

# 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/>.

Our final two 2018 Centurion qualifiers (New Zealand and African) are coming up next month.

Oct 7-8, 2018	<b>2018 NZ Centurions 24H Qualifier</b> See <a href="https://nz.srichinmoyraces.org/races/auck/24hr">https://nz.srichinmoyraces.org/races/auck/24hr</a>	Auckland, NZ
Oct 20-21, 2018	<b>African Centurions 24H Qualifier</b> See <a href="http://www.africancenturion.com/">http://www.africancenturion.com/</a>	Capetown, SA (TBC)
Oct 28, 2018	Ned Kelly Chase (50km, 100km)	Wangaratta, VIC
Nov 25, 2018	8 Heures d'Etampes-Sur-Marne	Etampes-Sur-Marne, FRA
Feb 3, 2019	8 Heures de Charly-Sur-Marne	Charly-Sur-Marne, FRA
Feb 23-24, 2019	24 Heures de Bourges, France	Bourges, FRA
Mar, 16-17, 2019	24 Heures de Chateau-Thierry, France	Chateau-Thierry, FRA
Apr 6-8, 2019	Marche du Grand Est	Domremy-la-Pucelle, FRA
Apr 20-21, 2019	24 Heures de Dijon	Dijon, FRA
Apr 13-14, 2019	Coburg 24H Carnival ( <b>2019 Australian Centurion Qualifier</b> ) See <a href="http://www.coburg24hr.org/24hr/">http://www.coburg24hr.org/24hr/</a> .	Coburg, VIC
Jun 1-2, 2019	FANS 24 Hour ( <b>2019 USA Centurion Qualifier</b> ) See <a href="http://www.fans24hour.org/index.html">http://www.fans24hour.org/index.html</a> .	Minneapolis, Minnesota, USA
Jun 5-9, 2019	Paris Alsace Classic	Across France
Aug 18-19, 2019	<b>2019 English Centurions Qualifier</b>	Castletown, Isle of Man

Building on the success of their events in 2016 and 2017, Dave and Erin Talcott have announced that they will run a further USA Centurion qualifier in September 2020 at their home base of Owego in New York, State. Here is their press release:

Not Just A Walk In The Park - 100mile and Community Challenge - August 25 at 10:42 PM

Exciting announcement!!!! We've added an event!!! During our festival of races in 2020 we will also host a Kennedy March 50 Mile event, complete with numbers! That's right, we are starting an official US Kennedy March list, and someone will get to be Number 1. Every athlete entered in the Kennedy March event who completes 50 miles under 12 hours will get a uniquely numbered award. So if you (or 10 friends) think you may not be up for the full challenge of 100 miles, give the 50 miles a shot! (Please note, you must enter one or the other events, you cannot get a Kennedy March award en route to your Centurion. Think of it like a marathon, if you were on a marathon course of two loops you wouldn't get a half marathon award and a marathon award, you would have to choose.)

Sept 26-28, 2020 Just A Walk In The Park – USA Centurion Qualifier Owego, NY, USA  
See <https://raceroster.com/events/2020/15288/not-just-a-walk-in-the-park-v30>

## OUT AND ABOUT

Our newest centurion **Colin Heywood (C75)** was in Malaga this month for the World Masters Athletics Championships and he performed superbly, winning two silvers and one bronze medal in the M60 competition. For the record, they were 2<sup>nd</sup> 5000m Track Walk (27:06), 3<sup>rd</sup> 10km Road Walk (54:58) and 2<sup>nd</sup> 20km Road Walk (1:55:33). Conditions were consistently hot and humid and the walkers all had to work hard for their results. Well done Colin, fantastic work!



*Colin competing in the 20km road walk at the World Masters Championships in Spain (photo Emmanuel Tardi)*

## VALE KEN WALTERS (C26): 1932-2018

It is with sadness that I write of the death of **Ken Walters (C26)** in Melbourne on Friday 14<sup>th</sup> September 2018. Born 19<sup>th</sup> September 1932 in Benalla in country Victoria, Ken passed just 5 days short of his 86<sup>th</sup> birthday, marking the end to what has been an outstanding life of sporting excellence and service.



