

A HISTORY OF ULTRA DISTANCE WALKING IN AUSTRALIA

**With Particular Emphasis on the contribution of the
Australian Centurions**

Tim Erickson

Australian Centurion Walkers Inc.

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CENTURION ROLL OF HONOUR

1	Gordon Smith	1938	20:58:09
2	Jack Webber	1971	22:43:53
3	Jim Gleeson	1971	18:33:58
4	Clarrie Jack	1971	20:39:45
5	Stuart Cooper	1971	21:36:53
6	Tim Thompson	1972	23:48:08
7	Dudley Pilkington	1972	23:29:00
8	Fred Redman	1973	22:59:00
9	Mike Porter	1975	21:45:47
10	Stan Jones	1975	22:04:59
11	Chris Clegg	1975	22:34:14
12	John Harris	1975	23:18:15
13	Tim Erickson	1976	22:10:27
14	Claude Martin	1977	22:42:53
15	Bill Dyer	1977	22:50:33
16	John Smith	1978	18:49:20
17	Ian Jack	1979	17:59:30
18	Terry O'Neil	1979	21:13:08
19	Bill Dillon	1979	20:51:06
20	Geoff (Buck) Peters	1980	23:34:10
21	Jim Turnbull	1986	23:38:53
22	George Audley	1988	23:28:48
23	Stan Miskin	1988	22:59:48
24	Peter Bennett	1994	19:42:54
25	Andrew Ludwig	1994	22:26:09
26	Ken Walters	1994	22:28:31
27	Carmela Carrassi	1996	23:44:22
28	Caleb Maybir	1996	23:34:20
29	Robin Whyte	1996	20:37:12
30	Merv Lockyer	1996	23:45:51
31	Gerald Manderson	1998	21:37:31
32	Norm Morriss	1998	22:32:47
33	Yiannos Kouros	1998	22:55:23
34	Roger Le Moine	1998	23:04:51
35	Sue Clements	1998	23:58:40
36	Sandra Brown	1999	19:14:56
37	Herbert Neubacher	1999	21:03:07
38	Jill Green	1999	21:15:35
39	Carol Baird	1999	22:16:43
40	Gerrit de Jong	1999	22:51:24
41	Boyd Millen	2000	23:25:43
42	Fred Brooks	2001	22:31:15
43	Michael Harvey	2001	22:48:26
44	Lyn Lewis	2002	22:46:54
45	Karyn Bollen	2002	23:35:56
46	Charles Arosanyin	2003	23:35:31
47	Bob Lee	2004	22:44:44
48	Graham Watt	2004	23:59:23
49	Geoff Hain	2004	23:30:38
50	David Billett	2005	23:52:27
51	Deryck Skinner	2005	22:39:55
52	Jens Borello	2006	22:33:01
53	Patrick Fisher	2006	23:10:38
54	Catherine Cox	2008	23:54:28
55	Rudy Schoors	2009	22:01:45
56	Caroline Mestdagh	2009	22:40:27
57	Ian Valentine	2009	23:37:03

A HISTORY OF ULTRA DISTANCE WALKING IN AUSTRALIA

It is unfortunate that the Australian Centurions did not come into being until 1971 as there has been a great ultra distance walking tradition in Australia dating back to the early days of competitive athletics. There have been many great Australian walkers who, in past times, competed over both the shorter international distances and over the ultra-distances upon which this history concentrates.

In particular, Victoria and New South Wales scheduled a number of 50 Mile Championships in the pre-Centurion era. Victoria was regarded as the premier walking State during this period and the records show that there were sixteen 50 mile events held in Melbourne between the years of 1986 and 1963.

A perusal of these race results show a number of competitors who regularly excelled over the 50 mile distance and who achieved sub 9 hour times on multiple occasions. Surely these walkers would have been worthy Centurions if the chance had presented.

Amongst the great names of the past are Jimmy McDonald, Alf Robinson, Gordon Smith, Jack Lewis, Jim Gaylor, Joe O'Farrell, Tom Daintry and Jim Gleeson. Of these, only Gordon Smith and Jim Gleeson had the opportunity to become Centurions.

It was only in 1971 when the Australian Centurions formed that regular ultra distance walks were held on an annual basis and the period since then has seen a healthy growth of this specialist sport within Australia.

EARLY COLONIAL EXPLOITS

The 1800s saw the craze of pedestrianism sweep the world. Like other British colonies, Australia had its share of exploits, recorded in the newspapers of the time and probably, in modern terms, falling somewhere between running and walking.

The most famous exponent of pedestrianism in this era was William Francis King, known as the Flying Pieman. The following article, written by Paul Rea and published in a 1987 Readers Digest edition, captures the excitement of the times and the quality of his performances.



This wood engraving of the Flying Pieman was made by J. R. Clarke, a well known Sydney artist of the day

It is the mid-1840s, and the good people of Windsor, New South Wales, have never before seen such a sight. They have gathered by the hundreds to witness the start of this singular contest.

Four horses, fully rested and lightly fed, stamp impatiently as the coachman doffs his cap to wellwishers. The Windsor coach is in splendid condition, its leather harnesses carefully greased and oiled in readiness for the big race. But the real object of curiosity is not the coach. Hailed as the world's greatest pedestrianist, the Flying Pieman is famous throughout the colony. With his broad moustache, top hat with coloured streamers, open white shirt, blue jacket, red knee-breeches, white stockings and leather shoes, he is a colourful character. At his side, he carries a staff with more flying streamers. Despite his reputation for performing amazing feats, few think him capable of beating the coach to Sydney, some 54 kilometres away. A man on foot outracing a horse-drawn carriage over such a great distance? Impossible. Wagers are placed on both sides.

Suddenly, the race begins. The horses lurch in their collars, and the Flying Pieman sets off with bounding, elastic steps. Observers follow on horseback. For most of the way, the Pieman trails just behind the coach, using it as a wind buffer and the horses as pacers. Then, several kilometres from the final destination, the Pieman makes his big move, sprinting round the coach and taking the lead by several hundred paces. Even though the coachman exhorts his horses to catch up, his efforts are in vain. The sight that greets the assembly round the Obelisk in Sydney's Macquarie Place is that of the resplendent Pieman. To the wonder of his many admirers, he crosses the finish line barely out of breath. Seven minutes later, the Windsor coach arrives. Its large animals are flecked with foam and perspiration. The coachman declares to all the futility of setting mere horses against a human deer...

THE FLYING PIEMAN was born William Francis King in London in March 1807. The eldest son of Francis King, a former paymaster of accounts at the Treasury, William was encouraged to join the Church. But to his parents' bitter disappointment,

William leaned more towards field sports and boisterous living.

After working in London for a short while, 22-year-old William arrived in New South Wales in 1829. With a high-spirited nature and an eye for athletics, William must have been a thoroughly likeable young man. He was befriended by no less a personage than Archdeacon Broughton - soon to become the first Anglican bishop in Australia - and given a post as schoolmaster at Sutton Forest near Bowral, NSW, well away from the temptations of town.

This job didn't last long. Next, William was employed for several years as a tutor, after which he returned to Sydney and worked as a barman, another stepping stone to full-time pedestrianism. As to what finally made William King give way to his eccentric tendencies, we must, alas, delve into the gossip of the time.

According to author James Tyrrell in *Old Books, Old Friends, Old Sydney*, the Pieman legend tells of a grim love episode involving a convict lass whose name is lost forever. Their love affair, being officially frowned upon, spurred William to plan their elopement. He booked passage on a barque bound for Tasmania, his luggage including a large box with holes. Inside, the lass was made as comfortable as possible. Then, for some reason that can only be speculated upon, William went ashore. When he returned, the barque was making its way out of the quay. The frantic lover grabbed a horse and rode madly along the harbour to South Head. But he was too late. The barque had already headed slowly out to sea. In the legend, a tragically changed man rides back to town. It is not long after that the Pieman enters the stage of colonial history as a jester, orator and athlete extraordinaire.

It became the Pieman's practice to stand proudly in a public place, his ribbons streaming, and speak on any subject his onlookers could get him started on. He continued in proper language for the first few minutes, but soon lapsed into an animated and colourful harangue which raised "Hurrahs" from the assembly and often caused him to depart hurriedly for some forgotten appointment.

Indeed, he soon became a well known character, particularly about the old cricket ground in Hyde Park, where he sold meat pies. It is said that William often wandered down to Circular Quay to sell pies to passengers boarding the ferry to Parramatta, then raced the vessel to its destination some 23 kilometres away, and sold pies to the same passengers as they alighted! His speed and endurance became famous through a series of extraordinary feats he performed for his own pleasure. Among them:

- He walked 2630 kilometres in five weeks and four days, out of which he had only nine days of fair weather.
- He walked the 23 kilometres from the Obelisk in Macquarie Place, Sydney, to the 16-mile stone at Parramatta, and back, twice a day for 6 days
- He undertook to carry a dog, weighing 32 kilos, from Campbelltown to Sydney - 53 kilometres - between midnight and 9 a.m. He arrived with 20 minutes to spare.

As might be expected, the Pieman performed many feats simply to win bets for others. He derived very little personal profit from his exertions. In 1847, he travelled to the bustling river port of Maitland, in the Hunter Valley, where he was a popular favourite. Here he performed trifling exhibitions, such as picking up 100 cobs of corn, laid almost a metre apart, in 53 seconds. It was here also that the Pieman embarked on a feat of endurance in which he was, for once, unsuccessful. Without any advance preparation or training, he attempted to walk 309 kilometres in 48 hours without once breaking stride. He managed only 225 kilometres in 35 hours before his bruised and swollen feet forced him to stop.

Unwilling to accept defeat, the Pieman announced that after a few weeks' rest he would again attempt the task. This time, he trained by walking round the district explaining how he would accomplish the unprecedented feat. Wednesday morning, September 29, 1847, was set for the start. But on Tuesday night, some local lads taunted him with being afraid of failing again, and the Pieman resolved to begin that very night. Word spread and a large crowd had soon gathered at the racecourse. A tent was hastily erected for the timekeepers, who were to watch the Pieman and provide him with tea, coffee and eggs. The Pieman set a bristling pace, reeling off 107 kilometres in the first 12 hours, 167 kilometres in 24 hours and 253 kilometres in 36 hours. By 8 p.m. on Thursday, a huge crowd with banners and lanterns had assembled at the racecourse to witness the finish of this historic event.

On his second-last round of the course, the Pieman slowed up to be joined by his many hundreds of wellwishers and friends. As he passed the grandstand, a brass band fell in behind. Suddenly, the Pieman stepped up the pace to a healthy 10 kilometres per hour, causing his admirers to trot and the band to straggle along in disarray. Thirty minutes later, the task was completed to a tremendous roar of cheering, the waving of banners and hats, and the salute of guns. The Pieman had walked 309 kilometres in 46½ hours, well under his 48-hour time limit.

"On first ceasing to walk quickly, it was with some difficulty that he balanced himself," *The Maitland Mercury* reported. "But having had some tea and a wash, he gradually recovered a good deal, and at length was making speeches to the crowd assembled around the stand." That night, the Pieman made a round of the town's largest hotels, treating admirers to his own special brand of energetic eloquence. At 3 p.m. the next day, he drove down a main street in a highly decorated gig, once more addressing well-wishers along the way. An account in *The Maitland Mercury* said: "During these proceedings, the crowd in the streets was greater than at any time since the general election "

Naturally, the Pieman's reputation preceded him. When he arrived by steamer at the new settlement of Moreton Bay (later to become the colony of Queensland), he caused a sensation. Among his feats was the beating of the Brisbane-to-Ipswich mailcoach - 38 kilometres - while carrying a 45-kilo carriage pole.

From all indications, it appears that the Pieman continued his wandering life until 1855, when he turned up at Sydney's Domain. On April 28, *The Illustrated Sydney News* reported: "He has been absent for the last few years from Sydney, wandering over the country and living a most unsettled life. He has lately returned to perform some of his arduous undertakings for the benefit of the community at large. We understand on Whit Monday he will perform the extraordinary task of picking up a hundred live cats placed one yard apart, a hundred live rats and the same number of mice at the same distance. We anticipate a crowded assemblage to witness such a curiosity. He is also open to walk a thousand quarter-miles in a thousand quarter-hours; a thousand half-miles in a thousand half-hours; and two thousand miles in one thousand hours, if anyone can be found to back Old Father Time against him."

This great Australian athlete and champion pedestrianist could not beat Old Father Time forever. In 1873, the Flying Pieman died homeless and destitute at the age of 66, in the Liverpool Asylum, but his amusing exploits and eccentric, good natured fun still bring smiles whenever they are recalled.

It was not long before others were trying themselves out with outrageous challenges, emulating the ones made famous by Captain Barclay in England.

Hugh Capel's Australian History Pages lists the following in his FEATS OF PEDESTRIANISM section: (<http://pandora.nla.gov.au/pan/41811/20060527/www.historypages.net/FPedestrianism.html>)

The Mudgee Newspaper, December 7, 1858

PEDESTRIANISM. – The astonishing feat of walking 1000 miles in 1000 consecutive hours, is now being performed at the Olympic Theatre, Melbourne, by Allan McKean. He commenced on Tuesday, and at midnight, yesterday, completed his 42nd mile. He walks at a quarter before every hour and a quarter after. The shortest time occupied by him in walking a mile was at ten o'clock on Tuesday night, when he accomplished the distance in eight minutes and forty seconds. – *M. Herald*.

The Mudgee Newspaper, January 18, 1859

THE GREAT WALKING MATCH AGAINST TIME. – On Monday night the 3rd inst., at 20 minutes past 10 the pedestrian, Allan McKean, accomplished his herculean task of walking 1000 miles in 1000 hours. For the last few days this event has caused great excitement in the sporting world, although there appeared to be only one opinion, namely, that McKean was possessed of sufficient powers of endurance to complete his task. The Olympic Theatre, which has been the arena on which this match was performed, was last evening crammed to excess, there being, as near as it is possible to form an opinion, between 500 and 600 persons present, every available corner being taken possession of. Allan McKean, it will be remembered, accomplished the feat of walking 1000 miles in 1000 hours at Ballarat a few weeks only before he commenced his second attempt in Melbourne, on Tuesday, November 23, at a quarter to 8 o'clock a.m., and it was generally thought that he had not allowed himself sufficient rest, but the event has proved that he did not overrate his capabilities. The shortest time in which he has walked a mile has been 8 min. 40 secs., and the longest time 26 mins. and 44 secs., that being during the period at which he was suffering a very severe sore on the sole of the foot. He completed his thousandth mile in fifteen minutes thirty-nine seconds, and appeared to be as little fatigued as when he had accomplished one-half of his allotted distance. Upon the completion of the 27th round, he was most loudly cheered, and it was some time before sufficient silence could be obtained for the result to be made known. – *Argus* of Tuesday.

The Mudgee Newspaper, November 8, 1859

PEDESTRIANISM. – A Miss Beverly Howard has accomplished the feat of walking 1250 miles in 1000 consecutive hours. The *Ballarat Times* says: - “Those who had seen the almost utterly helpless state to which the task of walking one thousand miles in (one) thousand hours rendered Allan McKean here, on Ballarat, expected to see Miss Beverly Howard creep or crawl rather than walk her last rounds; but it was not so: she was neither lame, nor halt, nor slow, but walked her last one and a quarter mile in 21 minutes and 45 seconds, or at almost a regular pace, with her body suitably thrown forward, but not bent, with a free motion of both hands and feet, and with no perceptible heaviness of step.”

The following article documents what might have been the first successful attempt to walk 100 miles in 24 hours in what might be construed as a proper walking gait rather than the 'go as you please' gait employed by many of the pedestrians of the time.

The Australasian, Saturday December 21, 1878, p.780.

W. EDWARDS, THE LONG DISTANCE CHAMPION WALKER.

W. Edwards, the champion long-distance walker, yesterday evening commenced his arduous undertaking to walk 110 miles in 24 hours. The place selected for performing the feat is the Melbourne Cricket-ground, an oblong walk having been constructed in front of the grand stand, and slightly encroaching on the green. The walk is composed of ordinary planking nailed to joists laid on the ground. A canvas covering is stretched on poles overhead, to screen the pedestrian from the sun.

The rink was measured yesterday afternoon by Mr. J. S. Jenkins, town surveyor for Richmond, who certified that it was 117yds. 1ft. 0½in. round, so that it takes 15 laps to make a mile, and Edwards will have to walk round the ring 1650 times before he completes his task.

Shortly before the time for starting Edwards emerged from the tent in the centre of the rink in his walking dress, which is rather a peculiar one, the tights being of black satin, trimmed with delicate white lace. He is a well-made young man, 26 years of age, 5ft. 7½in. high, and weighs in his walking dress 9st. 8lb. He appears to be in the perfection of condition.

Exactly at 6 o'clock he started off with a light springy step, going over the ground at a good pace, and with great ease. He made the first miles in 10 minutes and 10 seconds, and on finding the time he was making he eased a little, and did the second mile in 11 minutes 7 seconds, and was keeping on at that pace. His rule is to walk about 30 miles, and then take a rest for about 20 minutes.

At a meeting held on Thursday night, several gentlemen volunteered to attend at certain times throughout the 24 hours, so that there should always be some one present to attend to the scoring-book. Of the three gentlemen who were to attend for the first three hours, not one was present. Mr. Mount, who was on the ground, acted as starter, and took charge of the scoring-book.

The task will be concluded at 6 o'clock this evening.

The Australasian, Saturday December 28, 1878, p.813.

W. EDWARDS, THE LONG DISTANCE WALKER.

Edwards ... successfully concluded his task on Saturday evening, having six minutes to spare ... Although a heavy shower or two fell after midnight on Friday, the pedestrian had splendid weather on Saturday, but the attendance was meagre in the extreme, not more than 300 persons being present, and most of these were members of the club.

Commencing at 6 p.m. on Friday, he walked the first mile in 10m. 10s.; but easing up a bit in the second, he took 11m. 7s., and kept on at a nice swinging gait. The first 10 miles were done in 1h. 51m., the second in 1h. 52m., the third in 2h., the fourth in 2h. 21m., the fifth in 1h. 59m., and the sixth in 1h. 52½m.

Edwards rested for six minutes at the end of 50 miles, and when 60 were completed he rested for a longer time, and took some light food and refreshment. At 21 minutes to 9 a.m. he had completed 70 miles, and he did the next 10 in 2h. 3m. He rested for about 15 minutes at that stage, and then re-commenced walking, and by 11 minutes to 4 p.m. had accomplished 100 miles. There was then over two hours in which to do the last 10 miles, and so he consented to stand for the purpose of being photographed. The remaining 10 miles were travelled at an average of about 12 minutes per mile, the last lap being finished at 5.54 p.m., or 6 minutes before the 24 hours had elapsed.

During the latter portion of the journey, he was frequently cheered by the spectators, and when he finished he received an ovation. He was not much fatigued, and after a slight rest walked into town. As a recognition of the pluck he displayed in continuing his task under such dispiriting circumstances, a subscription was started on the ground, and something like £15 was raised for him.

Australia also had its own ultra distance races, put on by the entrepreneurs of the time. The following reports on 6 Day events are taken from *Australian Sport Through Time*, 2003 Edition, Random House, Australia.

SUNDAY 11 SEPTEMBER 1881 - A NICE WEEK FOR A WALK

The growing sport of pedestrianism received a boost this week with the first ever six-day-go-as-you-please tournament held in Sydney. The event, which finished yesterday, was held on a piece of land near the Haymarket, enclosed by a large canvas tent, under the rules of Sir J. Astley Cooper, the great patron of athletics sports in England. With 16 laps to a mile, the competitors could either walk or run as they pleased. Nine competitors started the contest: Edwards, Baker, Williams, Swan, Le Petit, Reynor, Campbell, Cotton and Palmer. The first three are particularly experienced at the sport – Williams is a surprising stayer given that he is more than 50 years old.

The race started at 1 a.m. on the Monday morning. Edwards, Swan, Raynor, Baker and Campbell soon settled down to a lively pace, while Williams enlivened proceedings with his frequent bursts of running. By 9 a.m. on Tuesday, Swan had taken the lead having run more than 127 miles, a mile more than Edwards in second place. The weather for the first three days was not exactly suited for walking, but by Thursday, it was much more pleasant. By yesterday, the last day, Swan still had the lead and any hope of an exciting finish was dashed shortly after 9 p.m. that evening when Edwards retired after 423 miles and 3 laps.

The 26-year-old Swedish born Swan was declared the winner at 11 p.m., having completed 434 miles and 5 laps. He was still walking strongly at the finish and collected the first prize of £100 and a gold stopwatch.

SATURDAY 17 MARCH 1883 - CLAIMS OF FOUL PLAY IN WALKING CONTEST

William Edwards, the champion walker of Australia, has won the 6 day walking contest, covering 373 miles. His opponent, the American champion Dan O'Leary, covered 350 miles. However, he became ill and had to retire from the track so often that he had no chance of catching Edwards.

The distance travelled by the competitors falls a long way below expectations, as the backers of both men predicted at least 450 miles would be covered. O'Leary had walked more than 500 miles in nearly all his big matches and he believes his water was tampered with by treacherous attendants.

The match was originally scheduled to take place in Melbourne, but a suitable venue could not be found and so it was moved to the Exhibition Building in Prince Alfred Park in Sydney and a properly formed track was prepared there last week.

However, a day after the start of the race, the Sydney track was measured by the City Surveyor who found it to be 10 inches under the alleged distance. The necessary alteration was made and scores adjusted accordingly.

About 4000 people were on hand to witness the start at 5 minutes past midnight on Monday morning and during the week, a steady stream of visitors paid for admission to watch the walkers.

THURSDAY 22 APRIL 1886 - CHAMPION WALKING MATCH

A large section of the 6000-strong crowd rushed onto the track to congratulate both New Zealand champion Edwards and the Australian champion Scott after their six day walking match ended at the Exhibition Building in Melbourne today.

The track was 12 laps to the mile and Scott, the winner, covered 424 miles and 8 additional laps while Edwards covered 406 miles and 4 additional laps. The two athletes appeared on the stage to rapturous applause from the crowd. The organizer, Mr Spofforth, congratulated Scott but said he would have liked to have seen him pushed further so the public might have a better idea of his speed and quality. However, it must be said that a six day contest is more a matter of endurance than one of speed.

There were also shorter distance 'walking' events during this period, principally over 50 Mile, 12 Hours and 24 Hours. For instance, the 1926 NSW 50 Mile Championship race booklet quoted the Australian Professional Track Walking

Record for 50 Miles as owned by one W. Hackford at 8:35:00, set in Sydney on 24 October 1885.

Finally, my thanks to Richard Keam for drawing my attention to the book *Australian Etiquette*, published in 1885, which listed in an appendix the most notable pedestrian events from the year 1810 to 1884. This list reads as follows:

WALKING, COLONIAL

- ? 1 mile, F. Woodhouse (Victoria) 6 min. 40 sec. (year unknown)
? 7 miles, F. Woodhouse (Victoria), 55 min. 30 sec. (year unknown)
1840 Hunt walked from Macquarie Place to Parramatta in 2 hours 51 min.
1847 Flying Pieman started to walk 192 miles in 48 hours, he not being allowed to stop for one minute; in the first 24 hours, he did 102 miles but lost the match; afterwards he walked 192 miles in 46 hours 30 min. At Maitland, he accomplished the great feat of walking 1000 quarter miles in 1000 quarter hours. At Singleton he walked backwards half-mile in 6 min. ; ran one mile 7½ min.; wheeled a barrow 1 mile, 15 min.
1848 Flying Pieman beat the coach from Brisbane to Ipswich by one hour, carrying a carriage pole 100 lbs. weight.
1869 21 miles, G. Davis, 2 hours 54 min. 34 sec.
Baker beat Hamilton, 7 mile walk, £100 : 1 hour 41 sec.
1870 W. Lyell beat Baker, 2 miles walking championship of the colonies
1871 F. Hewitt, ½ mile, 1 min. 53¼ sec, the fastest on record
1878 Edwards walked 111 miles in 24 hours at Bathurst
Miss Von Hillern walked 100 miles in 26 hours 4 min. 47 sec., in America
1881 50 miles, Raynor, 8 hours, 44 min. 26 sec.
122 miles, Hogarty (NZ), 24 hours
1880 113½ miles, W Baker (N.S.W.), 24 hours
1883 Scott (N.Z.) beat Edwards in a 24 hour match, by 7 miles, at Wellington, N.Z., October 4.
Scott beat Edwards in a 48 hour match by 1½ miles; distance covered 192½ miles.
1880 Baker beat Taylor, 24 hour match, easily.
1881 Willie Frank (12 years old) won one hour's handicap
Raynor won 50 mile walking match.
Assenheim beat Weanor, 50 mile match.
Swan beat Edwards, 48 hour match, £200.
Willi Frank (12 years old) did six miles within one hour.
1882 J. Assenheim won 48 hour match, doing 174 miles, Sydney.
Edwards won six days' tournament, 432 miles, Melbourne.
Assenheim beat Wright, £30 to £20, 12 hour match, N.S.W.
Miss Phillips beat Mrs Wallace, 6 days, £200, doing 281 miles.
Assenheim beat Raynor, 2 miles; time 15 min. 15½ sec.
Bradley beat Lambert, 7 miles, £100 and championship N.Z.
Murphy beat Willi French, £50, one mile; time 7 min. 42 sec. Melbourne.
W. Swan beat Miss Phillips, giving her 30 miles start, in six days' go-as-you-please, 12 hours a day; 321 miles 6 laps to her 321 miles.
1883 W. Edwards beat D. O'Leary, six days' match, £400, Sydney
J. Ormes beat W. McLaren, 2 miles, £20, Sydney.
W. Edwards beat three men, 6 days' match, doing 472 miles, N.Z.

There is really no way to verify these performances at this time so they will be noted when known but will not be counted in the ranking lists at the end of the book.

EARLY ULTRA DISTANCE WALKING, 1896 – 1904

Although these early colonial exploits were certainly valid feats of endurance, they cannot be verified as true walking performances. They form part of what is called the Age of Pedestrianism.

I take my starting point from around 1890. By this time, amateur athletics clubs had been formed in South Australia, New South Wales, Victoria and New Zealand and amateur sport had become a valid alternative to the world of professional athletics.

Within a few short years, the amateur clubs were holding their own State Championships and by 1893 the Amateur Athletic Associations had entered into a memorandum of understanding to hold Australasian Championships every 2 years.

The first such event was held in Melbourne in November 1893. The second carnival was held in Christchurch in New Zealand in January 1896, followed by the third Australasian Championship meet in Sydney in 1897. All these meets included 1 and 3 mile track walks.

1896 saw the first modern Olympic Games, also espousing the ideal of 'amateurism'.

1897 saw the formation of the Amateur Athletic Union of Australasia as the body to govern the sport in Australia and New Zealand.

It was quickly realised that consistency of judging was needed to control amateur sport and the early Australasian Conventions formulated comprehensive competition rules to govern the various events. The 1900 Convention adopted the following definition of walking to aid walk judges and meet officials

1. *That a racing walker must have contact with the ground with one foot during a stride, and with both feet at the end of a stride.*
2. *That the heel of the front foot must touch the ground before the back foot leaves it.*
3. *That as the heel of the front foot touches the ground the leg must not be bent, its knee must be locked.*
4. *That the body and head must be kept upright*

It was against this backdrop of activity that the first verifiable Australian ultra distance walks were held and it was Victoria which led the way.

April 21, 1896

50 Miles Victorian Championship, Sydney Road, Melbourne

The first recorded amateur ultra distance walking event was in Melbourne in 1896. It was over a distance of 50 miles and was won by James (Jimmy) McDonald. This was in fact the first Victorian roadwalking Championship ever held. Victorian Track and Field Titles had been held since 1892 but these featured only 1 Mile and 3 Mile Track Walks.

Born in Auckland in 1867, Jimmy McDonald learned rowing in New Zealand and achieved some success with the Ponsonby Rowing Club, Auckland. Once he moved to Australia, he joined the Yarra Yarra club about 1890. He was included in the club's crew that won the Victorian champion eights of 1891-92-93. During this period, the club boasted one of the most formidable eights ever brought together in Australia.

During his rowing career, he started in 23 races for 18 wins, 3 seconds and a third. Only once did he finish out of a place.

A versatile athlete and blessed with almost unlimited stamina, he turned his attention to pedestrianism in 1892, joining Hawthorn Harriers and becoming a foundation member of the Melbourne Amateur Walking and Touring Club.

He soon gained State honors as a member of Victoria's winning team in a five mile cross country championship in Sydney. But it was in walking that he achieved his greatest heights and this culminated in his great victory in a 50 mile walk in the Sydney Road in 1896 when he established an Australasian record of 10 hrs 9 mins 40 sec.

- | | | | |
|----|-----------------|----------|-----------------------------|
| 1. | McDonald, James | 10:09:40 | Australasian Best (Amateur) |
| 2. | Ashworth, H P | 10:38:00 | |
| 3. | Miller, W | 10:58:00 | |
| 4. | Haines, F | 11:08:00 | |



This photo was taken at Mt Martha in 1907 and is from the archives of the Melbourne Walking and Touring Club. It shows J McDonald, A.I.Green and W.E. Briggs.

April 9, 1904 _____ **50 Miles Victorian Championship, Scotch College (Track)**

These figures stood unsurpassed until McDonald lowered his own time on April 9, 1904 on the Old Scotch College ground when he walked 50 miles in 9 hrs 43 mins 2 sec. Reports of the time state that he had a 7 minute refreshment break at the 25 mile mark, and that he was the only finisher. In this event, his intermediate distances for 15 miles upwards were also recognised as Victorian State records.

1. McDonald, James 09:43:02 Victorian State Record (Track), Australasian Best

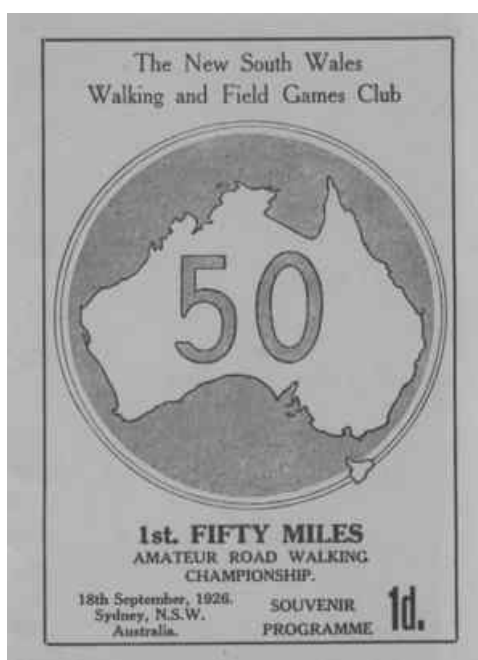
Amazingly, given the interest in long distance walking overseas, no further similar races were held until the 1920's and thus his time stood uncontested for nearly 20 years.

His interest in the sports of rowing and walking never waned but as time went on, walkers saw more of him as an official than did the oarsmen. When the Victorian Amateur Walking Club was formed in 1921, he immediately joined as an official and was, for many years, one of the Vice Presidents of the club.

It was not until the late 1920's that enough interest was raised for further 50 mile events to be held and it was the New South Wales Walking and Field Games Club (now known as the New South Wales Walking Club) who led the way with numerous 50 mile events being scheduled from 1926 onwards.

September 18, 1926 NSW 50 Miles Road Walk Championship, Sydney to Blacktown and Return

The inaugural event boasted Fifty Miles Amateur Road Walking Championships of the Amateur Walking Union of Australia (the precursor of Racewalking Australia), the N.S.W Amateur Athletic Association and the N.S.W. Walking and Field Games Club so 3 separate titles were on offer.



The race was governed according to the following Definition of walking

Walking is a progression of steps, from heel to toe, in which contact with the ground is maintained, i.e., the heel of the foremost foot must reach the ground before the toe of the other foot leaves it.

This is how the Australian Centurions govern their events to this day. Although the formal rules of racewalking have progressed, the basic rule of what constitutes 'walking' has not changed.

The Race Rules could just as easily be published for a race today.

1. Walking on footpaths is not allowed
2. Accepting outside pace or being shielded from the wind will disqualify.
3. Competitors must wear their proper athletic costume, also sweaters, if desired, and number (back and front) throughout the race.
4. Alcoholic and other similar stimulants are not allowed, unless sanctioned by the Medical Officer, or other responsible official.
5. Each competitor will be allowed not more than two attendants.
6. Each attendant must wear the badge supplied, and keep behind the competitor he is attending.
7. The Judges have power to disqualify a competitor whom they consider to be walking unfairly or interfering, either by himself or through his attendants, in any way, with another competitor.
8. Competitors must make their own arrangements for requirements for self and attendants on route. The Committee will, as far as possible, arrange for the care of competitors, but accepts no responsibility.
9. The Medical Officer or Referee has power to order any competitor to retire from the race.
10. Each competitor shall be at least 21 years of age, and be certified as physically fit by a physician.

11. Non-compliance with any of these Rules will cause disqualification.
12. The settlement of any matter or question arising shall be in the absolute discretion of the Committee of the controlling Club.

The event started at the Clock Tower, G.P.O., Martin Place in Sydney at 6.30 a.m. on 18th September 1926 and progressed to a half way point in Blacktown before retracing its steps to finish back at Martin Place.

An entry list of 26 walkers included the cream of Australia. Some of the better known walkers included

- Victorian Jack Lewis, both a Victorian 25 Mile walk and Marathon run champion
- SA 7 Mile Champion H. Wyatt
- Queenslander R. F. McMurdo, holder of the record for the Brisbane to Southport 50 Mile walk – 10 hours 15 mins
- Queensland walker T. Byrnes (3rd in the Brisbane to Southport 50 Mile walk in 1921)
- George Parker, NSW champion and record holder over most distances and 1920 Olympic silver medallist
- NSW 20 Mile walk champion A. Harper
- NSW walker R Hingston, the holder of the Bathurst to Orange Walking record – 36 miles in 6:34:03.
- Former English long distance walker H. Barrett, now resident in NSW
- Former NSW 20 Mile champion Gordon Smith, one of the most consistent long distance walkers in the State

The various records of the time were quoted as follows

WORLD and ENGLISH	Amateur	Track	7:52:27	J. Butler	England	13/06/1905
		Road	7:57:53	H. Ross	England	
AMERICA	Professional	Track	7:54:16	J. Hibberd	England	14/05/1888
	Amateur	Track	9:29:22	G. Gillie	USA	11/05/1878
AUSTRALIA	Professional	Track	8:10:54	J. Meagher	USA	10/04/1882
	Amateur	Track	9:43:02	J. McDonald	VIC	09/04/1904
		Road	10:09:40	J. McDonald	VIC	21/04/1996
	Professional	Track	8:35:00	W. Hackford	Sydney	24/10/1885

The Special Information in the Race Booklet is of particular interest

- Station 2BL will broadcast race progress at 7.50am, 11am, 12 noon, 1pm, 3pm, 4.30pm and the result at 7.45pm.
- Flags will mark Turns (Red), Miles (Blue) and Kilometres (White).
- The Hon. Medical and Ambulance Officers will be available in case of necessity.
- Supplies of Hot Milk, Marmite and Tea will be available to competitors at Depots in Marrickville, Kogarah, Hurstville, Belmore and Bankstown. A car with foodstuffs, etc., will patrol the course.
- A bottle of Evagreen Eucalyptus and a tin of Tiger Brand Slave will be supplied to each competitor.

The race was won by Victorian Jack Lewis with NSW walker Gordon Smith second. The winning time was claimed as a new Australasian record although, being a road event, it could not really be forwarded as an official record. It was simply an unofficial road best time.

1. Lewis, Jack	VIC	9:20:24 (Australasian Best)
2. Smith, G. A.	NSW	
3. Barrett, H. W.	NSW	
4. Pollard, W. S.	NSW	
5. Duck, E. J.	NSW	
6. Drake, L. J.	NSW	

The following interview with H. W. Barrett in 1962 details the problem-ridden process of manually measuring this course (*The First Fifty Years – A history of the New South Wales Amateur Walking Club* by J. M Edwards).

The Club's first 50 Mile Road Walking Championship was scheduled for Saturday September 18th 1926. The proposed course was from the G.P.O. Sydney to a point past Bankstown and return. It was, however, necessary to measure the course to ascertain the accurate mileage. A measuring wheel was procured and at 8 a.m. on Sunday morning August 22nd 1926, six of the club members met at the G.P.O. in Sydney. These members were Drake (the then Secretary of the club), Campbell, Barrett, Kingston, Winstanley and Pollard. They set off, one of their number pushing the wheel, while the most practical and methodical member of the

Alas, the full results are not known but the following newspaper cutting gives some details

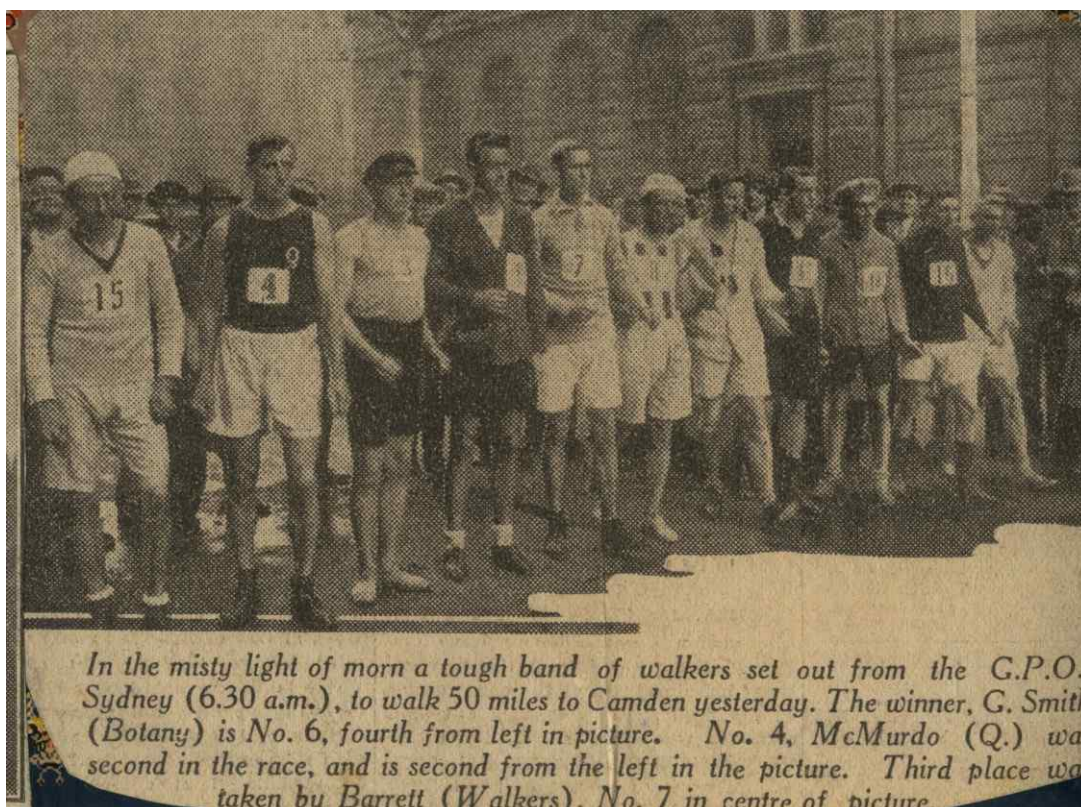
In winning the 50 mile road walking championship of N.S.W. last Saturday in 9hr 18min 32 2-5sec, G. A. S. Smith clipped 2min 51 3-5sec off the Australasian record. The contest was over a course from Sydney to Camden, and at the finish the winner was enthusiastically cheered.

Smith was faster throughout than last year. Harper retired before 15 miles, Stone at 19 miles, Darke at 25 and Kingston at 30. At 27 miles, Smith was ahead of the best previous record by 2min 23sec, and he established new figures from there right to the finish. The best previous figures were: 30 miles 5.24.29 Barrett (1926); 35 miles 6.27.02 Barrett (1926); 40 miles 7.24.6 Lewis (1926); 45 miles 8.26.9 Lewis (1926); and 50 miles 9.20.24 Lewis (1926). Smith also shifted various kilometres and "hours" records.

The Annual Report of the Queensland Amateur Athletics Assn for 1927/28 reported as follows on second placegetter R. F. McMurdo.

"It is with pride that we record one of the finest athletic performances ever registered by a Queensland representative. We refer to the win of R. F. McMurdo (Rocklea Harriers) in the Marathon Championship of Australia and New Zealand, held in Sydney on August 27 1927. There were 25 starters, including many proved Marathon runners in this historic race, Tasmania, New South Wales and Queensland being represented. McMurdo ran a heady race and, finishing strongly over the last mile, won comfortably from H. Hayden (NSW) in 3 hrs 6 mins 23 secs.

