

Records

1997 Kensington Yiannis Kouros (WR) 303.506 2014 Blacktown Meredith Quinlan 214.795

One runner stands out in terms of quantity and quality in this event, namely **Anyce Melham (C65)**. Anyce has competed in 31 of the 35 stagings of the Sri Chinmoy 24 Hour Championship, starting with his first run in 1984. Since

then he has only missed the event twice, both because of injury. He normally runs in excess of 100 miles on each occasion, this year being no exception.



Anyce in 1984 (left) and in the 2014 Sri Chinmoy 24H Championship (right)

Victorian 24 Hour Track Championship / Coburg 24 Hour Carnival

In 1983, Cliff Young, a 63 year old potato farmer from The Otways in country Victoria, covered 850+ km in 5 days 15 hours and 4 minutes to win the inaugural ‘Sydney to Melbourne’. This marked a great surge of interest in ultra running.

In 1984 Dot Browne organized a 24 hour race for Geoff Molloy who wanted to test himself before the next Sydney to Melbourne ultra race. Thrown together in a hurry at the Box Hill track, the event saw Geoff set a new Australian record of 216 km, and then go on to win the Sydney to Melbourne race.

The 24 hour event was so successful that it became thereafter an annual event. In 1985 30 runners lined up, with Geoff Molloy breaking his record with 232 km and Margaret Smith achieving a women’s record of 177 km. In 1986 the race became an official trial for the Sydney to Melbourne ultra run, with 44 entrants trying to achieve the 200km qualifying mark. Brian Bloomer set a new men’s Australian Record of 242 km and Cynthia Cameron broke the women’s record with 191 km.

The race left the Box Hill track and came to Coburg in 1988. The Sydney to Melbourne race was enjoying huge publicity and popularity. The 1989 24 hour run had over 70 entries and had to be culled to an eventual start list of 50!

The Coburg 24 Hour Carnival has proudly hosted the Victorian 24 Hour Track Championship each year since 1988. As of writing, the Victorian 24 Hour Championship has been held on 35 consecutive occasions, matching the 35 stagings of the iconic Australian Sri Chinmoy 24 Hour Championship.

In 1998 and 2004, women runners actually won the championship, illustrating that this is an event in which both sexes can compete in their own right. The men’s championship record is held by **Yiannis Kouros (C33)** who ran a World Record of 294.504km in 1996. He subsequently increased that world record to an astonishing 303.506km in Adelaide in 1997. The women’s championship record was set in 2014 by Bernadette Benson with 238.261km.

Year	Venue	Starters	M	Winner	Distance	F	Winner	Distance
1984	Box Hill	9	8	Geoff Molloy (AR)	216.000	1	Caroline Vaughan	90.000
1985	Box Hill	38	35	Geoff Molloy (AR)	232.400	3	Margaret Smith (AR)	177.600
1986	Box Hill	38	35	Brian Bloomer (AR)	242.598	3	Cynthis Cameron (AR)	191.216
1987	Box Hill	37	35	Barry Brooks	227.574	2	Cynthia Cameron	141.057
1988	Coburg	41	39	Nick Reed	208.859	2	Sue Andrews (AR)	202.890