*Ken on the occasion of his Life Membership with the Upwey Tecoma Bowls Club in 2015*

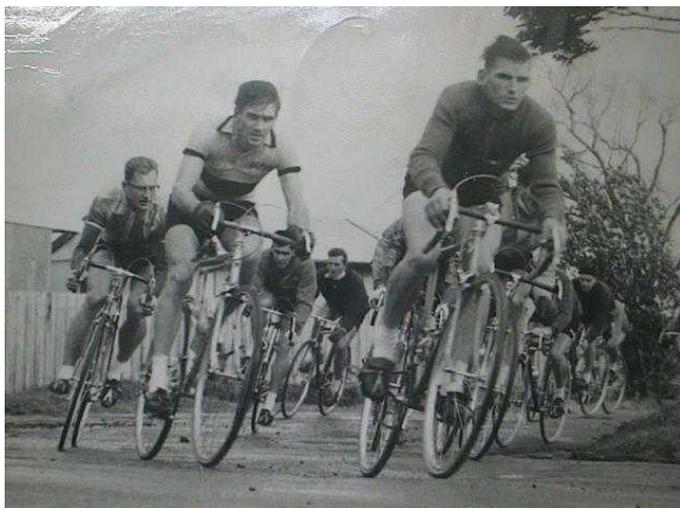
Although born in the country, his family soon moved to South Melbourne where his father worked as a baker, and then to Upwey, in April 1940. Ken was to spend the rest of his life living in and around this eastern suburb of Melbourne,

nestled in the foothills of the Dandenong Ranges.

Ken's first love was professional cycling which he took up as a 15 year old in 1947, soon after leaving school. He competed with distinction until 1962, racing in Australia's most famous professional tour, the Sun Tour, on a number of occasions, at times winning his division of the 1955 Sun Tour and taking honours in a number of the sprints.

It was not an easy life by any means as he worked two jobs, toiling early morning as a milkman and then plying his trade as a baker during the day, before getting on the bike in the evening to fit in whatever training he could in what remained of the day

The great photo shown below right, published in the Melbourne Herald Sun, was taken during the 1954 Sun Tour and was captioned '*Alone at the Top*'. It shows Ken changing his tyre at the top of Mt Hotham. The support cars had been stopped by a snow drift lower down the mountain and Ken was on his own when he punctured. The really amazing thing is the road surface – not the bitumen we take for granted nowadays – it was shale and loose rock. It is tough enough riding up a mountain over such terrain but imagine going down the other side at speed. They certainly bred them tough in those days.



*Left: Ken leads the peloton in one of the many professional races in which he competed  
Right: Ken changes a tyre on the top of Mt Hotham*

Ken eventually gave the bikes away in 1962 – he was 30 years of age, had been riding for some 15 years and recently newly married with new responsibilities. He and Judy would go on to raise their four boys Andrew, Matthew, Ken and Stuart and would work as a wonderful team for over 50 years, until Judy was sadly taken by cancer in 2015.

Although Ken had given up cycling, he was not ready to forgo his sporting endeavours and immediately moved onto squash. A year later, as captain of the Ringwood team, he helped them to their first squash pennant.

Within a couple more years, in 1965, he was extending himself even further and 'bluffed his way' into a career as a boundary umpire with the Victorian Football League (VFL). After officiating in two grand finals, he was encouraged to step up to field umpiring and he continued in this role each winter until 2007 when he was forced to retire with *planta fasciatis*. That added up to 41 years – not a bad effort in anyone's books!

As his family grew, Ken and Judy started them in Little Athletics as members of the Sherbrooke Little Athletics Club. As the club grew to 90 members, Ken realised that, rather than compete at the Knox Little Athletics Centre, there was scope to expand to a new centre. After socialising the idea with all the local primary schools in the Sherbrooke area, he founded the Sherbrooke Little Athletics Centre which opened in 1970 with him as the inaugural Secretary. In the first season, the centre boasted 450 participants. As an aside, both Ken and Judy were honoured with life memberships of Sherbrooke Little Athletics Club.

