

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/>. I am pleased to see an increased number of longer track based ultras on our local calendar.

Aug 5-6, 2017	2017 English Centurions 24H Qualifier See https://www.facebook.com/events/990973581012094/ and http://www.centurions1911.org.uk/bury-st-edmunds-2017.html	Bury St Edmonds, England
Aug 12-13, 2017	Track Ultra WA (24H, 12H, 6H, 3H)	Bunbury, WA
Aug 27-28, 2017	Vallorbe 24H Walk	Vallorbe, FRA
Sep 16-17, 2017	Roubaix 28H Walk	Roubaix, FRA
Sep 16-17, 2017	Nijmegen-Rotterdam 100km Walk	Nijmegen, NED
Sep 23-24, 2017	2017 USA Centurion 24H Qualifier See https://raceroster.com/events/2017/10378/not-just-a-walk-in-the-park-v20	Owega, NY State, USA
Oct 7-8, 2017	St Thibault de Vignes, 24H Walk	St Thibault de Vignes, FRA
Oct 7-8, 2017	Sri Chinmoy NZ 24 Hour Championships	Auckland, NZ
	2017 New Zealand Centurions 24H Qualifier	
Oct 21-22, 2017	2017 African Centurions 24H Qualifier See http://www.africancenturion.com	Robben Island, Sth Africa
Oct 22, 2017	Ned Kelly Chase (100km, 50km)	Wangaratta, VIC
Nov 11-12, 2017	MKH International 12 Hour Walk See http://www.racewalkermalaysia.com/	Kajang, Selangor, Malaysia

There are four Centurion qualifiers to go for the year – England, USA, New Zealand and Africa. A special plug for the USA Centurion 24 Hour Qualifier on 23-24 September. Erin and Dave Talcott organized a once-off qualifier last year in Owego, New York state, and they have decided to take this task again on their shoulders. Great news.

I am looking forward to the 2017 English Centurions 24 Hour Qualifier at Bury St Edmonds in 2 weeks time. Entries close in a few days time but I see they already have 42 entries, including those of Australian Centurions Justin and Sharon Scholz (full entry list at https://www.sientries.co.uk/list.php?event_id=3313). Mor of Justin and Sharon later in the newsletter.

OUT AND ABOUT

The Self-Transcendence 3100 Mile Race (<https://3100.srichinmoyraces.org/#event-second-section>) 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 2017 event is underway at the moment, the 21st held thus far, and runs from 18th June until 8th August. It takes place on a route which takes everyone repeatedly covering the same block in Queens, New York. Great article on entrant **Yolanda Holder** - <https://www.nytimes.com/2017/07/20/nyregion/yolanda-holder-walking-diva-3100-mile-race.html?emc=eta1>. For the record, Yolanda is coming 5th out of 12 (3rd of the 6 women) and has covered 2293.4 km in 39 days.

In the last newsletter, I reported on the 2017 LDWA 100 Mile Walk which was organised by the LDWA North Yorkshire Group and was called the **North York Moors 100** (see <https://www.ldwa.org.uk/2017hundred>). I noted that an amazing 492 walkers started and an equally amazing 340 walkers finished the full 100 miles over the North Yorkshire Moors within the required 48 hour timeframe. I can now elaborate on two performances which deserves particular recognition – that of **Jill Green (C 38)** and her partner Jim Catchpole. Here is what Jill had to say in a recent letter

We still do the LDWA 100 each year. We helped out at the Marshalls walk and had a check point. Then we did the main event in late May. We had a camera crew following us around. They tracked about 8 people: one who had never tried before, one who often did it, another who had never managed to finish but keeps trying, and us as a couple of 75 year olds walking it all together. They were a couple of young lads. They hardly got any sleep, they were there to see us at 3:45PM on the Monday morning when we finished.