With only a week's rest after his gruelling marathon, McMurdo finished second in the 50 miles Walking Championship of NSW, his time being 9 hrs 34 mins 6 secs, only 17 minutes slower than the winner G. A. Smith (NSW). All members of the Association join in extending to Mr. McMurdo heartiest congratulations on his wonderful performances, and trust that he will long continue to be a tower of strength to the Association."



The start of the 1927 NSW 50 Mile Championship. Winner Gordon Smith is fourth from the left in the front row.

Evidence seems to suggest that a 1930 staging of this event was also scheduled. A brief cutting in the archives of Bert Gardiner state that "H. Campbell, who is an old East Sydney man, has come from Perth for the contest and he must feel confident of success to travel so far." This was of course the famous H.C. Campbell whose name is now remembered in the annual Canberra 20 Mile racewalk event. Unfortunately the results of this event are not known.

The History of the New South Wales Amateur Walking Club (1962, J. M. Edwards) states as follows

These long races continued, and to quote results for all of them would result in a race book rather than a history, but some of the races just prior to World War II do need to be mentioned.

Unfortunately, the records of the New South Wales Amateur Walkers Club were lost in a pavilion fire in the 1970s so the details of these additional races remain unknown. I will return to the famous races of 1937 and 1938 later in this book.

A newspaper of the time described him as follows

“He is a fine type of athlete, bronzed like a statue. He lives a healthy life in the Warburton district where he is one of the local rangers. Walking to him is a pleasure and 50 miles in the mountains is regarded as nothing more than part of his daily exercise. In the pre-war days, as a mere lad, he made a name for himself as a Marathon runner. Since then he has developed into an endurance athlete.”

Lewis did not disappoint, starting slowly but coming home strongly through the field to easily win. His 50 mile time was a new Victorian best, some 18 minutes better than Jimmy McDonald’s 1904 time. However, the motor drome was not regarded as a proper track so McDonald's Victorian Track Record was not challenged.

The press reported as follows on the second half of the race

Pretty, in third place, was only 50 yards behind Cavell and had created the greatest surprise of the day, for previous to this event, he had restricted his activities to short distance events. In the next 2 hours, Lewis covered a little less than 10 miles. Pretty began to accelerate and passed Cavell. At 40 miles, Lewis had been walking for 7h 25mins and had 112mins in which to break G Smith's Australian record for 50 miles. It meant cutting off a full minute from his average time per mile at this stage and, although he quickened and beat Smith's time for the event of this year by 13 secs, he failed to beat the record by 6 mins. However, the effort seemed to freshed him for in his last 5 miles, the times became faster as he went on. His times for the last 5 miles were 11.50, 11.49, 11.44, 11.08 and 10.55.

Results were as follows

1. Lewis, Jack	53 mls 350 yds	(9:24:04 for 50 mls)
2. Pretty, Jack	50 mls 950 yds	(9:52:22 for 50 mls)
3. Cavell, Herbert	50 mls 590 yds	(9:55:33 for 50 mls)
4. O’Keefe, David	45 mls 600 yds	
Retired:	Wilson, George	25 mls
	Kerrison, E	31 mls
	Walker, Don	25 mls
	Gardiner, Bert	28 mls
	Scully, Frank	30 mls
	Winstanley, Ted	32 mls
	Burman, A	30 mls



Jack Pretty leads Jack Lewis in the 1928 Victorian 50 Mile Championship

The next year, the Victorian Amateur Walkers' Club committee, although acknowledging the success of the 10 Hour walk, decided to revert to their original plan and scheduled a 50 mile event from St Kilda to Frankston and Return. This was the first of a number of 50 Mile walk events held in Victoria, alongside the NSW ones and Jack Lewis continued his dominance with convincing wins in both 1929 and 1930. The second of these resulted in the distance being covered in less than 9 hours for the first time in Australia.

July 20, 1929

50 Miles VAWC Championship, St Kilda to Frankston and Return

1. Lewis, Jack	09:24:31
2. Cavell, Herbert	09:52:28
3. Kilby, Frank	09:55:28
4. Scully, Frank	10:11:00
5. O'Farrell, Joe	10:38:40

Retired: Herb Tanner, Don Walker

Handicap: 1 G Kilby (80 mins), 2 F Scully (55 mins), 3 J Lewis (Scratch)

The press report read as follows

The Victorian Amateur Walkers Club held its 50-mile road championship today. The event started from the St. Kilda Town Hall at 6.50 a.m. The course extended to a point just beyond Frankston and return. From the start, Kilby and Tanner went to the front and kept together for the first 20 miles which were covered in 3 hrs 36 mins 20 secs. At the half way mark, Kilby, who over the last 5 miles had walked very well, was a third of a mile ahead of Tanner who seemed to be tiring. With 40 miles covered in 7 hrs 28 mins, Lewis was 1½ miles ahead of Kilby while Cavell, who was now walking particularly well, was only a quarter of a mile further back in third. Over the next 3 miles, Cavell caught and passed Kilby and at 45 miles, was leading him by 1½ minutes. At this stage Lewis was 21 minutes ahead of Cavell and had no difficulty in finally winning.

Oct 11, 1930

50 Miles VAWC Championship, St Kilda to Frankston and Return

The 1930 staging of the event saw a record list of 30 nominations (but only 7 started!). The handicaps of the principal walkers gives some indication of the expected placings : J. Lewis and A. Robinson, scr; E. Winstanley, 10 min; W. Kilby, 25 min; J. Oberon, V. Jones, 55 min; H. Cavell, R. Blackley, 60 min; R. Barlow, 80 min.

Although Lewis was the obvious favourite, Ted Winstanley was considered by many as a serious threat. He was a proven distance walker who had taken a surprise 2nd place in the 1923 Victorian 25 Mile Championship as a 19 year old novice walker (with a time of 4:25:27). Since then, he had gone on to win the 1925 and 1926 Victorian 25 Mile titles. Marrying in 1926, he had retired from walking and had only returned to racing early in 1930 and had done well enough to win the Victorian 50 km title that year.



Ted Winstanley in action

At 6.45 am, the signal was given and the 7 contestants set out from the south gate of St Kilda Town Hall. Lewis stood out, dressed in black knickers and a white woolen sweater which showed his admirable physique to good effect. As the title holder, he was the centre of attention.

Winstanley surged through the 25 mile turn-around in a very fast time of 4:22:10 and was leading by about 150 yards from Robinson who was about 400 yards ahead of Lewis. Alas, he soon tired, Robinson retired and Lewis came over the top and won by nearly 10 minutes. But there was no doubting that it was Winstanley's game efforts that had led to the new record.

With his win, Lewis become the first Australasian walker to beat the 9 hour mark and his performance set new road standards for all distances and marks from 32 miles onwards. Of the 7 starters, only 3 finished.

1. Lewis, Jack	08:58:07	New Australasian Best
2. Winstanley, Ted	09:07:15	
3. Oberon, Jack	09:46:58	
Retired:		
	Robinson, Alf	31 miles
	Blackley, Herbert	24 miles
	Wilson, George	22 miles
	Cavill, Herbert	22 miles

"I thought that I would win today," Lewis said after his finished his long walk. The record breaker said that he regarded Winstanley and Robinson as his most dangerous opponents, but that all the same he was content to play a waiting game, as he had set himself a schedule to break the record for the course which he established last year.

Lewis said that he was very surprised, however, to find that he had also broken the Australasian record for the distance. He paid a tribute to his opponents for their sportsmanship along the road. He was sorry that Wilson, the South Australian, had been forced to retire but said that, in his opinion, Wilson made too much use of his arms for long-distance walking, thus unnecessarily tiring himself.

The winner had only a short preparation for today's big test, but during the last few days has regularly walked 50 or more miles each day around the hills at Warburton, where he is employed as a forest ranger. "If people walked more, even if only for pleasure, they would be far healthier and have less doctors' bills to pay," Lewis said with a smile.

Two significant events occurred in 1931. The first was a historic walk from Sydney to Melbourne. The second was yet another track walk over the 50 mile distance.

Sept 3-14, 1931 Sydney to Melbourne Solo Walk by Alf Robinson

Alf Robinson and Rupert Blackley were amongst the best Victorian long distance walkers of the day and set themselves the challenge of walking from Sydney to Melbourne. They set off from Sydney on September 3, 1931, accompanied by J Watts on a bicycle. Rupert was forced to retire at the halfway mark but Alf went on to complete the distance of **563 miles in 12 days 13 hours and 45 minutes**. That performance probably stands today as the best walk performance on record. Of course, in those days the footwear was primitive and the roads were of poor calibre. The following article appeared in the Melbourne Herald of Tuesday September 15, 1931:

Arriving at Melbourne Post Office at 8.55 PM yesterday, A. E. Robinson, the Victorian long distance race walker, completed his walk from Sydney to Melbourne in the record time of 12 days, 13 hours, 45 minutes and covered 563 miles. The previous best time was 13 days 6 hours.

Robinson, who was accompanied throughout the journey by J. Watts, a masseur, who rode a bicycle, said that he felt quite fresh but was badly in need of a good meal.

"After I have a good meal", he said, "I intend to go to bed and remain there all day tomorrow."

Yesterday, on the last stage of his walk, Robinson came from Tallarook, 55 miles from Melbourne. He had intended to reach Kilmore on Sunday evening, but blinding rain had forced him to stop at Tallarook at 7 PM. He left there yesterday at 4.15 AM.

Often he had been forced, he said, to complete a day's stage on nothing else but dry biscuits, and heavy drenching rain and bleak winds had brought on cramp incessantly. Robinson will compete in the 50 km walk at the Showgrounds on Saturday week. He intends to make a further attempt at the distance in 10 days.



Three of the greatest Victorian long distance walkers in actions in 1931 at Albert Parkin Melbourne - Jim Gaylor (far left), Alf Robinson (third from left) and Joe O'Farrell (far right)

Oct 17, 1931 **50 Miles VAWC Championship, Melbourne Show Grounds (Track)**

The second significant event in 1931 was a 50 mile track walk held at the Melbourne Showgrounds. The event had been put on the track to allow Jack Lewis to attack his various State records. Ted Winstanley was also in the field and expected to provide stiff opposition. No one gave much credence to young Jim Gaylor who had been talked into participating simply to help Lewis in the early stages of the event. But it was Gaylor who took the lead at the 9 mile mark, held off several strong challenges by Winstanley and eventually won, setting new Victorian records for all distances from 15 miles to 50 miles. His 50 mile time of 8:49:33 beat Lewis's State record by a massive 32 mins. Winstanley eventually fell back to third place behind Lewis with all 4 finishers below the previous record.

1. Gaylor, James	08:49:33	New Victorian Record
2. Lewis, Jack	09:01:55	
3. Winstanley, Ted	09:04:05	
4. Blackley, Rupert	09:20:27	
Retired:	Robinson, Alf	
	Kelly, Tom	
	Wilson, George	
	Lescum, Frank	
	Cecil, Dick	

The newspaper report read as follows

Behind the record-smashing fifty mile walk of Jim Gaylor, of the Collingwood Harriers, in the Victorian Walkers' Club championship at the Showgrounds on Saturday, is a remarkable story of grit and perseverance of a true Australian in the battle of life.

The casual person, picking up a newspaper and reading of Gaylor's record-breaking walk, naturally assumes that he is a great athlete who enjoys the best of training facilities, regular hours of sleep and regular food. Only his immediate friends and a few walking enthusiasts know that he is having an uphill struggle against heavy odds.

Gaylor, who is aged 21, has been out of regular work for a long time. But he is not an idler. He has a 3cwt truck that he pushes all around Melbourne and suburbs, hopeful that somebody will employ him to shift furniture or goods of any kind. It is an unremunerative occupation that yields him very little. He has a small room in North Richmond. Some weeks he does not earn enough with his truck to meet the rent but he makes it up somehow by other kinds of work.

When a man is down he accepts anything if he is a trier. Gaylor tries from daylight till dark – no hour is too late for him;

no distance too far. Good friends give him odd jobs., One is Mr Ted Drayton, a Sunshine potter. Gaylor has often walked to Sunshine early in the morning for a job, worked there all day and then walked home.

The one neat suit that he wears when not doing hard work was acquired from 'saved fares' – to use his own expression.

Gaylor refuses charity, but will go anywhere for work. He left home because he could not contribute to its support. At times, he has lived on sixpence a day. For three weeks, he existed on toast.

Lately however, he has been getting a better spin but he has no regular meals. He considers the enforced dieting has helped to harden him while the constant walking everywhere in search of employment, added to his own natural zeal for the sport, has helped to make him an extraordinarily talented walker as far as natural ability is concerned.

It has also made him hardy. Just how hardy was proved by his recent performance in the 50 km walk on the final day of the Show. On the Tuesday, he suffered from an attack of ptomaine poisoning and on the Wednesday was compelled to keep to his bed. On Thursday he got up and went for a 20 mile walk with the object of shaking the sickness off him. However, he was ill again on the Friday and was forced to take things quietly. Thought still very sick on the Saturday he walked in the race and finished third.

Frank McLure, his team mate and co-worker in odd jobs, said that Gaylor's performance in that race was a superhuman effort considering his condition.

Gaylor is not big but he is solid with the chest of a Sandow. Since he has been walking at the age of 16, he has put on over two stone in weight. Great breathing capacity is a big asset to him in walking.

While walking to victory in the 50 mile race on Saturday, Gaylor drank more than 20 cups of water. After each drink, he inhaled and exhaled air freely, thereby working up perspiration. He defies the recognised canons of athletics.

Mr. T Ready, a North Richmond chemist, said Gaylor possesses some rare electrical properties in his body. "This electricity keeps him on the move all the time" he added. "He seldom seems to want rest, yet is always as fit as a fiddle.

Gaylor never feels cold, though he wears only a shirt next to his skin. He could not stand a singlet on his body.

Gaylor thought that he would do the 50 miles of Saturday's race in 10½ hours. He worked on no particular schedule. "After the first few miles, I just let myself go flat out, and I never felt better" he stated.

The time occupied was 8 hours 49 minutes 33 seconds. He won by ¾ of a mile from the celebrated long distance walker J. Lewis – a feat in itself that stamps the winner as an exceptional athlete.

In addition to winning the Victorian walking title, Gaylor broke all Victorian records from 15 to 50 miles, and his time for the 50 miles is the best ever recorded in Australia.

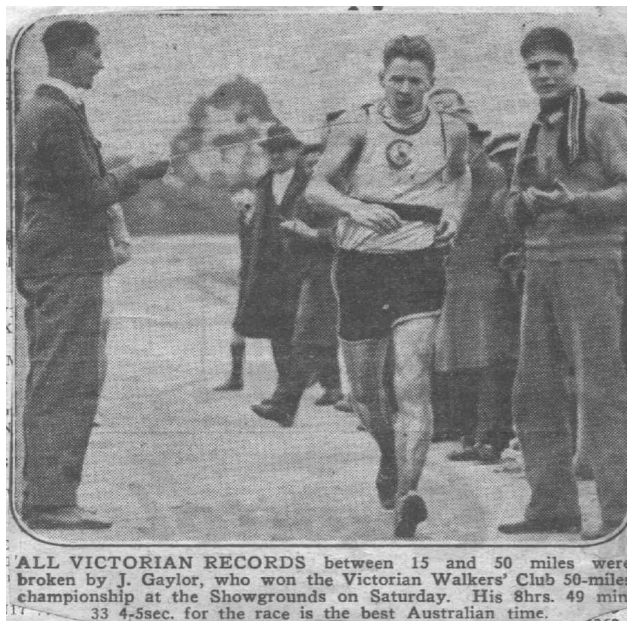
It was truly a wonderful performance for this plucky lad, on top of his hardships.

Until recently, he did not know what massage was, but Jim Cox, one of the Collingwood Harriers club's most ardent enthusiasts, took him in hand and has been attending to his legs. Gaylor intends to keep on walking, to create new records and to make good in life. He is worthy of every encouragement by athletic officials.

Gaylor may be destined to create world records. Regular employment, proper training and careful coaching may place him in the world's highest class of walkers.

Undoubtedly privation has been the means of making him a champion. He walks to live, as well as to conquer. It is related that on one occasion when he entered for a walking event in Oakleigh, a distant outer suburb of Melbourne, he walked there, competed in the race, and walked home again, covering nearly 20 miles more than the distance of the race.

While walking to victory and fame on Saturday, he whistled merrily for most of the harrowing journey. Evidently he has the heart of a lion.



ALL VICTORIAN RECORDS between 15 and 50 miles were broken by J. Gaylor, who won the Victorian Walkers' Club 50-miles championship at the Showgrounds on Saturday. His 8hrs. 49 min. 33 4.5sec. for the race is the best Australian time.

Oct 15, 1932

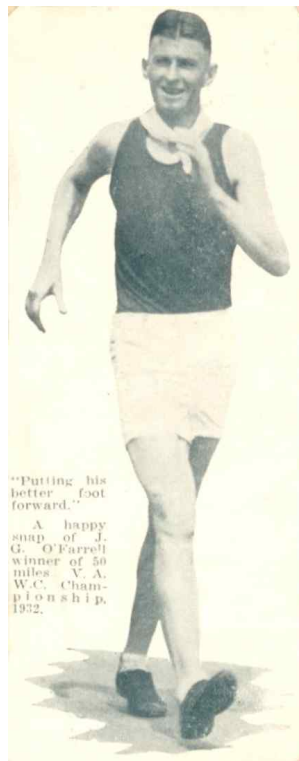
50 Miles VAWC Championship, St Kilda (10 mile lap)

The 1932 edition of this event attracted a record field, although inclement weather was experienced. Wind, rain and cold greatly hampered the contestants in the early stages of the race and some entrants were forced to withdraw due to cramps. After lunch, the weather fined and the finish proved most exciting.

Gaylor was expected to win again but on this occasion he was upset by Joe O'Farrell who was better known as a track walker. On his first serious excursion into the ultra distance area, O'Farrell matched it with Gaylor as they led the field and raced neck and neck over the last 20 miles. It was only in the last couple of miles that O'Farrell drew away to win in an Australian best time of 8:38, finishing 6 minutes ahead of Gaylor whose 8:44 was also a personal best time. Third place was taken by Charles Dunning, a veteran English walker and a Mons medal winner.

1. O'Farrell, Joseph	08:38:32	New Australasian Best
2. Gaylor, James	08:44:34	
3. Dunning, Charles	08:57:31	
4. Grierson, Roy	09:02:25	
5. Cecil, Richard	09:53:45	
6. Hynes, John	09:54:35	
7. Leeson, Stan	09:54:58	
Retired:		
	Robinson, Alfred	
	Winstanley, Edward	
	Wright, Leslie	
	Lescum, Frank	
	Blackley, Rupert	

Mr Ted Winstanley donated a medal to the winner to commemorate the outstanding performance.



Joe O'Farrell in action. "Putting his best foot forward."

The following press cutting captures an amusing moment after the event and highlights the fact that O'Farrell and his brother were well known as jokers.

Spectators at the finish of the 50 mile walking championship at St Kilda on Saturday received a mild shock after Joe O'Farrell had finished an easy winner and set up new Victorian and Australian road records.

O'Farrell was carried shoulder high into the St Kilda Town Hall by his jubilant friends, one of whom was his trainer W. Templar. Less than a minute later there was a remark, "My word, O'Farrell, in addition to being a champion walker, is a champion quick-change artist," as a smartly dressed young man looking in the pink of condition tripped down the steps of the St Kilda Town Hall. Even officials were dumbfounded. It was O'Farrell's twin brother, Aloysius who takes a delight in practising this form of deception.

This marked the beginning of a fantastic period for O'Farrell. For the next 5 years, he was a regular winner of Victorian titles over all distances – 3 Mile Track walk in 1935; 5 Mile road walk in 1933, 1934 and 1936; 10 Miles road walk in 1933-1936; and 50 km road walk in 1935. He also set numerous Victorian records and featured prominently in the Australian roadwalking championships of the time.

Unfortunately, this marked the end of the 50 mile events in Victoria for the time being. It was not until 1947 that the St Kilda to Frankston and Return would be resurrected and O'Farrell and Gaylor would again battle over this classic distance.

QUEENSLAND LONG DISTANCE WALKS IN THE 1920's

Like South Australia, little is known of the long distance exploits of the early Queensland walkers but various snippets indicate that there were a number of ultra distance walks attempted in the 1920's.

There were several parties of walkers who, on different dates in 1921, attempted to lower the the Brisbane to Southport record of 13 hours 28 minutes. The record eventually fell to R. F. McMurdo in October 1921 with a fine time of 10 hours 15 minutes. Third place was taken by another Queensland competitor Tom Byrnes. Byrnes, at 42 years, came 7th in the 1926 NSW 50 mile walk championship and McMurdo came 2nd in the 1927 NSW 50 mile walk championship.

Apart from these local walks, the Queensland walkers also travelled interstate to chase the ultra distanc walks, with some success. The following extract, dated 1927, is taken from *Athletics in Queensland*.

Undoubtedly the performer of the year was walker R. F. McMurdo of Rocklea Harriers. The 1927 / 28 Annual Report recorded this tribute to his performances

"It is with pride that we record one of the finest athletic performances ever registered by a Queensland representative. We refer to the win of R. F. McMurdo (Rocklea Harriers) in the Marathon Championship of Australia and New Zealand, held in Sydney on August 27 1927. There were 25 starters, including many proved Marathon runners in this historic race, Tasmania, New South Wales and Queensland being represented. McMurdo ran a heady race and, finishing strongly over the last mile, won comfortably from H. Hayden (NSW) in 3 hrs 6 mins 23 secs.

With only a week's rest after his gruelling marathon, McMurdo finished second in the 50 miles Walking Championship of NSW, his time being 9 hrs 34 mins 6 secs, only 17 minutes slower than the winner G. A. Smith (NSW). All members of the Association join in extending to Mr. McMurdo heartiest congratulations on his wonderful performances, and trust that the will long continue to be a tower of strength to the Association."

Tom Byrnes, a distance walker from Ipswich, also deserved special mention. He competed in the first Victorian Marathon Race, Frankston to Melbourne, in 1909, won by A Sime. He finished third in the Brisbane to Southport walk of 50 miles in 1921 and regularly travelled interstate to walk in the various 25 miles and 50 km State Championships.

In 1928, the following press cutting gives a flavour of the time and the hardness of the men of that era.

Tom Byrnes, the Queensland endurance athlete, is down in the dumps. He intended to compete in the Victorian 12 hours' endurance event for walkers. Now 'tis said that the event may not be held. Byrnes is a regular competitor in such events and thinks nothing of journeying 1000 miles or so to take part. There was some talk originally of a 24-hours' test and this event interested Byrnes most. "Twenty five miles would be no test at all," he writes. "It is a mere sprint, and one hardly gets warmed up. But in regard to a 24 hours' test I would willingly walk to Melbourne for the privilege to taking part."

Byrnes is well over 40 years of age, is more than 6 feet tall and weights 12.0 in hard condition Tom and his friend Harold Parcell, a former marathon champion, train all the year round, and go on long jaunts together. On returning from a 20-mile walk, they don the gloves and set to for a few rounds. Parcell, Byrnes infomres me, boxes very well.

SOUTH AUSTRALIAN LONG DISTANCE WALKS OF THE PERIOD

South Australia had been one of the original States which competed in the inaugural Australian 7 Mile Walking Championship in 1923 and it had a proud history of walking that went back to the late 1800's.

When Australian Centurions Founder Len Mathews arrived in Adelaide from England in 1912, he founded Adelaide Harriers and Walking Club and organised amateur athletics in South Australia started from that point. When Len died in 1983, all his old historical materials were passed onto Jack and Ruth Webber. Ruth and Jack subsequently passed them onto the current Adelaide Harriers club secretary for safe keeping. But they seem to have been lost over time and now Ruth is unable to find out any details of their whereabouts or continuing existence.

Ruth does remember being told that the first walking events were held in North Adelaide but they soon shifted to Adelaide Racecourse and they continued at that venue until about 1919. I am aware of a 25 Mile walk in Victoria Park on September 27th 1913 and I believe that a number of long distance walks were held in the early decades of the twentieth century.

Of particular interest is a comment in a 1931 newspaper article on Sid Barber who had walked from Adelaide to Melbourne (see below). It commented that

“He had previous experience of long distance walking, having covered 50 miles on an Adelaide to Darlington course in 1916 in 9½ hours. That was 12 minutes better than the official Australian record but, being a road time, not eligible for record status. “

This remains a piece of outstanding research.

For now, I will restrict my attentions to Sid Barber's famous 1931 walking feat.

SID BARBER – ADELAIDE TO MELBOURNE, 1931

Nowadays, our planning for any athletic endeavour is detailed and thorough – money is normally not an obstacle and supporters, coaches and family are ready to do what is required to ensure success. But this has not always been the case – in the midst of the Great Depression, a South Australian walker attempted what would test us even now – a solo unsupported walk of nearly 600 miles.

Sid Barber, a well known pedestrian of earlier times and widely recognised throughout South Australia for his comments on athletics under the name of 'Old Ped', set out at midnight on Monday 16 February 1931 from the Adelaide GPO in an attempt to walk from Adelaide to Melbourne in 11 days. With a total distance of 596 miles, he would need to average 52 miles a day.



Sid Barber is bid farewell as he sets out from the Adelaide GPO at midnight on Monday 16 February 1931

The scheduling of his walk in what is traditionally the hottest month of summer was a gamble. All he was carrying was a small swag and a water bag, and he hoped that passing motorists would take them ahead for him and leave them at towns where he had arranged to spend nights.

He covered 63 miles on his first day, stopping at Wellington on the Murray on the Tuesday evening. On the way, he had stopped for an hour by the road and had enjoyed a swim in Lake Alexandrina. He commented that he had filled his water bag 5 times and used it mainly by gargling.

After a rest in Wellington, he pushed on to Meningie (93 miles) where he arrived mid afternoon the next day. He then slept until about midnight before setting out on the lonely track through the Coorong where hot weather was expected.

Barber reached the half-way house at Salt Creek on Thursday night and left on Friday. He was then slightly behind schedule but hoping to make up time on the better roads.

At one time employed in the postal department as a letter carrier, it was while 'padding the hoof' that he got his liking for the 'heel and toe' sport. Now, aged 50 and with a career in amateur walking behind him, the President of the Plympton Athletics Club had trained for about 5 weeks for his big task, his preparation being 14-mile walks in the evening. He had previous experience of long distance walking, having covered 50 miles on an Adelaide to Darlington course in 1916 in 9½ hours. That was 12 minutes better than the official Australian record but, being a road time, not eligible for record status.

Messrs. Griffiths Brothers had offered to provide him with supply of tea and chocolate and these had been forwarded to various places.



Sid Barber with his swag and water bag en route to Melbourne

The Melbourne newspaper recorded his arrival in Melbourne some 2 weeks later

***NEARLY 600 MILES
Veteran's Long Walk***

Sunburnt, a little tired and nursing a blistered heel, Sid Barber, 50, a South Australian athlete, walked into Melbourne on Monday and so finished his 596-mile walk from Adelaide. He was 13½ days on the road.

Barber attempted to make the journey in 11½ days but a blistered heel and strong head winds at certain stages of his walk robbed him of the chance.

Although he is disappointed at his failure to do the journey in the time he set himself, Barber believes it is possible to make the trip with favourable weather.

With the exception of four occasions, he slept under the stars, hedges being his only shelter. His staple food was a pound of chocolate a day and billies of tea.

It took 48 years before Barber's 11 day projection was realised and it was achieved by another well known South Australian walking identity, Jack Webber (C 2). Jack, then aged 64, set off from Melbourne on Wednesday 15 August 1979 and reached Adelaide on Saturday August 25. His performance set a new walk record for Melbourne to Adelaide with an epic 10 days 2 hours 30 mins. Jack regarded this as perhaps his greatest achievement and he had the privilege of being accompanied by former Olympian Marjorie Jackson over the last few hundred metres - amid a great throng of people - to the Adelaide Town Hall.

Presumably Sid Barber's 13 days still remains the record for a walk from Adelaide to Melbourne.

Smith increased his lead with every circuit, and set new figures on two occasions and probably made a third one.

The first record came when he slipped past the 50 mile mark in 8:50:25, reducing his own 1927 figures by 16:35. He covered 100 km (62 miles 245 yards) in 11:21:30, setting a new State record for the distance.

With this added encouragement, he increased his pace to see the time out. This is the first occasion on which the event has been held in New South Wales and Smith's distance will be considered for record recognition.

He was remarkably fresh at the finish and said that he could have gone further. He will have an opportunity to do this on October 15, when he will attempt a 24 hour trial.

Smith finished with a lead of 5 miles 1174 yards from H. Barrett who was also walking strongly while J. Bebert, M. Gentle and M. Stannett finished in that order. Smith's times for intermediate distances were: 10 miles 1:40:45; 20 miles 3:24:40; 30 miles 5:10:35; 40 miles 7:00:25; 50 miles 8:50:25; 60 miles 10:53:01; 100 km 11:31:30

WALKED FOR 12 HOURS



HIS AVERAGE SPEED was nearly 6 m.p.h. for 12 hours, so Gordon Smith, New South Wales 50 mile and 24 hour walking champion, could be excused for wiping the perspiration from his brow during the New South Wales walking marathon on Saturday, in Centennial Park

Oct 15-16 1938

NSW Amateur Walking Club 24 Hour Walking Trial, Bankstown Oval

His second ultra distance walk of 1938 was just as astonishing. This time the NSW Amateur Walking Club used the hard asphalt track around the Bankstown oval and Smith improved by over 3 miles on his 1937 centurion performance.

Five men and a girl started walking the event at 10:37 a.m. on Saturday 15 October. All were members of the NSW Amateur Walking Club. The girl, Miss Mary Stoddart, a stockily built 22-year-old, had a reputation as a bush walker and hoped to establish a record for a 12 hours walk. Amongst the men, S. Sheedy was expected to drop out after 20 miles, it being his intention to establish a new NSWARWC record for that distance. The other contestants, all of whom hoped to stay on the track for the full time, were – G. A. Smith, D. D. Stead who was third last year, H. W. Barrett, an English walker who had previously competed in the London-Brighton walk and other events, and E. Mitchell.

Only a handful of officials and relatives and friends of the competitors were present to see the start. The men were initially bareheaded but there was a call for panama hats at around 11.30 a.m. from Mitchell and Stead. Sheedy and Barrett distained the head protection. They were refreshed at intervals with cups of tea, cocoa and glucose. Timekeepers and recorders worked in relays.. Sheedy completed the first 5 miles in 45 min, 43sec with Smith and Barrett 4 laps back. Walking strongly, Sheedy reached his 20 mile mark in 3 hours 6 mins. 32 secs. to break the record by over 2 minutes and then retired. Smith began to draw away from the 48 year old Barrett while Stoddart walked her own race at the back of the field. Stead dropped out in the 143rd lap and Mitchell in the next, after covering about 38 miles. At a steady pace, Stoddart went round and round the track until she reached the 50 mile mark in 12 hours 16 minutes 45 seconds. Not surprisingly, she suffered from blistered feet and fatigue.

Barrett began to suffer from an ankle that was becoming worse with every step. He rested about 11.45 p.m. and had his ankle massaged with methylated spirits. He had then covered 58 miles and Smith was approximately 5 miles ahead of him. He made a gallant effort to continue, although in considerable pain, until he was persuaded to give in when he had done 78 miles. This left Smith on his own for the remainder of the race.

There was a large crowd at the ground at midnight, after the closing of the Bankstown picture theatres, and when the public realised it was illegal to charge for admission on Sundays. There was also a large number present at the finish. After the race, Smith paid tribute to his masseur who he said was a key factor in his success.

1. Smith, Gordon 113 miles 1309 yards (New Australasian Record)

Again, the newspaper report says it all

Mon 17.10.1938
WALK RECORD IN 24 HOURS TRIAL
G. A. Smith's Effort NEARLY 114 MILES

Gordon A. Smith, of Summer Hill, set what officials of the New South Walkers Amateur Walking Club claimed to be the first official Australian record for a 24 hours road walking trial during the weekend by covering 113 miles, 1309 ½ yards at Bankstown Oval.

Apart from tiredness and several blisters on his feet, Smith showed little sign of his gruelling experience and finished his walk strongly. Smith averaged more than four miles an hour. Last year he covered 110 miles, 871 yards on the Centennial Park Circuit.

There was a large crowd at the ground at midnight, after the closing of the Bankstown picture theatres and there were a large number of people present at the finish yesterday morning.

Smith continued on his lone walk through the night and was given an ovation when he passed his previous best distance of 110 miles at about 9:45 am. He had then walked round the track 450 times in 23 hours, 12 mins 45 secs. He was suffering from the heat and frequently placed a panama hat filled with water on his head. He was given a great reception at the finish.

Smith attributed his fitness to careful massage treatment. He had three-quarters of an hour's massage by his trainer, Mr Victor Revelle, before he started, and said that his muscles were in fine condition. After the event he was again massaged on the limbs.

THE PERIOD 1947 – 1967

With the onset of the Second World War, the walking clubs ceased activities and matters of much greater importance were considered. It was not until 1947 that the Victorian Amateur Walkers' Club again featured a full season of road racing and walkers had the chance to revisit the 50 Mile walk distance.

For a considerable period of time, competitors were consistently above the 9 hour mark and no one was able to achieve the pre-War heights achieved by Jim Gaylor, Jack Lewis, Joe O'Farrell and Gordon Smith. Indeed it was not until 1956 that a New Zealand walker finally broke their times.

Oct 11, 1947 **50 Miles VAWC Scratch Race, St Kilda to Frankston and Return**

At the end of the 1947 winter season, VAWC featured a 50 Miles Scratch Race over the familiar course from St Kilda to Frankston and Return. Jim Gaylor was a courageous second behind James Purtell and Joe O'Farrell was sixth. Both Jim and Joe contested the 50 mile event with enthusiasm that belied their age.

1. Purtell, James	09:17:40
2. Gaylor, James	09:32:05
3. Merrifield, Jack	09:32:10
4. Koch, Harry	09:42:30
5. Grierson, Roy	09:55:30
6. O'Farrell, Joseph	10:00:50
7. Goble, Norman	10:20:40

Retired Philpotts, Alex

Oct 16, 1948 **50 Miles VAWC Championship, St Kilda to Frankston and Return**

The 1948 event was a VAWC Club Championship, alongside Club Championships over the shorter distances of 1 Mile, 3 Miles, 5 Miles, and 20 Miles. Again, pre-war walkers were to the fore and Norm Goble, already an old stager, took the honours. Jim Gaylor was a retiree on this occasion, one of the few times that he had ever failed to finish a race.

1. Goble, Norm	09:21:24
2. Busst, John	09:39:26
3. Purtell, James	09:45:09
4. O'Farrell, James	10:04:16
5. Medcalf, William	10:09:31

Retired: Gaylor, James
 Kelly, Thomas
 Philpotts, Alex

Oct 15, 1949 **50 Miles VAWC Championship, St Kilda to Frankston and Return**

Again the event was won by one of the old stagers, Bill McKinna, who had started his career in 1931 as a member of Footscray Harriers. The long distance walking scene in Victoria was the domain of the older walkers. There were younger walkers coming into the sport but they restricted their activities to the higher profile shorter races. Jim Gaylor and Joe O'Farrell remained good supporters of the event as the photo below shows.

1. McKinna, William	09:21:12
2. Roche Harry	09:28:31
3. Goble, Norman	09:39:01
4. O'Farrell, Joseph	09:58:55
5. Gaylor, James	10:04:56

Retired: Kelly, Thomas
 O'Grady, Fred
 Barling, Clifford



Jim Gaylor, the holder of the Victorian 50 mile road record, and Joe O'Farrell, the holder of the 50 mile track record, captured by the cameras moments before the start of the 1949 50 mile event.

1950 50 Miles VAWC Championship, St Kilda to Frankston and Return

The 1951 event saw only 3 starters, a number which must have caused some concern for the VAWC committee. John Busst, who had been second in 1948, went one better on this occasion. Jim Gaylor recorded his 5th finish from 6 starts. He had won in 1931, come second in 1932 and 1947, come fourth in 1949 and taken third here.

- | | |
|------------------|----------|
| 1. Busst, John | 09:41:00 |
| 2. O'Grady, Fred | 10:00:56 |
| 3. Gaylor, Jim | 10:34:56 |



This photo, shot at Albert Park during 1950, features Len Chadwick, Norm Goble, Jim Gaylor and Tom Kelly in the back row while Fred O'Grady and John Busst kneel in front

Oct 13 1951

50 Miles VAWC Championship, St Kilda to Frankston and Return

Again, it was an older club member who won, again in a time well over 9 hours. John Busst took his third placing in 4 years (1 first and 2 seconds) while Jim Gaylor attempted his last long race. Unfortunately Jim failed to finish but his contribution was already locked in and he had nothing to prove. Jim eventually died in 1999 at 89 years of age. He had continued his association with VAWC for over 70 years and was one of the most respected of its many life members.

1. Chadwick, Len	09:15:35
2. Busst, John	09:19:23
3. Mackay, Clive	09:35:46
Retired:	O'Grady, Fred Barling, Cliff Hellyer, Leslie Goble, Norman Gaylor, James

Oct 11 1952

50 Miles VAWC Championship, Albert Park (5000m lap)

In 1952, a change of venue took place and the VAWC 50 Mile championship was contested around Albert Park Lake. This was a tough course of 5000m so 16+ laps were needed to complete the imperial distance. The number of retirees indicated the toughness of the day and Les Hellyer, who had failed to finish in 1951, took first place on this occasion. Les was a young walker on the rise and went on in 1955 to set a new Australian best time for the 50 km distance with 4:51:04.4. Veteran Fred O'Grady took second place, the same position he had finished in 1950.

1. Hellyer, Leslie	09:33:54
2. O'Grady, Fred	09:42:23
3. McGregor, Lindsay	09:49:55
Retired:	Mackay, Clive Flint, Ronald Goble, Norman Cox, James Morrison, Frank

Oct 16 1954

50 Miles VAWC Championship, Albert Park (5000m lap)

With the special scheduling of a VAWC 50 km race to test out the course to be used for the 1956 Olympic 50 km in Melbourne, it was not possible to schedule a 50 Mile event in 1953 so competitors had to wait until 1954 for their next opportunity. Although the race was won by New Zealander Harry Tetlow, the club championship went to Fred O'Grady, his first win after his two second placings.

1. Tetlow, Harry (NZ)	09:48:58
2. O'Grady, Fred	10:58:03
3. Claughton, Bernie	11:18:28
Retired:	Hellyer, Leslie Cronnolly, Lancelot

Oct 28 1956

50 Miles VAWC Championship, Princes Park, Carlton (2 mile lap)

It was not until the 1956 VAWC 50 Mile Club Championship that the 9 hour barrier was finally broken and the race went to famous New Zealand walker Harry Tetlow. His time of 8:25 was a new Australasian best. Tom Daintry, then aged 45 and just moved from Queensland to Melbourne, was second in 8:46. Finally an Australian was back under the 9 hour mark. Held only a month before the Melbourne Olympic Games, the event attracted a good field.

The VAWC Annual Report for the 1955/56 Season reported as follows

This gruelling race attracted five stalwarts who experienced almost perfect conditions for this type of event. The record for the 50 Miles Club Championship was held by Joe O'Farrell since 1932 when he recorded 8 hrs 38 mins for the distance over the old St. Kilda circular course of 10 miles each lap.

But Harry Tetlow of New Zealand came up with a performance which will take some equalling in the future. Taking the lead around the thirty miles post, he went on to win in the record time of 8 hrs 25 mins 37 secs. A feature of the race was that all starters completed the course.

1. Tetlow, Harry (NZ)	08:25:37	New Australasian Best
2. Daintry, Thomas	08:46:02	
3. Waite, E (NZ)	09:10:33	
4. Busst, John	09:15:08	
5. MacGregor, Lindsay	10:35:47	

April 18-19 1959 VAWC 24 Hour Walk Relay, Olympic Park, Melbourne (1 mile lap)

In 1959, the Victorian Amateur Walking Club staged a 24 hour relay in the streets around Olympic Park. The lap was a 1 mile loop which commenced in Swan St outside the velodrome, then proceeded to the Olympic Park Swimming Pool, turned left along Batman Avenue to the Anderson Street bridge, then turned along the path beside the Engineer's depot and back into Swan Street.

The event started at 3PM on Saturday 18 April 1959 and there were 2 contesting teams. The first team of 13 walkers included names like Noel Freeman, Ted Allsopp, Don Keane, Bob Gardiner, Ray Smith, Jim Gleeson, Harry Summers and Alan Hancock – the cream of the Australian walking scene (Freeman went on to take silver in the 1960 Olympic 20 km event in Rome). The second team included 20 walkers taken from the club's remaining members.