Ken realised that no one at the new centre knew anything about racewalking and that they lacked any qualified walk judges so, in 1971, he attended an inspiring seminar in Marysville given by racewalking coach Frank McGuire. This marked Ken's introduction to walking and he subsequently took on the role of racewalking coach with the Sherbrooke Little Athletics Club.

The club trained at an old grass track in Sherbrooke and Ken soon decided that it was not really good enough for walking, so he took his training group down to the synthetic track at Ringwood. While there, he was approached by local identity Charlie Gorman who asked whether he was willing to expand his training group to take on some Ringwood kids. Ken of course agreed and he soon had a 40 strong training group.

With such a large group of walkers now training in Ringwood, he decided that there was a need to provide something further in the local area and in 1979 he founded Proclamation Park Walkers Club. When interviewing him in 2010, he reminisced that in the early days before the Ringwood track had lights, the walk judges had to use torches to judge the walkers when evening events were scheduled!

This new club gave him the opportunity to take older walkers under his wing and it was in this context that he coached Paul Copeland to a win in the Australian Under 18 Trackwalk Championship in 1983. This was the start of an exciting time for Ken, as he helped Paul develop into one of our best ever walkers, with an international career that stretched from 1986 to 1997. Other international walkers who came under his guiding wing during this period included Lorraine Young and Wendy Muldoon.

Ken was also heavily involved in the Victorian Veteran's Association at this time, both on the track and on the road. In the 1980's he founded the "Bushrangers Classic" 100km team relay run in which teams of 5 runners each ran four 5km legs around the Dandenong Ranges east of Melbourne. In the very first year of this event, 26 teams competed. Judy and Ken used to map out the course each year and they kept running it for 8 years until eventually the increasing traffic spelt the end of what had been a very successful concept.

He was one of the key organisers of the World Veteran Games in Melbourne in 1987 and introduced individualised lapscoreing for all the longer walk and run events. This is still used today in Australian Masters events and has stood the test of time as an efficient way to manage such events.

Ken was never one to forgo a challenge. When holidaying one year in central Victoria, he saw an advertisement for the "4 Peaks" alpine run which challenges the Porepunkah, Hotham, Feathertop and Buffalo mountains. He entered and finished the gruelling run, completing it 7 further times in subsequent years.

In the early 1990's, he joined the Professional Runners Cross Country club to take on yet another challenge. Over the course of his first season with the club, he improved his 10km time by 7m 30s and won 20<sup>th</sup> anniversary staging of the Murchison 10km Handicap event.

With the interest generated by the Sydney to Melbourne Westfield runs, a golden period ensued for Australian ultra distance running and, with his new found running fitness, Ken decided to test himself over the longer distances. He fronted for the annual Victorian 50 Mile championship and, in his first year, he won the novice section at Princes Park with a very impressive 7h 01m. The next year, he was included in the elite section at the Box Hill track and improved his time to 6h 48m.

His introduction to centurion walking came by accident. While at a walkers club event at Albert Park, he saw a poster advertising the annual 100 mile walk to be held at the Collingwood Harriers Track in Clifton Hill in October 1994 and he expressed an interest. Someone told him that he had no hope and so a \$10 bet was laid and he was committed.

The annual 100 mile walk was a small affair in those days and Ken was one of only 7 walkers who toed the line for the Saturday 1PM start. I remember the weekend well as Melbourne turned on its usual fickle weather. The race started in cool windy conditions which soon turned to rain which then fell intermittently over the afternoon. As night fell and the wind continued unabated, the temperature plummeted and competitors were forced to put on layers of clothing to protect themselves from the bitter conditions. It was not until the early hours of the morning that the wind dropped and we were greeted with a much improved Sunday. At least those remaining had good conditions and even some sunshine for the final morning of the event.

Of the four remaining on the track, all finished the event and the first three reached the elusive 100 mile mark, thus becoming centurions. The first two placings were taken by Queenslanders. **Peter Bennett (C24)** walked an amazing race, never showing any real distress and finishing strongly in an outstanding time of 19:42:54. By way of contrast, **Andrew Ludwig (C25)** had to survive a very torrid second half in which leg problems nearly spelt failure. To his credit he never contemplated pulling out or giving up and he struggled home with a 100 mile time of 22:26:09.