For the record, Jill and Jim finished in a group of 4, in 233rd place, in a time of 41 hours and 56 minutes. And Jill has this paragraph in her letter which I must reproduce for everyone

Jim and I go walking all over the place, and I still keep a mileage chart and make over 3000 miles every year. That is my goal. It has to be proper walking, just going to the shops doesn't count. It is a great help having a partner who is as keen as I am. Our plans are to do the John Bunyon Trail next week, and finish off the Grand Union Canal. After that, it is up to Hull where they have a special once off walking event this year.

Gosh, I am tired just writing it all. Jill never ceases to amaze me.

A few of our other Centurions were in action recently at a couple of the annual 24 Hour Track Championships.

- Firstly to the Adelaide 24 Hour Festival, which was held at the Adelaide University campus on the weekend of 8-9 July, where **David Billet (C 50)** ran to a PB distance of 190.901 km to place 4th overall. David has been in PB form in both run and walk formats over the last few years and this was no exception. Well done David.
- Then to the Sydney Sri Chinmoy 24 Hour Carnival which was held in the Sydney suburb of Campbelltown on the same weekend of 8-9 July. **Anyce Melham (C 65)** placed 6th in the 24H Run with 161.648km. For Anyce, it was his 30th finish in the Australian Sri Chinmoy 24 Hour Championship - a remarkable achievement - 1984-1987, 1989, 1990, 1992-1997, 1999, 2000, 2002-2017. And of course I must mention his 2013 finish in this event when he qualified as an Australian Centurion with a 100 mile walk time of 23:26:32.



Anyce in action in the 24H run at the Sri Chinmoy event in Sydney earlier this month – his 30th participation in that annual event, and yet another hundred achieved.

- Finally, **John Kilmartin (C 67)** walked in the 12 Hour event in the same Sri Chinmoy carnival, finishing first overall (beating all the runners) with his distance of 84.343km. From what I heard, it could have been significantly further, except for some troublesome blisters.

Sharon Scholz (C 63) competed in early July in the IAU World 24 Hour Championships in Belfast. It was the fourth time she has represented Australia at the IAU World 24H Championships (2010, 2012, 2013 and 2017). As usual, all team members ran their heart out for their country, but ultra running can be a cruel sport, with two of the four women and three of the five men experiencing issues with injuries through the race. Alas, Sharon was amongst the casualties, forced to retire after 113.998km.

But she is not one to sit down and sulk, so the next day she and husband **Justin Scholz (C 61)** were off on their bikes to ride around Great Britain and the Netherlands, planning to reach Bury St Edmonds just in time to walk in the English Centurions 100 Mile qualifier on the weekend of 5-6 August. Along the way, they called in at Nijmegen for the annual International Four Days Marches Nijmegen which was held from 19-22 July in and around the Dutch city of that name. This year's Nijmegen was the 101st and Justin and Sharon chose the longest option, walking 50km on each of the 4 days, for a grand total of 200km. I saw from a post-event post that they averaged 8:30 per km over the 4 days – now that is impressive walking!

Overall, 38,409 participants were cheered on as they walked over the finish line at the end of 4 days - a truly amazing event. Check out the website at <http://www.4daagse.nl/en/>.



Justin and Sharon in action in Nijmegen 2017

2017 SWEDISH FOTRALLY, SWEDEN, FROM THURSDAY 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 and which I still have on my bookshelf. 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 (pontus.kylberg@fotrally.se) 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. 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. Then 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 gave him his first victory after 5th, 4th, 3rd and 2nd placings in previous years.

The improvement in the event can be traced with the winning times from the 8 annual stagings held up till and including last year.

Year	Name	Location	Time (hh:mm)
2009	Thomas Gjutarenäfv	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

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.