The winning team walked a total distance of **181 miles 20 yards (291.250 km)** in what must have been a world's best at that time. The second team walked **160 miles 590 yards (257.976 km)**

Distances walked by each of the walkers in the winning team were as follows

Ted Allsopp	19 miles
Gavan Breen	8 miles
N Brown	7 miles
Noel Freeman	28 miles
Bob Gardiner	9 miles
Jim Gleeson	12 miles
Alan Hancock	15 miles
L Hehir	11 miles
Don Keane	10 miles
Norm Norris	15 miles
Ian Saunders	11 miles
Ray Smith	15 miles
Harry Summers	20 miles

Oct 15 1961 50 Miles VAWC Championship, Albert Park (5000m lap)

Five years later in 1961, another 50 mile race was scheduled in Melbourne and a new force was uncovered in Australian long distance walking – Jim Gleeson.

Jim became a racewalker in 1958 after Frank McGuire kidded him into the sport. He wanted to be a marathon runner but finished up as a marathon walker instead. This was Jim's first attempt at a really long walk and he recorded 8:42 – the one of the best ever times by an Australian.

I was able to talk to Jim Gleeson about this race which he still remembers well. Conditions were hot and this was his first 50 miler. Frank McGuire told him to stay with Tom Daintry as he had done the distance previously. Rod Bambery took off 'like the Spirit of Progress' and was more than a mile in front when he 'hit the brick wall'. Jim remembers going past him a few laps later. Rod was game enough to struggle on and finish in third place behind Jim and Tom.

Here is how the VAWC "Heel and Toe" reported the race

The winter season concluded with the first 50 mile championship held by the club since 1956. Interest in the event was extremely high and the field of 9 starters (6 of whom did a magnificent job in finishing the course) was one of the largest on record. In addition, as our good Secretary points out, it was one of the youngest fields ever to tackle the distance. Many brave young hearts were sadly deterred in the very first lap of the lake (at the unearthly time of 7a.m.) when an ardour-dampening shower drenched the field. However, the first of the

retirements did not come until the 16 mile mark, and not one competitor retired after the half way mark (maybe the competitors of today are not so 'soft' after all).

Jim Gleeson walked strongly throughout and came home a comfortable winner by almost a whole three mile lap – Jim's time of 8:42:29 was the second best on record for the road event. Title holder Tom Daintry and youthful Rod Bambery staged an enthralling battle throughout the race with Tom's experience gaining him a narrow advantage of 400 yards at the finish. Frank Harris won a very even handicap with fourth place in 9:48:20, while Varel Newmark and style awared winner Doug Johns showed amazing freshness during the final lap and finished the course only 20 seconds apart. All finishers beat 10 hours for the distance – and this too is surely a record.

1. Gleeson, James	08:42:29
2. Daintry, Thomas	09:15:25
3. Bambery, Rodney	09:17:39
4. Harris, Frederick	09:48:20
5. Newmark, Varel	09:51:48
6. Johns, Denis	09:52:08
Retired:	Naismith, Brian
	Rimmer, John
	Tarr, Alexander

13-14 April 1962 NSAWC 24 Hours / 100 Mile Walk, Sydney

In 1962, NSW Amateur Walkers Club decided to put on their own 24 hour event but atrocious weather thwarted the hopes of any competitor finishing the course. However, several good performances were recorded. The VAWC Heel and Toe Magazine records the event as follows

The 'winner' both for distance and time, was 48 year old George Buck, who only started walking to help his son Len. George covered 65 miles in 17 hrs, 45 mins in a wonderfully game effort. Forty three year old Les Wade made it a veterans finish by lasting our 57 miles in 16 hrs 29 mins while Olympian Ron Crawford strolled 55½ miles in 11 hrs 40 mins. Logan Irwin completed an even 50 miles, and club secretary John Ferguson saw out 41½ miles, ending at 4AM. Barry Kendall's 41½ miles was a sterling walk also. Peter Waddell never misses an opportunity to stretch his legs and 28 miles was a comfortable amble for him.

1. Buck, George	65 miles	17:45
2. Wade, Les	57 miles	16:19
3. Crawford, Ron	55 ½ miles	11:40
4. Irwin, Logan	41 ½ miles	
5. Kendall, Barry	41 ½ miles	
6. Waddell, Peter	28 miles	

2 July 1962 53.2 Miles Adelaide to Murray Bridge, South Australia

Not to be left out, The South Australian Amateur Walking Club decided to schedule its own long distance walk and 1962 saw the inaugural Adelaide to Murray Bridge walk was held. Unlike the flat NSW or Victorian courses, this course saw walkers climb out of Adelaide and then negotiate the many long rolling hills as they made their way east. It was not a course for the faint hearted. The race officially started from the Adelaide Town Hall and finished at the Murray Bridge Town Hall

Six walkers fronted the start for the 53.2 mile event at 5:35AM on 2nd July 1962 but, of the starters, only Col Bailey and Jim Forrest completed the course, the other 4 dropping out at various points along the way. Final results were

1. Col Bailey	9:13:24
2. Jim Forrest	9:45:55
Peter Whitham	Retired at 40 miles
John Corrie	Retired at 30 miles
M Parrott	Retired at 25 miles
B Carter	Retired at 10 miles

Col Bailey broke several road bests along the way:

- A new South Australian 25 mile best of 4 hours 1 minutes (beating the current record by 9 minutes)
- A new South Australian 50 km best of 5 hours 7 minutes (beating the current record by 9 minutes)

- **A new Australian 50 mile best of 8:37:40**, beating the 1932 record of 8:38:32, held by Victorian Joe O'Farrell.

Col's personal comments from his diary add some flavour to what would otherwise be a dry report.

It was a fine, mild mid-winter's morning and warmed considerably as the day wore on. We all stuck together as a bunch until Glen Osmond and, as we headed up into the hills, the less fitter walkers began to drop back. Jim Forrest, Peter Whitham and I stuck together until reaching 'the Devils Elbow' and the steep climb began to take its toll. Whitham dropped off and Forrest stuck with me until Crafers where I slowly moved away. (Please keep in mind that this race was entirely on the old road, most of which has now been superseded by the freeway) By the time I reached Stirling I was feeling superb and was by then, well out in front. It was about there I had my last drink until I reached the 40 mile mark in the afternoon, and this very nearly brought me undone. I had moved so far away from the others that the grub waggon had forgotten all about me and concentrated on those remaining, who were up to thirty minutes behind at that stage. As I came out of the hills past Kanmantoo and began walking through the flatter country of Monarto, the heat really built up and, with my face caked with salt, my mouth parched and my body screaming out for water, I was in big trouble. When the chief Judge, Claude Knight, came along I told him I would have to pull out if I didn't soon get water, and within 10 minutes I had my water, right at the 40 mile peg. It was then I learnt of my actual time because up to then I had no idea how fast I was going. I realised that I had blown my pre-arranged schedule to bits and my time was almost an hour faster than I had expected at that stage. I was now in unknown territory, never having walked that far before. I must admit, I was feeling really stuffed by then, I had well and truly hit that fabled wall, but fortunately the water and a few salt tablets got me going again and my mile rate began to pick up. I didn't eat anything because I feared it would upset my stomach. When they told me I was in sight of a 50 mile record I really got stuck into it again. I had no idea what the record actually was, or even who held it, that was never in my mind, but it gave me the incentive I needed to finish strongly. I learnt many valuable lessons from that walk, namely to keep walking through adversity and never give in, and to think positively, not to mention continually reminding yourself of all the darned hard training you put in over many months. The fact that I walked so much of the race alone didn't seem to worry me until the last 10 miles when I began looking over my shoulder, because I had no idea how far Forrest was behind me, but I needn't have worried. I went into the race weighing 122 lbs and finished weighing 114 lbs. Fortunately it wasn't a windy day because good burst of wind and they would never have seen me again.

Col commented recently as follows:

At the time I was living out in the country, 23 miles from Adelaide at a little place called Kangarilla and I did all my training alone on rough, unlit bush roads. I would arrive home from work just before dark and hit the road training - regardless of the weather - in the dark: 10 mile Tuesday, 20 mile Wednesday, 10 mile Thursday, race on the Saturday and a good long walk Sunday. Every third Sunday. I would do a 35-40 mile country circuit, up hill and down dale which took me anything up to seven hours. It was time on my feet that counted and back then you could train reasonably safely on the roads, unlike today. I had an old 1939 Chev sedan at the time and measured all my walk routes thoroughly to know exactly how far I was walking. I did three months of solid, relentless training for that walk; my wife called herself a 'walking widow', because I thought about little else for the whole three months, but in the end it was worth it.

Oct 14 1962 50 Miles VAWC Championship, Albert Park, (5000m lap)

Col Bailey's new Australian 50 Mile best did not last long. The Victorian 50 Mile walk, held 3 months later in Melbourne, saw Jim Gleeson improve his best time by 27 minutes to set a new Australian best time of 8:15:19. It would take 13 years before another Australian would better that time. Col Bailey made the trip to Victoria but was forced to retire after a persistent hip problem sent him lame around the half way mark.

1. Gleeson, James	08:15:19	New Australasian Best
Retired:	Breen, Gavan	
	Bailey, Colin (SA)	
	Norman, Mark	
	Newmark, Varel	
	Daintry, Thomas	
	Pomeroy, Alan	

Here is how the VAWC "Heel and Toe" reported the race

Showing tremendous grit and determination, Club 50 mile champion Jim Gleeson annihilated the Australian best-time on record by retaining his title in 8 hrs 15 mins 19 secs at Albert Park on October 14th. Jim becomes

the first Australian to better 10 mins per mile for the gruelling journey of more than 16 laps of Albert Park lake.

The half-way mark saw only two of the seven starters still on their feet, with Gavan Breen retaining the lead he had set up in the second lap. However, after being $\frac{3}{4}$ mile behind Gavan at 23 miles, Jim's experience in this type of event asserted itself and by the 50 kilo. Mark, reached by Gavan in 5 hrs 3 mins, Jim was only 5 mins down, and was gaining hand over fist. The 36th mile saw Jim stride past the fading Gavan with the fastest lap of the race, and Gavan's ultimate retirement was in the 42nd mile. Jim was after Harry Tetlow's record of 8 hrs 25 mins and held his form splendidly to clock a phenomenal 8 hrs 15 mins 19 secs.

Jim describes the race as his hardest ever, but it must also be his most satisfying. He trained very hard for the event – one Saturday, he walked at least 20 miles in the morning, finished second in a two miler at Mentone, and then set off for another spin in the afternoon. Jim's performance is a fine example to all his clubmates of what can be achieved through patient and consistent hard training.

27-28 April 1963 QAWC 12 Hour Walk, Brisbane

On 27-28 April 1963, 25 year old Sid Bray competed in a 12 hour race at the Lakeside Motor Racing Circuit north of Brisbane. The race, beginning at 10PM, was organized by the Queensland Amateur Walking Club. Sid was the sole finisher, completing **59 miles 1365 yards**. While well short of Gordon Smith's 1938 Australasian record of 65 miles 781 yards, it was still a very commendable distance.

I first met Sid in 1973 when I travelled to Brisbane with the Victorian team to compete in the Australian 50 km title. Even then Sid was already a long standing member of the locally based walking club. He is still going strong, currently holding the position of Patron of QRWC.

When asked about this walk recently, he said that he cannot recall the names of the other walkers in the 12 hour event which was put on specifically to allow him to do a 12 hour walk. The other walkers were only there to support him.

The photo below, Brisbane newspaper "The Courier Mail", shows Sid taking breakfast on the fly while then QAWC President Keith Campbell attended him. Keith, like Sid, is still involved in the local Brisbane athletics scene. You just can't keep good men down.



Oct 12 1963 50 Miles VAWC Championship, Albert Park (5000m lap)

Retirees:	Webber, Jack	40 miles
	Corrie, John	50 km
	Starr, Bill	
	Williamson, Bob	
	Maddern, Bill	
	Gould, Bill	

August 29 1964 50 Miles NSWAWC Championship

In what was a solo performance, 71 year old Harry Barrett completed an inspirational solo 50 mile walk in 11.46.21, during which he braved a thunderstorm and soaking rain.

1. Barrett, Harry 11.46.1

In September 1961, The Northern Territory News sponsored a 15 Mile walk in Darwin and the event proved so popular with the Territorians that in 1963, they extended the concept and added a 62 mile walk relay for men and a 42 mile relay for women. With baton-changes every 5 miles, the Army team passed the 50 mile mark in 9:03:00 and finished in a time of 11:11:00. The winning women's team covered their 42 miles in just on 9 hours.

This event gave a unique opportunity to some of the best Victorian walkers as the newspaper sponsored first one walker in 1964 and then teams of walkers in 1965-1967.

Oct 3 1964 100 Km Darwin 'Big Walk'

Jim Gleeson was the first walker to benefit from the Northern Territory News sponsorship.

A week after successfully defending his 1964 Victorian 50 km title, he flew to Darwin to compete by invitation in the gruelling race against eight teams of relay walkers (7 walkers per team). He left Melbourne on a 58°F day and reached Darwin late at night on a Friday after an unexpected diversion via Katherine due to storms. It was wet season and the conditions could only be compared to a sauna. He was billeted with Frank Scully, got to bed at about 10PM, was up again at 4AM the next day to drive down to the starting point some 60 miles from Darwin for a 7AM start. The starting temperature was 92°F and the humidity registered a massive 87%. Jim was to walk singlehanded against his rivals who only did a mile or two at a stretch before handing over to a fresh walker. The course was over laps of 8,333 km (5 miles) and a boomerang was used instead of a relay baton!

From the start, the temperature rose higher and higher, and after only 20 miles, it seemed the fair skinned Victorian couldn't last out much longer – his skin was a deep red and the cruel sun was effecting even the local walkers. Jim held 3rd place most of the way and was doing a magnificent job at about 11 min miles. As the day dragged slowly on, Jim still refused to give in and kept plodding stoutheartedly on, earning the intense admiration of all who followed the marathon race.

Very very tired, Jim was still only 6 mins behind the Navy team at the finish in the late afternoon, the race being won for the second time by the Army team in 10.36.10. Jim's time of 11.03.35 was a heroic exhibition and was marked by a handsome trophy presented to him after the race. Although on the point of collapse, Jim stood as the crowd roared and clapped continuously for nearly 10 minutes. His sterling achievement was described by the organizers as 'a superb athletic performance and classic example of endurance and plain old-fashioned guts'.

However, the fine performance was not without its aftermath. He received second degree burns to his face, arms and legs and was taken into the Darwin hospital by Frank Scully the next day to have his burns attended.

Sept 25 1965 100 Km Darwin 'Big Walk'

In 1965 Jim was again invited to go to Darwin along with Bob Gardiner (3 time Olympic representative and one of our greatest 50 km walkers ever) and they formed a 2-man relay team to compete against the other 7-man teams. Conditions were similar to the previous year with temperatures of up to 95 degrees.

Bob took off like a steam train doing the fastest 5 mile leg. Jim was just over 2 mins slower than Bob for his 5 mile leg. Bob powered on, doing quick times for his next 2 legs of the journey. By the time 30 miles had been covered, they were miles ahead of their nearest rivals. Bob's next leg was the slowest that he had ever done, the heat and humidity

NEW ZEALAND ULTRA WALKING COMES OF AGE

It was Harry Tetlow in the 1950's who led a lone long distance walking charge on the New Zealand front. As previously discussed, he travelled to Australia in October 1954 and won the Victorian Amateur Walkers Club 50 Mile championship in 9:48:58. He returned in 1956 for a second win, his time of 8:25:37 setting a new Australasian best. When fellow Lower Hutt Athletic Club team mate Norm Read won the 1956 Olympic 50 km walk the following month, the profile of long distance walking was raised in New Zealand. An annual New Zealand 50 km championship was held from 1956 onwards and walkers were more in the public eye.



Harry Tetlow and Norm Read in action – New Zealand's first ultra walkers of note in the modern era

Through the Taranaki Race Walking Club, Tetlow and Read organized a series of annual 50 mile walks, from Hawara to New Plymouth, from 1964 until 1970. One further 50 mile walking event was held in 1976 before all went quiet .

Norm Read was the dominant walker in these early events and, in 1965, he reduced Tetlow's New Zealand Best on Record time to 7:49:52. This time still stands today as an Australasian Best.

The winners of these 50 mile events were as follows

1964	Norm Read	8:15:58
1965	Norm Read	7:49:52 (Australasian Best on Record)
1967	Norm Read	8:41:05
1968	Norm Read	8:24:35
1969	L. Diack	8:32:58
1970	D. Warner	8:55:29
1976	Norm Read	8:34:14

AND WHAT OF THE WOMEN

Unfortunately women do not feature in any of these early ultra distance walking results. The prevalent thinking of the day was that long distances were dangerous for women and they were effectively 'banned' from such events.

Although there was an offshoot of the Victorian Amateur Walking Club which was called the Victorian Womens Walking Club, distances were of the order of 880m and 1 mile. There were no opportunities for women to pursue thoughts of long walks.

The one exception to this rule seems to be **Miss Mary Stoddart** who on 15-16 October 1938, completed 50 Miles in 12 hours, 16 minutes and 45 seconds in the NSW Amateur Walking Club 24 Hour Walking Trial at the Bankstown Oval in Sydney. She remains a lone pioneer in an otherwise male domain.

It was not until the 1970's that women started to break the barriers and the first of those to question the long standing norm was **Lillian Harpur**.

Lillian walked in South Australia from 1970 until 1983. I remember Lillian well as she held many Australian Titles over the shorter distances of 3000m and 5000m and was renowned for her fighting spirit and never-say-die attitude. Many times she staggered over the line in complete exhaustion - a trait that few of us can develop - the ability to push ourselves to the absolute limit. During the period from 1971 to 1976 she was pre-eminent and from 1976 onwards, she had many great battles with the up and coming Sue Cook. Overall in the 1970s she placed in national championships on 17 occasions and had 6 Australian Championship victories.

However, her greatest walks were over the longer distances, and were generally unacknowledged and unrecognised. Lillian came to Australia in 1970 from Ireland and in her very first season at the age of 22 and with a young baby, she completed the SA 50 km event in **5:27:11**. This still stands as the fastest 50 km time by an Australian woman. When I asked Lillian how she had done such a feat in her first season of racewalking, she acknowledged that she had a background of trekking in the dales of Ireland. The officials of that era in SA refused to acknowledge her long walks and never put her performances in the results. Thus the papers never record her performances and the official results never mention her. How tunnel-visioned many people were just a short while ago.

Lillian did not carry on with the distance events under such adverse circumstances, only completing the occasional one. What a shame! If she could walk so well over the 50 km distance in her first season, what could she have done if she had had the motivation to keep going. An indication her potential is to be seen in her 30 km time of **2:47:13**, achieved on 23 Aug 1981 in the SA State Championship. She was in fact second overall to Peter Fullager and finished just ahead of George White. Now a 30km time of that is equivalent to breaking the 3 hour barrier for the 20 mile distance.

Unfortunately Lillian was forced to retire from competition in 1983 after suffering a brain haemorrhage. She still competes occasionally in the Veteran movement but has never fronted for a Centurion event. I have no doubt that she would have achieved the 100 mile distance and feel disappointed both that her time has come and gone.

Since then a number of women have taken up the challenge. The trend setter was **Carmela Carrassi** who set new Australian standards for all distances from 50 miles to 24 hours and was the our first lady Centurion.

The baton was then taken up by **Carol Baird** who bettered Carmela's records and is currently our outstanding female ultra distance walker.

Now we acknowledge that women are able to compete on a par with men in ultra distance events. But it has been a long battle by women to achieve that recognition.

AUSTRALIA'S FIRST CENTURION

As discussed previously, Gordon Smith of NSW became Australia's first Centurion walker by completing the 100 miles distance in 20:58:09 at the Bankstown Oval in Sydney in October 1938. Gordon went on to record nearly 114 miles within the 24 hour limit.

Gordon joined the 2/19 Battalion as an intelligence sergeant at the outbreak of World War 2. In February 1942 when Singapore fell to the Japanese forces, he was listed as Missing in Action. By 1943, this had been amended to 'Prisoner of War'. He was one of the unlucky prisoners who was transferred to Sandakan in Borneo. In what was one of the darkest episodes of the Pacific Theatre of the war, he and the other prisoners in that camp endured forced labour, beatings, torture, starvation and illness. In 1945, two groups of about 500 of the fittest prisoners were marched out of the camp to Ranau in what became known as the Sandakan Death Marches. He died on 8 March 1945. Of the 2345 Australian and British POWs who were imprisoned in this infamous camp in January 1945, only six survived. It is bitterly ironic that Australia's best long distance walking exponent should have died in such circumstances.

When he died, his wonderful performances of 1937 and 1938 were temporarily lost and it was not until the early 1970s, when the Australian Centurions were formed, that he was posthumously granted the title of the first Australian Centurion. At the time of awarding him Centurion membership, the Chapter had not been aware of his 1937 24 hour walk in which he completed 110 miles. So the official Centurion records show his 1938 walk as the first Centurion walk on Australian soil. But newspaper cuttings of the time confirm that his first 100 mile walk performance was in 1937. We would not know the actual 100 mile time but a total distance of 110 miles must mean that he would have passed the 100 mile mark in a little under 22 hours. This awaits further investigation.

**C1. Gordon A. Smith 20:58:09 Bankstown, Oval, Sydney 15-16 October 1938
(Completed 113 miles 1390.5 yds in 24 hours)**

Gordon was one of the most consistent competitors in NSW for a long period from the early 1920's right up to the outbreak of war. The following list shows just how consistent he was over this extended period.

1922	NSW 20 mile title	2 nd
1925	NSW 20 mile title	2 nd
1926	NSW 20 mile title	2 nd
	NSW 50 km title	2 nd
1928	NSW 15 mile title	1 st in 2:20:45 (New State road best time)
	NSW 50 mile title	1 st in 9:17:32 (New Australasian record).
		Course was from Sydney to Camden
	NSW 20 mile title	1 st in 3:23:23
	NSW 50 mile title	1 st in 9:24:08
1929	New state record for 15 miles	(2:18:15)
	NSW 50 km title	1 st in 5:10:27
1931	NSW 50 mile title	1 st in 9:28:49
	NSW 15 mile title	1 st in 2:08:10
	NSW 20 mile title	1 st in 3:15:31
	NSW 20 mile title	1 st in 3:07:49 (new State road best time)
1932	NSW 50 km title	1 st in 5:07:02
	NSW 15 mile title	1 st in 2:11:40
	NSW 50 km title	1 st in 5:35:08
1934	VIC 50 km title	3 rd in 5:01:32
1935	NSW 50 km title	1 st in 5:08:30
	AUST 50 km title	2 nd in 5:11:52
1936	NSW 30 km title	1 st in 2:56:15
1937	NSW 30 km title	1 st in 2:55:06
	NSW 50 km title	1 st in 5:28:03
	NSW 20 km title	2 nd in 1:55:03
	NSW 50 km title	1 st in 5:18:15

With such a background, it was not surprising that he would one day try for longer distances if the opportunity was offered...and the rest is history.

1971 - THE START OF THE MODERN ERA

The Australian Centurions base their existence on the lead given by the British who have had a Centurions club for many years. The Australian Centurions Chapter was formed in 1971 due to the hard work of 4 Australian-based people

- Tom Daintry who has been an Australian race walker for many years (now deceased)
- Brian Parkinson who was involved in racewalking as an official
- Fred Redman who had been a Centurion in England and who came to Australia in the sixties (now deceased)
- Len Matthews, another expatriate Brit who was also a British Centurion (now deceased).

These people put up the initial money to have the medallions and certificates made, and promoted the idea of an annual 100 mile/24 hour race. However, the first question to be decided was – had anyone previously completed the Centurion distance in Australia?

Len Matthews was able to find out that the previous record on Australian soil was 20:58:09, done by Gordon Smith in 1938. The race was now on to see who would be the first athlete to become a modern day Australian Centurion. While Len set to work to get the ball rolling in Adelaide, Brian, Fred and Tom set to work to put together a race in Victoria. The task for both groups was the same – to identify key candidates and get them to the starting line.

21-22 August 1971 Adelaide Harriers Track, Adelaide, South Australia

C2. Jack Webber 57 22:44:53 (Completed 104 miles 1238 yards in 24 hours)

Len Matthews had his ideal candidate firmly targeted – Jack Webber. Jack had been for many years the South Australian walking champion over many distances and had attempted some longer walks. At 57 years of age, Jack was ready to take on a much greater challenge.

The first race date for the modern era was set – August 20-21 1971 with the venue being the Adelaide Harriers Track which was a cinders track set in parkland just south of the main Adelaide city area. The rest is history – Jack completed the walk in 22:44:53 without any major difficulties and became the first Australian Centurion under the new governing body. The only other starter was a young South Australian walker by the name of Tim Thompson who reached a distance of 47.75 miles before retiring.

23/24 Oct 1971 Edwards Lake Athletics Track, Reservoir, Victoria

C3. Jim Gleeson 40 18:33:58 Completed 122 miles 215 yds in 24 hours (AR)
C4. Clarrie Jack 26 20:39:45
C5. Stuart Cooper 20 21:36:53

The Victorians were not far behind. The Victorian Amateur Walkers Club had selected the Edwards Lake Track in Reservoir as a suitable venue. It was a recently laid rubber bitumen track set amidst parkland. The date was set for 23-24 October, barely 2 months after Jack's walk. Alf Robinson, the President of VAWC, had been busy getting a good field in place. Although top walkers like Ted Allsop had declined the challenge, Alf had been successful in getting Jim Gleeson to the line as his '*top gun*'. Jim had won various VAWC 50 mile races, and had competed on a number of occasions in the Darwin Ultra-walk. Jim also held the best time for an Australian over the 50 mile distance, namely 08:15:19, set in 1963.

There were 9 starters, an indication of the healthy state of Victorian walking at that time. But competitors were unprepared for the weather conditions thrown at them during the race. At the start of the race at noon on the Saturday, the wind was blowing at 52 miles per hour. This went on for 6 hours into the race and then the competitors had squally periods of rain until the early hours of the Sunday morning when the weather became hot (typical Melbourne weather, I hear you say).

By the 50 mile mark, the field had been reduced to 5 walkers. The 50 mile splits for the main contenders show the competitive nature of the event

Jim Gleeson	08:31:27
Tom Daintry	09:28:41
Stuart Cooper	09:34:24
Clarrie Jack	09:37:22
Fred Redman	11:02:54.

Unfortunately founders Fred Redman and Tom Daintry retired before reaching the elusive 100 mile mark. That left 3 walkers to take the ultimate honour – Centurion membership.

Jim Gleeson powered through the changing conditions with no breaks at all and passed the 100 mile in 18:33:58 (a record that would stand until 1979). He went for the full 24 hours and set our current record of 122 miles 215 yards.

Next across the line was Clarrie Jack of the Glenhuntly Club. An experienced distance walker, Clarrie was not daunted by the distance and showed maturity in recording an excellent time of 20:39:45. Both Jim and Clarrie eclipsed Gordon Smith's 1938 time.

Although only twenty years of age, Stuart Cooper of St Stephen's Harriers showed that inexperience and lack of a distance background are not obstacles if you have a good style and a firm measure of determination. He too was successful in his first attempt. His time of 21:36:53 was well under the requisite 24 hours.



Stuart Cooper, Jim Gleeson and Clarrie Jack after their successful Centurion walks in 1972

With 5 Centurion badges awarded, the first year of the newly formed club had indeed been very successful.

The first Annual General Meeting of the Australian Centurions was held on Monday 24th April 1972 at the home of founder Brian Parkinson in Melbourne. The newly written constitution and rules were accepted by the meeting and, as per the Constitution, the following office bearers were authorised to take the reigns

- President: Jack Webber
- Vice President: Jim Gleeson
- Secretary/Treasurer: Brian Parkinson

Thus the Australian Centurions completed the process that they had started the previous year. They were now a properly functioning club with members and an Executive.

The presentation of certificates to the new members was held at the VAWC Trophy Presentation evening. The Secretary wrote to the Australian Federation of Race Walking Clubs to apply for Associate Membership. The next race date was confirmed as being in late 1972 in Melbourne.

21/22 Oct 1972 Edwards Lake Athletics Track, Reservoir, Victoria

C6 Tim Thompson 26 23:48:00

The VRWC once again chose the Edwards Lake track in Reservoir and a small field faced the starter's gun. Jim Gleeson was there again and was keen to improve on his 1971 performance. However, being newly married and having work commitments meant that he was not as prepared as he would have liked and he was only able to record 19:16:14 for the 100 miles. He felt that if he had had a more thorough preparation, he could have done better.

Young South Australian Tim Thompson made the trip over, having been inspired by Jack Webber's performance the year before. Tim made up for a lack of preparation with a truly gutsy performance. It looked towards the end of the event as if he would not be able to finish, such was his condition. However, he staggered on with an ever slowing pace and finally crossed the line with only just over 10 minutes to spare. His feet were an absolute mess and he took some time to recover from the performance.

1	Jim Gleeson	Vic	19:16:14
2	Tim Thompson	Vic	23:48:00
Retirees:	Fred Prowse	Vic	76 miles
	Fred Redman	Vic	50 miles
	Tom Daintry	Vic	46 miles

15-16 Dec 1972 Spreyton Racecourse, Devonport, Tasmania

C7. Dudley Pilkington 53 23:29:00 (just over 100 miles)

Unbeknown to the Centurions, one Dud Pilkington was to surprise all with his 100 miler in Tasmania later that same year. Dud was a returned serviceman and wharfie who had taken up walking to aid his recuperation from the effects of war injuries. During the sixties, he did various fund raising walks and was actively involved in various organisations. He eventually became associated with Graham Wright, a Public Relations officer from the Hobart Blind Institute. Dud decided to organise a fund-raising 100 mile walk at the local Spreyton Park Racecourse. Funds raised were for bulk buying of Talking Book Library materials.

He chose a December date to maximise the daylight hours used the opportunity to complete the 100 mile distance himself in a time of 23:29:00. This was ratified by the Tasmanian Amateur Athletics Federation and the performance was duly forwarded to the Australian Centurions Executive for consideration.

Two meetings were held during the first half of the year of 1973. As is always the case in any new organization, there were many decisions to be made and many loose ends to tie up. Some of the key notes in the minutes included

- The acceptance of the performances of both Tim Thompson and Dudley Pilkington.
- The decision that rest periods be allowed without limit at the discretion of the competitor. The line of thought was that the more rests taken, the smaller time remains to complete the event. This goes against the entrant in any case.
- The acknowledgment from AFORWC that the Australian Centurions would be granted limited associate membership with the right to attend AFORWC meetings but with no voting rights.

28-29 Sep 1973 Adelaide Harriers Track, Adelaide, SA

C8. Fred Redman 62 22:59:00

The Adelaide Harriers chose to put on the 1973 event as part of their Jubilee Celebration and a lot of the organisational details for the walk fell to Jack Webber. While Jack was a starter, his efforts off the track robbed him of the proper mental and physical preparation and he failed to finish this time.

Another Centurion who hoped for a second finish was Dud Pilkington who travelled from Tasmania with a keen desire to complete a second 100 miler. Unfortunately he could only complete some 60 miles before being forced to pull out in the inclement conditions. The hot weather (it reached 33 degrees C) that day took its toll with only one person finishing out of the 11 starters. That finisher was Fred Redman, one of our founders and a British Centurion in his own right. Dud remembers walking the last lap with the 62 year old Fred along with Len Matthews who was at that stage a very old man but still so enthusiastic about walking. Fred had tried in both the 1971 and 1972 events and his perseverance was eventually rewarded with a successful finish.

Among other well known retirees that day was Chris Clegg (Cent No 11) who did around 86 miles but collapsed at the toilet block and could not continue.

	1.	Fred Redman	Vic	22:59:00
	Retirees:	Chris Clegg	USA	86.5 miles
		Dud Pilkington	Tas	60 miles
		Tom Daintry	Vic	
		Tim Thompson	SA	
		Jack Webber	SA	

On September 30th, all Centurions and founders met at the home of Jack Webber for the second Annual General Meeting of the Australian Centurions. At this meeting, a new position was created – that of Club Captain, to which Fred Redman was elected. The meeting also decided that we should rotate the 100 mile / 24 Hour Event with other States and try to have the walk held every 2 years or earlier if there is sufficient interest in the State concerned.

In October, Fred Redman was elected a Vice President of the British Fellowship of Centurions, an honour richly deserved for all he had done to further the ideals of Centurionism both in the U.K. and here in Australia.

The 1975 Centurion event was awarded to the New South Wales Race Walkers Club and a venue in Sydney was chosen.

22-23 March 1975 **Epping Athletic Field, Epping, Sydney**

Peter Wilson, a NSW official and racewalking judge, organised the event well but, due perhaps to the lack of long distance walking expertise in Sydney, only one starter toed the line, namely Keith Heness of the Ryde Athletics Club. The start time was set at 9 AM on the Saturday morning and the lap was of 295 yards, requiring 596 laps to complete the 100 mile distance. Unfortunately, Keith was a relatively inexperienced distance walker and he did not finish.

Retirees: Keith Henes NSW

At the next meeting of the Australian Centurions on 1 April 1975 at the home of Brian Parkinson in Melbourne, it was decided to approach the VAWC with a view to them incorporating a 24 Hour event later that year. This request was successful and another such event was scheduled for October at the George Knott Athletics Track, the home of the Collingwood Harriers and a newly laid rubber bitumen 400m track.

18-19th October 1975 **George Knott Athletics Field, Clifton Hill, Melbourne, Victoria**

C9.	Mike Porter	50	Frankston A. A. Club.	21:45:47
C10.	Stan Jones	50	St. Stephens Harriers.	22:04:59
C11	Chris Clegg	58	United States of America	22:34:14
C12.	John Harris	25	Queensland	23:18:15

VAWC rose to the occasion. This period coincided with a golden period of walking in Victoria with a large number of active distance walkers. This led to the largest field yet seen for the Centurion event with 21 starters. The weather was cool to cold during the night hours of Saturday night with light rain on the Sunday morning before clearing for the remainder of the race. These ideal conditions helped all competitors and the race saw the amazing result of 5 finishers and a new Australian record over the distance of 50 miles.

The race was started by Cr. George Knott of the Collingwood City Council on the radio time 'pips' at 6.00 p.m, on Saturday, 18th October. Excellent facilities were provided by the Collingwood Harriers in their dressing rooms, shower and canteen facilities. The public address system was used extensively to acquaint competitors of their progressive times.

Although all Centurion performances are of great note, three of the finishers on this occasion deserve special mention.

- Tasmanian **Dudley Pilkington** still felt it necessary to finish a 100 miles in a Centurion race to verify his solo Devonport walk of 1972. On this occasion he was successful in a time of 22:59:07 (some 30 mins faster than his 1972 time). However, he developed haemorrhoids for the latter 9 hours of the walk and took 4 days to recover.
- **Stan Jones** did the physically impossible in finishing his 100 miles on that day. At that time, his son was ill and he drove across to WA, picked him up, drove him back to Melbourne and then did the 100 miler. This meant that he went for 5 days with literally no sleep - and the last 24 hours of this marathon was the worst of the lot (as we all know).
- **Chris Clegg** achieved the unique distinction of becoming a Centurion on three Continents. First in England 1947, then America 1971, and now here in Australia. Chris went on to complete a further Centurion performance 2 years later in Holland to become a quadruple Centurion, the world's only such. Then in 1979 at age 62, he completed a further 100 miler in England to round it off to 5 successful 100 milers. Thus, his final record reads as follows

• June 1947	Age 30	London to Brighton and back	21:39:42	C135
• Sept 1971	Age 54	Colombia, USA	22:46:14	C 7
• Oct 1975	Age 58	Melbourne	22:34:14	C 11
• June 1977	Age 60	Sint-Oedenrode, Holland	23:18:55	C 53
• June 1979	Age 62	Ewhurst, England	23:07:51	

On top of this, he completed the Rouen 24 hour walk in France and came 22nd out of 50 starters with a distance of 157.47km (at the age of 63).

Now that is a record of which anyone would be proud and which few could ever hope to match.



Mike Porter finishes



Chris Clegg circa 1979

The official race report by Centurions Captain Fred Redman is as follows:

On forwarding the enclosed copy of results of our recent 100 miles walk I take this opportunity to write a few words of my own and to acknowledge our indebtedness to so many people.

This was a highly successful and satisfactory event due in no small measure to the work of a devoted and dedicated few. Our thanks are directed to and unstintingly given the Victorian Walkers Club, particularly to Alf Robinson for his management of the whole affair and to Bert Gardiner and Allan Minter for their painstaking and arduous task of lap recording. These three gentlemen were on call throughout the 24 hours and carried out their tasks almost without relief through the entire period.

To the Victorian Walkers Club and Collingwood Harriers in general we as Centurions owe a great debt. Being a non competitive organisation we are not in the business of promotion and indeed cannot be, not only because of our constitution but being few in number, we must rely entirely on the interests of walking clubs to put these events on for us.

We congratulate Mike Porter, Stan Jones, Chris Clegg and John Harris on their having earned the right of membership and in due course each will receive our certificate and badge for which in the normal way we would at this point call for donations from existing Centurions to defray the cost, since there cannot be in the usual sense an annual subscription You do not pay for something which is yours by right.

However, due to the generous support we have received from General Motors Holden these and other expenses are met on this occasion. Our grateful and sincere thanks are extended to them also.

Twenty five competitors faced the starter, Councillor George Knott for whom the field of honour was named, himself a former Australian Champion and Olympian.

From the outset Ian Jack set a very fast pace obviously with the intention of assisting his brother Clarrie and Tim Erickson in their endeavour to crack Jim Gleeson's Australian 50 mile record. Tim and Clarrie pushed each other along for some 35 kilometres where Clarrie was forced to retire mainly due I feel to a very heavy seasons racing, which had sapped his strength rather more than he had imagined. This left Tim on his own to go on in fine style to add to his recent National 50 kilometre title a new Australian record of 8 hours 14 minutes 46 seconds for 50 miles. Congratulations Tim and we look forward in a year or two to welcoming you as a Member. Our President Jim Gleeson was on hand to congratulate Tim at his moment of triumph.

Following on Tim's retirement at this point focus of attention again reverted to that gallant band of walkers steadily progressing toward our coveted goal. At this point **Stan Jones** was out in front walking with purpose and determination We were told he had had his sights on this for the past five months and concentrated all his efforts in training to reach the peak of fitness and concentration demanded by the arduous task of competing 100 miles of walking within the period of 24 hours. This is the only way to achieve success, everything else in racing must be subordinate and used only as an adjunct toward that end. You cannot walk 100 miles just by thinking about it, some sacrifice must be made to really do justice to yourself and to your effort.

Stan of course had already unofficially some years ago made this journey and it says much for the spirit and calibre of the man to prove his worth in official competition and rightworthily has he done this.

Mike Porter at this stage was some laps behind in second place but also determinedly pressing on with the job in hand. Some weeks previously he had walked a particularly fine 50 miles which helped to give him the required confidence and so well did he walk as the race progressed that he was able to overhaul a slightly tiring Stan Jones in the closing stages and to wrest victory from the latter's grasp.

Chris Clegg, the third man to finish achieved the unique distinction of becoming a Centurion on three Continents. First in England 1947, then America 1971, and now here in Australia.

Dudley Pilkington from Tasmania, already a Centurion came next a very popular performance, all present without exception were pleased to see him complete his second hundred miles in such excellent company. His first of course was accomplished in 1972 alone in Tasmania and though there was absolutely no question about this, his walk on that occasion being officially controlled by the properly constituted Tasmanian authority he himself felt some obligation to come over and prove to us his worth. Not necessary of course but "Dud" as he prefers to be called is that kind of man. We respect him the more for it and congratulate him on a magnificent effort made under some physical duress.

The fifth to finish and fourth new Centurion was **John Harris** of Queensland. Many years junior to the others he found his early fast pace a sap on his strength and energy as the miles built up and indeed was only able to finish at all because of his stubborn determination to become Queensland's first. He tired visibly in the later stages of the race but never lost his style and cheerful disposition. A good effort John and though you were heard to say "NEVER AGAIN" I am sure that this was only a natural reaction. The number of times this plaintive cry from walkers has been heard over the years is countless, and does not signify. We are all gluttons for punishment. May you be the first of many from the Sunshine State. You are now our ambassador there.

This report would not be complete' without reference to a very gallant performance by **Bill Dillon**, a truly amazing effort, glorious in failure and only a matter of time before Bill too will become a worthy addition to our steadily growing band. I am certain that Bill would have completed his 100 on this occasion but unfortunately running out of time as he was, he made the right decision to retire when he did and so avoiding unnecessary, further punishment although he still looked good. Bill was conned into the race only a few weeks before and I am sure did not know what he was letting himself in for. Only inexperience proved his undoing, but nothing is surer now that when he tries again, as try he will, he will convert this wonderful initial effort into success.