The third walker to complete the hundred was Ken. He had his race well planned and all went according to the script for the first 12 hours. He set off at 3:00 min laps and had a 30 min break at the 5 hour mark. Then back on the track and

onto the 50 mile mark in 10:31:40. Another major break of 45 mins and he was off again for the second half. However, it was soon apparent that Ken was quietly suffering and he withdrew into himself as he battled the body in an effort to keep going. Opinion was that he was gone at about 60 miles and would not last much longer. But as the night ended, Ken was still to be seen on the track and looking more in control. A short break at the 20 hour mark and he stormed home with 3 min laps over the last 100 laps. He knew Andrew Ludwig was within striking distance and he got to within one lap as the two reached the 99 mile mark. In what was perhaps the closest finish in any of our 100 milers, Ken finished about 300m behind Andrew to take third place in the fine time of 22:28:31. However, the effort was apparent as he was helped back to his support tent. Like Andrew's performance, it had been a battle of mind and body as the mind had been forced to override the normal limits of endurance.

The fourth walker still on the track when the final gun fired was **Carmela Carassi (C27)**, a complete newcomer to such a demanding discipline. Her final distance of 92 miles 992 yards was the greatest distance walked by any Australian woman and she returned the next year to successfully complete her hundred and become a centurion.



*The 4 finishers – Peter Bennett, Carmela Carrassi, Ken and Andrew Ludwig*

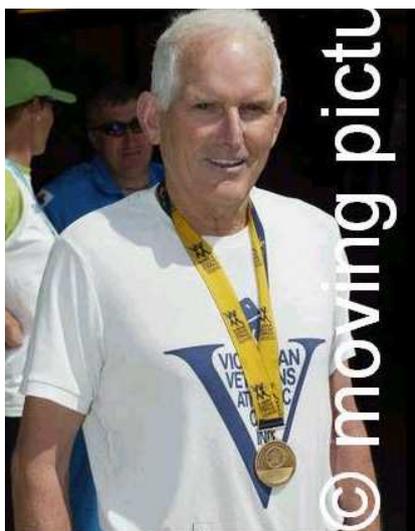
Around this time, Ken and Judy took on a new challenge – running Strawberrys Cafe in Ferny Creek. A regular post-run breakfast spot for the running fraternity, the venue was always packed on a Sunday morning and, for the next four years, they were kept busy by the demands of running a successful small business.

As mentioned above, Ken has been involved in the Veterans athletics movement since the early 1980s and he competed in a number of World Veterans and World Masters Games, winning medals on numerous occasions.

1983 World Veterans Championships, New Zealand	Competed in Marathon (M50)
1987 World Masters Games, Melbourne	20km walk 2 <sup>nd</sup> , 5000m walk 3 <sup>rd</sup> , Teams gold (M55)
1989 Oceania Masters Games, Norfolk	10km walk 1 <sup>st</sup> (M55)
1999 World Veterans Games, Gateshead	20km walk, 5 <sup>th</sup> (M65)
2001 World Veterans Games, Brisbane	20km walk 4 <sup>th</sup> , Teams gold (M65)
2002 World Masters Games, Melbourne	5000m walk 2 <sup>nd</sup> , 20km walk 1 <sup>st</sup> (M70)

I have fond memories of our time together at the 2001 World Veterans Games in Brisbane, when we shared a cabin in a local caravan park.

While Ken retired from active racewalking in the early 2000's, his involvements on his many other fronts did not cease but actually intensified. His cheerful outlook and positive energy belied his age and he remained involved at the Eastwood Golf Bowls Club, still coached (when called upon) in the sport of racewalking, still commentated at the Victorian Masters championships, still helped put out the monthly "Around The Grounds" magazine and was still venue co-manager for the Victorian Masters Croydon venue.



*Ken at the World Masters Games in Melbourne in 2002 after winning the M70 20km walk*

In 2000 Ken took up the sport of Lawn Bowls with Upwey-Tecoma, playing pennant for many years. Always one to be involved, he very became a busy volunteer, organising the Sunday smorgasboard, President of the club, Chairman of Selectors and even the cleaner. His scones were famous and a highlight of the Wednesday afternoon social bowls.