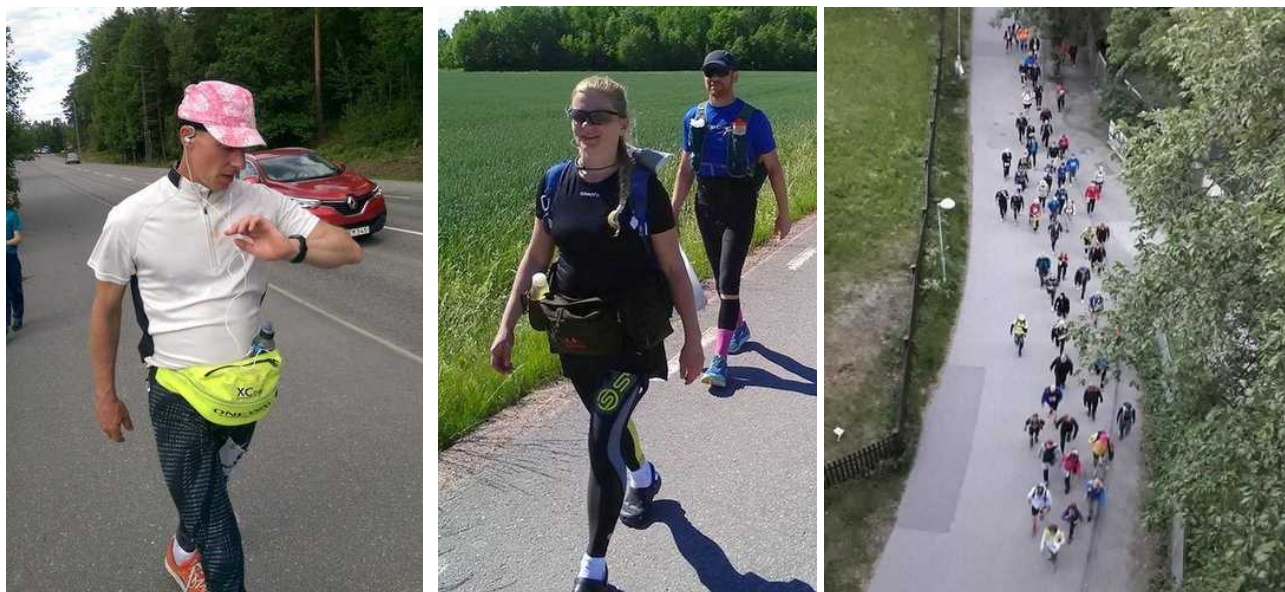
So the big question was – how far could they go this year? The 2017 race saw a record 327 entrants starting in the Stockholm suburb of Gärdet and hoping to complete the huge lap around Lake Mälaren, taking in as many cities as possible before returning to the starting point at the end of 3 days, ready to go into a second lap if required. Last year 30 walkers lasted 24 hours or more. This year, 57 walkers made it to the 24 hour mark. By 30 hours, the field had been reduced to 21 walkers. By 40 hours, it was down to 9. By 48 hours, it was down to 5, then 4, then finally to 3 as last year's winner PerOla Axelsson called it quits at 56 hr 44 min. It would be another 20 hours before one of the final 3 cracked, with **Fredrik Holst** stopping at 76 hr 10 min, a new PB and the same placing as in 2016. Then it was two first timers 50 year old **Richard Andersson** and 39 year old **Agne Truss**. A further 5 hours and Agne could go no further, stopping at 81 hr 00 min. That left Richard as the last person walking. He had been non-stop for 81 hours and had covered 405km!

Here are those who walked for 24 hours or more. Full results can be seen at <http://fotrally.se/resultat>.

1.	Richard Andersson	Lund	Sweden	81 hr 00 min
2.	Agne Truss	Södertälje	Sweden	81 hr 00 min
3.	Fredrik Holst	Stockholm	Sweden	76 hr 10 min
4.	PerOla Axelsson	Bandhagen	Sweden	56 hr 44 min
5.	Björn Ohlsson	Lidingö	Sweden	50 hr 05 min
6.	Christer Janzon	Stockholm	Sweden	48 hr 20 min
7.	Niklas Yjord	Glumslöv	Sweden	48 hr 20 min
8.	Anders Jungefors	Stockholm	Sweden	48 hr 20 min