Bill was ably assisted by his family and I believe they too must want success for him.

Finally, I must add a word of thanks and congratulations to Alf Robinson for compiling the enclosed list of times which must be of tremendous value to every competitor and a record they will proudly keep as an ever constant reminder of a marvellous day. To the ladies too for a magnificent show, our congratulations and thanks for complementing our event with an equally fine effort of their own.

Results were as follows

1.	Mike Porter	50	Frankston A. A. Club.	21:48:47	
2.	Stan Jones	50	St. Stephens Harriers.	22:04:59	
3.	Chris Clegg	58	USA	22:34:14	
4.	Dudley Pilkington	56	Tasmania	22:59:07	
5.	John Harris	25	Queensland	23:19:15	
Retired:	W, Dillon	38	Glenhuntly A.A.C	119.2 km	17:43:32
	T. Erickson	24	Ivanhoe Harriers	50.0 Miles	8:14.44.2 (AR)

K. Piscopo	26	New South Wales	64.8 km	8:46:02
G. Breen	40	Melb. University A.A.C	54.0 km	7:10:31
W. Sawall	32	Ballarat Harriers	51.6 km	5:37:22
C. Martin	40	Collingwood Harriers	50.0 km	5:25:27
T. Daintry	64	Collingwood Harriers	42.4 km	5:35:05
D. Oliver	39	Frankston A.A.Club	40.0 km	5:44:25
G. Ross	62	South Australia	39.2 km	6:01:27
C. Jack	30	Glenhuntly A.A.Club	35.2 km	3:28:27
I. Jack	30	Glenhuntly A.A.Club	33.2 km	3:25:53
G. Ellis	24	Glenhuntly A.A.Club	18.4 km	1:57:03
A, Johnson	40	Melbourne Harriers	18.4 km	2:26:09
S. Cooper	24	St. Stephens Harriers	14.8 km	1:43:30
M. Wall	19	Box Hill A.A. Club	13.6 km	1:20:32

The year of 1975 finished with a change of Executive. As per the constitution, Jack Webber stood down after his term as President and Jim Gleeson moved up from the Vice Presidency to take the reigns of Presidency. Clarrie Jack as the next Centurion in line, was elected to the position of Vice President.

At this time, Brian Parkinson had to move to Papua New Guinea with his work and so Mike Porter took over as Secretary/Treasurer.

09-10 Oct 1976**Kensington Olympic Sports Field, Adelaide, SA****C13 Tim Erickson 25 22:10:27**

The South Australian Amateur Walkers Club organised the next Centurion walk, choosing the newly laid Olympic Sports Field track at Kensington, in suburban Adelaide. The track was of tartan construction and, in retrospect, the soft synthetic surface proved a major deterrent to a successful event. Of the 7 starters, only one finished.

As well as the Centurion walk, Centurion Tim Thompson was to make an attempt on the World Endurance Walking Record which was quoted in the Guinness Book of records as being 308.05 miles in 5 days. Tim had put in many miles in preparation for this challenge and he had recently won the 50 Mile City of Mordiallic Cup at Mentone Track in Melbourne in a best time of 8:48:06. He started his attempt 24 hours before the 24 hour event was due to start. Unfortunately, Tim suffered feet and joint problems with the spongy track surface and was forced to retire after completing 136.4 km in 27:43:43. Thus he stopped soon after the 24 hour event got under way.

With regard to the Centurions Race, Tim Erickson was the big gun in the field. In 1975, he had set a new Australian Record for the 50 mile distance and he was the current Australian 50 km champion. On this occasion he was keen to add to his trophies and take Jim Gleeson's 100 mile record. The starting gun was fired at 6 PM on the Saturday. Tim's first 50 miles was covered in 9:09 so he was on target. However, he too had feet problems and was forced to slow. In the end, he was content to simply finish the distance and join the select Centurion fellowship.

Claude Martin had also recently completed the Mentone 50 mile event in second place behind Tim Thompson. On that occasion, Claude had recorded a time of 9:27:27 and he was confident of a good 100 mile performance in Adelaide. However, he suffered like all the rest and was forced to retire in the early hours of Sunday morning, a few miles short of the 50 mile mark. This left Tim alone on the track for the remainder of the time.

1	Tim Erickson	Vic	22:10:27	
	Retirees: Claude Martin	Vic	76.4 km	10:43:42
	Mark Wall	Vic	50.0 km	05:30:15
	Col O'Brien	SA	50.5 km	06:02:48
	George Ross	SA	40.4 km	06:02:03
	Stan Malbut	SA	20.0 km	02:06:18
	Tom Daintry	Vic	19.6 km	02:35:19

08-09 October 1977**George Knott Athletic Field, Clifton Hill, Victoria**

C14.	Claude Martin	42	22:42:53.6	
C15.	Bill Dyer	16	22:50:33.5	(Youngest centurion ever)

Once again, the VAWC put on a 24 hour event and chose the Collingwood Harriers track, the successful venue used in 1975. The weather was fine and warm throughout, with a stiff gusting breeze being a hazard to the tiring walkers in the final hours.

The main starter was **Claude Martin** who had tried unsuccessfully in Adelaide in 1976. Claude had just completed a successful winter season of walking and was confident of success in his second attempt.

He started out confidently but was shadowed by a young **Bill Dyer**; they were never separated by more than a handful of laps. The 50 mile splits (10:32:24 for Claude and 10:42:04 for Bill) indicate this fact. The last few hours of the race proved very interesting with a strong Bill Dyer gradually closing the gap on his older opponent. Claude was, however, able to rally, just holding out the fast finishing youngster.

Interestingly, many years later in 1987, Claude became the first person in Australia to complete the double - 100 mile walk and 100 mile run. He completed his 100 mile run on the Aberfeldie Track at Essendon (Victoria) on Australia Day in 1987 and was only a few minutes slower than in his walk.

Bill Dyer's performance was remarkable given that he was only **16 years of age** at the time. Bill had showed promise over long distances at an early age. The Little Athletics Association hold an annual 6 hour relay to raise money for the Melbourne Royal Childrens Hospital and Bill decided to walk it in 1975 when he was aged 14. He walked for the full 6 hours and finished with 50 km exactly. Not bad for a 14 year old doing his first 50 km!

In 1977 his coach Alan Johnson decided to have a go in the Annual Centurions Race which was being held in Melbourne. Bill went along once again for a walk with no clear expectation of how far he might go. He started at a conservative 3 minute per lap pace. It is history now that while Alan stopped at the 50 km mark, Bill did not. When nightfall came and Bill was still walking, he realized he was serious. As he said to me when I asked him about it: 'I realized that I wanted to become a Centurion at some stage and this seemed like the right time'. He got one of the bystanders to ring his mother to bring down changes of clothes and some food and drink - he had nothing of this nature onhand. So with a group now supporting him, he walked through the night and on into the next day to finish in 22:50:33. Those who watched the race were astounded at Bill's maturity and how he just walked through the tough patches with determination.

Bill did not seem to suffer any adverse effects from his centurion effort. Perhaps it was the exuberance of youth or just the fact that he was a natural born endurance athlete. Over the next few years he continued to improve and develop over all distances and represented Australia as a race walker on a number of occasions.

Subsequent investigations confirmed that Bill was the youngest person ever in the world to have walked the 100 mile distance within 24 hours. Unfortunately the Guinness Book of Records did not have a suitable category to recognise Bill's outstanding feat and it remains one of the most under-recognized of endurance records.

Centurion Tim Thompson won the 50 Mile City of Mordialloc Cup which was held on the same day. This was the second year in a row that Tim had won this event.

1.	Claude Martin	42	22:42:53.6	
2..	Bill Dyer	16	22:50:33.5	(Youngest centurion ever)

1977 marked the end of another 2 year cycle and, in accordance with the constitution, the Presidency and Vice Presidency moved on. Jim Gleeson stepped down from the Presidency and Clarrie Jack moved up from the Vice Presidency to take over the reigns of the Club. Stuart Cooper took on the Vice Presidency. Mike Porter retained the position of Secretary/Treasurer.

07-08 Oct 1978

380m Circuit, streets of Gosford, NSW**C16. John Smith 40 18:49:20**

NSW once again nominated to host a 24 hour event, choosing the country town of Gosford. Peter Wilson was once again the organizer and he was helped by the Gosford Walking Club and Frank Overton in particular.

The original course selected was a 400m grass track at Adcock Park but continuous heavy rain over the days preceding the race rendered it unusable. A fallback course had been measured and it was decided to postpone the start and to use this alternate course. Thus this event was held on a lap of 380 m in suburban streets. This change led to some initial chaos with competitors having to make last minute changes with respect to feeding tables, tents, etc. However, it was eventually sorted out and the race started at 13:30 in pouring rain.

The rain continued unabated until 4.30 AM on the Sunday morning. The street circuit was poorly lit during the night and there were occasionally cars parked in the way of competitors. But it was not as bad as it sounded and the event continued.

Of the 15 starters, only one was successful. Englishman John Smith chose his 40th birthday to attempt his second Centurion race. He had previously completed the 100 mile road walk from Leicester to Skegness in 1964 to become British Centurion Number 359. Since coming to Australia, he had won many NSW State Titles and was a very popular local finisher.

Robin Whyte walked the first half with John Smith and was well on schedule for a successful finish until he withdrew for an hour's rest in the early hours of Sunday morning. He did not return to the track and thus missed his window of opportunity. It would be nearly 20 years until he tried again, this time successfully.

Centurion co-founder Tom Daintry put in a valiant effort to reach the 50 mile mark in 10:32 but his 67 years of age worked against him and he was forced to stop. There is no doubt that Tom would have achieved a Centurion membership in his own right if he had had the chance to attempt it at an earlier age.

Keith Hennes was back once again, having tried and failed in 1975. Once again, he put in a good effort, reaching the 50 mile mark but, like fellow NSW walker, Eddie Dawkins and Queenslander John Harris, he was forced to retire at that mark.

1.	John Smith	NSW		100.00 miles		18:49:20
Retirees:	Robin Whyte	ACT	110.96 km	68.95 miles	292 laps	13:39:44
	Tom Daintry	Vic	80.56 km	50.06 miles	212 laps	10:32:35
	Keith Hennes	NSW	80.56 km	50.06 miles	212 laps	11:16:16
	Eddie Dawkins	NSW	80.56 km	50.06 miles	212 laps	11:35:29
	John Harris	QLD	80.56 km	50.06 miles	212 laps	11:36:59
	Mark Wall	Vic	70.30 km	43.68 miles	185 laps	
	Tim Thompson	SA	66.12 km	41.08 miles	174 laps	09:04:13
	Paul Dorsett	NSW	61.94 km	38.48 miles	163 laps	08:49:59
	Frank Overton	NSW	61.56 km	38.25 miles	162 laps	09:18:40
	Kevin Worden	SA	55.86 km	34.71 miles	147 laps	
	Graham Strachan	NSW	52.82 km	32.82 miles	139 laps	
	Tony Smith	NSW	36.48 km	22.66 miles	96 laps	
	Bill Dyer	Vic	33.82 km	21.01 miles	89 laps	

The year of 1979 saw a flurry of activity on the ultra-distance walking scene.

15-25 August 1979 **A New Record for Melbourne to Adelaide**

The first momentous occasion was provided by Jack Webber of South Australia. Jack set off from Melbourne on Wednesday 15 August 1979 and reached Adelaide on Saturday August 25. His performance set a new walk record for Melbourne to Adelaide with an epic 10 days 2 hours 30 mins. Jack regarded this as perhaps his greatest achievement and he had the privilege of being accompanied by former Olympian Marjorie Jackson over the last few hundred metres - amid a great reception - to the Adelaide Town Hall. Geoff Peters, soon to become a Centurion himself, took two weeks of work to accompany Jack, providing massages each night and attending to all his needs throughout the day.

03-04 Nov 1979 **George Knott Athletic Field, Clifton Hill, Victoria**

C17. Ian Jack 34 17:59:30 (AR)
C18. Terry O'Neil 23 21:13:08

This event was put on by VAWC and saw 5 serious starters and 2 eventual finishers in Ian Jack and Terry O'Neil but this race was wonderful for a number of reasons. Clarrie and Ian Jack, identical twins from local Melbourne club Glenhuntly Harriers, provided a memorable occasion for all those present.

Clarrie was keen to take the 50 mile record of his training partner Tim Erickson and powered through the first 50 km in 5:01:48 to be well on target. He continued on unabated to finish the 50 mile distance in 07:57:57 for a new Australian Record.

Once Clarrie had retired, attention was redirected to his brother Ian who passed the 50 mile mark in 9:09:50 and then started to speed up. Without any breaks, he just powered on in automatic mode. His 100 mile time was an incredible 17:59:30 for a new Australian Record, breaking the fine time set previously by Jim Gleeson. His second 50 miles had been done in 8:49:40, some 20 minutes faster than his first 50 miles.

Overshadowed but undaunted, young Melbourne walker Terry O'Neil kept his mind on the job and was rewarded with membership number 18.

Bill Dillon and Mark Wall both put in good efforts although Bill Dillon was bitterly disappointed with his performance. We were soon to hear more of Bill.

1.	Ian Jack	Vic	100 miles	17:59:30	(AR)
2.	Terry O'Neil	Vic	100 miles	21:13:08	
Retirees:	Bill Dillon	Vic	54 miles	11:51:00	
	Clarrie Jack	Vic	50 miles	07:57:57	(AR)
	Mark Wall	Vic	50 miles	10:54:19	

50 mile splits were as follows:

Clarrie Jack	07:57:57
Ian Jack	09:09:50
Terry O'Neil	10:14:29
Bill Dillon	10:46:56
Mark Wall	10:54:19

23-24 Nov 1979

Duncan McKinnon Reserve, Glenhuntly, Vic

C19. Bill Dillon 41 20:51:06

Bill Dillon had been suffering from a virus on the earlier race at Clifton Hill and was successful in getting the VAWC to put on another 24 hour event for him 3 weeks later. He felt that he had put in such a good preparation that he wanted to put in a proper effort. On this occasion, he was successful. He passed through 50 miles in 9:41:31 for an excellent first half and slowed slightly but still finished with an excellent 21:51:06.

1 Bill Dillon Vic 20:51:06

Once again Adelaide was the focus of ultra-distance walking in 1980 and two events in particular caught the public attention.

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31 July – 6 Sept 1980 **Another record for Jack Webber**

Once again, we saw another example of Jack Webber's extraordinary capacity for endurance events. It saw him create a world record (Guinness Book of Records) in an unforgettable performance around the Adelaide Harriers track, covering a staggering **1062.25 miles** (4269 laps) in **38 days 2 hrs 30 mins**, an average of more than 27 miles per day - at the age of 66!

Jack started at 9 AM each day, walking a marathon a day for 38 days to complete his 1000 mile target. Then he continued on for a further 62.25 miles to finish his endurance event just as Geoff Peters started his on Saturday 6 September.

6-7 Sept 1980 **Adelaide Harriers Track, Adelaide, SA**

C20. Geoff (Buck) Peters 53 23:34:10

Jack Webber had chosen the old cinders track at the Adelaide Harriers in preference to the tartan track at Kensington for the 1980 Centurion event and, as explained above, he had coordinated the finish of his endurance walk with the start of the 24 hour event.

He had been training up local walker Geoff Peters. In fact, Geoff had walked many miles with Jack during this marathon performance and this set him up for his own successful Centurion performance. The race started at midday on the Saturday and Geoff walked honestly to get in with some 25 minutes to spare.

1. Geoff (Buck) Peters SA 23:34:10

29-30 Oct 1988

Adelaide Harriers Track, Adelaide, SA

C23. Stan Miskin 63 22:59:48 Completed 167.117 km in 24 hours

Stan Miskin was a Melbourne based Veteran walker and runner who had completed many ultra-distance running events during the 1980s. In 1988 he decided to walk rather than run in the annual Sri Chimnoy 24 Hour event being held at the old cinders Adelaide Harriers track in Adelaide. He successfully completed the distance and became our oldest Centurion, being 63 years of age at the time. He also became only the fourth Australian to both walk and run the 100 mile distance within 24 hours. Within a period of less than 2 years, we had seen Claude Martin, Jim Turnbull, George Audley and Stan achieve the run/walk double. No further athletes achieved this feat until Yiannos Kouros in 1998.

Stan did not even know that the Australian Centurion club existed at the time he did this feat. It was only after he saw a race report of our 1994 event that he contacted us in early 1995 and sent the relevant documentation to verify his performance. This created a difficult situation for us – should we recognise the performance or not?

After extensive investigation, it was decided to grant Stan Centurion membership (after all, it had been our own fault in that we had been out of circulation all these years) but to set a firm rule that no such dispensations will be made in the future. From now on, the onus would be on the competitor to contact us beforehand and forewarn us of the attempt. Only if one or more of our members is present and only if we can absolutely verify the correctness of the performance will we consider such applications.

Like George Audley, Stan was a well known ultra-distance runner. He ran his first marathon in 1978, aged 53 years, and caught the bug. By 1988, he had run 81 marathons (best time of 3:16), many 50 milers (best time of 7:39), had a best 24 hour running distance of 187 km and a best 48 hour distance of 241 km.

With ultra-distance runners of the ilk of George Audley and Stan Miskin joining the ranks of the Australian Centurions, it should have augured in an era of new blood but unfortunately the opportunity was lost. It was not until Yiannos Kouros completed the 100 mile walk in 1998 that the ultra-distance runners once again discovered ultra-distance walking.

October 1992

George Knott Athletics Track, Clifton Hill, Victoria

The Victorian Race Walkers Club scheduled a 24 hour walk as the last event on their winter walking fixture. It generated little interest and the results show that it only attracted one serious starter, Andrew Ludwig of Queensland.

Andrew certainly made his intentions clear – he covered the first 50 km in 6:04:56, reached the 50 mile mark in 10:06:47 and passed the 100 km mark in 13:13:53. The weather was atrocious with intermittent rain, especially tough for a Queenslander used to warm conditions. Due to the combination of cold wet weather and lack of support, Andrew retired in the early hours of the Sunday morning after completing 110.8 km (approximately 68 miles).

This event marked a particular low point for the Centurions. The VRWC had put on and run a 24 hour event but it had seen little interest or enthusiasm from the Centurions themselves.

Retirees	Andrew Ludwig	Qld	110.8 km (68 miles)
	Des Wildwood	Vic	50.0 km
	Bill Dyer	Vic	23.6 km
	Mark Donahoo	Vic	22.0 km
	G. Williams	Vic	22.0 km
	Bob Gardiner	Vic	20.0 km
	P Prasad	Vic	10.0 km

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 to be seen still 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 was within striking distance and he got to within 1 lap as the 2 reached the 99 mile mark. In what was perhaps the closest finish in any of our 100 milers, Ken stormed home to record the fine time of 22:28:31. However, the effort was apparent as Ken was helped back to his support tent. Like Andrew's performance, it had been a battle of mind and body and the mind had overcome the normal limits of endurance.

Carmela Carrassi came into this event as a complete newcomer to the sport of race-walking. With just over 12 months in the sport and one season behind her, she set out to have a go. She had a great support team consisting of her family and fellow members of the East Brunswick Athletics Club. She set off at a pace of just over 3:00 per lap and gradually slowed as she was forced to change from race-walking technique to brisk walking. She reached the 50 mile in 11:52 and it was apparent that her pace was just not fast enough to reach the 100 mile mark within the 24 hour limit. But that did not deter Carmela. She just kept going!. She had few breaks and maintained an almost continuous presence on the track. From the 300 lap onwards, she was reduced to lap times of over 4 mins - just not fast enough. She also suffered from blister problems and had stomach problems due to having to feed on the walk. So perhaps her inexperience cost her in these matters. However, she set new Australian standards for women in the distances of 50 Mile, 100 km, 24 hours and achieved the greatest distance walked by any Australian woman. Her final tally when the finishing gun went was 148.936 km or 92 miles 992 yards.



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

Harry Summers had never tried anything over 50 km before this event and obviously thought it was time to add the icing to a great sporting career by trying the 100. He had prepared well and done all the necessary training including a 12 hour walk some 2 weeks before the event. He set off to his prepared plan which involved a short number of long breaks. He soon settled down to 3 min laps and kept this up till his first major break of 30 mins at the 6:30 mark. Then he backed off to 3:30 laps and progressed through to the 12 hour mark at which he had a further 15 min break. However, upon returning to the track, it was apparent that all was not well. Harry was suffering too much at too early a stage. His pace dropped and he was forced to make the ultimate decision. He was too far from home. He retired after completing 233 laps (55 miles 276 yards) in 12:48:18.

Barry Brooks of Ballarat is better known as an Ultra-distance runner, having competed in the Sydney-Melbourne Ultra-marathon as well as many other similar events. He came with lots of experience and soon showed that he was a serious contender for Centurion membership. He started off with 3 minute laps and maintained this consistently. He looked in control and his steady brisk walking gait was energy-efficient and covered the ground quickly. He looked good as he strode though the 50 km mark in 06:18:10 but was in trouble soon after as his right knee became

aggravated. We all know you cannot cover that sort of distance with an injury and Barry make the wise decision to stop after completing 141 laps (35 miles 93 yards) in 07:18:10.

Michelle Curran from Queensland came into prominence some 5 months previously by completing some 68 miles in 18+ hours in an endurance walk between the Gold and Sunshine Coasts in Queensland. She was obviously keen to build on that performance and had been training for this event and hoping to become our first woman Centurion. She soon found, however, that the Victorian spring weather is much colder than that of Queensland and she struggled in the icy wind through to 100 laps before deciding to give it away and keep her effort for warmer conditions.

1.	Peter Bennett	Qld	38		19:42:54
2.	Andrew Ludwig	Qld	28		22:26:09
3.	Ken Walters	Vic	62		22:28:31
4.	Carmela Carrassi	Vic	41	92 miles 992 yards	24:00:00 (AR)
Retirees:	Harry Summers	Vic	58	55 miles 260 yards	10:31:55
	Barry Brooks	Vic	54	35 miles 93 yards	06:18:10
	Michelle Curran	Qld	23	24 miles 1514 yards	05:50:26

1-2 April 1995**NSW 24 Hour Track Championship, Wollongong**

Michelle Curren had advised us that she wished to try for a Centurion performance in the NSW 24 hour track championships held on April 1-2 at Beaton Reserve in Wollongong so Centurion presence was ensured to witness the race. There were in fact 2 walkers in the race

- **Michelle Curren** had tried unsuccessfully in last year's Centurion race and was keen to try to improve on her performances. She started well and hung on to record a **new Women's 50 mile record of 11:32:29**. However, this had taken too much out of her and she was forced to retire soon afterwards. To her credit, she returned to the track later and completed a total distance of 118:84 km (73.85 miles) for the 24 hours to improve upon her previous best of 112 km. So the elusive 100 mile mark still eluded the women.
- **Nobby Young** was well known in ultra-distance circles and had previously achieved the mark of 204 km in a 24 hour running race. He was known more recently for his walk around Australia (a total distance of 16,167 km) that he completed in 1994. He started off well (his walking style was in fact very good) and he reached the 50 mile mark in 10:44:14. However, he soon started to slow and, realising that he would not make the 100 mile cut-off, he decided to retire. He acknowledged after the race that the mark is in fact much harder than he had anticipated and this illustrates what we all know - it is a very hard mark to achieve, even for an active racewalker. It is one thing to do continuous days of walking with some 50 km per day but it is quite another to walk continuously for 24 hours at a sustained pace.

Retirees:Michelle Curren	Qld	118.836 km
Nobby Young	NSW	104.000 km

14-15 October 1995**Adelaide Harriers Track, Adelaide, South Australia**

The 1995 event was held in Adelaide at the Adelaide Harriers Track in South Terrace. Of the 3 official starters, only one actually fronted the line, namely Michelle Curren of Queensland. Michelle had competed in the 1994 Centurion race in Melbourne and had also competed in the NSW 24 hour Championships held in April in Woollongong. In that last race, she had broken the Australian Women's 50 mile record and had completed some 74 miles for the 24 hour period.

The race started at 12 noon in pleasant sunny conditions and although the night promised to be cool, conditions were generally favourable. Michelle set off at about 3:10 min laps. She kept this up till about the 25 mile mark but then started to gradually slow. She passed the 50 km in 6:47:56 but gave it away after completing 184 laps (73.6 km) in a time of 10:41:11. She was not far short of the 50 mile mark but realised that things were not going to plan and that she had fallen too far behind her planned time-splits.

Retirees:Michelle Curren	Qld	73.6 km	10:41:11
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13-14 April 1996**Coburg Harriers Track, Coburg, Victoria****C27 Carmela Carrassi 42 23:44:22 (AR) Completed 162.541 km in 24 hours (AR)**

Those who watched Carmela Carrassi complete 92+ miles in the 1994 Centurions Walk at Clifton Hill and set new Aust records were convinced that it was only a matter of time until she made the 100 mile. She chose the Victorian 24 Hour Track Championship at the Coburg Harriers Track in Melbourne in early 1996 as her next attempt. As this was a running event, Centurion members were present to verify her performance. On this occasion, she completed the full 24 hours and set **new Australian Women's Bests** for **50 miles, 100 km, 100 miles and 24 hours**. These performances were as follows

50 miles	11:12:20
100 km	14:16:27
100 miles	23:44:22
24 Hours	162.541 km

In 1994, Carmela had only been walking for some 12 months and was very much a newcomer to the sport. In the 18 months since that performance, she competed regularly in the Veterans and in the Victorian Walkers Club and this showed in her next performance. Whereas in 1994, she had problems with blisters and stomach upsets and a drastically slowing pace, this time she walked like an ultra veteran and always looked in control. She was an almost continuous presence on the track and only stopped to change shoes. She never slowed to slower to above 4 min laps and sped up over the last couple of hours to about 3:35 laps once again. Her style was impeccable.

Weather conditions were atrocious. It rained for most of the 24 hours of the race and during the night, the rain was so heavy and continuous that competitors were forced to fight their way through water that was several inches in depth. Add a furious overnight wind and you had conditions that will be talked about for some time to come. Carmela walked most of the second 12 hours out towards the second lane to avoid the water, thus adding considerable distance to each lap.

It was certainly a marvellous race to watch with 8 relay running teams matching it with the individuals over the 24 hour period. Thus there were always a lot of athletes on the track and a big crowd helping and spectating. Carmela was the only walker amongst the runners but she was well treated and certainly did walking a great service by her efforts.

The great Yiannis Kouros was dominant and the race was worth seeing just to view his performance. He held the world 24 hour track running record at 282 km and was hoping to extend that to some 306 km. However the atrocious weather conditions slowed him and he had to be content with ONLY 294.50 km (736 laps). He had broken his record by some 12 km in a performance that marks him as so far ahead of the rest of the world that he can be confidently called a 'superman'.

Final results were as follows

1.	Yiannis Kouros	736 laps	294.504 km	(runner)
2.	Helen Stranger	521	211.126 km	(runner)
3.	Joe Slrombolak	504	201.856 km	(runner)
4.	Peter Goonpan	446	178.731 km	(runner)
5.	Bill Hick	410	164.211 km	(runner)
6.	Carmela Carrassi	406	162.541 km	(walker) (AR)

C28. Caleb Maybir 41 23:34:20

Although we had our own 1996 Centurions event planned for Melbourne in October, the Queensland Race Walkers Club planned and put on their own event which was a fund-raiser for the Queensland Epilepsy Foundation. It incorporated a 24 Hour endurance walk, shorter walking races and a 24 Hour walk relay event. We gave this event our blessing, being of the mind that it was all good publicity for the club. Queensland based Centurions were present on the occasion to verify any Centurion performances. The event was held at the QE II Stadium in Brisbane, the site of the 1982 Commonwealth Games. Full results are as follows

Caleb Maybir had represented Queensland over both 20 km and 50 km on many occasions and had also represented his native Fiji in the Oceania Games so was a well known racewalker. He certainly had the credentials to attack the 100 mile distance and he became Australian Centurion Number 28 with a very gutsy performance. He started fast, passing 50 km in 6:13:06 and his 50 mile mark of 10:25:43 indicated that he had enough time up his sleeve to ensure success. However, he suffered badly in the second half of the race and it was only with the utmost determination that he was able to hold his form and finish in 23:34:20.

Peter Bennett carried on from where he left off in the 1994 Centurions Race in Melbourne. On that occasion, he astonished all by completing the 100 miles in 19:46 as a relative newcomer to the sport and with only a little distance work behind him. He did it once again with a performance that broke Ian Jack's 1979 **100 km Australian Record** of 11:19:10 by a fantastic 28 minutes. His time was **10:51:25**.

Peter showed that he is our best current ultra-distance walker and he must be rated a chance to break the other records if he sets his mind to it and has a go.

1	Caleb Maybir	Qld	100 Miles	23:34:20.7	
2	Michelle Curran	Qld	103.6 km	24:00:00	
Retirees:	Peter Bennett	Qld	100 km	10:51:25	(AR)
	Andrew Ludwig	Qld	48.0 km	7:49:45	
Walk Relay					
1	Queensland Walkers Club		295 km		
2	Redlands Athletics Team		224 km		

05-06 Oct 1996

George Knott Athletic Field, Clifton Hill, Victoria

C29.	Robin Whyte	54	20:37:12
C30.	Merv Lockyer	65	23:45:51

The annual Centurions 24 Hour walking event was held in Melbourne once again and the result saw the addition of two new members to our Centurion ranks.

Melbourne turned on its usual changeable weather. Saturday morning saw continuous rain that did not let up and it was still raining at the start time of 2 PM. The hope of a quick cessation was soon dashed as it rained steadily until about 10 PM. Thus the first 8 hours were walked in wet conditions with competitors having to negotiate puddles and try to stay warm as best they could. It eventually stopped and the cloud cover fell away to reveal a cold night with low mist. Luckily the rain stayed away after that and the rest of the race was walked in cool and overcast conditions (almost ideal conditions on Sunday morning).



Merv Lockyer and Robin Whyte in action in the 1996 Centurions event.

Robin Whyte is a walker of long standing, being a former Australian 50 km champion and Australian representative at World Championships over that distance in 1976. Robin had previously tried the 100 miler in 1978 at Gosford in NSW but had retired at the 70 mile mark. It had taken 18 years before he fronted once again and he was determined this time to complete the distance. He started at a brisk pace (2:45 laps) and maintained this pace till the 50 mile mark. By this stage he was gradually slowing towards 3 minute laps but he showed no real signs of trouble. At 90 km he took his only break for the entire race - a 5 minute break to change into dry clothes. Then he was off again and maintained a pace of between 3:00 and 3:30 for the rest of the race. He was determined not to stop, remembering what had happened last time in Gosford. Those present could see that the last quarter of the race was walked on guts as he was suffering intensely. But there was never any real likelihood of him retiring and it was a very pleased competitor who crossed the line just after 10:30 AM on Sunday morning. His feet were a mess with bloodied shoes and he had to be helped from the track - but this is a small price to pay and only a temporary inconvenience when compared with the great achievement of walking 100 miles inside 24 hours.

Merv Lockyer was the surprise packet of the weekend. At 65 years of age, Merv was not highly rated by those in the know - especially when it was known that he had sustained a heart attack some 5 years ago and had at one other stage had a plastic knee replacement operation on his left leg. But there were rumours of the long training sessions done and the strength of the man so we were interested to see how he went. He started off at a conservative pace of just over 3:00 per lap but just kept it going at between 3:00 and 3:30 per lap for some 80 of the 100 miles. Only in the dying stages of the race did he slow towards 4 min laps but by then, he was safe with enough time up his sleeve. He certainly struggled in the second half but amazingly, he managed to maintain his lap times. This is an indication of his sheer strength and determination. He suffered badly with his plastic knee joint and was forced on numerous occasions to stop briefly for a rubdown or take some pain killers. But he obviously had confidence in his own ability and his support team looked after him very well. He finished in good spirits and was able to walk from the track, not bad at 65 years of age and after 100 miles of walking.

Peter Waddell was one of the top walkers in the early sixties but had never tried this sort of race before. At 65 years of age, he thought it was time!. On this occasion he set his goal at 100 km and achieved it without any major problems.

1.	Robin Whyte	ACT	54	100 miles	20:37:12
2.	Merv Lockyer	Vic	65	100 miles	23:45:51
Retirees:	Peter Waddell	ACT	65	100 km	14:49:43
	Sydney Elks	Vic	71	30 km	03:36:29

15-21 November 1996 Australian 6 Day Race, Colac

In a history such as this, it is fitting to record all ultra-distance walking feats, even those which do not fall within our Centurion circles.

This 6 day ultra-distance running event is known world wide as a unique event. The route consists of a tree-lined grass 400m track around the Memorial Square in the centre of Colac, a country town in Western Victoria. The race has been in existence since 1984 and has seen some inspirational performances over this extended distance.

Up till 1996, the only entrants had been ultra-distance runners. However, on this occasion, New Zealand's **Norm Morriss** (C32 - 1998) lined up with 17 runners in what was his first real experience of multi-day walking.

On the first day, when so many runners went off with a hiss and a roar, Norm was content to clock 126km for 15th place. But during days 2-4, Norm's plus-or-minus 100 km per day soon pushed him up through the field to 10th, then 9th out of 18 starters. On Day 5, things began well, with Norm squeezing into 8th place. By the day's end, Norm was still 10th but he was effectively out of the race. Day 6 saw him complete just one lap, after which "*disaster struck my leg. No amount of therapy helped - very frustrating to feel so good mentally and physically - except for my bloody leg !*" Despite rest, ice, heat, ultra-sound, strapping and a lot of swearing, Norm completed no further laps.

But Norm's accumulated **495.2 km** was enough for 13th place and his performance had set a new standard for Australian walkers.

12-13 April, 1997**Coburg Athletics Track, Coburg, Victoria**

The Coburg 24 Hour Championship was the venue chosen by Carmela Carrassi in 1996 when she successfully gained her Centurion membership by walking 100 miles within 24 hours. The event was held again in 1997 with categories as follows

- Ultra runners
- Ultra walkers
- 24 hour relay teams

A large field assembled with 12 ultra runners, 4 ultra walkers and 9 relay teams.

Carmela Carrassi was back once again and keen to improve on her record breaking performance of 1996. She walked almost continuously for the full 24 hours (a trademark of her previous performances) and was ahead of schedule at all times. Starting off at about 2:45 pace, she gradually slowed to about 3:00 and was still maintaining 3:40s in the latter stages of the race. She **broke all her Australian records** on the way and finished with a fine set of results as follows

PERFORMANCE	1997		1996
50 MILE	11:08:04	(AR)	11:16:32
100 KM	13:52:32	(AR)	14:16:27
100 MILE	23:09:03	(AR)	23:44:22
24 HOURS	166.600 km	(AR)	162.541 km

Peter Waddell completed 100 km in 1996 in the Melbourne based Centurion walk. This year he was keen to improve on that and was a starter in this event. Unfortunately his preparation had been sporadic and his 12 hour split of 82.1 km (51 miles) which was not fast enough to guarantee him a 100 mile / 24 hour performance. He stopped to rest after completing 100 km and then returned to the track later and walked for the remainder of the 24 hour period. He finished with a final distance of 130 km (80.8 miles).

Bev Car watched Carmela's performance in last year's event and was inspired this year to have a go and see how far she could walk in 24 hours. Bev, 54 years of age, was not a veteran walker – she was a runner, doing distances from sprint to 10000 metres. The 10 km run was the furthest she had ever previously gone.

She started slowly but suffered an early setback: she made the mistake of wearing new shoes and blistered on the heels. She changed shoes and just put the head down and kept going, showing once again just how well suited women are to long distances. They seem on many occasions to absorb the pain better than men and can keep going well beyond the normal pain thresholds. She walked for the full 24 hours and completed a distance of 126.56 km (78.7 miles).

Merv Lockyer was keen to build on his Centurion performance of 1996 but suffered ankle problems early on and was forced to stop at 100 km (achieved in a bit over 14 hours). For most of this distance, he had walked with Carmela and the two had certainly helped each other to maintain a good even pace. Merv was not too disappointed as it was still a good workout and he came back on the track later and walked with Bev Car to help her along. I am sure that Bev appreciated the company.

Temperatures varied throughout the 24 hours. On the Saturday afternoon, it was 25 degrees and a blue sky. Competitors were hit with the full impact of the sun and found the first 5 hours very trying. The night was clear and the temperature dropped towards zero. Finally a clear morning ensued and Sunday was warm and sunny - an ideal end to the event.

The event was certainly full of interesting features. The indomitable Yiannis Kouros was trying for his world 24 hour running record of 293 km (done in this event last year) and was well ahead of schedule at the 12 hour mark. However, a knee problem forced him to slow and he finished up walking to a still incredible final posting of 266 km (165 miles). It was a case of Yiannis and then a 60 km gap to the next finisher.

The relay teams were each of 10 runners and each runner had to do a 30 minute stint. At each 30 minute mark, a new series of runners would come onto the track and the attack would start again. The only exception to this was the Coburg Little Athletics team which was allowed 20 runners each doing 15 minute splits. The winning relay team (The Traralgon Harriers) completed 386.49 km (240 miles) to set a new Australian record for 10 person teams.

So it was a great weekend in many ways. The event was superbly organized and the track is a good one for ultra-distance walking. The overnight lighting is comprehensive and the presence of masseurs and full canteen facilities makes it good for both competitors and officials and spectators.

Final results were as follows

1	Yiannis Kouros	266.18 km	
2	Helen Stanger	206.86 km	
3.	Carmela Carrassi	166.60 km	(walker)
4.	Peter Armistead	163.09 km	
5.	Ron Hill	161.46 km	
6.	Kevin Mansell	159.46 km	
7.	Peter Gray	144.40 km	
8.	Michael Grayling	142.94 km	
9.	Peter Richardson	135.20 km	
10.	Peter Waddell	130.00 km	(walker)
11.	Bev Car	126.56 km	(walker)
12.	Bill Hick	117.22 km	
13.	John Timms	106.00 km	
14.	Phillip Essam	103.30 km	
15.	Merv Lockyer	100.00 km	(walker)
16.	Oskan Turcan	50.00 km	

27-28 September 1997 ANZ Stadium, Nathan, Brisbane, Queensland

The annual Centurions Club 24 Hour walking event was held this year in conjunction with the Queensland Racewalkers Club in Brisbane. Brisbane turned on a hot and sunny day and the start time of noon on Saturday meant that the field had to endure nearly 6 hours of sunshine and heat before the evening brought cooler weather. The cumulative effect of this was seen even during the first hours of the race. What had promised to be a very toughly contested race deteriorated quickly into one of survival. Plans soon fell by the wayside as walkers struggled to maintain pre-race plans and pace slowed. Although the night brought ideal conditions, the damage was done and the bulk of the field retired in the early evening hours. Caleb Maybir and Freddie Baker revised goals and decided to just keep going for the full 24 hours and were both rewarded with fine performances given the conditions. Results were as follows:

1.	Caleb Maybir	Qld	150.8 km	24:00:00
2.	Freddie Baker	Qld	124.0 km	24:00:00
Retirees:	Frank Overton	NSW	57.2 km	08:36:33
	Peter Waddell	ACT	51.6 km	07:35:33
	Paul Thompson	NSW	50.4 km	08:31:33
	Peter Bennett	Qld	50.0 km	05:23:34
	Andrew Ludwig	Qld	50.0 km	05:30:00
	John Harris	Qld	50.0 km	07:09:51

Caleb Maybir (C 28) completed 100 miles in 1996 in just under the 24 hour limit and was keen to improve on that performance. On this occasion, although he did not achieve the 100 mile distance, it was a fine performance. His feet suffered no ill effects and his feeding was well organised. Perhaps the only reason he did not complete another 100 miler was because the desire was not so great second time around. But taking the early heat into effect, it was still a creditable walk.

Freddie Baker is a veteran of 20 100 mile walks in his native England. He did his first 100 miler at age 23 and his last at age 60. Now retired, aged 65 and resident in Brisbane, he decided to try for one more 100 miler to become a Centurion on Australian soil. His preparation was limited and he was a few years out of formal training. He realised early on that his pace was not sufficient for the 100 mile distance but he had entered the event with the firm view of completing 24 hours of walking and this he did.

Peter Bennett (C 24) was keen to improve on his Australian best on record of 10:51:25 for the 100 km walking distance. He headed off at the requisite pace but slowed due to the heat and persistent back problems. He finally called it quits at the 50 km mark which he passed in 5:23, a good walk at any time..

Andrew Ludwig (C 25) toed the line once again but with very limited preparation. He was relatively open ended in his expectations and also walked through to the 50 km mark before calling it a day.

Frank Overton from NSW fronted for his first 100 mile attempt in many years. The last occasion was in 1977 in Gosford when he completed 61.2 km. He was determined to get as far as possible this time and perhaps complete the 100 mile distance. Unfortunately the early heat took too much of a toll and although the mind was willing, the body gave out. He was forced to give up at 57.2 km.