On the racewalk coaching front, his more recent protégées included Rhydian Cowley who went on to earn Australian vests in both World Championship and Olympic level. He was regarded as one of our most knowledgeable and successful coaches and as someone who had an eye for fixing poor walking styles, something that eluded many coaches.

And of course, Ken was always on hand with his old mate Les Clarke at our centurion events, looking after many of our ultra walkers. And of course he always stayed up all night!



*Ken hands some refreshments to Peter Bennett in the 2010 100 mile walk at Coburg*

His many and varied works were recognised by Life Memberships of the Victorian Masters Athletics Association, the Sherbrooke Little Athletics Club, the Upwey Tecoma Bowls Club and the Eastern Football League.

Ken died on the morning of Friday 14<sup>th</sup> September 2018, just a week short of his 86<sup>th</sup> birthday. For the last 12 months of his life, Ken had resided in the Villa Maria Nursing Home in Berwick.

We pass on our condolences to his boys Andrew, Matthew, Ken and Stuart, along with their families and children. We remember Ken as a Jack Of Many Sports and a Master of Most.

**28 HEURES DE ROUBAIX, ROUBAIX, FRANCE, 15-16 SEPTEMBER**

Thanks to Emmanuel Tardi for the results and photos from this year's 28 Heures de Roubaix Classic. The race, which started at 9AM on Saturday 15<sup>th</sup> September and finished at 1PM the next day and was held over a 2km lap, saw perfect conditions for a change. **Gérard Guetat**, who was after a long walk hitout before the French National 100km Championship, led early before surrendering his lead to **Emmanuel Lassalle**. Lassalle led the field through the 100km mark, but with 4 walkers all within striking distance. During the night, **David Vandercoilden** caught and passed him, going on to win with 225.907km. It was the first French victory since Noel Dufay who won the race in 1992 with 249km. Lassalle held on for second with 223.859km, ahead of **Dmitri Osipov** with 217.907km. The women's crown went to **Tatiana Maslova** with 199.158km, ahead of **Irina Poutintseva** with 188.540km and **Marie Cain** with 185.860km.

USA based Australian Centurion **Ivo Majetic (C71)** was in action, walking to 5<sup>th</sup> place with an excellent 203.048km.

Full results at [http://www.marchons.com/index.php?option=com\\_wrapper&view=wrapper&Itemid=93&lang=fr](http://www.marchons.com/index.php?option=com_wrapper&view=wrapper&Itemid=93&lang=fr).