9.	Angelo Törnblom Welander	Rönninge	Sweden	45 hr 08 min
10.	Mikael Anderson	Skulptuna	Sweden	36 hr 32 min
11.	Tomas Sjölander	Bandhagen	Sweden	34 hr 46 min
12.	Bjørn Fliflet Johannessen	Oslo	Norway	32 hr 26 min
13.	Olof Modin	Johanneshov	Sweden	32 hr 21 min
14.	Charlotta Sahlstöm	Täby	Sweden	32 hr 18 min
15.	Mohamed AbuBaker	Stockholm	Sweden	32 hr 02 min
16.	Stefan Jonsson	Mariefred	Sweden	30 hr 46 min
17.	Kim Karlsen	Huddinge	Sweden	30 hr 42 min
18.	Per Nordström	Stockholm	Sweden	30 hr 32 min
19.	Anders Ganslandt	Klagstorp	Sweden	30 hr 30 min
20.	Stefan Edström	Järfälla	Sweden	30 hr 30 min
21.	Linda Nordmark	Järfälla	Sweden	30 hr 30 min
22.	Stephen Claw	Tullinge	GBR	29 hr 03 min
23.	Anders Lundgren	Strängnäs	Sweden	29 hr 01 min
24.	Stefan Olsson	Bromma	Sweden	28 hr 30 min
25.	Olof Torbrand	Skövde	Sweden	28 hr 03 min
26.	Oscar Rasmusson	Tranås	Sweden	27 hr 04 min
27.	Pernilla Otto	Johanneshov	Sweden	27 hr 00 min
28.	Anna-Lena Brolin	Bromma	Sweden	26 hr 33 min
29.	Kristoffer Sjöberg	Nacka	Sweden	26 hr 22 min
30.	Noomi Grimstad	Skellefteå	Sweden	26 hr 13 min
31.	Niklas Skagerman	Stockholm	Sweden	26 hr 08 min
32.	Fredrik Lindqvist	Åkersberga	Sweden	26 hr 06 min
33.	Erik Allenius Somnell	Stockholm	Sweden	25 hr 59 min
34.	Mikael Ramstedt	Hölö	Sweden	25 hr 35 min
35.	Calle Ortner	Stockholm	Sweden	25 hr 28 min
36.	Beatrice Lenkert	Nacka	Sweden	25 hr 24 min
37.	Ronny Belin	Sollentuna	Sweden	25 hr 21 min
38.	Fredrik Månsson	Stockholm	Sweden	25 hr 05 min
39.	Siri Gidlund	Stockholm	Sweden	25 hr 05 min
40.	Ingela Klitthed	Eskilstuna	Sweden	25 hr 04 min
41.	Birger Fält	Norsborg	Sweden	24 hr 48 min
42.	Kalle Paulsson	Skarpnäck	Sweden	24 hr 39 min
43.	Lars Hagstedt	Örebro	Sweden	24 hr 38 min
44.	Anders Mörch	Älvsjö	Sweden	24 hr 15 min
45.	Fredrik Karlsson	Huddinge	Sweden	24 hr 00 min
46.	Sofia Lindberg	Göteborg	Sweden	24 hr 00 min
47.	Niklas Mylfalk	Stockholm	Sweden	24 hr 00 min
48.	Jonatan Jonsson	Bandhagen	Sweden	24 hr 00 min
49.	Bengt-Ove Hilmer	Torslanda	Sweden	24 hr 00 min
50.	Jonas Bergström	Hägersten	Sweden	24 hr 00 min
51.	Tomas Olovsson	Borlange	Sweden	24 hr 00 min
52.	Pär Isaksson	Kullavik	Sweden	24 hr 00 min
53.	Marcus Forsblad	Malmö	Sweden	24 hr 00 min
54.	Lars Molin	Bromma	Sweden	24 hr 00 min
55.	Anders Thudén	Rönninge	Sweden	24 hr 00 min
56.	Karl Yttermyr	Stockholm	Sweden	24 hr 00 min
57.	Karl Lewenhagen	Mariefred	Sweden	24 hr 00 min

See more at the event website <http://fotrally.se/> or facebook page <https://www.facebook.com/groups/1629007183995219>.