Paul Thompson from NSW was keen to experiment with the longer distances and came up with Frank with the intention of walking as far as possible. He completed just over 50 km.

Peter Waddell completed 130 km in the Coburg 24 Hour event earlier this year and was going to build on that event with a 100 mile performance. Unfortunately, his plans did not include the weather and he faltered in his efforts. He was forced to retire in the late evening with 51.6 km completed.

John Harris (C 12) became a Centurion in 1975 in his early twenties. He retired from racewalking in the mid eighties and little was seen of him after that. It was a pleasant surprise to see him toeing the line for this event. He had decided to try for 50 km and did that effortlessly on zero training. His easy walking action and relaxed attitude made for a good comeback performance.

16-22 November 1997 Australian 6 Day Race, Colac

1996 saw New Zealander Norm Morris complete 484 km for a creditable 13th place. This year saw a second walker take the challenge.

Peter Waddell from Canberra had attempted the 100 mile distance on several occasions over the previous couple of years and decided to try his luck on this occasion at a true ultra-distance event.

Like Norm (and almost all the runners), Peter began with his biggest daily distance. But it was ‘only’ 100km – which implies a wisely cautious beginning. Like Norm, Peter’s Days 2-4 were also impeccably balanced in the mid-90s. But, unlike Norm, he held together for the 6 days and so was able to pass his cumulative 484 km on day 6. His **540 km** (1350 laps) was a new Australian best for a walker over 6 days.

After day 1, he was in 15th place and he just kept going to a final placing of 9th.

His daily distances were 100.0, 92.8, 94.8, 95.6, 72.8 and 84.0 km.

10-11 January 1998 Coastal Classic 12 Hour Event, Gosford, NSW

NSW walkers Paul Thompson and Frank Overton worked with the Gosford Athletics Club to host a 12 Hour run/walk event which was held on the weekend of 10-11 January 1998 at Adcock Park in Gosford, NSW. The race started at 7.30pm and finished at 7.30am the next morning. The track was a certified 400m grass track.

The event saw 29 individuals (22 runners and 7 walkers) and 3 relay teams competing.

The walking section saw Centurion Caleb Maybir easily win. Walk results were as follows

1.	Caleb Maybir	91.681 km
2.	Frank Overton	89.666 km
3.	Peter Waddell	72.202 km
4.	Paul Thompson	72.500 km
5.	Greg Porter	62.947 km
6.	Judy Brown	14.025 km
7.	Peter McWilliams	7.795 km

22-23 August 1998 Coburg 24 Hour Carnival, Coburg, Victoria

Peter Waddell and Frank Overton continued their quest for Centurion membership with walks in this annual Victorian event. Unfortunately, once again, both fell short with distances as follows

8.	Peter Waddell	120.830 km
10.	Frank Overton	62.829 km

19-20 Sept 1998 George Knott Athletic Field, Clifton Hill, Victoria

C31.	Gerald Manderson	54	21:37:31
C32.	Norm Morriss	57	22:32:47
C33.	Yiannis Kouros	42	22:55:23
C34.	Roger LeMoine	58	23:04:51
C35.	Susan Clem	ents 44	23:58:40

This year's race saw a large field of 20 entrants with 19 actually fronting the starting line. The race start time of 2 PM turned out well as this gave competitors a chance to get the tough night time hours over while still relatively fresh. The weather was kind. While it was windy and showery early, it never got really cold and a sunny Sunday gave competitors ideal conditions to help them through the tiring final stages.

The race saw a lot of firsts:

- A large international flavour with 2 English and 4 New Zealand walkers competing.
- The presence of 6 Centurions in the field guaranteeing a class event.
- An entry during the last week by ultra-distance runner Peter Gray. Peter was the youngest runner to complete the gruelling Sydney to Melbourne classic and has run many multi-day runs during a long career.
- An entry on the day from the great Yiannis Kouros who holds so many of the ultra-distance running records and is the only runner to have completed more than 300 km in a 24 hour period.

There were many talking points but perhaps the main one was whether Yiannis Kouros could convert from running to walking. With no real preparation, Yiannis simply turned up on the day and started walking...and kept on walking. Rumour has it that he did 10 laps walking the day before to prepare for it.

The race started with Gerald Manderson of New Zealand and Frank Overton of NSW setting a cracking pace. They kept it up for the first 50 miles with both passing that mark in just over 10 hours. At that stage, Gerald was some 2 laps

in front of Frank. However, Frank was feeling the pace and within another 2 hours had been forced effectively out of the race and off the track. That left Gerald on his own and he made the most of it. With a very consistent and strong performance, he walked right through to the 100 mile mark with only a couple of breaks of a few minutes duration. He powered through the 100 mile mark in a personal best of 21:37:31 and kept on to the 24 hour with another personal best of 177.665 km.

Fellow Kiwi Norm Morris was always only a short distance behind Gerald and walking consistently. Like Gerald, he had few breaks and just kept putting the laps in. The contrast between the 2 was stark. Gerald was short in stature, stocky with a quick business like gait. Norm was tall and lean with a long raking gait. It just goes to show that fitness, rather than build, is the main criteria to a good 100 mile walk. Gerald finished a clear second in the fine 100 mile time of 22:32:47 and then stopped. He had achieved his goal of Centurion membership.

Behind Gerald and Norm, an interesting battle was developing. As others fell by the wayside, Centurion John Harris of Queensland and Victorian Yiannos Kouros were slowly making their way through the field while British Centurion Roger LeMoine was trying to hold them off and take the third placing. They finished with only 4 laps separating the 3 walkers. Yiannis was the first of the 3 to reach the 100 mile mark in the time of 22:55:23 and he then continued on to the 24 hour gun, completing 168.406 km. Roger was on his heels and completed his 6th 100 miler in 23:04:51. For Roger, it was especially pleasing given his limited training over recent years. John Harris had been about 30 minutes behind them at the 50 mile mark but walked a great second half to eat up the field. His 50 mile splits were 11:28 and 11:42. He walked 23:18 in 1973 and improved that to 23:10 some 25 years later. John had been some 13 years out of the sport and was only intending to walk 100 km but felt so good that he continued on.

While all this was happening, Sue Ramsey of England was staging her own personal struggle further back. At one stage she looked destined to just miss out on the magical 100 mile distance. She was slowing and projections indicated that she would fall a lap or so short. But she rallied in the final 2 hours and dug deep to finish in 23:58:40. We think this might be the closest anyone has come to the 24 hour limit – about half a lap to spare. It was certainly an exciting finish and Sue was obviously rapt with the result.



The finishers – Roger, John, Yiannis, Gerald, Sue and Norm

Behind Sue were a whole bevy of walkers with 9 others walking at least 100 km, indicating the depth of the event.

Here are profiles of some of the competitors:

Gerald Manderson (age 54) from New Zealand was definitely the gun in the field. He only took up the sport in 1995 and has been advised by Dudley Harris. His performances prior to this race were

Feb 1996

166 km in 24 hours

April 1996	157 km in 22:01 before retiring
Nov 1996	100 miles in 22:34:28
Aug 1997	107.3 km in 13:42:05 in the Rotarua 100 km event
	202.46 km in 28 hours
Oct 1997	175.6 km in 24:00:37
July 1998	176.97 km in 24 hours

He certainly built on this with another fine performance, his first ultra outside New Zealand.

Yiannis Kouros (age 42) was well known to all sports followers as possibly the best ultra-distance runner in the world. He held many world records including an amazing 300+ km in 24 hours. Lack of any walking preparation proved no barrier to a fine performance. He looked always in control and was never in doubt.

Norm Morriss (age 57) of New Zealand completed 100 miles in NZ in 1996 in 23:18 so was an experienced ultra-distance walker, having also completed the gruelling Colac 6 day event. However, he had a quadruple heart bypass earlier in 1998 and was only gradually getting back into walking. For Norm, this was an experiment to see how he had recovered. Obviously very well, judging from his performance.

Roger Le Moine (age 57) of England was both a British and Continental Centurion, having first completed the 100 miles in 22:04 in 1993 (C 802). A member of the famous Surrey Walking Club, he already had 5 100 mile performances under his belt before this race. This experience showed as he made the most of the occasion and completed yet another Centurion performance with only limited preparation.

John Harris (AC 12 – 1975) came to our Centurions race in Queensland last year after being many years away from the sport. This rekindled his enthusiasm and he completed a quick but intensive distance preparation. This proved to be sufficient to guide John to a second sub 24 hour 100 mile performance on the same track and in nearly the same time as he did 25 years ago.

Sue Clements (age 44) from England was keen to come out for our event the previous year but just could not fit it into her calendar. She was already a British Centurion (C950, 1996, 23:42:37) and recently completed the full 85 miles of the tough Isle of Man Parish Walk in 20:48:30 for a fine 23rd place. Her trip proved successful but by the barest of margins.

With 9 other walkers completing at least 100 km, the race was a great success.

24 Hour / 100 Mile Walk Results

1.	Gerald Manderson	NZ	177.665 km	24:00:00
2.	Yiannis Kouros	VIC	168.406 km	24:00:00
3.	Norm Morriss	NZ	100 miles	22:32:47
4.	Roger LeMoine	UK	100 miles	23:04:51
5.	John Harris	QLD	100 miles	23:10:36
6.	Sue Clements	UK	100 miles	23:58:40
7.	Frank Overton	NSW	134.400 km	23:31:04
8.	Robert Radley	NZ	133.604 km	24:00:00
9.	Steel Beveridge	NSW	132:000 km	23:15:17
10.	Peter Waddell	ACT	120.000 km	22:22:57
11.	Fred Baker	QLD	110.400 km	20:01:36
12.	Peter Gray	VIC	101.933 km	24:00:00
13.	Paul Thompson	NSW	100.479 km	24:00:00
14.	Brian Glover	VIC	100.400 km	13:52:21
15.	Graham Watt	VIC	54.800 km	08:31:40

100 km Walk

1.	Carol Baird	ACT	100 km	16:16:10
2.	Robin Whyte	ACT	24.4 km	03:01:36

50 km Walk

1.	Dudley Harris	NZ	50 km	06:56:47
2.	Merv Lockyer	VIC	50 km	07:07:04

9-10 January 1999**Coastal Classic 12 Hour Event, Gosford, NSW**

After the success of this carnival in 1998, Paul Thompson and Frank Overton decided to host a second edition, once again starting on the Saturday evening and using the same grass track in central Gosford in NSW.

A field of 23 athletes faced the gun with 4 of them being walkers. The weather was humid with a couple of light showers overnight but the grass track stood up well. Bill Walter set off at a fast pace and matched it with Frank Overton for the first few hours before slowing drastically. Frank had worked in setting everything up for the race and so did well considering his poor last minute preparation. Judy Brown did very well for a first up endurance in covering 64 km. Final results for the 4 walkers were

1.	Frank Overton	86.890 km	11 th overall
2.	Judy Brown	64.373 km	14 th overall
3.	Paul Thompson	57.600 km	16 th overall
4.	Bill Walter	42.200 km	19 th overall

18-19 Sept 1999**Coburg Athletics Track, Coburg, Victoria**

C36	Sandra Brown	50	19:14:56
C37	Herbert Neubacher	46	21:03:07
C38	Jill Green	57	21:15:35
C39	Carol Baird	50	22:16:43
C40	Gerrit de Jong	57	22:51:24

The 1999 race saw a record field of 25 entrants with 23 actually fronting the starting line. We were very pleased to have 9 overseas competitors join us for this annual event. The race started at 2PM on Saturday 18 Sept and ended at 2PM on Sunday 19 Sept. The venue was the Coburg Athletics Track in Melbourne.

The pace was evident early with Sandra Brown of England setting a cracking pace of 2:30 per lap. Gerald Manderson of NZ (the 1998 winner) was keen to take up the challenge and shadowed her for the first 2 hours. However, he was soon forced to slow and Sandra was left on her own to dominate the race.

The 50 mile splits tell the story for the first half of the race with overseas competitors filling 5 of the first 6 places at that stage. Sandra's 50 mile time was a new Australian Open Record and was ahead of her own 100 mile world record split while Ann Staunton from Canberra, having her first ever ultra distance walk, broke the Australian Residential Record for 50 miles.

Sandra Brown	09:08:52	(Australian Open Record)
Gerald Manderson	09:58:28	
Jill Green	10:08:00	
Robin Whyte	10:15:08	
Herbert Neubacher	10:20:47	
Gerrit de Jong	10:43:04	
Ann Staunton	10:52:27	(Aust Residential Record)
Carol Baird	10:57:07	
Steel Beveridge	11:44:01	
Robert Radley	12:37:11	
Lachlan Wilkinson	13:45:25	
Kelvin Marshall	14:07:44	
Harry Berg	15:42:14	
Kathleen Berg	16:43:51	

Sandra's final 100 mile time of 19:14:56 was all the more amazing given that this was her 6th 100 mile walk for the year. She was only 14 minutes outside the recent world record she had set in winning the New Zealand Centurions 24 hour event in July and she finished relatively fresh.

Behind Sandra, attention was focused on Gerald Manderson (NZ), Jill Green (England) and Herbert Neubacher (Germany). Gerald was eventually caught by the more evenly paced Jill and a great battle developed between these two with Herbert only 3 laps adrift. For many hours, all three lapped consistently until Herbert finally caught and passed the other two at about the 15 hour mark. Then he powered away and Jill and Gerald were left to fight it out for third place. At the 19 hour mark, Gerald paid the penalty for his aggressive early walking and faded. Jill came home strongly for a clear third place while Gerald limped home in fourth spot. Herbert, Jill and Gerald all produced personal best times for 100 miles.

Robin Whyte of Canberra was next to finish, completing his second 100 mile finish in Australia (1996 was his first one). Robin was initially awarded a time of 21:41:20 but a review of the lapsheets showed that 2 laps had been missed later in the race and his 100 mile time was subsequently adjusted to 21:34:48 to put him ahead of Gerald Manderson at that point. As Ann Staunton faded from the efforts of her 50 mile record performance, her training partner Carol Baird came through strongly to be the 5th finisher. She set new Australian Residential standards for the 100 km, 100 mile and 24 hour distance along the way. This was only her second ultra distance walk and both she and Ann have big futures ahead of them as they mature in this tough discipline.

The only other walker to finish the 100 mile distance was Dutchman Gerrit de Jong. Like the other European walkers, he was both experienced and fit and had no trouble in beating the 24 hour mark. He had completed the British Centurion 100 mile event an amazing 18 times in the last 20 years. This gives readers an idea of his credentials.

100 Mile Finishers

Sandra Brown	England	100 miles	19:14:56	C36
Herbert Neubacher	Germany	100 miles	21:03:07	C37
Jill Green	England	100 miles	21:15:35	C38
Robin Whyte	ACT	100 miles	21:34:48	C29
Gerald Manderson	NZ	100 miles	21:36:09	C31
Carol Baird	ACT	100 miles	22:16:43	C39
Gerrit de Jong	Holland	100 miles	22:51:24	C40



The 1999 finishers – Herbert, Gerrit and Gerald in the back row, Jill, Robin, Carol and Sandra in the front.

Both Gerald Manderson (1998) and Robin Whyte (1996) had completed this distance in Australia previously but the other 5 finishers became new Australian Centurions with their outstanding performances. They were awarded badges 36 to 40.

Note that Gerald and Robin had their laps amended after the race and this reduced their finish times. However, the final positions stand. Full results were as follows

24 Hour / 100 Mile Walk Results

Carol Baird	50	ACT	169.607 km	24:00:00
Robin Whyte	57	ACT	163.200 km	21:48:50
Gerald Manderson	55	NZ	162.400 km	21:49:07
Sandra Brown	50	England	100 miles	19:14:56
Herbert Neubacher	46	Germany	100 miles	21:03:07
Jill Green	57	England	100 miles	21:15:35
Gerrit de Jong	57	Holland	100 miles	22:51:24
Steel Beveridge	48	NSW	147.945 km	24:00:00
Robert Radley	42	NZ	146.649 km	24:00:00
Kelvin Marshall	35	VIC	127.430 km	24:00:00
Lachlan Wilkinson	40	ACT	118.150 km	24:00:00
Paul Tierentyn	60	Belgium	72.400 km	10:02:38
Graham Watt	25	VIC	66.800 km	10:18:17
David Blackett	46	NZ	56.400 km	20:41:00
Peter Waddell	68	ACT	54.000 km	09:28:45
Frank Overton	51	NSW	32.800 km	04:47:38

Results for the silver medal distance of 100 km and the bronze medal distance of 50 km were as follows:

100 Km Walk

1. Ann Staunton	35	ACT	100 km	14:43:27
2. Harry Berg	59	ACT	100 km	20:34:10
3. Kathleen Berg	56	ACT	100 km	20:39:38
Cornelia Neubacher	43	Germany	70.0km	11:52:04

50 Km Walk

1. Peter Gray	35	VIC	50 km	06:58:29
2. Brian Hamer	47	VIC	50 km	23:14:23
Merv Lockyer	68	VIC	20.4 km	02:32:46

AUSTRALIAN RESIDENTIAL RECORDS

Ann Staunton	35	ACT	50 miles	10:52:27
Carol Baird	50	ACT	100 km	13:39:33
Carol Baird	50	ACT	100 miles	22:16:43
Carol Baird	50	ACT	24 hours	169.607 km

AUSTRALIAN ALL COMERS RECORDS

Sandra Brown	50	England	50 miles	09:08:52
Sandra Brown	50	England	100 km	11:33:24
Sandra Brown	50	England	100 miles	19:14:56

Jack Webber Trophy

Carol Baird

The Jack Webber Trophy (awarded to the most meritorious Centurion performance) was won by Carol Baird. In 1998 Carol completed a fine 100 km in her first ever long distance walk and in 1999 she made the final step and became Centurion Number 39. Her performance also set new Australian Residential records for 100 km, 100 miles and 24 hours.

20/22 August 1999 **48 Hour Walk Maryborough Qld**

48 hour and 24 hour ultra walks were held in conjunction with the Australian 48-hour running championships at Maryborough in Queensland in August 1999. The mens 48 hour walk had only one finisher in Peter Waddell with a total of 229.32kms. Peter walked 108kms in the first 24hrs and 121.32kms in the second 24 hours. Peter showed once again that age (he was 68) is no barrier to endurance performances.

Kerri Hall won the womens 48-hour with a total of 211.48Kms, less than a metre outside her record. She was well in touch with the record until developing massive blisters.

Men	48 Hour	Peter Waddell	229.32 km (630 Laps)
Women	48 Hour	Kerri Hall	211.48 km

A number of walkers competed in the 24 hour event. Amongst competitors was Centurion John Harris.

Men	24 Hour	Bob Burns	130.00 km
		John Harris	120.35 km
Women	24 Hour	Melanie Jonker	124.00 km
		Cheryl Minter	112.00 km

15-20 November 1999 **Australian 6 day Race, Colac**

Once again a walker participated and on this occasion, it was New Zealander **Gerald Manderson (C31)**. As on previous occasions, it was shown once again that a walker could be competitive over such a long distance and he finished in 6th place overall (out of 17) with an aggregate distance of **622 km**. This beat the distance of 540 km which Peter Waddell had achieved in this same event in 1997.

Of course, as usual, Gerald did it tough with no support crew and very little in the way of spare clothes or shoes or prepared food supplements, etc. His daily totals were 120.8, 98.4, 111.6, 94.8, 74.4 and 122.4 km. He saved his last till best with a great final day and finished full of energy.

This was mooted as the last staging of this event due to manpower and cost related issues. This would be a shame as it is a unique event in the world ultra-distance calendar and one in which walkers have competed with success.

8-9 January 2000 Coastal Classic 12 Hour Event, Gosford, NSW

The third Coastal Classic 12 hour was held on Saturday 8th Jan-9th January at Adcock Park in Gosford, NSW. The race started at 7.30pm and finished at 7.30am the next morning. The track was a certified 400m grass track.

22 starters fronted for the gun with 19 athletes still on their feet at the twelve hour mark. The event was a combined walk/run with some competitors entering the walking section and others entering the running section.

The walking section saw Centurions Robin Whyte and Carol Baird in action and the final result showed both walkers covering nearly 100km.

- | | | |
|----|--------------------|---|
| 1. | Robin Whyte | 98.12 km |
| 2. | Carol Baird | 95.23 km (new Australian Residential 50 Mile Track record of 10:00:24) |
| 3. | Greg Rowe | 81.21 km |
| 4. | Peter Gray | 74.74 km |
| 5. | Frank Overton | 67.20 km |
| 6. | Frank Thompson | 58.00 km |

Robin had this to say about the race:

I was pleased. As usual did not feel that I had prepared for event. I had set a target of 96K - if I could stay on my feet. Carol Baird is quite unbelievable, I gained 4 laps on her between about 2.30 and 3.30 hours but from then on I feared she would overtake me. She was so positive all the way, whereas I was wondering how I was going to keep going from as far out as 8.00 hours to go. But somehow as nearly always I managed to keep going at a reasonable pace and in actual fact picked it up quite dramatically in the last hour.

Robin was just outside his best ever 12 hour distance of 98.84 km. Carol was the big improver with a 50 mile time that beat Ann Staunton's Australian Residential Track record (set in the 1999 Centurion event) by an astounding 52 minutes. Anne's record was 10:52:27 while Carol completed **50 miles** in just over ten hours (**10:00.24**).

Carol Baird put on yet another a flawless walking performance to break her Australian Residential 100 km, 100 mile and 24 hour walking records in the 16th annual Coburg 24 Hour Carnival held 8-9 April 2000 at the Harold Stevens Athletics Ground at suburban Coburg in Melbourne. The venue was the Coburg 400 metre athletics track and Carol was one of a large number of runners and walkers participating in events that covered the 6 hour, 12 hour and 24 hour standards.

Carol's new records were as follows

100 km	13:04:33
100 miles:	21:47:47
24 hours:	171.927 km.

For Carol, this latest race capped off a very successful last 6 months.

In September 1999 in the Australian Centurions 24 hour endurance walking event (also held at the same venue), she set new Australian Womens Residential Walking Standards for 100 km (13:39:27), 100 miles (22:16:43) and 24 hours (169.607 km). In January in Gosford in New South Wales, she added the 50 mile walking record to her tally with a fine time of 10:00:24, walked on a grass 400 m track. On this occasion, she bettered her own 100 km, 100 miles and 24 hour standards.

She was one of 3 walkers competing in the event. Long time supporter **Peter Waddell** made the trip down from Canberra but was only able to complete 40+ km before being uncharacteristically forced out with problems. **Carmela Carrassi (C 27)**, our first Australian lady Centurion, was back for her first walk in well over 12 months. She was forced into a long break with foot problems that required an operation and a long convalescence. She entered the 6 hour event and was happy to complete the time on the feet. Her final distance was just over 40 km and she pulled up well from her outing.

Results in the 24 Hour section were as follows

1.	Brian Smith	200.730 km	
2.	Tony Collins	187.027 km	
3.	Shirley Young	176.810 km	(world running record for women 70+)
4.	Carol Baird	171.927 km	(walker)
5.	Howard Neville	160.450 km	
6.	Victor Hessell	136.800 km	
7.	Ron Hill	135.524 km	
8.	Rosemary Maries	116.860 km	
9.	Max Carson	115.700 km	
10.	Peter Gray	111.529 km	
11.	Raymond Carroll	106.571 km	
12.	Chris Newman	78.000 km	
13.	Isak Ketsakidis	53.200 km	
14.	Peter Waddell	41.130 km	

C41 Boyd Millen 64 23:25:43

This race saw a field of 13 walkers. The race started at noon on Saturday 02 Sept and ended at noon on Sunday 03 Sept. The venue was once again the Coburg Athletics Track in Melbourne.

Right from the gun, Michael Harvey went to the front and was already 3 laps ahead of the next placed walker after the first hour. Michael, after a long and illustrious international walking career, was keen to challenge the Australian ultra walking records and set out at the pace required to break Clarrie Jack's long standing 50 mile record of just under 8 hours.

Behind Michael, the other walkers were clustered closely together, matching their own pace to those around them. Over the next few hours, the field gradually separated but a group of 4 – Gerald Manderson, Carol Baird, Robin Whyte and Kelvin Marshall, continued to walk together at a very steady 20 laps per hour. It was not till nearly 6PM that the first break occurred and Gerald dropped off the back, almost certainly showing tiredness from the heavy ultra racing program of the previous 12 months.

But Michael could only maintain his pace until the 46 km mark and, abruptly, he dropped from 2:20 per lap to 5 minutes per lap. He was spent. To his credit, he took stock of the situation, kept moving, tried to take in the right sort of nourishment and modified his aims. He set off once again with all thoughts of records forgotten. The aim now was to keep going for as long as possible and just see what eventuated. He passed the 50 km mark in 5:16:36 and settled down to a long battle against self.

Saturday afternoon had been windy and cool but the promised rain had held off. As night fell and walkers faced the long 12 hours of darkness and cold, he was still there but looking decidedly tired. His inexperience over such distances showed as his pace varied from fast to slow but he kept at it. The 50 mile mark was passed in a good time of 09:06:38 but the end was in sight. Behind Michael, the field was still closely packed with 50 mile splits as follows

Michael Harvey	09:06:38
Carol Baird	10:21:43
Boyd Millen	10:25:59
Robin Whyte	10:24:58
Ross Jackson	10:37:24
Kelvin Marshall	10:55:24
Gerald Manderson	11:08:56
Ken Riches	11:32:42
Steel Beveridge	11:51:34

Michael set himself to reach 100 km and did so just after midnight in 12:08:52. With that goal reached, he retired from the race and Carol Baird became the new leader. Just before 1AM, she also passed the 100 km mark in a new Australian Ladies Residential record time of 12:57:47.

Soon after this, the heavens opened with heavy rain and strong buffeting winds. By the time it cleared some 40 minutes later, the damage was done. Walkers were cold and wet and there were still 5 hours to go to sunrise. Changes of clothes and nourishment was taken and walkers drew on their inner reserves to battle self doubt and tiredness.

While this was going on, the 2 competitors in the 100 km race had other thoughts on their minds and they ignored the rain to walk towards their own personal goal. Just before 2AM and in the drizzling rain, Ross Jackson completed a fine first up 100 km in 13:21:34. Then Ken Riches followed soon afterwards in 14:30:14. Now only the 24 hour walkers were left on the track.

As dawn broke at 7AM, only 4 competitors were still there. Perhaps not surprisingly, all were Centurions – Carol Baird, Robin Whyte, Boyd Millen and Gerald Manderson. They had faced this sort of challenge before and, once again, had been able to overcome tough cold night time conditions. With a weak morning sun and under clear skies, the pace quickened and flagging spirits regenerated. The end was in sight and the mood brightened.

The final results tell the story. Gerald did his calculations and realised that he was too far back to reach the 100 mile mark so he retired just after 9AM at 141 km. That left just a final 3 to triumphantly reach 100 miles and achieve yet another Centurion performance. First was Carol with yet another Australian Ladies Residential record and then Robin

followed by Boyd. Carol kept going to improve on her Australian Ladies Residential 24 hour record with a fine 175.060 km.



Boyd Millen of England adds an Australian Centurion membership to his British (1995) and Continental (1999) Centurion memberships. Here he is finally crossing the line after 402 laps of the athletics track.

Full results were as shown

100 Mile Finishers

Carol Baird	51	ACT	100 miles	21:26:10	C39
Robin Whyte	58	ACT	100 miles	22:29:32	C29
Boyd Millen	64	UK	100 miles	23:25:43	C41

24 Hour / 100 Mile Walk Results

1. Carol Baird	51	ACT	175.46 km	24:00:00
2. Robin Whyte	58	ACT	162.80 km	22:43:10
3. Boyd Millen	64	UK	162.00 km	23:32:05
4. Gerald Manderson	56	NZ	140.80 km	21:08:50
5. Michael Harvey	37	VIC	102.20 km	12:27:43
6. Steel Beveridge	49	NSW	100.40 km	16:48:55
7. Kelvin Marshall	36	VIC	84.40 km	12:02:02
8. Graham Watt	24	VIC	60.00 km	09:04:16

100 Km Walk

1. Ross Jackson	41	VIC	13:21:34 (went on to complete 104.4 km)
2. Ken Riches	47	VIC	14:30:14

50 Km Walk

1. Peter Gray	35	VIC	07:53:05
2. Spiros Galatis	71	VIC	08:55:10
3. Brian Glover	57	VIC	36.4 km

Australian Records

Carol Baird	51	ACT	100 km	12:57:47
Carol Baird	51	ACT	100 miles	21:26:10
Carol Baird	51	ACT	24 Hours	175.460 km

Jack Webber Trophy

The Jack Webber Trophy is awarded to the most meritorious Centurion performance. This year, it was once again awarded to Carol Baird for another outstanding walk.

6-7 January 2001**Coastal Classic 12 Hour Event, Gosford, NSW**

The fourth annual running/walking of the Coastal Classic was held at Adcock Park, West Gosford, NSW. A field of thirty athletes greeted the starter and there was the usual mixture of those who have competed in every Classic, seasoned ultra & novice ultra athletes. Conditions were warm, the competitors appreciating a start time in the relative cool of the evening.

In the walk division, Carol Baird and training partner Robin Whyte started off together and Robin only started to drop behind after some 7 to 8 hours. Things might have been a bit different if Keith Knox had not missed the start by some 15 minutes. Keith is a long time NSW 50 Km walker and he had finally succumbed to the temptation and entered an ultradistance walk. He perhaps made the mistake of chasing too hard early in an attempt to bridge the gap to Carol and Robin. By the half way mark he had just about done it but started to fade alongside Robin soon afterwards.

Carol showed superb control and endurance to win once again with a new Australian Ladies 50 Mile Walk record. Her distance for 12 hours was also a big PB. Behind her, Keith just edged out Robin in a fine first up ultra walk. Robin for his part walked his usual consistent race and was rewarded with another fine finish.

It was also good to see John Harris (dual Australian Centurion) getting back into training and making the trip down from Brisbane for a surprise performance. His distance of 82km was a very good first up. Julie Schrag put herself into our ranking list for ladies by completing over 70 km in her first real ultra walk.

Results in the walking section were as follows

1. Carol Baird	97.290 km (new Australian Residential 50 Mile Track record of 9:42:06)
2. Keith Knox	93.101 km
3. Robin Whyte	92.490 km
4. John Harris	82.171 km
5. Julie Schrag	70.197 km
6. Geoff Andrews	43.200 km
7. Paul Thompson	43.200 km
8. Frank Overton	40.000 km
9. Greg Rowe	35.600 km

07-08 April 2001

Coburg Athletics Track, Coburg, Victoria

C42	Fred Brooks	67	22:31:15
C43	Michael Harvey	38	22:48:26

This annual race, hosted by Coburg Harriers, saw large field of over 30 runners and walkers competing in 3 separate races over 6 hours, 12 hours and 24 hours. The race started at 10 AM on Saturday 7 April and ended at 10 AM on Sunday 8 April. The venue was once again the Coburg Athletics Track in Melbourne and the weather was kind – it stayed mild and mostly overcast for the full 24 hours of the event.

There were 3 walkers in the 24 hour event and 3 excellent performances were seen.

Michael Harvey came into this race after a fine 100 km completed in the 2000 Australian Centurions 24 Hour event. In that race, he had gone out too hard and paid the penalty and on this occasion, he had adopted a different mindset that included finishing. Even after saying that, he still set off at a pace not normally seen in such events and reached the 50 km mark in 4:56. But from then on, he had to draw on strengths not normally tapped. With a good support crew, he dropped his pace, took regular breaks and was not far short of 100 km at the 12 hour mark. From then on, it was a hard slog but he always had time on his side and he reached the 100 mile mark in 22:48:26.

Fred Brooks, at the age of 67, had set himself the challenge of becoming Australia's oldest Centurion. He had watched Merv Lockyer complete his 100 mile in 1996 at the age of 65 and had been inspired to have a go himself. Fred had been a very good walker in England in the fifties and early sixties before migrating to Australia and putting his efforts to work and family. Now after over 30 years break from walking, he was back into his stride and walking confidently and strongly at an opening rate of 3 minute laps. During the whole 24 hours, his pace never really rose above 3:20 laps and his two 50 mile splits were quite even. He passed a tiring Michael Harvey with a couple of hours to go and stormed home in 22:31:15. Fred's performance also qualified for new Australian Ultra records for the 65+ group for 12 hours, 50 miles, 100 km and 100 miles even though he walked rather than ran!



Michael Harvey and Fred Brooks in action in the 2001 event.

The third walker was **Stan Miskin**, already an Australian Centurion (C 23 in 1988) and now 75 years of age. In the early 90's, he retired and moved from Melbourne to Queensland. In 2000, he sold up and returned to Melbourne and found himself living near Fred Brooks. So it was back into the training shoes - he had already been toying with the idea of a final big walk. In October 2000, he travelled to Adelaide and completed 120 km in the Sri Chimnoy 24 hour event. Then back to some more training and onto this event in April. His target - to break the Australian Ultra Distance

The event was huge with over 180 starters in the 24 hour walk. The field included 20 international male walkers and 10 international female walkers. The event was fully sponsored by various Malaysian entities such as the Departments of Tourism and Sport and the organisers were able to fully fund the trip for selected overseas entrants. Carol had her trip fully funded and her husband Bob who accompanied her as her handler had a subsidised airfare and all accomodation costs covered in Malaysia.

The race was held in the Genting Highlands Resort which is at 5000' altitude about an hour's drive outside Kuala Lumpur. The course was very tough – steep ups and downs, sharp turns, rough sections of road, varying road surfaces (paving, cement, speedhumps) and the lap was 800m. The event was judged (but in a similar way to our events) and anyone given a report was docked a lap by way of penalty.

Overall, there were 9 men and 2 women who completed the 100 miles within 24 hours. Carol passed the 100 mile mark in about 23:15 - the slower than normal time reflected the toughness of the course.

As it was only 7 weeks since her successful New Zealand win, it was a remarkable performance and added a third Centurion award to her Australian and New Zealand ones. The first 3 places in the ladies event were as follows

1. Sandra Brown	England	182.032 km
2. Carol Baird	Australia	169.252 km
3. Sun Xiao Li	China	147.100 km

18-24 November 2001 Australian 6 day Race, Colac

Once again a walker participated and once again it was New Zealander **Gerald Manderson (C31)** who had his first outing after a very quiet year. He matched his 1999 daily totals for the first 5 days and was just over 500 km at the end of day 5 when blistering forced him to back off. His final distance **of 551.6 km** was well short of his 1999 distance of 622 km.

5-6 January 2002**Coastal Classic 12 Hour Event, Gosford, NSW**

Frank Overton and Paul Thompson (long time supporters of the centurion walks) braved NSW bushfires and held another successful Gosford 12 hour race. This fifth edition attracted 12 runners and 11 walkers.

As usual, there were some good walking performances. **Alex Crawford**, a long time NSW racewalker who comes from a racewalking family (his dad Ron was a top walker back in the 1950's) had his first ultra distance walk and performed strongly to just hold out Carol Baird with a distance of 97 km.

Carol Baird (C 39) put in another great walk, being just outside her current 50 mile record and just one km behind her distance of 97 km which she achieved in this event the previous year.

Lachlan Wilkinson had attempted the Centurion walk on a couple of occasions and performed well on this occasion, reaching what must be a PB for him of 85.402 km.

Stan Miskin (C 23), at 76 years of age, showed no signs of slowing. Stan beat Cliff Young's 75+ AURA record – and Cliff did it running while Stan was walking. Cliff's record was 12:21:47 but Stan went through the 50 mile mark in under 12 hours and went on to record a 12 hour distance of 81.967 km – another AURA 75+ record for him.

Val Chesterton of ACT, at 61 years of age and having her first ultra walk, amazed all around her with a distance of over 50 miles. She had walked her first 50 km event the previous August and had been encouraged to attempt this race by fellow ACT walker Carol Baird.

1.	Alex Crawford	NSW	97.023 km
2.	Carol Baird	ACT	96.065 km
3.	Robin Whyte	ACT	91.834 km
4.	Lachlan Wilkinson	ACT	85.402 km
5.	Stan Miskin	VIC	81.967 km
6.	Val Chesterton	ACT	81.802 km
7.	Judy Brown	NSW	53.345 km
8.	Frank Overton	NSW	50.000 km
9.	Greg Rowe	NSW	46.400 km
10.	Paul Thompson	NSW	44.000 km

2 Feb 2002**Caboolture Historical Village 12 Hour Dusk to Dawn**

This annual Queensland event saw a number of walkers toe the line. In particular, 3 walkers completed the 12 hour walk. They were

John Harris (C 12)	QLD	82.000 km
Stan Miskin (C 23)	VIC	74.837 km
Lyn Lewis	QLD	81.000 km

Lyn Lewis (who became an Australian Centurion 2 months later in April 2002) broke the event record for the 12 hour walk for women. The event was walked on a 500m gravel track and it rained for the first 4-5 hours. So the going was very slow and slushy.

02-03 March 2002**Sri Chimney 100 km, Canberra**

Stan Miskin was off to Canberra a month later for the Sri Chimney 100 km. The cutoff mark is set at 16 hours and the 1.4 km loop has a few inclines so is not an easy task for walkers. To make it even tougher, the midnight start was mild and the next day had clear blue skies and hot conditions so all the runners and walkers had to do it tough for the whole day - with little or no protection from the heat and sun. The 2 walkers to complete the 100 km were Canberra walker Ann Staunton (held the Australian womens 50 mile walk record before Carol took it from her) and Stan. Stan's time

JACK WEBBER MEMORIAL TROPHY

Was awarded to Karyn Bollen for the most meritorious Centurion performance on the day

NEW AUSTRALIAN WOMENS RESIDENTIAL RECORDS

Carol Baird	100 Km	12:18:57
Carol Baird	100 Miles	20:31:24
Carol Baird	24 Hours	182.657 Km

Profiles of the walkers were as follows:

Carol Baird (C 39) completed her 6th Centurion finish in the last 3 years. She has now walked 100 miles within 24 hours 4 times in Australia, once in New Zealand and once in Malaysia. On this occasion, she broke her Australian records for 100 km, 100 miles and 24 hours with an awesome performance. Her splits were as follows

	2002 performance	Previous best
50 miles	9:47:31	9:42:06
12 Hours	97.550 km	97.290 km
100 km	12:18:57	12:37:50
100 Miles	20:31:24	20:55:46
24 Hours	182.657 Km	176.728 km

Lyn Lewis (C 44) was an accomplished ultra-distance runner and a former racewalker over the shorter distances. With such a dual background, the quest for Centurion membership was an obvious one. She was able to reach the 100 mile mark well under 23 hours to become the first woman in Australia to have completed 100 miles within 24 hours in both running and walking mode. This is a very rare feat which until now had been restricted to only a few Australian men.

John Harris (C 12) became a triple Australian Centurion, having done the hundred previously in 1975 and 1998. John had not done his usual preparation for such a tough event and he had to draw on all his reserves to reach the 100 mile mark in about 23:34:50.

Karyn Bollen (C 45) is a complete newcomer to the ultra scene. She competed in the 12 hour run in the 2001 Coburg 24 Hour event and walked most of the way to a distance of 79.4 km. Her walking on that occasion was so impressive that it was suggested she give the Centurion challenge some thought. She came back some 12 months later and produced a superb performance, overcoming horrendous blisters to reach the 100 mile mark in 23:35:56. It was a wonderful moment for Karyn, her supporters and the spectators as she crossed the line. She was awarded the Jack Webber Memorial Trophy for the most meritorious walking performance of the day.

Geoff Tranter is a very accomplished Centurion, having completed the British standard on 12 separate occasions. He is also a Continental, American and New Zealand Centurion. His best performance is an astounding 129 miles of walking within 24 hours in 1981 in England. He made the trip to Australia with fellow Birchfield Harriers walker John Fenton to try for the last Centurion badge to complete his collection. Unfortunately, he just failed, being just short of 98 miles at the time the final gun was fired. Geoff gave it a real go but was just not quite fast enough in the first 12 hours of the event. Don't be surprised if he comes back to have another go.

76 year old Centurion **Stan Miskin (C 23)** had a great day, breaking his AURA (Australian Ultra Runners Assn) 75+ records for 50 Miles, 12 hours and 100 km and just falling 1 km short of his 24 hour record. Of course, these are running records and Stan walks! Stan is already an Australian Centurion, having done his 100 mile walk in 1988 and he, like Lyn Lewis, is one of the few Australians to have completed the run/walk 100 mile/24 hour doubles.

NSW walker and ultra athlete **Steel Beveridge** came down a fourth time to try for Centurion membership but, once again, found himself short of the final target. He was able to complete 50 miles in the first 12 hours but faded in the second half of the event.

John Belfio entered the event with the hope of walking 100 km in 24 hours and was rewarded with a very good first up 112 km.