1989	Coburg	50	48	Mike March (AR)	260.099	2	Kim Talbot	168.493
1990	Coburg	45	43	Bryan Smith	249.881	2	Sandra Kerr	165.009
1991	Coburg	35	34	Bryan Smith	250.729	1	Merrilyn Tail	145.242
1992	Coburg	29	25	David Standeven	217.051	4	Helen Stranger	196.213
1993	Coburg	8	7	Neville Mercer (NZ)	229.755	1	Elvira Janosi (Jugoslavia)	141.126
1994	Coburg	8	7	Igor Streltson(RUS)	221.200	1	Sandra Kerr	154.600
1995	Coburg	11	10	Yiannis Kouros (AR)	282.981	1	Dawn Parris	134.160
1996	Coburg	9	7	Yiannis Kouros (WR)	294.504	2	Helen Stanger	211.126
1997	Coburg	16	13	Yiannis Kouros	266.180	3	Helen Stanger	206.860
1998	Coburg	12	10	Helen Stanger	228.680	2	Helen Stanger (AR)	228.680
1999	Coburg	14	12	Yiannis Kouros	251.229	2	Shayne Walthers	60.800
2000	Coburg	14	11	Bryan Smith	200.703	3	Shirley Young	176.810
2001	Coburg	16	15	Vlastik Skvaril	193.487	1	Shayne Dean	99.062
2002	Coburg	13	12	Mick Francis	216.298	1	Mikela Ward	104.414
2003	Coburg	26	25	Ian Valentine	175.887	1	Carol Baird	167.290
2004	Coburg	26	22	Carol Baird	189.692	4	Carol Baird	189.600
2005	Coburg	27	21	Rudi Kinsofer	192.909	6	Jill Green	165.986
2006	Coburg	27	24	Garry Wise	185.818	3	Michelle Thompson	166.053
2007	Coburg	30	26	Martin Fryer	228.686	4	Catherine Cox	149.021
2008	Coburg	34	30	Mick Francis	231.258	4	Sharon Scholz	184.517
2009	Coburg	37	27	Jo Blake	243.651	10	Susannah Harvey-Jamieson	209.458
2010	Coburg	35	31	Barry Loveday	232.602	4	Michelle Thompson	172.906
2011	Coburg	39	28	Rick Cooke	216.428	11	Kerrie Bremner	203.020
2012	Coburg	45	35	Ewan Horsburgh	234.870	10	Sabina Hamaty	184.908
2013	Coburg	44	32	Barry Loveday	243.777	12	Kerrie Williamson	192.410
2014	Coburg	48	34	Barry Loveday	265.000	14	Bernadette Benson (AR)	238.261
2015	Coburg	51	39	Paul Hopwood	229.873	12	Nikki Wynd	221.113
2016	Coburg	48	39	Kevin Muller	242.240	9	Sharon Scholz	192.000
2017	Coburg	35	27	John Yoon	225.611	8	Donna Urquhart	203.600
2018	Coburg	20	17	Daragh O'Loughlin	217.260	3	Nikki Wynd	201.290

Records

1997 Coburg Yiannis Kouros (WR) 294.504 2014 Coburg Bernadette Benson (AR) 238.261

If Anyce Melham is the public face of the Sri Chinmoy race, then **Peter Gray** fulfils that same role with regard to the Victorian 24 Hour Championship. He has competed every year since 1988, a continuous run of 31 participations.



Peter Gray in action at Coburg

Both events look set to continue for the foreseeable future, and both Anyce and Peter are keen to keep their 'run' going.

CENTURION PROFILES

I have now completed profiles for all four of our new Australian Centurions

Colin Heywood (C75) <http://centurions.org.au/centprofiles/75%20colin%20heywood.pdf>
Chris Burn (C72) <http://centurions.org.au/centprofiles/72%20chris%20burn.pdf>
Jantinus Meints (C73) <http://centurions.org.au/centprofiles/73%20jantinus%20meints.pdf>
Arie Ros (C74) <http://centurions.org.au/centprofiles/74%20adrie%20ros.pdf>

FINANCIAL NEWS

I have been overwhelmed by the many generous donations from members and supporters. With the latest two from **Bill Dyer (C15)** and **Mike Porter (C9)**, our balance is now very healthy.

Incoming:	Donation – Bill Dyer	200.00
	Donation – Mike Porter	100.00
Outgoing:	Photocopying	10.00
Balance:		\$2490.79

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, there is still time! Our bank details are

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

UNTIL OUR NEXT NEWSLETTER

Wow, another bumper issue, filled with lots of news.

Thought for the month:

“My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.” Ellen DeGeneres

Yours in Centurion walking

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