Richard Andersson, Ange Truss and the field early on

24 HEURES DE MARCHE DE HAUTE-SAINTONGE, MONTGUYON, FRANCE, 24-25 JUNE

Back a month for the last ultra distance walk result from France, namely the 24 Heures de Marche de Haute-Saintonge, held in Montguyon on the weekend of 24-25 June. This is a tough race, with a big hill to be negotiated during every 2.195km lap. Thus the times are effected, but not the enthusiasm of the 115 walk entrants. This year, **Gérard Durand** won with 176.200km, ahead of **Daniel Duboscq** with 173.605km and **Laurent Pineau** with 173.110km, while **Brigitte Courraud** was the first woman to finish with 140.185km.

Full results can be seen at http://docs.wixstatic.com/ugd/0f5b7f_4dcba4a277fb458fa70a773958486e01.pdf. The listing below is restricted to the those who walked further than 100km in the requisite 24 hours.

24 Heures de Marche de Haute-Saintonge					Laps	Distance	Time
1.	DURAND Gérard	1967	M	80	176.200 km	23:55:51	
2.	DUBOSCQ Daniel	1954	M	79	173.605 km	23:58:26	
3.	PINEAU Laurent	1968	M	78	173.110 km	23:44:33	
4.	LETESSIER Gilles	1950	M	77	170.115 km	23:50:20	
5.	SUAU Michel	1957	M	71	155.845 km	23:59:48	
6.	COURRAUD Brigitte	1956	F	63	140.185 km	23:34:45	
7.	COURRAUD Joël	1956	M	63	140.185 km	23:34:47	
8.	CHAIGNE Christophe	1967	M	63	139.585 km	23:46:10	
9.	DELANGE Domijnique	1957	M	62	137.690 km	23:45:09	
10.	LINARD Benoît	1965	M	59	130.405 km	23:46:21	
11.	GUILLAUMIN Michel	1947	M	59	129.505 km	21:34:17	
12.	PIERRE Patrick	1948	M	58	129.210 km	23:41:15	
13.	DIEN Daniel	1950	M	57	126.315 km	23:49:14	
14.	SOULARD Eliane	1957	F	56	123.420 km	23:54:44	
15.	RASSAIND André	1937	M	56	123.020 km	23:59:31	
16.	LAUBRETON Stéphane	1973	M	56	122.920 km	23:50:37	
17.	BOULITEAU Bernard	1966	M	54	118.730 km	23:58:28	
18.	ROBERT Danielle	1949	F	53	118.235 km	23:41:18	
19.	BRUNET Patrick	1946	M	53	116.335 km	23:59:54	
20.	VARIN Sylviane	1952	F	52	115.340 km	23:47:57	
21.	ROBERT Louis	1951	M	52	115.240 km	23:50:21	
22.	SERVANTY Pascal	1966	M	52	114.140 km	21:41:20	
23.	BAUP Jean-René	1942	M	51	112.445 km	23:54:19	
24.	COULONGEAT Michel	1953	M	51	111.945 km	23:58:22	
25.	MAZURIER Dominique	1958	M	50	109.750 km	23:57:16	

26.	PUYRAUD Rose-Marie	1958	F	48	107.260 km	22:35:40
27.	CHAIGNE Isabelle	1969	F	48	106.860 km	23:46:09
28.	SCHEFFER Christian	1955	M	48	106.060 km	23:52:56
29.	COUTURON Sylvie	1961	F	48	105.360 km	23:57:14
30.	KIEFFER Pascal	1961	M	47	104.765 km	23:46:19
31.	BELUTAUD Jeann-Marie	1962	F	47	103.165 km	23:05:00
32.	LAFOUGERE Gérard	1958	M	46	102.470 km	23:43:47
33.	EYMERIT Yann	1968	M	46	101.270 km	23:57:43
34.	PORTES Philippe	1967	M	46	101.070 km	23:20:51
35.	LEGER William	1981	M	46	100.970 km	22:26:33