British Centurion **John Fenton** was our second overseas walker but on this occasion, it was not to be. He was not comfortable and struggled early to reach what must have been a personally disappointing 110 km. Like Geoff, we may well see John back again to put things to right.

Young Melbourne racewalker **Graham Watt** was back for his 4th walk in the Australian Centurion event. On the other occasions, he had reached exhaustion point in the 50-60 km range but this year he managed to get to the 97.2 km mark before stopping for a massage and a rest. Unfortunately, he could not get going again after this and had to call it a day. This was a much better performance by Graham and indicated that he has the potential to go all the way if he sets his mind to it and trains appropriately.

08-09 July 2002 New Zealand Centurions 24 Hour event, Auckland, New Zealand

Once again Carol Baird made the trip to New Zealand and improved on her 2001 performance to record 20:48:53 for the 100 miles. For Carol, it was her 7th Centurion finish and just outside her overall best. She continued on to record 167.200 km before retiring from the event. She was 4th overall and the first walker to finish

1. Carol Baird 167.200 km (9:56:10 for 50 miles, 20:48:53 for 100 miles)

19 - 21 July 2002 Australian 48 Hour Championship, Bribie Island, Queensland

John Harris returned to Bribie Island to defend his 2001 title. Although his 48 Hour distance was 9 km further than last year, he had to lower his colours to runner Tony Collins who took the overall title. Of the 4 finishers in this event, two were walkers – John Harris and Stan Miskin.

1. Tony Collins NSW 253.335 km
2. John Harris QLD (Walker) 230.307 km
3. Kerrie Hall QLD 209.991 km
4. Stan Miskin VIC (Walker) 205.113 km

19 - 20 October 2002 Sri Chinmoy 24 Hour Carnival, Adelaide Harriers Track, Adelaide

The Sri Chinmoy 19th Annual Self-Transcendence Ultra Running Festival was held in Adelaide on October 19-20 2002. Once again the venue was the old Adelaide Harriers Track and Carol Baird and Stan Miskin were carrying the flag as walkers. Carol did yet another hundred (her 8th) and went on for the full 24 hours to be just outside her Australian best of 182 km set at Coburg earlier this year. Stan Miskin, at 76 years of age, also toed the line (Stan was a regular runner in this event throughout the eighties) and walked to a distance of 121 km.

Carol was 2nd overall, being beaten by only 1 runner (David Standeven) while Stan was 11th.

2. Carol Baird ACT 179.811 km
11. Stan Miskin VIC 121.695 km

Carol recorded intermediate splits of 10:11:01 for 50 miles and 21:13:27 for 100 miles.

17-23 November 2002 Australian 6 day Race, Colac

Once again walkers participated with Gerald Manderson and Stan Miskin as official entries. Gerald, having his first outing after a very quiet year, was 20th with 410 km, well short of his 1999 distance of 622 km. It was his third finish in the event. Stan Miskin unfortunately blistered in day 1 and had to retire early on day 2.

20. Gerald Manderson NZ 410.0 km
24. Stan Miskin VIC 138.2 km

4-5 January 2003**Coastal Classic 12 Hour Event, Gosford, NSW**

This year saw the 6th edition of the Gosford Coastal Classic being conducted at the usual venue of Adcock Park, West Gosford. Start time was 7:30 pm with 22 runners and walkers in attendance. Race conditions were almost ideal; only the humidity was slightly elevated.

In the walk division last year's winner Alex Crawford (in 2002 he won the event with a distance of 97 km) started at a pace worthy of a Elite Racewalking Championship. He held this pace till 30 kms where he had to retire due to an ankle injury he brought into the Classic. **Carol Baird (C 39)** and **Robin Whyte (C 29)**, using their vast ultra experience, let Alex go and stuck to their own race schedules. It paid off for them when he retired and they were left to fight out the walk section (as usual). On this occasion, it was Carol who led Robin throughout the race and who won with a distance of 94.813 km. Robin won the mens' walk section with 91.263 km, almost the same as his 2002 time. **Stan Miskin (C 23)**, after a conservative start, passed a number of the slowing runners and stormed home with a distance of 76.944 km (almost equaling his age of 77!)

Full results for walkers are as follows

1.	Carol Baird	ACT	94.813 km
2.	Robin Whyte	ACT	91.263 km
3.	Stan Miskin	VIC	76.944 km
4.	Judy Brown	NSW	58.400 km
5.	Paul Thompson	NSW	54.000 km
6.	Greg Rowe	NSW	50.000 km
7.	Frank Overton	NSW	40.000 km
8.	Alex Crawford	NSW	30.000 km
9.	Brian Hamer	NSW	24.400 km

12-13 April 2003**Australian Centurions 24 Hour Walk, Coburg**

C46 Charles Arosanyin 35 23:35:31

This event was once again a combined run/walk event with the Australian Centurions joining the Coburg Harriers as co-hosts. A final starting list of 42 competitors fronted the line with competitors split across the following divisions

24 Hour Run	13	24 Hour Walk	13
12 Hour Run	1	12 Hour Walk	4
6 Hour Run	8	6 Hour Walk	3

The races started at 10AM on Saturday 12th in sunny conditions that intensified throughout the day. By the time relief was in sight on Saturday evening, competitors had endured some 8 hours of direct sun and heat. As day turned into night, it was a case of sunburnt bodies, blistered feet and heat induced exhaustion.

With the 6 and 12 hour events completed by 10PM, the 24 hour competitors laboured on through the hours of darkness and waited for the final surge of adrenaline which comes with the dawn. But come the morning, there was little left in tank for most and the run/walk home was more of a shuffle than a surge. The toll from the first day's conditions was now obvious and most finish times were slower than would be expected for such a prestigious event.

In the 24 Hour Run, Ian Valentine defied the odds and improved on his personal best by some 24 km. After an early battle with Allan Devine, he cleared away from the field during the night. It was only during the last few hours that the consistent Bill Beauchamp made up ground and started to bridge the gap. But the lead was too big and Ian recorded what must be his biggest win so far. Peter Gray made it 16 finishes in a row for this event with a creditable 4th place.

In the 24 Hour Walk, Australian record holder Carol Baird and England based Nigerian walker Charles Arosanyin staged a seesaw battle during the first half of the race. Only 3 laps separated them at the 80 km mark which was passed in just over 10 hours. But Carol once again showed her experience and pace judgement and maintained her pace during

the night as Charles slowed. With the walkers' main aim being the 100 mile target, Charles looked likely to miss out with 5 hours to go. But to his credit, he staged a spirited comeback and reached his goal in 23:35:31 to become Australian Centurion Number 46.

Karyn Bollen (C 45) stepped down from the 24 hour event to the 12 hour and recorded a good 82.131 km for her first outing since completing 100 miles in the 2002 Centurion event.

The event had an international flavour with 3 English and 3 New Zealand walkers competing against the local Australian talent.



Charles Arosanyin in action

24 HOUR WALK RESULTS

1.	Charles Arosanyin	ENG	161.600	C46	100 miles in 23:35:51
2.	John Harris	QLD	149.268	C12	
3.	Geoff Tranter	ENG	134.294		
4.	Stan Miskin	VIC	117.484	C23	
5.	Steel Beveridge	NSW	115.200		
6.	John Timms	VIC	111.037		
7.	Graham Watt	VIC	100.800		
8.	Fred Baker	QLD	100.800		
9.	John Fenton	ENG	98.840		
10.	Laurie Tinson	VIC	75.200		

1.	Carol Baird	ACT	166.890	C39	100 miles in 21:55:35
2.	Linda Law	NZ	109.116		
3.	Deborah DeWilliams	VIC	75.118		

12 HOUR WALK

1.	Michael Law	NZ	71.135		
2.	Ken Carter	VIC	58.250		
3.	Bill Kyte	VIC	52.400		

1.	Karyn Bollen	VIC	82.131	C45	
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6 HOUR WALK

1.	Graham Cleal	NZ	44.027		
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1.	Ellwyn Miskin	VIC	36.468		
2.	Ellen Zukowski	SA	30.991		

JACK WEBBER MEMORIAL TROPHY

Was awarded to Charles Arosanyin for the most meritorious Centurion performance on the day

GORDON BURROWES TROPHY

This is a Coburg Harriers trophy for the most meritorious performance on the day from their perspective. It is normally won by a runner but this year it was awarded to John Fenton.

Profiles of the walkers were as follows:

Carol Baird (C 39) completed her 9th Centurion performance in the last 4 years with another confident performance. But this was perhaps her toughest hundred yet as even she was effected by the trying early conditions. But a finish was never in doubt as she powered through in typical style.

Charles Arosanyin (C 46) is a native of Nigeria but currently lives in England and is a member of the famous Surrey Walking Club. Already a British Centurion (C 979 in 2001), he wanted to come out to our event last year but injuries intervened. This year it all fell into place and he was rewarded with a second Centurion badge after a gutsy display. His condition after the race indicated the effort he put in to drag himself back from the edge of failure and record a well deserved Centurion finish.

John Harris (C 12), already a triple Australian Centurion (1975, 1998 and 2002) made the trip down from Brisbane with two thoughts in mind – support training partner Fred Baker and see if he could get yet another hundred himself. He walked consistently but was just not fast enough on this occasion and had to be content with membership of what he has now dubbed ‘the nineties club’.

Geoff Tranter is a very accomplished Centurion, having completed the British standard on 12 separate occasions. He is also a Continental, American and New Zealand Centurion. His best performance is an astounding 129 miles of walking within 24 hours in 1981 in England. Last year he made the trip to Australia with fellow Birchfield Harriers walker John Fenton to try for the last Centurion badge to complete his collection. Unfortunately on that occasion he just failed so he was back again this year to put things right. But there is one thing that the English cannot prepare for – a hot Melbourne day. Geoff’s plans were turned upside down in the Saturday heat and his disappointment at what he saw as his failure was obvious. But from our perspective, it was a gutsy walk that deserves commendation.

Stan Miskin (C 23) walked the first 6 hours with his wife Ellwyn (who was doing the 6 hour event) and then headed off himself into the familiar 24 hour territory. At 77 years of age, there is no slowing Stan down and his 117 km left many younger competitors in his wake.

NSW walker and ultra athlete **Steel Beveridge** came down yet again to try for Centurion membership but, once again, found himself short of the final target. He was able to complete 50 miles in the first 12 hours but started to tire soon after this point. He eventually gave it away and went for a sleep and his final distance of 115 km was thus down on some of his previous distances.

Ultra runner **John Timms** is well known for his Colac 6 day appearances and his numerous 24 hour running races. I am sure his presence in the 24 hour walk surprised a few of his compatriots but John showed a very good walking form as he matched it early with Carol Baird. A lack of serious walk training meant that he was forced to take a few breaks as the race progressed but his final 110 km was very good and indicated that he could be a serious threat in future events if he sets his mind to it.

New Zealander **Linda Law** has previously walked 137 km in 24 hours in the New Zealand event but found on this occasion that the best of race plans can unfold under adverse conditions. Her final distance of 108.8 km does not reflect her potential and I am sure that she will soon have the right conditions and put it all together for the result she wants.

Melbourne racewalker **Graham Watt** was back for his 5th walk in our annual Centurion event and he improved from a previous best of 97.4 km to 100.8 km. Graham was a last minute addition to the field but he showed maturity in his walk, moderating his pace early and hence getting further this time. He showed that he is now ready to move up into the big league and seriously tackle the hundred.

Freddie Baker is a legend in Centurion circles. A former secretary of the British Centurions, he has 20 Centurion finishes to his credit. At 70 years of age and now living in Brisbane, he was keen to add an Australian badge to his collection and had been training with John Harris in preparation for this event. Unfortunately, things did not go to plan and he suffered badly with leg problems and had to adjust his expectations and settle for a 100 km distance.

British Centurion **John Fenton** was yet another of our overseas visitors but the hot Saturday conditions took so much out of him that he could not improve on his 100 km achieved in last year's event. He was very disappointed as his final distance of 100.8 km did not really reflect his preparation nor truly reflect his worth.

Deborah DeWilliams was a first time competitor who is just dipping her toes into the long distances and she made an impressive start, recording 75 km in 12 hours before being forced to retire. She was well up early but started suffering stomach problems at about the 5½ hour mark. It was a great performance to actually keep walking for such a long time and knock such a distance out when interspersed with frequent toilet stops and stomach cramps. I expect that Deborah will get a lot further in her next event.

Laurie Tinson was also a first time competitor doing his first ultra walk. He decided 6 months ago to have a go and looked good early, walking with a smooth and efficient action. He was up in third place in the walk for most of Saturday but started to suffer as the day wore on and he eventually called it quits after just over 10 hours and 75.2 km. With such a good first up walk, he certainly has the potential to nail the hundred with a bit more walking in the legs.

26-27 July 2003 British Centurions 24 Hour Walk, Newmarket, England

For the second time, an Australian competed in this most prestigious of events but, like Robin Whyte in 2001, **John Harris (C 12)** also failed to finish. Although he had previously completed three hundreds in Australia, John struggled from the start, stopping soon after the 40 mile mark. He came back onto the track later to complete a distance of 66 miles.

45 John Harris 66 miles

4-5 August 2003 Malaysia 24 Hour Walk, Genting Highlands, Malaysia

Peter Bennett (C 24) made the trip to Malaysia as the officially sponsored Australian representative. Peter was hoping to do well, having been in pretty good shape during the year. He walked in the Australian 20 km championship in Brisbane in April, walked the Canberra 20 miler in June and had his final hitout winning the Queensland 30 km walk title in mid July in 2:48:50. But then big trouble as he hurt his back at work only a couple of weeks before flying out. Despite intensive treatment he went over carrying a major injury and in other circumstances, would not have even fronted for the race. And he nearly pulled it off with a superb performance - he zoomed through the first 100 km in under 13 hours but as time went on, his back got so bad that he was forced off the track at the 15 hour mark. He finally returned some 3 hours later and limped along for the remaining 6 hours, finishing just 3 miles below the 100 mile mark.

9 Peter Bennett 157.430 km

23-34 August 2003 Gold Coast 24/48 Hour Carnival

Although this volume does not focus on running performances, it is only appropriate that a special mention is made of the running performance of **Carol Baird (C 39)** who was the overall winner in the Queensland 24 Hour Running Championship. Along the way, she broke 5 Australian Records in the W50 age group - 50 miles, 100 miles, 100 km, 12 Hours and 24 Hours. Her 100 mile run time was 19:29:12 and she completed 188.645 km for the full 24 hours. This was Carol's first running performance after completing 8 100 mile walks over the past 3 years. She becomes the second Australian lady (after Lyn Lewis) to achieve the 100 mile walk/100 mile run feat.

On the walking front, there were two competitors. **Stan Miskin (C 23)** competed in the 48 hour race, finishing with 182 km while **Steel Beveridge**, a regular in our own Centurion events, walked in the 24 hour event and completed 134.614 km.

4-5 October 2003 Sri Chimnoy 24 Hour Championship, Adelaide

Once again **Carol Baird (C 39)** entered as a runner and finished third overall and the first lady. In hot conditions she completed 180.919 km (100 miles in 20:52:52) to clock up her tenth hundred (8 walking and 2 running). **Stan Miskin (C 23)** walked a distance of 114.620 km to finish 13th.

16-22 November 2003 Australian 6 day Race, Colac

This event saw 78 year old **Stan Miskin (C 23)** as the oldest in the field and the only walker. He acquitted himself superbly, meeting the 65 km per day criteria to finish with a wonderful 482.539 km.

10. Stan Miskin 482.539 km

10-11 January 2004**Coastal Classic 12 Hour Event, Gosford, NSW**

Event coordinators Frank Overton and Paul Thompson must have been pleased to see a record field taking part in the seventh annual Gosford Coastal Classic which continues to be amongst the best carnivals on the annual ultra calendar. The overall winner was David Criniti who smashed the men's race record with a wonderful 142.495 km and he was one of a number of top performances.

Carol Baird (C 39) and was the first woman runner to finish with a fine 103.767 km. **Robin Whyte (C 29)** was the first male walker but had to be satisfied with 82.530 km. **Stan Miskin (C 23)** had been set the challenge to do a weight for age performance – complete 78 km within the 12 hours at 78 years of age. Unfortunately, like the other competitors, he had to face warm overnight conditions and a dry sandy grass track that was not conducive to fast walking. His 70.700 km was still a fine performance and he continues to defy Father Time.

Walking results were as follows

1.	Robin Whyte	82.530 km
2.	Val Chesterson	71.524 km
3.	Stan Miskin	70.700 km
4.	Adam Gould	66.153 km
5.	Judy Brown	59.201 km
6.	David Drayton	51.200 km
7.	Sandra Howorth	50.000 km
8.	Paul Thompson	30.000 km

17-18 April 2004**Australian Centurions 24 Hour Walk, Coburg**

C47	Bob Lee	49	22:44:44
C48	Graham Watt	27	23:59:23

The 2004 qualifying event was once again a combined run/walk event, with the Australian Centurions joining the Coburg Harriers as co-hosts. A final starting list of 43 competitors fronted the line with competitors split across the following divisions

24 Hour Run	19	24 Hour Walk	7
12 Hour Run	3	12 Hour Walk	2
6 Hour Run	8	6 Hour Walk	4

After scorching conditions the previous year, 2004 saw cool blustery conditions on the Saturday followed by a cold night with intermittent drizzling rain. The Sunday morning was cool and overcast, providing perfect conditions for those still on the track.

The number of older runners and walkers in this event – Ken Matchett (82), Stan Miskin (78), Shirley Young (74), Ellwyn Miskin (74), David Padgett (72), Fred Brooks (70), George Audley (68), Ron McGregor (62), David Jones (62) and John Timms (61) – must form some sort of record!

As usual, the walkers provided their own particular brand of excitement with two new Centurions completing the 100 mile walk within 24 hours. Experienced Kiwi ultra distance runner/walker Bob Lee covered the 100 miles (160.934 km) in 22:44:44 for a comfortable victory. Young Melbourne walker Graham Watt, after 5 unsuccessful attempts, finally achieved his goal with a nail biting finishing time of 23:59:23. In fact, he looked to be well off the required pace with 6 hours to go but rallied superbly and stormed home with his fastest laps of the whole race coming in the final 2 hours. And it was all needed as he reached his goal with only 37 secs to spare!

A number of Centurions participated in the run with Carol Baird overall winner with 189.292 km, Karyn Bollen third in the 24 Hour Run for women with 140.4 km and George Audley completing 84.9 km.



The new centurions – Graham and Bob

Bob Lee (C 47), aged 49, is New Zealand Centurion Number 5, achieved with a time of 22:06:26 in July 2000. Bob has also achieved the 100 mile run within 24 hours on two occasions so is one of that rare breed of ultra distance competitors who seems equally at home walking or running. He moved to Melbourne in 2002, now lives in St Kilda and is a member of Coburg Harriers. He walked confidently to his second Centurion badge, this time passing the mark in 22:44:44. His finish never looked in doubt.

Graham Watt (C 48), aged 27, is a local Melbourne walker and a member of the Box Hill Athletics Club. He was a regular Interclub and VRWC walker until the last few years when family commitments (Graham and his wife Maria have 2 small children now) took his priorities elsewhere. But he always harboured the desire to become a centurion and this year the dream came true. Sometimes it takes determination and perseverance to gain this ultimate of prizes and Graham is a prime example of how to keep striving for what you want. He failed 5 times in a row - 1998 54.8 km, 1999 66.8 km, 2000 60.0 km, 2002 97.2 km and 2003 100.8km - leading up to this year. His 2004 100 mile time of 23:59:23 is the closest shave of any attempt. But what makes it even more amazing is the fact that he passed the 50 mile mark in 12:20:33 and looked to have lost all chances of reaching the required milestone. His second 50 mile split of 11:38:52 was over 40 minutes faster and set up an awesome finish as he pulled out all stops to beat the final gun. He covered 23 laps in the last 2 hours – easily the fastest period of his race. He was unable even to walk after the finish, such was the effort he had expended. His performance is one that will stick forever in my mind.

Stan Miskin (C 23) walked 136.106 km, an amazing performance for someone 78 years old. He had few if any breaks and remains the ultimate professional in such events.

Ron McGregor, aged 62, has been walking less than 2 years and came into this race with little preparation but with a keenness and determination that marks the true Centurion. With only 2 longer races of 20 km under his belt, he amazed all by reaching the 50 mile mark in 11:20:58. It was only in the second half when he started to slow and gradually fell behind the required schedule. Drawing on his inner reserves, he increased the pace and kept going for 4-5 more hours before the body finally gave way and he was forced to retire at 134.400 km. He has vowed to be back and I have no doubt that next time he will make the distance.

Ultra runner **John Timms** walked 110km last year and just bettered that for 113.391 km this year. If he decided to train

specifically for the walk, he would be a serious Centurion contender. He has vast experience and just needs some specific walk training to put it all together.

Fred Brooks (C 42) was intending to run but swapped to the walk at the last minute. He walked very strongly and evenly for the first 50 miles with Ron McGregor and Dian Goodger. His lack of specific training was the prime cause of his retirement at the 89.600 km mark.

Dian Goodger of South Australia certainly looks the total package and it was only stomach problems that prevented her reaching a really serious distance. She was forced to slow at around the 10 hour mark and passed the halfway point in 12:22:31. To her credit, she walked on to the 100 km mark, finally calling it quits with a distance of 102.000 km. Like Ron McGregor, she will be back and will have learned much from this first serious attempt.

Walk results were as follows

24 HOUR WALK MEN

BOB LEE	49	NZ	162.220 km	C47
GRAHAM WATT	27	VIC	160.939	C48
STAN MISKIN	78	VIC	136.106	C23
RON MCGREGOR	62	VIC	134.400	
JOHN TIMMS	61	VIC	113.391	
FRED BROOKS	70	VIC	89.600	C42

24 HOUR WALK WOMEN

DIAN GOODGER	40	SA	102.000	
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12 HOUR WALK MEN

LAURIE TINSON	49	VIC	72.815	
KEN CARTER	51	VIC	58.798	

6 HOUR WALK MEN

GLYN DEWILLIAMS	54	VIC	38.255	
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6 HOUR WALK WOMEN

BARBARA TUCKER		VIC	46.221	
SANDRA HOWORTH	41	VIC	42.927	
ELLWYN MISKIN	74	VIC	38.311	

CENTURION WALK QUALIFIERS

C47	BOB LEE	22:44:44
C48	GRAHAM WATT	23:59:23

JACK WEBBER MEMORIAL TROPHY

Was awarded to Graham Watt for the most meritorious Centurion performance on the day

Significant Milestones are as follows

Competitor	50M	12H	100 Km	100 Mile	24 Hour
Bob Lee	10:20:41	91.760 km	13:17:44	22:44:44	162.220 km
Graham Watt	12:20:33	78.358 km	15:27:19	23:59:23	160.939 km
Stan Miskin	13:13:57	73.422 km	17:07:41		
Ron McGregor	11:20:58	84.695 km	14:34:30		
John Timms	13:41:20	75.667 km	18:52:12		
Dian Goodger	12:22:31	79.260 km	15:52:56		
Fred Brooks	11:41:56	82.461 km			

17 October 2003 – 15 October 2004 Walk Around Australia

Deborah DeWilliams arrived back in her hometown Melbourne at 11.00am on Friday 15th October 2004 at Federation Square where she was welcomed by media, official Government representatives and family and friends and admirers. Along the way, she had broken the following 5 World Records in her solo walk around Australia.

- World Walk Record for the first woman to walk around Australia
- World Walk Record for the longest walk in the shortest time – 15,669 kms in 343 days
- World Walk Record for the quickest walk over the longest distance – 343 days to walk 15,699 kms
- World Walk Record for the longest continuous walk by a woman
- The outright World Walk Record for the longest continuous walk by anyone on the planet



Deborah on display for the media – looking good after walking 15,669 kms in 343 days.

16-17 October 2004

Sri Chimnoy 24 Hour Walk, Adelaide

C49 Geoff Hain 58 23:30:38

For some time Queensland based ultra runner Geoff Hain had dreamed of achieving Centurion membership and so with only five weeks preparation, he entered and walked the Gold Coast 24 hour event in mid August to test himself out. In an excellent first up effort, he reached 82 km in 12 hours and stopped after 100km in 15h25m. His heels were very sore and he was obviously not going to make the 100mile in time.

At that stage he contacted the Centurions and asked whether he could make an officially sanctioned attempt at the 100 mile walk in the annual Sri Chimnoy 24 hour event in Adelaide. With monitoring in place, he passed the 50 mile mark in **10:52:51** and reached the 100 mile mark in **23:30:38**. He became the 7th Queensland based walker to become an Australian Centurion and the 9th of our group to have both run and walked 100 miles separately within 24 hours.



Geoff Hain (C 49) reaches the 100 mile mark in Adelaide

In the same event, South Australian walker Deryck Skinner, a Masters racewalker from Adelaide, rewrote the M70+ record books with new standards for 50 Miles (**11:15:30**) and 12 Hours (**85.583 km**).

21-27 November 2004

Australian 6 day Race, Colac

This year saw two walkers amongst the field of runners.

Deborah De Williams, still in recovery mode after her record breaking walk around Australia, came 16th with **448.17 km**. She had not yet recovered from an ankle injury, suffered in her Australian walk, and had to work hard to complete the required 65 km each day. It was not surprising when she won the award for the Most Courageous Performance. Centurion

Stan Miskin (C 23), at 79 years of age, was the oldest entrant. He started well, covering just over 100 km on the first day but suffered a fall on day 2, aggravating a shoulder injury suffered only months earlier. He was consequently forced to retire early on day 3, having covered **181.6 km**.

10-11 January 2005 Coastal Classic 12 Hour Event, Gosford, NSW

Ten walkers participated in the walk section of the Gosford Coastal classic and walking results were as follows:

Name	Place	Half	Marathon	50 Km	80 Km	100 Km	12 Hours
Geoff Hain	8	2.33.24	5.25.00	6.26.47	10.35.26	D.N.R	90.656
Robin Whyte	16	2.34.04	5.50.36	8.00.19	D.N.R	D.N.R	75.371
Val Chesterton	17	3.12.48	6.27.08	7.50.51	D.N.R	D.N.R	74.171
Ross Jackson	18	2.50.56	6.56.21	8.39.10	D.N.R	D.N.R	67.713
Blake Walsh	20	3.05.50	6.49.13	8.40.40	D.N.R	D.N.R	67.009
Sandra Howorth	21	3.00.02	6.51.04	8.35.55	D.N.R	D.N.R	64.535
Stan Miskin	22	3.46.56	8.37.57	10.14.20	D.N.R	D.N.R	59.603
Phil Essam	23	3.13.26	7.14.44	9.38.03	D.N.R	D.N.R	58.714
David Drayton	25	2.53.17	6.36.17	8.25.53	D.N.R	D.N.R	52.400
Paul Thompson	31	3.48.40	D.N.R	D.N.R	D.N.R	D.N.R	24.000

New centurion **Geoff Hain (C 49)** backed up with another fine performance and won with a PB distance of 90.656 km. **Robin Whyte (C 29)** took it easy and walked with Val Chesterton while oldest competitor **Stan Miskin (C 23)** completed yet another ultra. **Carol Baird (C 39)** was in the running section and finished 4th overall (first lady) with a distance of 100.437 km. Carol set a couple of new W50 AURA records (6 hours and 50 km) along the way.

16-17 April 2005 Australian Centurions 24 Hour Walk, Coburg

C50 David Billett 34 23:52:27

The 2005 official Australian Centurion Qualifying event was again held in conjunction with the Coburg 24 Hour carnival at the Harold Stevens Reserve in Coburg. A record total of 19 walkers and 34 runners competed in a variety of running and walking events throughout the 24 hour period.

The carnival started at 10AM on the Saturday morning in overcast cool conditions. The sun broke through after several hours but was never too debilitating with the day recording a maximum temperature of 19°C. A cold still night was followed by a sunny Sunday morning as the 24 hour competitors closed in on their various individual targets.

Three walkers completed in excess of 100 miles and this included one new Australian Centurion.

English walker **Jill Green (C 38)** was the first to reach the 100 mile mark in an excellent 22:58:31 and was the overall winner with 165.996 km. Jill competed with a torn hamstring but this did not seem to slow her as she led the whole way. Aged 63, she became the oldest women to complete a Centurion walk in Australia and she set inaugural Australian W60 Open Records for 50 Miles (10:41:12), 12 Hours (89.835 km), 100 km (13:28:55), 100 Miles (22:58:31) and 24 Hours (15.986 km).

Geoff Hain (C 49), who had previously completed the 100 mile distance in October 2004 in Adelaide, completed his second Australian qualifier and improved on his previous time with 23:27:49.

The third centurion finisher was young South Australian runner **David Billett**. In this same event last year, David completed 163.8 km in the 24 hour run. This year, he entered as a walker and recorded a very similar distance – 161.887 km. Along the way, he passed the 100 mile mark in **23:52:27** to become Australian Centurion Number **50**. He is a member of the very elite group of ultra competitors who have completed both 100 miles as a runner and as a walker.

David was behind the required schedule at the 18 hour mark and had to dig deep during the final stages of the event to bring himself back into contention. The final outcome was a fitting reward for his efforts and it won him the Jack Webber Trophy which is awarded annually to the best Centurion performance of the meet.

The other highlight of the walk was the performance of Val Chesterton who set new Australian Residential W60 records for 100 km (19:33:44) and 24 Hours (109.567 km).

The 2005 event also hosted inaugural Racewalking Australia 100 km Australian Walking Championships for men and women.

24 HOUR WALK MEN

Geoff Hain	QLD	C49	163.041 km
David Billett	SA	C50 **	161.887 km
Fred Baker	QLD		103.200 km
Robin Whyte	ACT	C29	102.400 km
Don MacKechnie	VIC		82.394 km
Stan Miskin	VIC	C23	81.950 km
Graham Watt	VIC	C48	60.000 km
Fred Brooks	VIC	C42	37.200 km
Ron McGregor	VIC		DNS

24 HOUR WALK WOMEN

Jill Green	UK	C38	165.986 km
Karyn Bollen	VIC	C45	132.988 km
Val Chesterton	ACT		109.567 km
Sandra Howorth	VIC		102.555 km

12 HOUR WALK MEN

Ken Carter	VIC		56.188 km
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6 HOUR WALK MEN

Steve Jordan	VIC		43.600 km
Laurie Tinson	VIC		38.336 km
Willie Erasmus	VIC		33.232 km

6 HOUR WALK WOMEN

Ellwyn Miskin	VIC		38.793 km
Heather Beattie	VIC		34.429 km

AUSTRALIAN 100 KM CHAMPIONSHIP FOR MEN

1. Geoff Hain	QLD	13:51:31
2. Robin Whyte	QLD	13:57:09
3. David Billett	VIC	14:11:37

AUSTRALIAN 100KM CHAMPIONSHIP FOR WOMEN

1. Jill Green	UK	13:28:55
2. Karyn Bollen	VIC	16:32:30
3. Val Chesterton	ACT	19:33:44

CENTURION 100 MILE QUALIFIERS

Jill Green	C45	22:58:31
Geoff Hain	C49	23:27:49
David Billett	C50	23:52:27

JACK WEBBER TROPHY FOR MOST MERITORIOUS CENTURION PERFORMANCE

David Billett

12-14 August, 2005 Australian 48 Hour Championship, Runaway Bay

The Gold Coast 48 Hours and 24 Hours track events were conducted on 12 - 14 August 2005 at the Sports Super Centre in Runaway Bay, Queensland. The 48 Hours race is also an Australian championship. Amongst the contestants was **Fred Brooks (C 42)** who won the Golden Boot Award for the best performance of the meet.

Fred entered the event as a walker and set a whole string of new Australian M70 walking records. Racing strongly against the runners, he was actually in 4th place overall when he passed the 24 Hour mark with a distance of 151.600 km. His next milestone occurred when he reached the 100 miles mark in 25:37:16, breaking Cliff Young's 1995 Australian M70 running record of 30:49:10. He was well on track to break the 200 km and 48 hour records but suffered a fall at 176.000 km at which time he withdrew from the race.



Fred Brooks receives the Golden Boot award from event organiser Ian Cornelius

18-19 September 2005 Malaysia 24 Hour Walk, Genting Highlands, Malaysia

The Third Malaysia International 24 Hour event was held in September 2005. Even more countries were represented on this occasion and, of course, the Europeans dominated. A total of 148 men and 81 women started the 24 Hour event – an amazing statistic. The course was different from previous occasions and very taxing on the body, especially the knees. The 870 m lap was held in a different carpark section of the Genting Highland resort (outside Kuala Lumpur) and included a steep downhill section over cobblestones.

12 walkers completed the requisite 162.5 km for Malaysia Centurions club membership. Amongst the new centurions was **Peter Bennett (C 24)** who completed 172.50 km for 9th place overall to become Malaysian Centurion Number 30. It was a just reward for Peter who made the trip in 2003 but fell short of the 100 mile distance due to a back injury. In 2005 he made no mistakes. He also set a new Australian M45 24 Hour Record with his overall distance.

Fellow Australian centurion **Charles Arosanyin (C 46)** also competed and finished 11th in the men's section with 151.48 km.

1-2 October 2005 New Zealand Centurion 24 Hour Walk, Auckland, NZ

Geoff Hain (C 49) added a further notch to his ever growing list of achievements by qualifying as **New Zealand Centurion Number 14** with a 100 mile time of **23:37:24**. This was Geoff's third 100 mile qualifier walk in 12 months. The occasion was the 9th Annual Self-Transcendence 24 Hour Track Races (New Zealand 24 Hour Championship) held at Sovereign Stadium in Auckland on 1-2 October 2005.

Geoff's 24 Hour performance (162.474 km) was one of two excellent walking results. New Zealand walker Peter Baillie became New Zealand Centurion Number 13 with an excellent 100 mile time of 21:04:58, going on to complete

182.648 km for a New Zealand Open record.

Overall 24 Hour results were as follows

Women

1.	Carolynn Tassie	47	Auckland, NZ	203.291
2.	Val Muskett	51	Waikouaiti, NZ	186.175
3.	Fay Smith	50	Tauranga, NZ	150.000
4.	Sophie Anderson	27	Dunedin, NZ	125.600
5.	Philippa Speedy	25	Auckland, NZ	113.740
6.	Sophie Butler	33	Auckland, NZ	106.116
7.	Niribili File	59	Auckland, NZ	102.471

Men

1.	Paul Andrewes	31	Palmerston North, NZ	192.087	
2.	Peter Baillie	56	Plimmerton, NZ	182.648	(NZ C13)
3.	Kym Black	52	Wanganui, NZ	174.233	
4.	Brendan Mason	43	Melbourne, Australia	163.381	
5.	Geoff Hain	59	Coolangata, Australia	162.474	(NZ C14)
6.	Dan Greig	46	Auckland, NZ	161.200	
7.	Barnaby McBryde	40	Auckland, NZ	155.681	
8.	Peter Mitchell	31	Christchurch, NZ	155.024	
9.	Vaughan Kingi	28.	Christchurch, NZ	136.400	
10.	Michael Simons	48	Auckland, NZ	110.800	
11.	Morgan Garandel	29	France	106.800	
12.	Gavin Smith	52	Tauranga, NZ	104.800	
13.	Kupa Hokianga	45	Seoul, Republic of Korea	101.790	

15-16 October 2005 Sri Chimnoy 24 Hour Walk, Adelaide

C51 Deryck Skinner 72 22:39:55



Deryck Skinner (C 51) in action in Adelaide – 22:39:55 for the 100 miles

The annual Sri Shinmoy 24 Hour Track championship was held at Santos Stadium in Adelaide in October 2005 and Deryck Skinner was amongst the starters.

Deryck had walked in the 12 Hour event there in 2004 and had set new Australian M70 walking records for 50 miles

(11:15:30) and 12 hours (85.580 km). In 2005 he opted for the 24 Hour event and become **Australian Centurion number 51** with a superb 100 mile time of **22:39:55**. His significant splits were as follows

50 Km:	6.16.29
50 Miles:	10.23.05
100 Km:	13.10.44
100 Miles:	22.39.55
24 Hrs:	166.033 Km (415 laps + 33.2 mtrs)

It was a real record breaking spree for Deryck - new Australian M70 walking records at 50 miles, 12 Hours, 100 km, 100 miles and 24 Hours and new Australian M70 running records for 100 km, 100 miles and 24 Hours (even though he was walking!). His 100 miles and 24 Hour records are probably M70 World Walking bests for track and he becomes the first Australian male in that age group to cover 100 miles either running or walking. He also became the oldest ever Centurion Walker on Debut. This performance gave Australia the rare distinction of boasting both the the youngest Centurion debutante (Bill Dyer – 16 years) and the oldest Centurion debutante (Deryck at 72 years and 10 months). Deryck was born 27 November 1932. Hence he was only just short of his 73rd birthday when qualifying as a Centurion!

Stan Miskin (C 23) was also in action and completed yet another 24 Hour walk with 101.703 km (at 80 years of age!)

20-26 November 2005 Australian 6 day Race, Colac

2005 saw 4 walkers amongst a record field of runners.

Stan Miskin (C 23) competing as a walker and finishing 23rd with 429.60 km to set a new World M80 6 day record and possibly setting new Australian M80 100 miles, 200 km and 48 hour records.

Ron McGregor (who completed 134 km in the 2004 Australian Centurion event) was forced to retire on day 5 after covering 306 km. This was a great result for Ron who had not really done any preparation for the event. His performances gave him inaugural Australian M60 walking records for 200 km and 6 days.

Don McKechnie (who completed 82 km in the 2005 Australian Centurion event), was forced to retire on day 2 after completing 90.40 km

Deborah De Williams (who walked around Australia last year), was forced to retire early on day 1 after hearing of the death of the father of her main helper.



Stan Miskin walks to a new 6 Day M80 record distance of 429.60 km at Colac

At the Racewalking Australia annual General Meeting in June, a Centurion motion to add the 12 Hour category to the existing 'Australian Track Best on Record' categories was successful. Racewalking Australia Ultra Walking Record categories were thus extended from 4 to 5, as follows

50 Miles 100 Km 100 Miles 12 Hours 24 Hours

The inaugural Australian 12 Hour Track Best on Record standards were retrospectively awarded as follows.

Men	Open	Jim Gleeson (VIC)	24/10/1971	108.290 km	Preston, Victoria
	Residential	Jim Gleeson (VIC)	24/10/1971	108.290 km	Preston, Victoria
Women	Open	Sandra Brown (England)	19/09/1999	103.600 km	Coburg, Victoria
	Residential	Carol Baird (ACT)	14/04/2002	97.550 km	Coburg, Victoria

Overall in 2005, a large number of new Australian age Group walking records were set

Jill Green	W60	50 Miles	10:41:12	17/04/2005	Coburg, Victoria
		12 Hours	89.835 km	17/04/2005	Coburg, Victoria
		100 km	13:28:55	17/04/2005	Coburg, Victoria
		100 Miles	22:58:31	17/04/2005	Coburg, Victoria
		24 Hours	165.986 km	17/04/2005	Coburg, Victoria
Val Chesterton	W60	100 Km	19:33:44	17/04/2005	Coburg, Victoria
		24 Hours	109.567 km	17/04/2005	Coburg, Victoria
Fred Brooks	M70	100 km	15:31:48	14/08/2005	Gold Coast, Queensland
		24 Hours	151.600 km	14/08/2005	Gold Coast, Queensland
		48 Hours	176.000 km	14/08/2005	Gold Coast, Queensland
		100 Miles	25:37:16	14/08/2005	Gold Coast, Queensland
Peter Bennett	M45	24 Hours	172.500 km	19/09/2005	Genting Highlands, Malaysia
Deryck Skinner	M70	50 Miles	10:23:05	16/10/2005	Adelaide, SA
		100 Km	13:10:44	16/10/2005	Adelaide, SA
		100 Miles	22:39:55	16/10/2005	Adelaide, SA
		12 Hours	92.161 km	16/10/2005	Adelaide, SA
		24 Hours	166.033 km	16/10/2005	Adelaide, SA
Stan Miskin	M80	50 Miles	TBA	26/11/2005	Colac, Victoria
		100 Km	29 hrs	16/10/2005	Adelaide, SA
		12 Hours	63.2 km	26/11/2005	Colac, Victoria
		24 Hours	101.703 km	16/10/2005	Adelaide, SA
		100 Miles	2 days 6 hrs	26/11/2005	Colac, Victoria
		48 Hours	174.4 km	26/11/2005	Colac, Victoria
		200 km	2 days 22 hrs	26/11/2005	Colac, Victoria
		6 Days	429.60 km	26/11/2005	Colac, Victoria
Ron McGregor	M60	200km	2:19:06:37	26/11/2005	Colac, Victoria
		6 Days	306.800 km	26/11/2005	Colac, Victoria

The inaugural **Gordon Smith Award** for the **Best Australian Ultra Distance Walking Performance of the Year** was awarded to Deryck Skinner ahead of Stan Miskin and Jill Green. The voting was close

Deryck Skinner (C 51)	54
Stan Miskin (C 23)	48
Jill Green (C 38)	45

7-8 January 2006**Coastal Classic 12 Hour Event, Gosford, NSW**

The 9th staging of the annual Coastal Classic 12 Hour event saw a big field of 48 entries, 41 starters and 35 finishers. Five Centurions were in action – Peter Bennett (C 24), Robin Whyte (C 29), Geoff Hain (C 49), Stan Miskin (C 23) and Carol Baird (C 39) along with a large contingent of ACT walkers.