1.	VANDERCOILDEN David	Villeneuve d Ascq Fretin	FRA	225.907 km	28:00:00	VEH	1
2.	LASSALLE Emmanuel	Cm Roubaix	FRA	223.859 km	28:00:00	SEH	1
3.	OSIPOV Dimitri	Ind St-petersbourg	RUS	217.907 km	28:00:00	VEH	2
4.	VERMEIR Guido	Rc Gent	BEL	213.164 km	28:00:00	VEH	3
5.	MAJETIC Ivo	Colorado Walkers	USA	203.048 km	28:00:00	VEH	4
6.	MASLOVA Tatiana (W)	Baltic Star St-petersbourg	RUS	199.158 km	28:00:00	SEF	1
7.	VAN CAUWENBERGHE Chris	Rc Gent	BEL	195.832 km	28:00:00	VEH	5
8.	KONDRATENKO Alexei	Ind St-petersbourg	RUS	189.519 km	28:00:00	VEH	6
9.	POUTINTSEVA Irina (W)	Ind St-petersbourg	RUS	188.540 km	28:00:00	VEF	1
10.	CAIN Marie (W)	Esperance Antibes	FRA	185.860 km	28:00:00	VEF	2
11.	TURAU Anatoli	Ind Minsk	BLR	185.450 km	28:00:00	VEH	7
12.	KOROTKOV Alexander	Dinamo Spb	RUS	183.358 km	28:00:00	VEH	8
13.	BALLAND Johann	Athletic Vosges Entente	FRA	183.142 km	28:00:00	VEH	9
14.	RODIONOV Aleksey	Mgu Lesgaft St-Petersb	RUS	182.216 km	28:00:00	VEH	10
15.	SONNOIS Martine (W)	Racing Club Haut-jura M	FRA	182.162 km	28:00:00	VEF	3
16.	DAVID Christine (W)	Essonne Athletic	FRA	180.799 km	28:00:00	VEF	4
17.	LYKYANOV Sergey	Ind St-petersbourg	RUS	177.414 km	28:00:00	VEH	11
18.	MIROSHNICHENKO Vera (W)	Dinamo Spb	RUS	176.131 km	28:00:00	VEF	5
19.	AGISHEV Igor	Ind Province Volga	RUS	175.520 km	28:00:00	SEH	2
20.	HASSEVELDE Sebastien	Touquet Opale Athletisme	FRA	170.008 km	28:00:00	VEH	12
21.	FURSOV Vitebeslaw	Ind St-Petersbourg	RUS	169.423 km	28:00:00	VEH	13
22.	LABORIE Christophe	Essonne Athletic	FRA	168.799 km	28:00:00	VEH	14
23.	KONING Johan	Sv Lat Amsterdam	NED	167.522 km	28:00:00	VEH	15
24.	BOUFFLERT Eric	G.a.b.s	FRA	166.059 km	28:00:00	VEH	16
25.	KAZANTSEV Vladimir	Ind Minsk	BLR	165.786 km	28:00:00	VEH	17
26.	FILLIEUX Christian	Ca Famenne	BEL	164.605 km	28:00:00	VEH	18
27.	TARASEVICH Alexander	Und Brest	BLR	162.540 km	28:00:00	VEH	19
28.	SEYNAEVE Serge	Cm Roubaix	BEL	158.762 km	28:00:00	VEH	20
29.	ECHE Dominique	Nice Cote D'azur Athl	FRA	158.023 km	28:00:00	VEH	21
30.	MOUGENOT Patrick	Marne Et Gondoire Athl	FRA	157.473 km	28:00:00	VEH	22
31.	EMONIERE Philippe	Cosm Arcueil	FRA	152.123 km	28:00:00	VEH	23
32.	AGISHEVA Olga (W)	Ind Province Volga	RUS	147.049 km	28:00:00	SEF	2
33.	DANDOY Jeremy	Cm Roubaix	FRA	141.849 km	28:00:00	SEH	3
34.	RASSAIND Andre	Ea Centre Isere	FRA	127.670 km	28:00:00	VEH	24
35.	MACHAL Francis	Cm Roubaix	FRA	118.060 km	28:00:00	VEH	25
36.	LANEAU Maxime	US Camon	FRA	110.000 km	15:57:59	SEH	4
37.	LHERITIER Michel	Sainte Maure Athletic Cl	FRA	104.156 km	28:00:00	VEH	26
38.	DEPREZ Celine (W)		FRA	103.679 km	28:00:00	VEF	6
39.	GRADOS Stephane	Cm Roubaix	FRA	94.000 km	15:12:40	VEH	27
40.	VOS Martin	DAK Brunen	BEL	86.000 km	28:00:00	VEH	28
41.	VERMEERSCH Christian	Nl Roubaix	FRA	72.000 km	09:52:13	VEH	29
42.	NITYAGOVSKAYA Liudmila (W)	Tv Forst Germany	RUS	69.940 km	28:00:00	SEF	3
43.	GUETAT Gerard	Troyes Omnisports	FRA	66.000 km	07:08:59	VEH	30
44.	DE MARCILLAC Bertrand	Ca Montreuil 93	FRA	60.000 km	11:04:56	VEH	31

45. TAGHON Johan	Ac Beverland	BEL	48.000 km	05:45:12	VEH 32
46. ROZE Eddy	Amiens Uc	FRA	44.000 km	05:25:53	VEH 33
47. SYSTEROV Serguei	Ind St-Petersbourg	RUS	40.000 km	28:00:00	VEH 34

**100km Walk (splits - first 6)**

1. LASSALLE Emmanuel	Cm Roubaix	11:37:20
2. VANDERCOILDEN David	Cm Roubaix	11:45:24
3. MAJETIC Ivo	Colorado Walkers	11:56:56
4. OSIPOV Dimitri	Ind St-petersbourg	11:58:38
5. LABORIE Christophe	Essonne Athletic*	12:03:22
6. VERMEIR Guido	Rc Gent	12:11:56

It was great to see 50km World Record holder Yohann Diniz there as a supporter. I think that if he walked any laps, they might have been a tad faster than the ultra walkers!