Lots of photos at

<https://photos.google.com/share/AF1QipMzrjM2EnfHMhLrHWpEFFbGSEoc6NjSQoCJdv7zCkewzbpA2k2c49wz5oZnpaz3nA?hl=fr&key=aWpJdzBULXVZLUVVEVF9iWGND0GhLVzZVX1IURWtB>.



What does up must come down – a tough course in Montguyon



Gérard Durand, Daniel Duboscq, Brigitte and Joël Courraud (all photos Guy Destré)

RECORD UPDATE

I maintain Australian Open and Masters ultra distance walk records for a large variety of standards, ranging from 50km (women) to 6 Days. Thanks to David Attrill who pointed out to me that I was missing one performance in my Masters Records listing at <http://www.centurions.org.au/centrec1.shtml>, namely the W55 Residential record for the 100 Miles Walk Women. Here is what the '100 Miles for Women' was showing:

Group	Name	Age	DOB	Time	Place	Date	Records	
35-39	Sharon Scholz	VIC	36	31-07-1976	20:06:00	Sydney	16-06-2013	All-Comers & Residential
40-44	Michelle Thompson	VIC	44	12-12-1968	20:22:36	Coburg	14/04/2013	All-Comers & Residential
45-49	Michelle Thompson	VIC	45	12-12-1968	19:53:19	Coburg	06-04-2014	All-Comers & Residential
50-54	Sandra Brown	UK	50	01-04-1949	19:14:56	Coburg	19-09-1999	All-Comers
	Carol Baird	ACT	53	15-03-1949	20:31:24	Coburg	15-04-2002	Residential
55-59	Jill Green	UK	58	10-10-1941	21:15:35	Coburg	19-09-1999	All-Comers
60-64	Jill Green	UK	63	10-10-1941	22:58:31	Coburg	17-04-2005	All-Comers

At the 2011 Coburg 24 Hour Carnival, **Karyn O'Neill (C 45)**, then aged 56, covered the 100 Miles in 23:44:26, so she should now be acknowledged with the following record. Apologies for the omission Karyn! I will fix.

55-59	Karyn O'Neill	VIC	55	27-01-1955	23:44:26	Coburg	17-04-2011	Residential
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THE WOMEN'S 50KM WALK COMES IN FROM THE COLD

As we all know, the world of ultra distance starts with anything further than the marathon distance, with the smallest generally recognized ultra distance being the 50km.

For many years, the men's 50km walk has been recognized internationally, with the event being scheduled within the racewalk discipline in the Olympics since 1932. However, up till now, women have been very much second class citizens with regard to the 50km walk discipline.

In December 2016, the IAAF announced that as of 1 January 2017, any performances equal to or faster than 4:30:00 would be accepted as having fulfilled the conditions for a women's 50km racewalk world record. At that time, the fastest 50km time by a woman was Monica Svensson's 4:10:59 set in 2007.

It did not take long for the bar to be lowered, with Portugal's **Inês Henriques** establishing the first official women's world record for the 50km race walk, covering the distance in **4:08:26** at the Portuguese 50km Race Walking Championships in Porto de Mos on Sunday 15 January 2017.



Inês Henriques sets a world record for the 50km walk in January 2017

The women have now come in from the cold, with the last big T&F gender based inequality finally disappearing. Now a lot of counties are starting to schedule a national women's 50km championship, and more women are starting to test themselves out in this discipline.

The IAAF has since published a list of all women who have bettered 4:40 for the 50km so I reproduce that list here. Not sure how complete it is but here goes: See <https://www.iaaf.org/records/toplists/race-walks/50-kilometres-race-walk/outdoor/women/senior>.