The walking division was won by Peter Bennett with a superb 97.880 km, only 240m behind Robin Whyte's race record of 98.120 km. Peter's hourly laps were very consistent – 22, 21, 21, 20, 20, 20, 21, 20, 18, 19, 20, 22.

But the big news was the performance of Stan Miskin whose distance of 74.077 km broke the Australian and World M80 running record held by Ken Matchett – and Stan was walking! Ken held the record with 73.600 km so Stan added some 477m to the standard.

Carol Baird came 3rd in a very strong Women's Run category and her distance of 101.67 km may well have been a PB .

Full walk results were as follows

12 Hour Walk Men

1.	Peter Bennett	QLD	97.880 km
2.	Patrick Fisher	ACT	87.813 km
3.	Robin Whyte	ACT	84.703 km
4.	Geoff Hain	QLD	81.452 km
5.	Lachlan Wilkinson	ACT	78.415 km
6.	Mark Worrell	ACT	76.868 km
7.	Stan Miskin	VIC	74.077 km
8.	Keith Knox	NSW	40.000 km
9.	Paul Thompson	NSW	30.000 km
10.	Dip Chand	FIJI	30.000 km

12 Hour Walk Women

1.	Val Chesterton (F)	ACT	69.503 km
2.	Sharyn Chomyn	ACT	40.000 km

22-23 April 2006**Australian Centurions 24 Hour Walk, Coburg**

C52	Jens Borello	59	22:36:13
C53	Pat Fisher	58	23:14:03

The 2006 Coburg 24 Hour carnival was held on the weekend of 22-23 April at the Harold Stevens Reserve in Coburg. A total of 25 walkers and 27 runners submitted entries, and all bar a few late scratchings keenly contested the various running and walking events on offer. It was particularly gratifying to see 31 of the 52 entrants choosing to compete in the 24 Hour events.

The carnival started at 10AM on the Saturday morning in typical Melbourne autumnal weather – variable and impossible to predict! The forecast threatened showers but luckily the race was spared and conditions, although slightly on the cold side, turned out to be nearly ideal for such an event.

The 24 Hour Walk events saw 4 walkers – Jens Borello, Pat Fisher, Deryck Skinner and Geoff Hain - reach the 100 mile mark and thus achieve the Centurion standard.

Jens Borello (C 52) from Denmark was already a triple centurion - Continental (C317 22:15:34 2004), British (C1026 23:17:36 2005) and American (C62 23:21:14 2006) – and he made the trip to Australia specifically for this event. He judged his pace perfectly, sitting back in the field as others pushed the pace early. His patience was rewarded as those ahead of him came back to the field. He took the lead soon after the 100 km mark and was untroubled to become Australian Centurion number 52 with a fine time of **22:36:14**.

Patrick Fisher (C 53) came into the event with only one ultra distance walk to his credit, a noteworthy 87.8 km in the

2006 Gosford 12 Hour. Prepared by and supported during the event by Canberra based centurions Robyn White and Carol Baird, he always looked strong and was still full of walking as he reached the 100 mile mark in **23:14:03** to become Australian Centurion number 53.

Deryck Skinner (C 51) became Australian Centurion number 51 with an astonishing walk in the 2005 Sri Chinmoy. Aged 72 years at that time, he completed the 100 miles in 22:39:55 to set a whole swag of new Australian M70 running and walking records. Now aged 73, he completed his second centurion qualifier, this time with a time of **23:23:43**.

Geoff Hain (C 49) had already completed 3 100 mile qualifiers in the previous 18 months (including one in NZ). Coming from a background as an ultra distance runner, he has made a very successful transition to ultra distance walking and produced a fourth centurion performance at Coburg in a time of **23:38:25**.



Deryck Skinner (C 51) approaches his second 100 mile at age 73

Geoff Hain (right) strides out

Of particular interest to all was the race within a race between octogenarians Ken Matchett (84 years) and **Stan Miskin (C 23)** (80 years) who between them broke (subject to ratification) six IAU World M80 running records. Ken, entered as a runner, broke the World M80 records for 30 Miles, 40 Miles, 50 Miles and 12 Hours. Stan, entered as a walker, broke the World M80 10 km and 24 hour records.



Karyn Bollen (C 45) and Terry O'Neill (C 18) - winners of the Australian 100 km walk championships

Karyn Bollen (C 41) looked set for another 100 mile walk until suffering dizzy spells with about 4 hours to go. She

was forced to rest and had to be content with a distance of 154,725 km. **Terry O'Neill (C 18)** has not walked an ultra since he did his 100 mile in 1979 but he showed that he has lost little. He powered through the 50 mile mark in under 10 hours to be well ahead of the field and then suffered through to the 100 km mark which he reached in 13:19:08 to win the Australian 100 km championship. After a good rest overnight, he returned to the track in the dying hours to get a few more laps under his belt. **David Billett (C 50)** had wanted to do another 100 mile walk but suffered badly from blisters and a bad knee and had to lower his expectations in the last 6 hours and be content with a distance of 152.992 km. **Robin Whyte (C 29)** and **Carol Baird (C 39)** won their respective 6 hour walks and then helped Pat Fisher for the rest of the event. **Bill Dyer (C 15)** made a surprise appearance in the 6 Hour run, winning easily with a great distance of 66.809 km. Will we see Bill back for a shot at a 100 mile run next year?

24 HOUR WALK MALE

1	FISHER, Patrick	414 laps	165.605 km
2	SKINNER, Deryck	411	164.577
3	HAIN, Geoff	403	161.200
4	BORELLO, Jens	402	160.934
5	BILLETT, David	382	152.992
6	MISKIN, Stan	350	140.018
7	CUMMINS, Louis	328	131.517
8	O'NEILL, Terry	273	109.525
9	SKRUCANY, Rudolf	215	86.220
10	BAKER, Fred	178	71.200
12	JEMMESON, Sean	78	31.405

24 HOUR WALK FEMALE

1	BOLLEN, Karyn	386	154.725
2	HOWORTH, Sandra	209	83.668

12H WALK MALE

1	TURNER, Gary	171	68.715
2	JACKSON, Ross	156	62.457
3	CARTER, Ken	134	53.827

12H WALK FEMALE

1	CHOMYN, Sharon	207	82.814
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6H WALK MALE

1	WHYTE, Robin	128	51.200
2	JORDAN, Stephen	110	44.121
3	PROUDFOOT, Gordon	91	36.431

6H WALK FEMALE

1	BAIRD, Carol	105	42.35
2	MARSHALL, Diana	105	42.007
3	MISKIN, Ellwyn	96	38.756

AUST. 100 KM WALK C'SHIP MEN

1	O'NEILL, Terry	13:19:08
2	BORELLO, Jens	13:33:01
3	FISHER, Patrick	13:54:19

AUST. 100 KM WALK C'SHIP WOMEN

1	BOLLEN, Karyn	14:02:39
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JACK WEBBER TROPHY

FISHER, Patrick

100 MILE QUALIFIERS

BORELLO, Jens	22:36:13	C52
FISHER, Patrick	23:14:03	C53
SKINNER, Deryck	23:23:43	C51
HAIN, Geoff	23:38:25	C49

15-16 April 2006

200 Km de Rouen, France

The 37th edition of the 24 Hours of Rouen was marked by terrible climatic conditions. Of the forty competitors from ten different nations who started at 5PM on the Saturday, half retired within the first five hours because of the ceaseless rain, violent wind and icy cold (it rained for nearly the entire race).

Peter Bennett (C 24) was a late invitation and he had only a couple of days to get time off work, sort out his travel and pack. Luckily he had been in training for the Australian Centurions event so he was in good shape. He ended up third with a career best distance of 176.175 km.

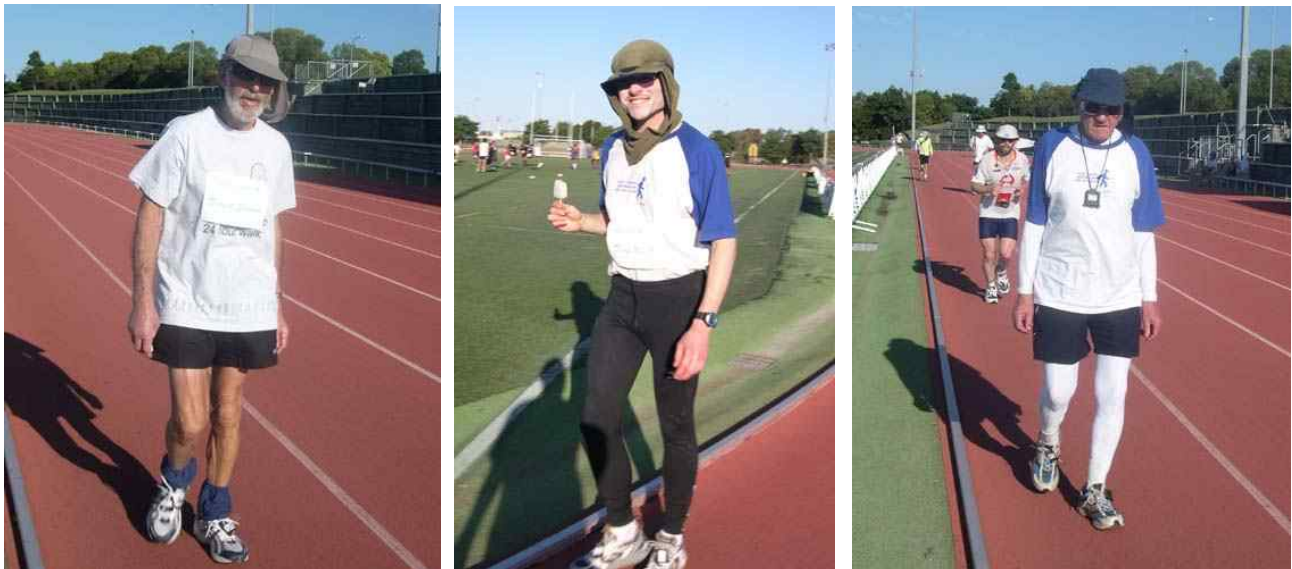
1.	Alain Costils	KM 520, Barneville	207,350 km
2.	Philippe Vit	Torcy	180.525 km
3.	Peter Bennett	Australia	176.175 km

12-13 August 2006

Australian 48 Hour Championship, Gold Coast, Queensland

August 2006 was a big month for Australian ultra walking. First at the Australian 48 Hour championship in Queensland, three Australians walked their way into the record books

- **Deryck Skinner (C 51)**, at 73 years of age, was 3rd overall with a distance of 257.877 km. This was an Australian best ever 48 hour walking performance (previous best was 230.3 km, set by John Harris in 2002). What made it even more amazing was that Deryck covered 162.8 km for the first 24 hours to record yet another centurion mark (100 miles in less than 24 hours). At the half way mark, he was only 3.3 km behind his current M70 Australian record for 24 hours. Deryck's 200 km and 48H marks also set Australian M70 walking and running records!
- **David Billett (C 50)** set new M35 walking records for the 200 km (43 hours 47 mins) and 48 hours (227.515 km) and finished 6th overall.
- **Stan Miskin (C 23)**, at 81 years of age, walked 149.7 km for his 48 hours.



Deryck Skinner, David Billett and Stan Miskin in action at the Gold Coast

Deryck Skinner reported on the event as follows

The weather was fine, sunny and not too hot, with a head wind for about a third of the track during the day. At night it was totally calm but in the early hours of each morning the temperature dropped markedly to be really cold about dawn.

Ian Cornelius had organized a good event with plenty of carbo based food every 6 hours although I found it necessary to take in additional food in the intervening hours. Turnaround was set at every two hours which,

perhaps, was a little too often. The major drama was, in my view, the electronic scoreboard which could only accommodate six names at a time, and was very difficult to read in daylight hours. There was also a problem transferring the information from the computer to the scoreboard that was frustrating when it was vital to know how we were faring.

The track itself was well worn in places, especially around the 220 metre mark and after a few hours it felt like walking on concrete. I started the first 9 hours wearing well cushioned shoes. These started to feel a little heavy so I switched to my normal racing flats for the next 30 hours and this was a mistake - I should have stuck to the heavier cushioned shoe.

This was my first 48 hour event so it was a steep learning curve, and the second 24 hours was really hard going - I had hoped to walk the whole distance without taking a rest. This proved impossible and I had to take four short breaks in the last 24 hours. As it happened, this was probably a good thing as I felt better for a while after each break and was able to put in a few (comparatively) faster laps. At the end I was able to say, for the first time, that I could not have done any better - that was quite satisfying.

No report would be complete without mentioning Stan Miskin - Stan, at age 81, is an inspiration. His willpower and mental strength is something to behold. He was certainly not feeling well in this event yet he toughed it out right to the end. His encouraging remarks to me during the event were much appreciated.

Lorraine and David Billett were a great help to me although David did seem to spend a considerable amount of time with his feet immersed in a bucket of ice! His last three hours where he made up a lot of time on me, were really commendable. Lorraine gave me considerable moral support throughout the event for which I am truly grateful.

As I usually do, after each ultra, I vowed never to do another one - but a few days in I find myself planning for the next one - Ultras are just about as addictive as family history research!
Deryck

19-20 August 2006 British Centurions Event, Douglas, Isle of Wight, England

The British Centurions Annual Qualifier was held on the Isle of Man in mid August. Cloudy but mainly dry conditions greeted competitors for this big event that started at 2PM on the Saturday afternoon and finished 24 hours later. 80 walkers entered the long walk and some 90 contested the 20mile 'Starlight Stroll' support race, which started at 10PM on the Saturday evening.

Australia had its own personal point of interest with **Geoff Hain (C 49)** finishing 38th in 23:31:43 to become Centurion Number 1051. Australians John Harris and Robin Whyte had previously made unsuccessful attempts at the British Centurion event but it was a case of third time lucky. Geoff was one of 42 walkers who completed the 100 mile walk within the required 24 hours and one of 24 new British Centurions. It was Geoff's fifth centurion qualifier in less than 2 years.

30 Sept – 1 Oct 2006 Sri Chinmoy Australian 24 Hour Championship, Adelaide

The 23rd Sri Chinmoy 24 Hour Festival of Running was held at the Santos Stadium in Adelaide on the last weekend in September 2006. Four Australian Centurions were in action and one budding Centurion gave it a very good go. **Carol Baird (C 39)** and **David Billett (C 50)** entered as runners while **Deryck Skinner (C 51)** and **Pat Fisher (C 53)** entered as walkers alongside Canberra based walker **Sharon Chomyn**. Sharon won the 12 Hour walk at Coburg in April 2006 with 82.814 km in a very impressive first up performance. She had continued her training with Pat Fisher and came to Adelaide for her first hundred attempt. Unfortunately it always depends on the weather and this particular weekend was HOT and sunny, with daytime temperatures nudging the 30°C.

Carol Baird had missed a lot of training recently due to a nagging ankle injury but it did not stop her setting a whole swag of running records including a new Australian W55 100 km age category record and new WORLD W55 age category records for 12 Hour and 100 miles. She held down second place throughout the race and only one runner could beat her overall. What a fantastic run – 192 km in the heat. David Billett kept it very easy for most of the race but came home like a train to complete yet another hundred as a runner.

If Carol was the outstanding runner, Deryck Skinner was the outstanding walker. At 73 years of age, he finished his fourth centurion qualifier within a 12 month period. Deryck's one line comment - "*The heat was cruel and it was the most rugged 24 hour I have contested so far.*" Pat Fisher had hoped to complete his second hundred, following on from his successful walk at Coburg earlier that same year, but he suffered from an aggravated ankle injury and was forced to give it away just past the 100 km mark. Sharon Chomyn was also amongst the retirees with a very badly blistered heel. Her 100 km time of a little over 15 hours was certainly a good inaugural 100 km split.



Deryck Skinner on his way to his fourth hundred (Photo from Sri Shinmoy Ultra website)

24 HOUR NATIONAL CHAMPIONSHIP (Walking results)

	Name	Age	State	Marathon	50km	50mile	100km	150km	100miles	Final Dist.
8.	Deryck Skinner	73	SA	5:25:25	6:32:01	11:05:23	14:02:23	21:51:06	23:30:12	163.806km
16.	Patrick Fisher	58	ACT	5:52:42	7:05:48	12:09:51	16:08:50	-	-	101.055km
17.	Sharon Chomyn	47	ACT	5:59:05	7:05:15	11:52:18	15:21:37	-	-	100.655km

24-25 November 2006 3rd Penang International 12 Hour Walk, Penang, Malaysia

Khoo Chong Beng, the organiser of the Malaysia International 24 Hour walk, put on a very well organised third edition of the annual Penang 12 Hour Walk. An amazing 495 competitors in a 12 hour walking race! As is to be expected, conditions were very hot and humid even though the race was held during the night . It was described as more of a "Survivor Penang" than a race.

Peter Bennett (C 24) performed magnificently in the tough conditions. The race was conducted in categories so there was no overall winner declared but he won the Men's Senior Veterans Category with 86 laps (92.708 km), the same number of laps as the winners of the Open Men's category.

In 2006, a number of new Australian Masters records were set

Val Chesterton	W65	12 Hours	69.503 km	Gosford Coastal Classic, NSW	7-8 January 2006
Val Chesterton	W65	50 km Track	8:26:17	Gosford Coastal Classic, NSW	7-8 January 2006
Stan Miskin	M80	12 Hours	74.007 km	Gosford Coastal Classic, NSW	7-8 January 2006
Peter Bennett	M50	24 Hours	176.175 km	Rouen 24 Hour Event, France	15-16 April 2006
Stan Miskin	M80	50 Miles	12:31:26	Coburg 24 Hour Carnival	22-23 April 2006
Stan Miskin	M80	100 Km	16:45:07	Coburg 24 Hour Carnival	22-23 April 2006
Stan Miskin	M80	24 Hours	140.018 km	Coburg 24 Hour Carnival	22-23 April 2006
Stan Miskin	M80	48 Hours	147.700 km	Australian 48 Hour, Qld	11-13 August 2006
Deryck Skinner	M70	200 km	1:11:32:15	Australian 48 Hour, Qld	11-13 August 2006
Deryck Skinner	M70	48 Hours	257.877 km	Australian 48 Hour, Qld	11-13 August 2006
David Billett	M35	200 km	43:47:00	Australian 48 Hour, Qld	11-13 August 2006
David Billett	M35	48 Hours	227.515 km	Australian 48 Hour, Qld	11-13 August 2006
Val Chesterton	W65	50 km Road	7:07:52	Canberra	9 September 2006

and two Australian Open Record were set

Deryck Skinner	48 Hours	257.877 km	Australian 48 Hour, Qld	11-13 August 2006
Deryck Skinner	200 km	1:11:32:15	Australian 48 Hour, Qld	11-13 August 2006

Stan Miskin regarded his M80 24 Hour record as perhaps the pick of his achievements and who can argue – 140 km at 80 years of age is astounding by any standards. To quote Stan

For myself, I was delighted to break the World M80 24 Hour Track Record which I had thought was just over 130 km, but was in fact over 139 km and held by that great English ultra runner Ernie Warwick. My policy of always doing my best and not stopping nor slowing when I passed a record certainly paid off. I had only a very small margin to spare at the finish and could never have forgiven myself if I had missed the record.

It was not surprising that this performance won Stan the **2006 Gordon Smith Award** for the **Best Australian Ultra Distance Walking Performance of the Year** ahead of Deryck Skinner. It was a fitting final award for Stan who in December announced his retirement from ultra competition. Aged 81 and suffering the debilitating effects of prostate cancer, Stan was forced to end what had been a truly illustrious career.

6-7 January 2007

Coastal Classic 12 Hour Event, Gosford, NSW

A field of over 50 runners and walkers made the 2007 Coastal Classic race one of the largest ever track based ultra events held in Australia. Queenslanders **Andrew Ludwig (C 25)** and **Peter Bennett (C 24)** took all before them in the walking section. Andrew, a dairy farmer from rural Queensland, had only a limited preparation for the event and drove to Gosford with his wife and kids. Andrew started fast, covering the first 50 km in 5:12:42. Although suffering mid race, he covered the 50 Mile mark in 8:55:52 and held on for a winning distance of 103.335 km, easily beating Robin Whyte's race record of 99 km. Peter Bennett also did it the hard way, flying to Sydney on the Saturday morning and then catching the train up to Gosford for the Saturday 7PM start. Straight after the race finished at 7AM on the Sunday morning, he did the reverse journey home. By the time he finally went to bed in Brisbane on Sunday evening, he had been up for 40 hours. Peter's distance was 98.349 km. His comments:

"I would never have recorded that far if Andrew hadn't been in the race. At half way I was looking at about 92 km but actually felt much stronger in the latter stages of the race .I think I did more laps in the last two hours than the first two. Andrew and I raced the last couple of minutes and did about a 2.12 for our last 420 metre lap (the event was held in lane 3 of the grass track). No wonder some of the runners thought we were insane. Back at work today after a Christmas-New Year break. No ill effects from the race just a bit weary and I think I will end with a few more black toenails. I am a bit surprised actually as it is only six weeks since I did the 12 hour race in Penang."



The new event record holder Andrew Ludwig and the old event record holder Robin Whyte

Centurion **Pat Fisher (C 53)** took third with a good 81.808 km. Other Centurions in action included **Robin Whyte (C 29)** and **Carol Baird (C 39)**. Carol was competing in the run category but had to retire early with an ankle injury.

Walking results were as follows:

9.	Andrew Ludwig	103.335
15.	Peter Bennett	98.349
24.	Patrick Fisher	81.808
27.	David Attrill	80.540
34.	Lachlan Wilkinson	74.391
35.	Karina Ward (F)	73.703
36.	Mark Worrall	73.158
37.	Val Chesterton (F)	72.460

38.	Bert Janes	70.227
39.	Steele Beveridge	69.891
41.	Robin Whyte	67.645
42.	Billy Wrigley	66.931
43.	Rodney Ladyman	65.587
45.	Doug Fitzgerald	59.653
47.	Peter Gray	53.186
50.	Judy Brown (F)	51.093
53.	Valerie Moran (F)	41.500
54.	Paul Thompson	31.125



Peter Bennett, Andrew Ludwig and Pat Fisher (Copyright Doug Fitzgerald – reprinted with permission)

The event also saw two new Australian Masters records set

Andrew Ludwig	M40 12 Hour Record	103.335 km
Val Chesterton	W65 12 Hour Record	72.460 km

21-22 April 2007 Australian Centurions 24 Hour Walk, Coburg, Victoria

2007 saw the 20th annual edition of the Coburg 24 Hour carnival, held as usual at the Harold Stevens Athletics Track in suburban Melbourne. Once again, the event was a popular choice for many experienced and first time ultra competitors and potential entrants had to be turned away when the event filled with 4 weeks to go.

53 of the 54 entrants made it to the start line and the mix saw 35 runners and 19 walkers spread across the 24 Hour, 12 Hour and 6 Hour categories. Of the 54 entrants, 31 chose the 24 Hour event, a pleasing sign for the future of the sport. The starter was Stan Miskin who must have been a bit itchy firing the gun and seeing the race unfold without him.

The race started on the Saturday morning at 10AM in warm sunny conditions but in less than 2 hours, rain had set in as Melbourne turned on one of its famous weather changes! The showers did not clear until late afternoon and all were then diving for dry clothes and shoes. From then on, the skies remained overcast and further squalls, some quite heavy, created an ongoing challenge for competitors, support teams and race organizers. The flip side was that night time conditions were relatively mild and competitors were not forced into too many layers of clothing.

On the walking side, two of the 24 Hour competitors, **Terry O'Neill (C 18)** and **Geoff Hain (C 49)**, walked in excess of 100 miles. Terry won the walk overall with 169.741 km to add a second centurion badge to his first, achieved way back in 1979! It had been a long wait to see him back in a 24 Hour event. For Geoff, it was his 6th centurion walk finish in less than 3 years, a great effort in consistency and mental toughness. It was nearly a case of triplets but NSW entrant **Louis Commins** eventually fell 2 laps short of a centurion finish, coming third with 160.150 km. Louis had in his first ultra at Coburg last year, finishing 7th in the 24H Walk with 131.517 km. His gutsy effort last year earned him the Gordon Burrowes Trophy for the most meritorious performance of the carnival.



Winner Terry O'Neill crosses the 100 mile mark in 21:48:35. Runner up Geoff Hain also reached another hundred milestone, this time in 23:33:47. Geoff is shown with his son Peter who supported him during the event.

In the women's 24 Hour Walk, first timer **Catherine Cox** from Adelaide won with 149.021 km, an excellent debut. Australian 50 mile walk record holder **Clarrie Jack (C 4)** was too strong in the men's 12 Hour Walk and won in 88.370 km while last year's 6 Hour Walk winner **Steve Jordan** upped his distance successfully to take second with 85.980 km. The women's 12 Hour Walk saw **Val Chesterton** break her own W65 50 km Australian record by over 1 hour. She passed the 50 km mark in 7:05:57 and then called it quits, well satisfied with her day's work. In the men's 6 Hour Walk, first timer **Paul Kennedy** won with 52.800 km, beating **Robin Whyte (C 29)** by just over 2 km.

So, all in all, the carnival produced a whole swag of top quality performances and lived up to its rating as one of Australia's top ultra events. Although we did not get any new Centurion members, the signs are promising. And now onto the walk results:

24 Hour Walk Male

Place	Laps	Total Distance	Name
1	424	169.741	O'NEILL, Terry
2	406	162.444	HAIN, Geoff
3	400	160.150	COMMINS, Louis
4	352	140.950	ATTRILL, David
5	293	117.447	SKRUCANY, Rudolf
6	289	115.600	WEBBER, Bruce
7	263	105.302	FISHER, Pat
8	223	89.200	SKINNER, Deryck

24 Hour Walk Female

1	372	149.021	COX, Catherine
2	317	126.941	BOLLEN, Karyn
3	119	47.702	CHOMYN, Sharon

12 Hour Walk Male

1	220	88.370	JACK, Clarrie
2	214	85.980	JORDAN, Steve
3	159	63.718	JACKSON, Ross
4	120	48.052	CARTER, Ken

12 Hour Walk Female

1	130	52.000	CHESTERTON, Val
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6 Hour Walk Male

1	132	52.826	KENNEDY, Paul
2	126	50.400	WHYTE, Robin
3	9	3.600	POORE, Alex

Centurion Walks	O'NEILL, Terry	21:48:35
	HAIN, Geoff	23:33:47

Australian 100 Km Walk Championship Male

1	O'NEILL, Terry	13:08:08
2	HAIN, Geoff	14:04:47
3	COMMINS, Louis	14:21:09

Australian 100 Km Walk Championship Female

1	BOLLEN, Karyn	14:51:40
2	COX, Catherine	15:00:11

28 May - 10 June 2007 1000 Mile Walk Attempt, Adelaide, SA

Deryck Skinner (C 51), inspired by Jack Webber's 1980 endurance walk around the Adelaide Harriers track (Jack covered 1062.25 miles in 38 days 2 hrs 30 mins at an average of more than 27 miles per day - at the age of 66), decided to emulate the feat.

Deryck started his 1,000 mile walk on 28 May at the Adelaide Harriers track, with Geoff Peters seeing him off. He had set himself an even tougher task than Jack – he aimed to complete his 1,000 miles in about 23 days and, if he felt ok, would do another 100 miles to better Jack's performance. He commented to me in an email before he started: *“it is all uncharted territory and the weather conditions will probably play a big part.”*

How true this turned out to be. His basic plan was to start at 6AM each day and walk for 12 hours, covering as much distance as he could and hopefully averaging around 80 km per day. But on day two, the Adelaide weather turned bad and he battled gale force winds for the entire 12 hours, still covering 80 km. But his back was now gone after only 2 days and the weather did not let up. On day 4, it rained so heavily all day that the old cinders track was unable to cope and he walked the whole 12 hours in ankle deep water. He confided to me that he walked in continuous pain from day three onwards. It says a lot for his personal toughness and determination that he soldiered on for 13 days, covering 780 km (an average of 60.5 km per day) before he was forced to retire. In retrospect, he wondered if his daily target of 12 hours / 80 km was just too much. If he tries again (and he has not given up on the idea completely), he may consider a reduced daily target of 10 hours / 60 km.

11-12 August 2007 4th Malaysian International 24 Hour Walk, Kuala Lumpur, Malaysia

The 4th staging of the Malaysian International 24 Hour Walk was held in August 2007 but, whereas previous editions had been held in the relative coolness of Genting Highlands, the 2007 race was held in central Kuala Lumpur. Participants were required to walk around the well known Samad Building on a designated track measuring 626m. As expected, conditions were typically tropical – hot and humid – and this made it a very tough event which saw the big guns from Europe flagging. The men's race was won by Malaysian Mohammed Bin Harun with 103 miles, but the big surprise were the Kenyan women, who went 1-2-4 in the women's division (90 miles for the winner). Who would have expected that! **Peter Bennett (C 24)** came a wonderful 5th overall in the oppressive conditions with yet another centurion finish, this time with 165.26 km. Here is a brief report from Peter on his race

As usual the organisation and the running of the event were faultless . The race started at 8am so we had to slave it out on the streets in 32+ heat and high humidity (and heavy smog) until sunset at 7.30pm. Sunset didn't result in the temperature falling significantly and the humidity only went up during the night.

I can understand why Craig Barrett hit the pavement here during the 1998 C/Games 50km.

There were at least 6 Europeans in the race who have all done more than 200km in 24 hours races (and a number of Paris- Colmar competitors) but only one reached the 100 mile mark in this race. It was probably no surprise that the competitor was Alex Vandenhoeck from Belgium who has competed in the last two Penang 12 hour races. Alex is interested in doing our Centurion walk event one day.

The weather certainly took its toll along with resulting blisters and cramps. At the end of the race I was completely physically and emotionally spent but have surprisingly recovered well. I was relieved to reach 100 miles in this event (I was going to say 'elated' but I was too buggered to be elated about anything at the time).

***Jens Borello (C 52)** retired from the race at about the 14 hour mark.*

Interesting to see the way the sport is developing with the Europeans now being challenged . Not only the Malaysians but the emergence of the Kenyans and the Chinese as endurance walkers. It can only be good for the future of the sport.

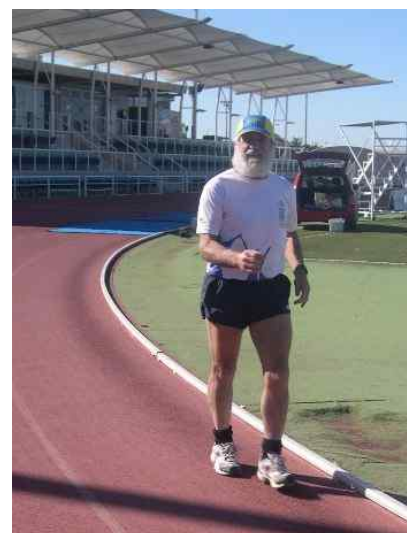
Regards, Peter



Peter Bennett (C 24) on the way to his fourth Centurion finish, his second in Malaysia

11-12 August 2007 Australian 48 Hour Championship, Gold Coast, Queensland

There were 8 starters in the 48 Hour event, down from 13 the previous year. The race was won by veteran Tony Collins, notching up his 6th National 48 hours championship. His distance was 272.441 kms, almost identical with his 270.561 km achieved last year when he finished second to Martin Fryer. John Nuttall led the race for the first 12 hours but succumbed to a hamstring strain and retired soon afterwards. The lead was then taken by **Andrew Ludwig (C25)** who was entered as a walker and he led the runners until forced to retire at the 16 hour mark with back problems. Andrew had not really prepared for this event and was simply 'giving it a go'. Once Andrew retired, Tony Collins became the race leader and was never headed from that point. Walker **Louis Commins** finished second with 230.892 km and set two new M55 Australian walking records along the way. New Zealand walker **Craig Welsh** finished 4th overall and also set new M40 Australian Open records for the 200 km and 48 Hours. So the walkers were definitely to the fore. **Geoff Hain (C 49)** was contesting the 24 Hour division and hoping for yet another centurion finish but, after covering 82.4km in the first 12 hours, he was forced to retire. **Robin Whyte (C 29)** had entered the 12 Hour division and was not really expecting anything special, given his current level of training, but he surprised even himself with his performance, covering a great 88.301 km and setting two new M65 Australian records.



Australian Age Group records to Craig Welsh, Robin Whyte and Lou Commins

Overall, the new Australian walking records were as follows:

Robin Whyte	M65	12 Hours	88.301 km	Australian Open and Residential Record
	M65	50 Miles	10:53:50	Australian Open and Residential Record

Lou Commins	M55	200km	37:05:27	Australian Open and Residential Record
	M55	48 Hours	230.892 km	Australian Open and Residential Record
Craig Welsh	M40	200 km	47:36:46	Australian Open Record
	M40	48 Hours	202.418 km	Australian Open Record

And now onto the walking results.

48 HOURS				Age	12hr	24hr	48hr
2	Lou Commins (W)	NSW	58	73.2	141.2	230.89 km	
4	Craig Welsh (W)	NZ	44	67.6	103.2	202.42 km	
6	Nick Barclay (W)	QLD	32	70.0	97.2	140.57 km	
R	Andrew Ludwig (W)	QLD	41	89.6		116.4 km	

24 HOURS				Age	6 hr	12 hr	24 hr
R	Geoff Hain (W)	QLD	60	43.6	82.4	84.00 km	
R	Robyn Cox (FW)	QLD	54	39.2	71.2	74.80 km	
R	Val Chesterton (FW)	NSW	66	33.6		37.60 km	

12 HOURS				
3	Robyn Whyte (W)	NSW	65	88.30 km

6 HOURS				
7	Bert Janes (W)	NSW	74	43.09 km

29-30 September 2007 Sri Shinmoy Australian 24 Hour Championship, Adelaide, SA

A top field of 29 competitors toed the line for the 9AM start the Saturday morning and WA runner Mick Francis was the overall winner with a distance of 226.241 km. Amongst the starters were **Deryck Skinner (C 51)** and **David Billett (C 50)**. David had entered as a runner and his final distance of 182.658 km was a great PB and gave him 4th place overall. Deryck was walking as usual and got to the 50 mile mark in just under 12 hours before calling it quits. **Louis Commins**, who came so close in the Coburg event earlier that year, was walking once again and managed 145.600 km for 9th, another good performance. Further back in the field, first time ultra walker Kate White won the 6 Hour event with a great first up distance of 45.973 km. In fact, it was a new W40 Australian 6 Hour record. Walk results were as follows:

24-Hour Race					
9.	Louis Commins	NSW	M	58	145.600 km
16.	Deryck Skinner	SA	M	74	84.000 km
17.	Eric Trad	NSW	M	62	73.727 km

6-Hour Race					
1.	Kate White	SA	42	F	45.973 km
5.	Lorraine Billett	SA	62	F	36.373 km

17-18 November 2007 American Centurion Qualifier, Grapevine, Texas

The 2007 American Centurions Qualifying event saw 6 new walkers qualify for membership. Dutch walkers dominated the event, finishing 1st, 3rd and 6th. American walkers filled 2nd and 4th place and Australian **Geoff Hain (C 49)** finished 5th in a PB time of 23:25:14 to complete his 7th centurion finish in less than 3 years and to become American Centurion number 68.

6.	Geoff Hain	AUST	23:25:14
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Major Record Updates - 2007

The Australian Centurions proposed a motion at the 2007 Racewalking Australia Annual Conference in June 2007 to add the following additional categories to its Australian ultra distance walking Track Best on Records

6 Hours 200 km 2 Days 500 km 6 Days

This motion was successful and the following performances were duly ratified as inaugural Australian Open and Residential records

6 Hours	M-OR	Tim Erickson	VIC	24	60.005 km	Clifton Hill, VIC	18/10/1975
	F-O	Sandra Brown	UK	50	54.180 km	Coburg, VIC	18/09/1999
	F-R	Carol Baird	ACT	51	50.400 km	Gosford, NSW	17/01/2001
200 km	M-OR	Deryck Skinner	SA	73	1:11:32:15	Gold Coast, QLD	13/08/2006
	W-OR	Kerrie Hall	QLD	38	2 Days	Maryborough, QLD	20/11/1999
2 Days	M-OR	Deryck Skinner	SA	73	257.877 Km	Gold Coast, QLD	13/08/2006
	W-OR	Kerrie Hall	QLD	38	211.480 Km	Maryborough, QLD	22/08/1999
500 km	M-O	Gerald Manderson	NZ	57	5 Days	Colac, VIC	24/11/2001
	W	None					
6 Days	M-O	Gerald Manderson	NZ	57	622.000 Km	Colac, VIC	24/11/2001
	W-OR	Deborah DeWilliams	VIC	35	448.170 Km	Colac, VIC	27/11/2004

In 2007, a number of new Australian Masters records were set in existing categories

Val Chesterton	W65	12 Hours	72.460 km	Gosford Coastal Classic, NSW	6-7 January 2007
Andrew Ludwig	M40	12 Hours	103.335 km	Gosford Coastal Classic, NSW	6-7 January 2007
Val Chesterton	W65	50 km Track	7:05:57	Coburg, Victoria	21-22 April 2007
Robin Whyte	M65	12 Hours	88.301 km	Aust 48H, Gold Coast, Qld	10-12 August 2007
	M65	50 Miles	10:53:50	Aust 48H, Gold Coast, Qld	10-12 August 2007
Lou Commins	M55	200km	37:05:27	Aust 48H, Gold Coast, Qld	10-12 August 2007
	M55	48 Hours	230.892 km	Aust 48H, Gold Coast, Qld	10-12 August 2007
Craig Welsh	M40	200 km	47:36:46	Aust 48H, Gold Coast, Qld	10-12 August 2007
	M40	48 Hours	202.418 km	Aust 48H, Gold Coast, Qld	10-12 August 2007
Kate White	W40	6 Hours	45.973 km	Aust 24H Champs, Adelaide, SA	29-30 Sept 2007

In October 2007, the Australian Centurions introduced a new Masters record category – that of 6 Hours. The inaugural records were announced as follows:

The Masters Records (O = Open and R = Residential) have also been calculated and are as follows:

35-39	Peter Bennett	QLD	38	56.640 Km	Clifton Hill, Victoria	08/10/1994	OR
40-44	Andrew Ludwig	QLD	40	56.855 Km	Gosford, NSW	07/01/2007	OR
45-49	Required Standard - 50 Km						
50-54	Paul Kennedy	VIC	50	52.826 Km	Coburg, Victoria	19/04/2007	OR
55-59	Robin Whyte	ACT	58	50.800 Km	Gosford, NSW	6-7/01/2001	OR
60-64	Robin Whyte	ACT	64	51.200 Km	Coburg, Victoria	22/04/2006	OR
65-69	Robin Whyte	ACT	65	50.400 Km	Coburg, Vic	19/04/2007	OR
70-74	Deryck Skinner	SA	72	47.900 Km	Adelaide, SA	16/10/2005	OR
75-79	Stan Miskin	VIC	76	42.850 Km	Coburg, Victoria	14/04/2002	OR
80-84	Stan Miskin	VIC	80	43.450 Km	Coburg, Victoria	23/04/2006	OR
35-39	Ann Staunton	ACT	35	49.260 Km	Coburg, Victoria	19/09/1999	OR
40-44	Kate White	SA	42	45.973 Km	Adelaide, SA	29/09/2007	OR
45-49	Lyn Lewis	QLD	46	47.350 Km	Coburg, Victoria	14/04/2002	OR
50-54	Sandra Brown	UK	50	54.180 Km	Coburg, Victoria	19/09/1999	O
50-54	Carol Baird	ACT	51	50.400 Km	Gosford, NSW	06/01/2001	R
55-59	Jill Green	UK	58	49.550 Km	Coburg, Victoria	19/09/1999	O
55-59	No claimant (Residential)						
60-64	Jill Green	UK	63	46.500 Km	Coburg, Victoria	17/04/2005	O

60-64	Val Chesterton	ACT	61	41.600 Km	Gosford, NSW	06/01/2002	R
65-69	Val Chesterton	ACT	66	42.252 Km	Coburg, VIC	19/04/2007	OR
70-74	Ellwyn Miskin	VIC	74	38.311 Km	Coburg, VIC	17/04/2004	OR
75-79	Ellwyn Miskin	VIC	76	38.756 km	Coburg, VIC	22/04/2006	OR

Note that in the M45-49 division, although there had been some performances, none were in excess of 50 km so that distance was set as the required initial standard necessary before a record could be entered.