Emmanuel advises that there is a comprehensive photo gallery at <https://tinyurl.com/ybx3yygb>.



*Johann Diniz (supporting), Emmanuel Lassalle, David Vandercoilden, Guido Vermeir and Dimitri Osipov*



*Irina Putinseva, Tatiana Maslova and Marie Cain*

And to finish off this report, check out Emmanuel's history of the Roubaix 28 Hour Race, as seen by his top 20 lists from 1954 to 2017. See <http://centurions.org.au/documents/28h%20de%20Roubaix%20top%2020.pdf>.

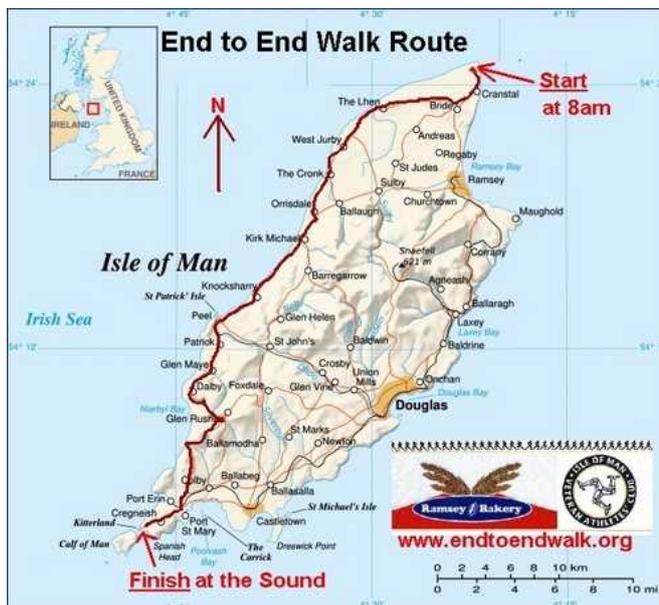
**RAMSEY BAKERY END TO END WALK, ISLE OF MAN, SUNDAY 16 SEPTEMBER**

It was a big weekend for long distance walking classics, with the annual End to End walk also contested in near perfect conditions on Sunday on the Isle of Man. As usual, it started at the Point of Ayre and finished at the Sound, a distance of 39.22 miles. **Richard Gerrard** won in a time of 7:01:02, ahead of **James Quirk** (7:10:05) and **Michelle Turner** (7:16:07). After taking out those who retired at The Cronk (12.43 miles), Peel (22.16 miles), Dalby (27.70 miles) and Cregneash (37.00 miles), 74 of the 126 walkers completed the full course. See more at <http://www.endtoendwalk.org/>.

**The End to End Walk (those who bettered 8 hours)**

1. Richard Gerrard	Men 45-49	7:01:02
2. James Quirk	Men 45-49	7:10:05
3. Michelle Turner	Women 45-49	7:16:07
4. Tony Edwards	Men 55-59	7:20:26
5. David Walker	Men 45-49	7:39:36
6. Andy Green	Men 60-64	7:44:06
7. Jayne Farquhar	Women 45-49	7:48:23
8. Chris Burn	Men 40-44	7:48:23
9. Paul Jennings	Men 35-39	7:49:44
10. Luke McKinlay	Senior Men	7:51:42
11. Tony Holgate	Men 60-64	7:54:52
12. Richard Leigh	Men 45-49	7:57:21
13. Ray Pitts	Men 65-69	7:57:51

Lots of photos at <http://isleofman.in/p267408564>.