1	4:08:26	Inês HENRIQUES	01 MAY 1980	POR	1	Porto de Mós	15 JAN 2017
2	4:10:59	Monica SVENSSON	26 DEC 1978	SWE	1	Scanzorosciate	21 OCT 2007
3	4:12:16	Elena GINKO	30 JUL 1976	BLR	1	Scanzorosciate	17 OCT 2004
4	4:16:27	Jolanta DUKURE	20 SEP 1979	LAT	1	Paralepa	09 SEP 2006
5	4:22:22	Hang YIN	07 FEB 1997	CHN	1	Huangshan	05 MAR 2017
6	4:25:22	Brigita VIRBALYTĖ-DIMSIENĖ	01 FEB 1985	LTU	1	Villa di Serio	17 OCT 2010
7	4:26:37	Kathleen BURNETT	07 OCT 1988	USA	1	Santee, CA	28 JAN 2017
8	4:27:24	Shuqing YANG	30 AUG 1996	CHN	2	Huangshan	05 MAR 2017
9	4:28:13	Evaggelía XINOÚ	22 NOV 1981	GRE	2	Scanzorosciate	17 OCT 2004
10	4:28:53	Neringa AIDIETYTE	5 JUN 1983	LTU	1	Ivano-Frankivsk	01 OCT 2006
11	4:29:33	Erin TALCOTT	21 MAY 1978	USA	2	Santee, CA	28 JAN 2017
12	4:29:56	Natalia BRUNIKO	23 FEB 1973	ITA	2	Scanzorosciate	27 OCT 2002
13	4:32:14	Shanshan JIANG	28 FEB 1997	CHN	3	Huangshan	05 MAR 2017
14	4:32:36	Lyudmila YEGOROVA-SHELEST	4 OCT 1974	UKR	1	Scanzorosciate	18 OCT 2009
15	4:34:01	Kang ZHOU	24 DEC 1989	CHN	1	Huangshan	06 MAR 2016
16	4:35:51	Annalisa POTENZA	10 FEB 1981	ITA	1	Scanzorosciate	18 OCT 2009
17	4:36:40	Lixue WANG	15 DEC 1996	CHN	4	Huangshan	05 MAR 2017
18	4:38:48	Dan WANG	11 JAN 1995	CHN	5	Huangshan	05 MAR 2017
19	4:39:09	Kseniya RADKO	18 AUG 1994	UKR	1	Ivano-Frankivsk	16 OCT 2016
20	4:39:28	Nair DA ROSA	22 MAR 1980	BRA	1	Lima	14 MAY 2017
21	4:39:39	Susan ARMENTA	19 SEP 1973	USA	1	Chula Vista, CA	17 FEB 200

Once the women's 50km racewalk gets up as a standalone championship, you can expect to see this list take a real beating. All we have to do is provide the women with opportunity.

FINANCIAL NEWS

It was great to get an email from our globetrotting Australian Centurion **Geoff Hain (C 49)**. Geoff and Annie sold up some years ago and now travel the world, hiking and seeking out new territory as they go. He still remembers us with an annual donation – thanks as always Geoff. And I did like his closing comment: *Keep an eye on the African Centurion - I might be there !*

Thanks also to Gladys Gleeson, the widow of the late great **Jim Gleeson (C 3)**. Gladys remains one of our most loyal supporters. Thanks Gladys!

Incoming	Donation – Geoff Hain (C)	50.00
	Donation – Gladys Gleeson	50.00
	Bank Interest	0.22
Outgoing	Officeworks – photocopying for newsletters	10.00
Balance		\$677.86

UNTIL OUR NEXT NEWSLETTER

Another edition hits the press! It's a bit shorter than usual this month as I need to close the books before Lois and I head off overseas in 2 days time. I can't say I will be sorry to miss the last month of the Melbourne winter which does seem to have been even more trying than usual (or am I just getting old!)

Yours in Centurion walking

Tim Erickson (C 13)
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