Left: placegetters Michelle Turner Richard Gerrard James Quirk  
Right: The course map

**53<sup>RD</sup> NIJMEGEN-ROTTERDAM (160KM), NIJMEGEN, NED, 15-16 SEPTEMBER**

The same weekend also saw one of the very popular ultra distance events of the European year, the annual Nijmegen to Rotterdam walk. It got underway on the morning of Saturday 15<sup>th</sup> September, with 74 walkers setting out from the Nijmeegse Kronenburg Park and hoping to complete the 160km walk to Rotterdam.

This event is not a race. Rather, it is a group walk, with the leaders travelling at a pace of 7km/hr. Regular cafe stops are

scheduled every 20km, when the group reforms and then off they go again. A meal stop is scheduled at the 60km mark in Leersum. This leads to a wonderful sense of comraderie, with everyone helping everyone else. It is a great concept which ensures that most of the walkers actually finish the long walk to the Kralingsebos in Rotterdam after the allotted 29 hours.

A number of Australian Centurions amongst the list, namely **Sue Clements (C35)**, **Sandra Brown (C36)**, **Sandra de Graaff (69)**, **Bertus van Ginkel (70)** and **Adrie Ros (C74)**. 81 year old **Jaap Visser** (the oldest finisher ever in this event) also lined up again this year and finished again. The walkers were led home by **Annie van der Meer** who finished the event for a record 35<sup>th</sup> time. In fact, the race report advises that 68 of the 74 starters finished: See <http://www.rotterdamsewandelsportvereniging.nl/index.php?mact=News.cntnt01.detail,0&cntnt01articleid=123&cntnt01origid=15&cntnt01returnid=133>.

I prevailed upon Sandra Brown for a race report which follows

*Three weeks after completing the Nijmegen to Amsterdam 180kms walk, Sue and I returned for the Nijmegen to Rotterdam 100 miles walk - as always, a wonderful journey across Holland. Many other participants were also doing both events. This was **Sue Clements's** 8<sup>th</sup> participation, my 7<sup>th</sup>, and the first both for experienced Centurion **Richard Brown** and for **Claire Laws** who is training to qualify as a Centurion in next year's IOM 100. The N-R route goes via varied, attractive and interesting landscapes, including heathlands, woods, the charming "Green Heart" of Holland with its small farmsteads, many fruit trees, and lovely old houses, the various waterways - river, canals, lakes - and quiet, narrow rural lanes, often lined with old avenues of trees. The weather was kind and we all enjoyed the walk very much, in company with some 70 others of various nationalities, including Dutch, Belgian, Danish, French and our English group. It was a great joy, as always, to meet up with so many Centurions - and also great to see so many newcomers to the event, around a third of all participants being first timers. As ever, we were all the lucky beneficiaries of RWV's outstanding organisation and support! Stand out performances include another completion by **Jaap Visser**, now 81, who continues to raise the bar and is an inspiration for us all, and the 35<sup>th</sup> and 34<sup>th</sup> completions of this walk respectively by walking legends **Annie van der Meer** and **Aaf Peters de Rijk**.*

And by the way, that is Sandra's 9<sup>th</sup> hundred this year, and her 195<sup>th</sup> overall. The magic mark of 200 is not far away now, Sandra!

It takes a huge workforce to put on something like this so well done to the organisers and volunteers.

Thanks to Gijs den Ouden for the comprehensive photo album: <https://myalbum.com/album/O7dTWfFx1hHX>.



*Adrie Ros, Richard and Sandra Brown, Sandra de Graaff and Bertus van Ginkel in action on the way to Rotterdam*



*Left: Sue Clements*

*Right: Annie van der Meer prepares to lead the walkers to the finish in Rotterdam*

**FINANCIAL NEWS**

A very quiet month for us, with no outgoings. I am sure I can change that if I try harder!

Incoming:	Bank Interest	0.20
Outgoing:	Nil	
Balance:		<b>\$2388.88</b>

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

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

**UNTIL OUR NEXT NEWSLETTER**

Another big issue, with a number of our members in action around the world. Good luck to all those who are competing in the NZ and USA Centurions walks next month. Let's hope to see lots of new centurion numbers allocated.

Yours in Centurion walking

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