9-10 February 2008 Caboolture Dawn to Dusk 12 Hour Event, Caboolture, Queensland

With the demise of the Gosford Classic 12 Hour, the Caboolture Dawn to Dusk 12 Hour event took on added importance in the Australian ultra calendar and 2008 saw a record field and a number of fine performances. Amongst the runners were two walkers – **Andrew Ludwig (C 25)** and **Peter Bennett (C 24)**. The race report acknowledged their performances as follows:

“We were all honored to a display of power walking or speed walking by Peter Bennett & Andrew Ludwig for near 7 hours, till Peter slowly worn down Andrew. They walked shoulder to shoulder for hours starting at 9kph, continuing to only drop a 1kph. Peter went on to walk 101kms, while Andrew achieved 93.026. Gentlemen, you were a pleasure to watch.”

In fact, Peter set new **Australian M50 Records for 12 Hours (100.700 km)** and **100 km (11:55:14)** on the 500m (certified) compacted decomposed granite surface. Results for the first 12 finishers were as shown.

8.	Peter Bennett	100.700 km
11.	Andrew Ludwig	93.026 km

30 March 2008 Coburg Carnival 6 Hour Walk, Coburg, Victoria

In 2008, responding to the increasing popularity of their Coburg 24 Hour Carnival, the Coburg 6 Hour Championships were split off to a separate date – Sunday 30 March. The day was perfect for ultra running and walking with cool overcast conditions for the 9AM start and temperatures that stayed in the mid teens for the duration of the event. Of the 31 entries (21 in the runs and 10 in the walks), 24 made it to the start line and 23 finished the event.

In the men's walk, **Terry O'Neill (C 18)** and **Clarrie Jack (C 4)** battled it out for the first 3 hours before Terry eventually broke free. From then on, it was plain sailing for him as he powered home with 52.983 km for a new Coburg Championship record and a new Australian M50 walk record. Clarrie hung on for second with 47.046 km ahead of local Melbourne athlete Steve Jordan who finished with a PB distance of 45.043 km

In the women's walk, **Karyn O'Neill (C 45)** was another competitor to do a big PB with her winning distance of 46.182 km. That made a walking double for the two newly weds. Dawn Parris took second place with 43.737 km ahead of Sandra Howorth with 38.491 km.

6 Hour Walk Women

1.	Karyn Bollen	46.182 km
2.	Dawn Parris	43.737 km
3.	Sandra Howorth	38.491 km

6 Hour Walk Men

1.	Terry O'Neill	52.983 km
2.	Clarrie Jack	47.046 km
3.	Steve Jordan	45.043 km
4.	Alex Poore	44.165 km
5.	Rudolf Skrucany	42.976 km
6.	Ken Carter	28.913 km

19-20 April 2008 Australian Centurions 24 Hour Walk, Coburg, Victoria

A total of 48 walkers and runners contested the 12 Hour and 24 Hour events on offer at Coburg in 2008. The starter's gun was fired at 10AM on the Saturday morning in warm and sunny conditions. The clear blue skies continued throughout the day as temperatures quickly rose to the expected 25°C and competitors struggled to stay hydrated and cool through the long first day. Melbourne then showcased its contrasting weather patterns with overnight temperatures plummeting. Finally another warm morning allowed competitors to throw off the layers of clothing and finish in beautiful autumnal conditions.

The walks saw strong fields and the Australian Centurions were pleased to see two walkers reach in excess of 100 miles. In the Men's 24 Hour walk, Australian Centurion **Andrew Ludwig (C 25)** led from the gun and walked without any significant breaks until he reached the 100 mile mark in **22:34:20**. This was Andrew's second centurion qualifier, following on from his initial one in 1994. Behind him, ultra runner Colin Brooks added another string to his bow with a strong second place walk of 148.226 km, ahead of Centurion Pat Fisher with 145.240 km. The Women's 24 Hour walk was an exciting affair with South Australian walker **Catherine Cox** having to dig deep in the final 6 Hours of the event, eventually reaching the 100 mile mark in **23:57:57**. Behind her, Karyn O'Neill and Sandra Howorth took the minor medals with 129.044 and 64.000 km respectively.



Cathy walking at Coburg in 2007 (left) and 2008 (right)

The Men's 12 Hour walk saw Australian M65 walk record holder Robin Whyte win with a very impressive 85.775 km, ahead of David Attrill and Gary Turner. In the Women's 12 Hour walk, the mother and daughter combination of Dawn Parris and Leah Stringer took the honours with 78.079 and 56.811 km respectively.

24 Hour Walk Men

1	Andrew Ludwig (C 25)	161.600 km
2	Colin Brooks	148.226 km
3	Pat Fisher (C 53)	145.240 km
4	Craig Welsh (NZ)	110.121 km
5	Steve Jordan	109.732 km
6	Phil Essam	87.725 km
7	Terry O'Neill (C 18)	80.000 km
8	Laurie Tinson	52.400 km
9	Louis Commins	31.600 km

24 Hour Walk Women

1	Catherine Cox (C 54)	161.170 km
2	Karyn O'Neill (C 45)	129.044 km
3	Sandra Howorth	64.000 km

12 Hour Walk Men

1	Robin Whyte (C 29)	85.775 km
2	David Attrill	71.494 km
3	Gary Turner	63.476 km
4	Ken Carter	52.589 km
5	Clarrie Jack (C 4)	20.000 km

12 Hour Walk Women

1	Dawn Parris	78.079 km
2	Leah Stringer	56.811 km

Australian 100 km Championship for Men

1	Andrew Ludwig	12:28:09
2	Colin Brooks	15:12:34
3	Pat Fisher	15:29:34

Australian 100 km Championship for Women

1	Catherine Cox	14:32:52
2	Karyn O'Neill	15:30:44

Perpetual Trophies

Gordon Burrowes Award:	Phil Essam
Jack Webber Trophy	Catherine Cox

31 May – 1 June 2008 Continental Centurions Qualifying Event, Schiedam, Holland

The Continental Centurions 2008 qualifying event was held in the Dutch city of Schiedam and it saw Australian walker **Hain (C 49)** complete yet another successful 100 mile walk, this time in a PB time of 23:18:30, to come 21st overall and become one of 13 new Continental centurions. This meant that Geoff had finished 8 100 mile centurion qualifiers in less than 4 years and had earned 5 of the 6 available Centurion badges. His list of hundreds reads as follows

23:30:38	16-17 Oct 2004	Adelaide, SA	(C 49)
23:27:49	16-17 April 2005	Coburg, Victoria	
23:38:25	22-23 April 2006	Coburg, Victoria	
162.474 km in 24H	1-2 Oct 2005	New Zealand	(C 14)
23:31:43	19-20 Aug 2006	Isle of Man, UK	(C 1051)
23:33:47	21-22 April 2007	Coburg, Victoria	
23:25:14	17-18 Nov 2007	Grapevine, Texas, USA	(C 68)
23:18:30	31 May – 1 Jun 2008	Schiedam, Holland	(C 368)

18-21 June, 2008 Paris Colmar Classic, France

2008 saw the first ever Australian entrant in the Colmar classic - **Peter Bennett (C 24)** contested the Stages race which followed the route of the Paris-Colmar event with 6 stages over 3 days for a total distance of 173 km). In what was without doubt the highest profile ever ultra walk by an Australian in Europe, he finished second to a Cameroun walker , covering the distance in 19 hours 30 mins for an average speed of 8.872 km.

1.	Foudjen Daniel	CAM	173,000 km	18:18:00	9,454 km/h
2.	Bennett Peter	AUS	173,000 km	19:30:00	8,872 km/h

5-6 July 2008 24 Heures de Rouen, France

Fresh from his great race in the Paris Colmar Stages event, **Peter Bennett (C 24)** spent a productive three days at his work headquarters in the northern French city of Lille, enjoyed a few days sightseeing in Paris and then travelled to Rouen for his final appointment in the prestigious 24 Heures de Rouen Classic. And he did it in style, recording a huge win in this big walking classic.

Peter had previously come third in this event in 2006 with a distance of 176 km (after stepping off the plane from a 40 hour flight). In 2008, he had enjoyed two weeks in Europe with plenty of rest and good food and he was coming off a good race preparation – the Canberra 20 Miler in June and the Paris Colmar Stages event. And to top it off, the race was held in good weather, unlike 2006.

But even with all that being said, we did not expect a performance of this magnitude - his winning distance was an amazing 214.65 km or 133 miles for those old enough to remember. Putting that into perspective, Peter's Australian 100 km record was 10:51:25, Ian Jack's Australian 100 miles record was 17:59:30 and Jim Gleeson's 24 Hours Australian record was 196.490 km. Peter powered through the 100 km mark in around 10:30, passed the 100 mile mark in around 17 hours and covered 214 km in the 24 hours. Of course, our records are track based so we could not grant his statistics 'record' status but what a walk.



Peter Bennett in action in Rouen – a worthy winner with 214.65 km in 24 hours

29-31 August 2008 Australian 48 Hour Championship, Caboolture, Queensland

The Australian 48 Hour Championship was held in late August at the Caboolture Historical Village in Caboolture, Queensland. This event had previously been run by Ian Cornelius on the Gold Coast track but was shifted in 2008 to the venue that had been used successfully for the Caboolture Dawn to Dusk event. The course was a 500 metre circuit with a compacted decomposed granite road surface and the race direction was reversed hourly.

Andrew Ludwig (C 25) and **Deryck Skinner (C 51)** were amongst the starters and both performed strongly, coming fourth and fifth respectively.. There were three other walkers in the field – Lou Cummins (NSW), Craig Welch (NZ) and Ian Valentine (QLD). Lou completed the 48 Hour event in 2007 and was second overall with 230.890 km. His 2008 distance was lower - 201 km. Craig Welch also competed in 2007, covering 202.42 km, but in the 2008 edition he was forced to retire at 6PM on the Saturday evening after covering 123 km. Ian Valentine also retired mid race, having covered 110.5 km.

4. Andrew Ludwig (C 25)	240.033 km
5. Deryck Skinner (C 51)	238.811 km
8. Lou Cummins	204.049 km
10. Craig Welch	124.000 km
11. Ian Valentine	110.500 km

Deryck (M75 division) and Andrew (M40 division) both set new Australian records for the 200 km and 48 Hours.

4-5 October, 2008 Sri Shinmoy Australian 24 Hour Championship, Adelaide, SA

Deryck Skinner (C) was the standout walker in the recent Sri Chinmoy Australian 24 Hour championship, held in Adelaide on 4-5 October 2008. He set new Australian M75 records for all categories up to 24 Hours. He commented as follows:

I have set new times/distances for all the M75 standards. However, with the exception of the 100 km, which was clear cut, all the others were a very close call so I won't be claiming any of those until you have seen the lap sheets. It may take a while to get these.

I was never going well, and it is obvious that 5 weeks between Caboolture and Adelaide was not enough. The body just did not respond, and I am probably not going to do any competitive walking for 12 months. My final distance was 143.033 km - it was very obvious early on that a qualifier was not possible and I had to go off the

track for a couple of hours in the early morning on Sunday.

Lorraine Billet took on the role which you usually do when things are a bit tight, and "bullied" me into finding a little bit extra when it was needed.

Deryck set new M75 100 mile, 200 km and 48 Hour records in Caboolture in August. Now with his new M75 records in Adelaide, he has all the M70 and M75 records up to and including the 48 Hour. Here are Deryck's new M75 records as compared with Stan Miskin's old records. It has taken a great couple of walks by Deryck to beat Stan's records which were something special themselves. It is astonishing to me that we had had two such outstanding walkers in such close succession. I suspect that the new records will last a long time.

50M	Stan	11:40:41	Deryck	11:35:51
100KM	Stan	15:47:33	Deryck	14:49:42
6H	Stan	42.850 Km	Deryck	43.852 km
12H	Stan	82.650 Km	Deryck	83.229 km
24H	Stan	142.791 Km	Deryck:	143.033 km
100M	Stan	48 Hours	Deryck	30:04:37
200 Km	Stan	48 Hours	Deryck	38:53:58
48 Hours	Stan	205.133 km	Deryck	238.811 km

7-8 February 2009**Caboolture Dawn to Dusk 12 Hour Event, Caboolture, Queensland**

The annual Caboolture Dawn to Dusk event was held as usual at the Caboolture Historical Village in Queensland and it saw excellent fields and some good racing. The field of 95 included 16 solo 12hrs, 16 solo 6hrs, 3 solo 50ks, 17 teams 3 x 2hrs and 3 teams 2 x 3hrs. Three walkers were in attendance with Peter Bennett producing the walking performance of the day. He was 8th overall with 98.5 km, well ahead of Ian Valentine who was 13th with 80.5 km. Walk results were

12 Hour	8	Peter Bennett	QLD	98.5 km
	13	Ian Valentine	QLD	80.5 km
6 Hour	13	Iggy Jimenez	QLD	36.0 km

15 March 2009**Coburg Carnival 6 Hour Walk, Coburg, Victoria**

The Melbourne weather was at its fickle best as the competitors battled early rain and wind, were tempted mid race by some weak late morning sun and then finished the event in overcast conditions. A large field of 38 contestants faced the starter's gun at 8AM and all but 4 were still on the track when the final gun sounded at 2PM. 2009 saw the 24 runners confined to lanes 1-2 and the 14 walkers confined to lanes 3-4. This proved a successful experiment as it allowed both the faster runners and the faster walkers a clearer passage around the track. The walk produced three new Australian Masters 6 Hour Walk records

- Terry O'Neill (C 18) bettered his own M50 record for the 6 Hour walk.
- Clarrie Jack (C 4) set a new M60 record for the 6 Hour walk.
- Dawn Parris set a new W55 residential record for the 6 Hour walk.

In the 6 Hour walk for men, Terry and Clarrie swapped the lead on several occasions before Terry eventually established a winning break. His winning distance of 53.191km was a new Australian M50 record while Clarrie's second place distance of 52.505km was a new Australian M60 record. Steve Jordan, Alex Poore and Rudolf Skrucany took the next 3 places with PBs of 46.201km, 45.246km and 44.183km respectively. Doug McKay improved a lot on his 2008 Sri Chimnoy Adelaide 24H walk to record 44.124km for 6th place while Deryck Skinner (C 51), the oldest competitor in the field at 76 years of age, showed that he has lost none of his form with a fine 43.836km.

The women's 6 Hour Walk Championship saw a great battle between Dawn Parris and Karyn O'Neill (C 45) with the two ladies never more than a lap or two apart. After chasing Karyn for the first 5 hours, Dawn finished the stronger to pass her in the last hour and win narrowly with 45.719km, a new Australian Residential W55 record. Karyn was close behind in second place with 45.320km while Sandy Howorth was third with 36.317km.

Because the walkers competed in lane 3, some additional calculations were required to convert their completed laps into actual distances (each lap walked in lane 3 involved a distance of 414.7m)

6 Hour Walk C'ship Men			Laps	Distance	Addit. Distance	Final Distance
1.	Terry O'Neill (C 18)	VIC	128	53.082	0.109	53.191
2.	Clarrie Jack (C 4)	VIC	126	52.252	0.252	52.504
3.	Steve Jordan	VIC	111	46.032	0.169	46.201
4.	Alex Poore	VIC	109	45.202	0.044	45.246
5.	Rudolf Skrucany	VIC	106	43.958	0.225	44.183
6.	Doug McKay	VIC	106	43.958	0.166	44.124
7.	Deryck Skinner (C 51)	VIC	105	43.544	0.292	43.836
8.	Gary Turner	VIC	100	41.470	0.201	41.671
9.	Ken Carter	VIC	72	29.858	0.264	30.122

6 Hour Walk C'ship Women			Laps	Distance	Addit. Distance	Final Distance
1.	Dawn Parris	VIC	110	45.617	0.102	45.719
2.	Karyn O'Neill (C 45)	VIC	109	45.202	0.118	45.320
3.	Sandy Howorth	VIC	87	36.079	0.238	36.317
4.	Janet Hunter	VIC	46	19.076	0.042	19.118

18-19 April 2009 Australian Centurions 24 Hour Walk, Coburg, Victoria

The Coburg 24 Hour Carnival was held on the weekend of 18-19 April and as usual the event also doubled as the annual Australian Centurions qualifier. Overall, some 40 runners and walkers were in action in what turned out to be a fantastic event in which 4 walkers reached the elusive one hundred mile goal, 3 new Centurions amongst them

- Belgian couple **Rudy Schoors** and **Caroline Mestdagh** won their respective divisions in masterly fashion, adding Australian Centurion badges to their British and Continental Centurion badges. They both recorded 100 mile personal best times and obviously enjoyed their first track 24 hour walks. Rudy became **Australian Centurion number 55** with **22:01:45** while Caroline became **Australian Centurion number 56** with her time of **22:40:27**
- Behind them, two Queensland based Australian walkers also achieved the elusive 100 mile mark. **Geoff Hain (C 49)** who already has 5 of the 6 available Centurion badges, produced yet another Australian badge (his fifth) with a great time of **23:24:50**, after suffering early with leg problems.
- Behind him, **Ian Valentine**, a former winner of the Coburg 24 Hour run, showed that he can walk as well as run. Using an impeccable racewalking action nearly the whole way, he strolled through to a wonderful inaugural 100 mile time of **23:37:03** to become **Australian Centurion number 57**.



Rudy Schoors
C55 - 22:01:45



Caroline Mestdagh
C56 - 22:40:27



Geoff Hain
C49 - 23:24:50



Ian Valentine
C57 - 23:37:03

In the men's 24 Hour walk, **Clarrie Jack (C 4)**, contesting his first 24H walk for many years, led early and covered nearly 27 km in the first 3 hours before slowing and eventually deciding to call it quits after 6 hours and 49.349 km. By the 6 hour mark, **Terry O'Neill (C 18)** had caught and passed him and was one lap clear of him and 7 laps ahead of Rudy and Ian who were level pegging. At the 12 hour mark, the leading positions were unchanged with Terry, at 94.5 km, 7 laps ahead of Ian and 8 ahead of Rudy. The 12 hour mark saw the first 6 men (Terry O'Neill, Ian Valentine, Rudy Schoors, Geoff Hain, Steve Jordan, and Gerald Manderson) all well past the 50 mile mark and we looked set for an interesting second half.

By this stage, Terry was suffering badly and decided to work through to the 100 km mark and then then have a break and see how he felt. Once back on the track, he found that he could not continue without a huge effort so called it quits at 112.384 km. By the 16 hour mark, Rudy had quietly passed Ian and was 3 laps in front and walking strongly. **Geoff Hain (C 49)** had come good after a horrid first half when he struggled with a sore hip and visibly limped around the track. We had all but written him off but he proved us wrong and was now matching Rudy and Ian lap for lap, although some way behind overall in third place. Steve Jordan was still on target for a 100 mile finish but he was suffering and it was a long way yet to go.

From here on, we were pretty certain that Rudy and Ian and Geoff would reach the hundred so attention was focused on Steve. He was still on track at 5AM with a distance of just on 130 km when he collapsed and could go no further. It was a cruel finish for him – he had 5 hours in which to cover the final 31 km but the legs were not able to carry him any further. Steve was a first time competitor at Coburg in 2005 when he won the 6 Hour Walk with 43.6 km. He was back again in 2006 to come 2nd with an improved distance of 44.12 km. In 2007, he upgraded to the 12H Walk and came 2nd with 85.98 km and in 2008, he was 3rd in the 6H Walk with 45 km and 5th in the 24H Walk with 109 km. This year he did a PB in the 6H event in March (46.032 km) and reached 129.801 km in the 24H Walk. Like Graham Watt, he is improving each year and next year could see him put it all together.

From there, the three leaders pushed through strongly to reach their 100 mile goals as discussed earlier. Doug McKay was next in with a PB distance of 138.687 km. Doug has come a long way in a short time - he competed in his first 24H event in Adelaide in October 2008 with 127.55km, then walked 43.958 km in our 6H event in March. He has lots of strength and just needs to increase his base speed to challenge the hundred. Next year!

Gerald Manderson (C 31) was next in with 126.499 km and he was well pleased. After 7 years out of the sport, he decided to make a comeback some 6 months ago. Shedding 15 kg, he whipped himself into shape and was pleased to reach the 50 mile mark inside the 12 hours. With another year of walking under his belt, he should be ready for another hundred to go with his 8 or 9 previously accumulated. The other finishers were Lou Commins (118.372 km) and Rudolf Skrucany (102.812 km) who both put together good first halves but just could not hold it together in the second half. It is indeed a tough event.

In the women's walk, local Victorian Masters walker Heather Carr stormed to a big lead early. Heather had told me that she only intended to walk for 6 Hours and she was true to her word, stopping at that point with just over 51 km to her credit. Once Heather retired, Caroline Mestdagh became the new leader. She was walking with her husband Rudy and, by the time she passed the 12 hour mark with just on 90 km to her credit, she was over 10 km ahead of Dawn Parris and a further 3 km ahead of **Karyn O'Neill (C 45)**. While Caroline looked set for a centurion qualifier, the other walkers looked out of contention. Dawn was the next best with 78 km, Karen had 75 km and Val Chesterton had 71 km.

From here on, Caroline walked without rest to reach her 100 mile mark in 22:40:27. Dawn Parris also walked without rest to a final distance of 137.445 km. I felt before the race that Dawn was a chance for a centurion finish but she would be the first to admit that she did not have a good day. I am still convinced that she can return next year and complete unfinished business. She completed 45.610 km in our 6 Hour event in March so has the necessary speed. She just needs things to fall into place on the big day. Val Chesterton, our oldest competitor at 68 years of age, did a PB of 115.578 km and set a new W65 24 Hour record in what was an excellent walk. Behind her, Karyn suffered early but toughed it through to 92.478 km before retiring. The final competitor, Sandy Howorth, was pleased with her distance of 85.930 km and will, I am sure, be back to improve next year.

Full results for the walkers read as follows (note that walkers raced in lane 3 so their distance was 414.7m per lap)

24 HOUR WALK MEN

	NAME	AGE	STATE	NUM	LAPS	DIST.	EXTRA	FINAL	
1	SCHOORS, Rudy	44	BELGIUM	52	405	167.954	0.000	167.954	C55
2	VALENTINE, Ian	48	QLD	55	390	161.733	0.077	161.810	C57
3	HAIN, Geoff	62	QLD	43	390	161.733	0.000	161.733	C49
4	McKAY, Doug	58	VIC	47	334	138.510	0.177	138.687	
5	JORDAN, Steve	52	VIC	46	313	129.801	0.000	129.801	
6	MANDERSON, Gerald	65	NZ	48	305	126.484	0.015	126.499	C31
7	COMMINS, Louis	59	NSW	41	285	118.190	0.182	118.372	
8	O'NEILL, Terry	53	VIC	49	271	112.384	0.000	112.384	C18
9	SKRUCANY, Rudolf	53	VIC	54	247	102.431	0.381	102.812	
10	JACK, Clarrie	63	VIC	45	119	49.349	0.000	49.349	C4
DNS	GOVINDASAMY, Param	22	MAL	42	0	0.000	0.000	0.000	
DNS	PALANY, Mahalingam	51	MAL	51	0	0.000	0.000	0.000	
DNS	SINGH, Devinder	49	MAL	53	0	0.000	0.000	0.000	

24 HOUR WALK WOMEN

	NAME	AGE	STATE	NUM	LAPS	DIST	EXTRA	FINAL	
1	MESTDAGH, Caroline	43	BELGIUM	64	397	164.636	0.000	164.636	C56
2	PARRIS, Dawn	56	VIC	66	331	137.266	0.179	137.445	
3	CHESTERTON, Val	68	ACT	62	278	115.287	0.291	115.578	

4	O'NEILL, Karyn	54	VIC	65	223	92.478	0.000	92.478	C45
5	HOWORTH, Sandy	46	VIC	63	207	85.843	0.087	85.930	
6	CARR, Heather	59	VIC	61	124	51.423	0.000	51.423	

The event also co-hosted Racewalking Australia 100 km championships which saw Terry O'Neill and Caroline Mestdagh become the new Australian champions.

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN

1	O'NEILL, Terry	12:44:08
2	VALENTINE, Ian	13:10:41
3	SCHOORS, Rudy	13:14:53

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN

1	MESTDAGH, Caroline	13:27:07
2	PARRIS, Dawn	15:49:58
3	CHESTERTON, Val	17:52:04

Finally, the Jack Weber Trophy for the most meritorious performance went fittingly to Ian Valentine (C 57).

Other highlights included a number of new Australian Ultra Distance Masters walking records

- **Heather Carr** set a new **W55 6 Hour record** of just over 51 km (exact distance to be confirmed).
- **Val Chesterton** became the first W65 woman in Australia to complete a 24 Hour walk event so her distance of 115.578km becomes the inaugural **W65 24 Hour record**. This is actually a greater distance than her W60 Australian record of 109.567 km, set in 2005 and confirms the quality of her performance. She also set new 50 Mile and 100 Km records along the way.
- **Ian Valentine (C 57)** set new **M45** Australian Residential records for **12 Hours, 100 km and 24 Hours**.

30-31 May 2009 24 Heures de Rouen, France

Australian Peter Bennett confirmed that he is one of the top ultra distance walkers in the world with a repeat win in the Rouen 24 Hour classic in late May. Last year, he won this prestigious event with 216 km. This year in the 41st edition of this annual endurance walk, he won with an almost identical distance of 213 km.

Peter led from the start, heading off at a devastating speed of 9.5km/hr and had soon broken away from all the other walkers except for Chinese contestant Aiguo Feng. Feng, who comes from Ningbo, the twin city of Rouen located at 200 km of Shanghai, lost contact as night fell and, from that point on, Peter was on his own as he lapped the 795m circuit with almost monotonous regularity. While others were forced to take breaks, Peter did what he does best and just 'kept on keeping on'. Perhaps the only reason he was slightly short of last year's record breaking distance was the hot weather that walkers encountered in the final stages of the event.

Note the international flavour of the event with the top finishers including walkers from France, China, Indonesia, Kenya, Algeria, Holland, Madagascar and, of course, Australia.

1.	Peter Bennett	Australie	213,855 km
2.	Christian Renoncourt	Louviers	175,695 km
3.	Aiguo Feng	Chine	171,695 km
4.	Jean Pierre Begin	Saint Etienne	170 km
5.	Hulissan	Indonesie	170,130 km
6.	Hélène Pimont (F)	le Havre	162,765 km
7.	Leah Jepkirui (F)	Kenya	156,858 km
8.	Jean Paul Spieser	Vosges	155 km
9.	Ghelatti Lahouari	Algérie	155,025 km
10.	Adri Leermakers	Hollande	152,620 km
11.	Andrian Riana	Madagascar	151,050 km
12.	Pascal Flautre	Saint Blimont	151 km

xx June 2009 Sri Shinmoy Australian 24 Hour Championship, Brisbane, Queensland

Major Record Updates - 2009

In 2009, a number of new Australian Masters records were set in the following categories

Terry O'Neill	M50	All-Comers/Res	6 Hours Walk	53;191 km	Coburg, VIC	15/03/2009
Clarrie Jack	M60	All-Comers/Res	6 Hours Walk	52.505 km	Coburg, VIC	15/03/2009
Dawn Parris	W55	All-Comers/Res	6 Hours Walk	45.719 km	Coburg, VIC	15/03/2009
Heather Carr	W55	All-Comers/Res	50 km Walk	5:49:39	Coburg, VIC	18-19/04/2009
Caroline Mestdagh	W40	All-Comers	100 Km Walk	13:27:07	Coburg, VIC	18-19/04/2009
Val Chesterton	W65	All-Comers/Res	100 Km Walk	17:52:04	Coburg, VIC	18-19/04/2009
Ian Valentine	M45	Residential	100 Km Walk	13:10:41	Coburg, VIC	18-19/04/2009
Caroline Mestdagh	W40	All-Comers	100 Miles Walk	22:40:27	Coburg, VIC	18-19/04/2009
Ian Valentine	M45	Residential	12 Hour Walk	92.027 km	Coburg, VIC	18-19/04/2009
Val Chesterton	W65	All-Comers/Res	24 Hour Walk	115.578 km	Coburg, VIC	18-19/04/2009
Ian Valentine	M45	Residential	24 Hour Walk	161.810 km	Coburg, VIC	18-19/04/2009

APPENDIX A: AUSTRALIAN MENS RANKING LISTS FOR ULTRAWALKING

Attempts have been made to include every ultradistance walking performance on record but lapsheets from some of the early events are not available so there may be omissions. Please contact our Records Officer Robin Whyte if you think your time/performance should be included on these lists. Note that only performances in sanctioned competition will be accepted.

24 HOUR RANKING LIST

This list shows the performance of all walkers who have walked further than 163 km within 24 hours.

Peter Bennett	52	214.650 km *	06/07/2008	(in France)
Jim Gleeson	40	196.490 km	24/10/1971	(122 miles 215 yds)
Gordon Smith	37	183.090 km	16/10/1938	(113 miles 1390 yds)
Gordon Smith	36	177.780 km	1937	(110 miles 871 yds)
Gerald Manderson	54	177.670 km	20/09/1998	
Peter Bennett	50	176.175 km *	16/04/2006	(in France)
Peter Bennett	49	172.500 km *	19/09/2005	(in Malaysia)
Terry O'Neill	51	169.741 km	22/04/2007	
Jack Webber	56	168.460 km	22/08/1971	(104 miles 1238 yds)
Yiannis Kouros	42	168.410 km	20/09/1988	
Stan Miskin	63	167.117 km	30/10/1988	
Deryck Skinner	72	166.033 km	16/10/2005	
Pat Fisher	58	165.605 km	23/04/2006	
Peter Bennett	51	165.260 km *	12/08/2007	(in Malaysia)
Deryck Skinner	73	164.577 km	23/04/2006	
David Billett	36	164.417 km	01/10/2006	
Deryck Skinner	73	163.806 km	01/10/2006	
John Harris	51	163.677 km	14/04/2002	
Geoff Hain	58	163.041 km	17/04/2005	

* Road performance

100 MILE RANKING LIST

This list shows all walkers who have completed the 100 mile distance within 24 hours

Ian Jack	34	17:59:30	03/11/1979
Jim Gleeson	40	18:33:58	23/10/1971
John Smith	40	18:49:20	07/10/1978
Jim Gleeson	41	19:16:14	21/10/1972
Peter Bennett	38	19:42:54	08/10/1994
Robin Whyte	54	20:37:12	05/10/1996
Clarrie Jack	26	20:39:45	23/10/1971
Bill Dillon	41	20:51:06	23/11/1979
Gordon Smith	37	20:58:09	16/10/1938
Herbert Neubacher	36	21:03:07	18/10/1999
Terry O'Neil	23	21:13:08	03/11/1979
Robin Whyte	57	21:34:48	18/10/1999
Gerald Manderson	55	21:36:09	18/10/1999
Stuart Cooper	20	21:36:53	23/10/1971
Gerald Manderson	54	21:37:31	19/09/1998
Gordon Smith	36	21:43:00	1937
Mike Porter	50	21:45:47	18/10/1975
Terry O'Neill	51	21:48:35	22/04/2007
Stan Jones	50	22:04:59	18/10/1975
Tim Erickson	25	22:10:27	09/10/1976
Andrew Ludwig	28	22:26:09	08/10/1994

Ken Walters	62	22:28:31	08/10/1994	
Robin Whyte	58	22:29:32	03/09/2000	
Fred Brooks	67	22:31:15	08/04/2001	
Norm Morriss	57	22:32:47	19/09/1998	
Chris Clegg	62	22:34:14	18/10/1975	
Andrew Ludwig	51	22:34:20	20/04/2008	
Jens Borello	59	22:36:13	23/04/2006	
Deryck Skinner	72	22:39:55	02/10/2005	
Claude Martin	42	22:42:53	08/10/1977	
Bob Lee	49	22:44:44	18/04/2004	
Jack Webber	56	22:44:53	20/08/1971	
Michael Harvey	38	22:48:26	08/04/2001	
Bill Dyer	16	22:50:33	08/10/1977	
Gerrit de Jong	58	22:51:24	18/10/1999	
Yiannis Kouros	42	22:55:23	19/09/1998	
Dudley Pilkington	56	22:59:00	10/10/1975	
Fred Redman	62	22:59:00	28/09/1973	
Stan Miskin	53	22:59:48	29/10/1988	
Roger LeMoine	57	23:04:51	19/09/1998	
John Harris	47	23:10:36	19/09/1998	
Pat Fisher	58	23:14:03	23/04/2006	
John Harris	23	23:18:15	18/10/1975	
Geoff Hain	61	23:18:30*	01/06/2008	(in Holland)
Deryck Skinner	73	23:23:43	23/04/2006	
Geoff Hain	61	23:25:14*	18/11/2007	(in America)
Boyd Millen	64	23:25:43	03/09/2000	
Geoff Hain	58	23:27:49	17/04/2005	
George Audley	52	23:28:48	28/05/1988	
Dudley Pilkington	63	23:29:00	15/12/1972	
David Billett	36	23:29:25	01/10/2006	
Deryck Skinner	73	23:30:12	01/10/2006	
Geoff Hain	58	23:30:38	15/10/2004	
Geoff Hain	60	23:31:43*	20/08/2006	(in the United Kingdom)
Geoff Hain	60	23:33:47	22/04/2007	
Geoff Peters	57	23:34:10	06/09/1980	
Caleb Maybir	37	23:34:20	28/09/1996	
John Harris	51	23:34:50	14/04/2002	
Charles Arosanyin	35	23:35:32	13/04/2003	
Robin Whyte	54	23:37:12	05/10/1996	
Geoff Hain	59	23:37:24	02/10/2005	(in New Zealand)
Geoff Hain	59	23:38:25	23/04/2006	
Jim Turnbull	52	23:38:53	13/12/1986	
Deryck Skinner	74	23:39:00	13/08/2006	
Merv Lockyer	65	23:45:51	05/10/1996	
Tim Thompson	26	23:48:08	21/10/1972	
David Billett	34	23:52:27	17/04/2005	
Graham Watt	28	23:59:23	18/04/2004	

* Road Performances

12 HOUR RANKING LIST

This list shows all walkers who have completed 87 km or more within 12 hours.

Ian Jack	34	107.20 km	03/11/1979	
Gordon Smith	38	105.29 km	19/08/1938	(65 miles 781 yds)
Peter Bennett	38	103.75 km	08/10/1994	
Andrew Ludwig	40	103.33 km	07/01/2007	
John Smith	40	103.12 km	07/10/1978	
Peter Bennett	52	100.70 km	10/02/2008	
Tim Erickson	25	100.55 km	09/10/1976	

Peter Bennett	40	100.00 km	28/10/1996	
Michael Harvey	37	99.31 km	02/09/2000	
Robin Whyte	54	98.82 km	05/10/1996	
Peter Bennett	51	98.34 km	07/01/2007	
Robin Whyte	57	98.12 km	08/01/2000	
Peter Bennett	50	97.88 km	08/01/2006	
Michael Harvey	38	97.55 km	08/04/2001	
Alex Crawford	??	97.92 km	06/01/2002	
Bill Dillon	41	97.01 km	23/11/1979	
Gerald Manderson	55	98.40 km	18/10/1999	
Andrew Ludwig	51	96.80 km	20/04/2008	
Jens Borello	59	95.50 km	23/04/2006	
Sid Bray	25	96.18 km	27/04/1963	(59 miles 1365 yds)
Andrew Ludwig	28	94.65 km	08/10/1994	
Terry O'Neil	23	94.18 km	03/11/1979	
Geoff Hain	59	94.10 km	23/04/2006	
Robin Whyte	56	94.00 km	18/10/1999	
Herbert Neubacher	46	93.60 km	18/10/1999	
Gerald Manderson	54	93.24 km	19/09/1998	
Andrew Ludwig	41	93.02 km	10/02/2008	
Charles Arosanyin	35	92.96 km	13/04/2003	
Peter Bennett	51	92.70 km *	25/11/2006	(in Malaysia)
Deryck Skinner	73	92.55 km	23/04/2006	
Terry O'Neill	51	92.00 km	22/04/2007	
Robin Whyte	59	91.83 km	06/01/2002	
Bob Lee	49	91.76 km	18/04/2004	
Caleb Maybir	43	91.68 km	10/01/1998	
Boyd Millen	64	91.40 km	03/09/2000	
Robin Whyte	61	91.26 km	05/01/2003	
Frank Overton	50	90.96 km	19/09/1998	
Geoff Hain	58	90.65 km	11/01/2005	
Caleb Maybir	41	90.41 km	28/09/1996	
Ross Jackson	41	90.39 km	02/09/2000	
Robin Whyte	58	90.22 km	02/09/2000	
John Harris	24	89.90 km	18/10/1975	
Stan Jones	50	89.80 km	18/10/1975	
Stan Miskin	63	89.70 km	29/10/1988	
Frank Overton	49	89.66 km	10/01/1998	
Gerrit de Jong	58	89.60 km	18/10/1999	
Andrew Ludwig	51	89.60 km	11/08/2007	
Harry Summers	59	89.30 km	08/10/1994	
Norm Morriss	57	89.24 km	19/09/1998	
Chris Clegg	62	89.04 km	18/10/1975	
Roger LeMoine	57	88.48 km	19/09/1998	
Clarrie Jack	61	88.37 km	22/04/2007	
Robin Whyte	65	88.30 km	11/08/2007	
Brian Glover	55	88.24 km	19/09/1998	
Geoff Hain	58	88.22 km	15/10/2004	
Dudley Pilkington	53	88.12 km	15/12/1972	
Fred Brooks	67	87.81 km	08/04/2001	
Pat Fisher	57	87.81 km	08/01/2006	
Mike Porter	50	87.50 km	18/10/1975	
Pat Fisher	58	87.50 km	23/04/2006	

* Road Performance

100 KM RANKING LIST

This list shows all walkers who have completed 100 km within 14 hours.

Peter Bennett	40	10:51:25	28/09/1996
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Ian Jack	33	11:19:10	09/11/1979
Peter Bennett	38	11:23:25	08/10/1994
Gordon Smith	38	11:31:30	19/09/1938
Andrew Ludwig	40	11:35:44	07/01/2007
Peter Bennett	51	11:55:14	10/02/2008
Michael Harvey	37	12:08:52	03/09/2000
Robin Whyte	54	12:08:59	06/10/1996
Andrew Ludwig	51	12:28:09	20/04/2008
Gerald Manderson	55	12:37:23	19/09/1999
Robin Whyte	57	12:46:01	19/09/1999
Herbert Neubacher	46	12:52:27	19/09/1999
Gerald Manderson	54	12:57:21	20/10/1998
Terry O'Neill	51	13:03:08	22/04/2007
Deryck Skinner	72	13:10:44	16/10/2005
Charles Arosanyin	35	13:13:27	14/04/2003
Bob Lee	49	13:17:44	17/04/2004
Terry O'Neill	50	13:19:08	23/04/2008
Ross Jackson	41	13:21:34	03/09/2000
Boyd Millen	64	13:24:48	03/09/2000
Robin Whyte	58	13:28:57	03/09/2000
Gerrit de Jong	57	13:30:44	19/09/1999
Jens Borello	59	13:33:01	23/04/2006
Norm Morris	57	13:33:37	20/10/1996
Roger LeMoine	58	13:38:16	20/10/1996
Geoff Hain	58	13:46:10	15/10/2004
David Billett	36	13:48:07	01/10/2006
Pat Fisher	58	13:54:19	23/04/2006
Yiannis Kourous	42	13:56:17	20/10/1998
Geoff Hain	60	14:04:47	22/04/2007
Gerald Manderson	56	14:09:25	03/09/2000
John Harris	51	14:11:08	14/04/2002
John Harris	47	14:19:13	20/10/1996
Louis Commins	58	14:21:09	22/04/2007
Merv Lockyer	65	14:30:19	06/10/1996
Ron McGregor	62	14:34:30	17/04/2004

50 MILE RANKING LIST

This list shows all walkers who have completed the 50 mile walk distance in less than 9 hours.

Clarrie Jack	34	07:57:53	03/11/1979
Tim Erickson	24	08:14:46	18/10/1975
Gleeson, James	31	08:15:19	14/10/1962
Tetlow, Harry (NZ)	??	08:25:37	28/10/1956
Jim Gleeson	40	08:31:27	23/10/1971
O'Farrell, Joseph	??	08:38:32	15/10/1932
Jim Gleeson	29	08:42:29	15/10/1961
Peter Bennett	40	08:43:49	28/09/1996
Gaylor, James	22	08:44:34	15/10/1932
Daintry, Thomas	45	08:46:02	28/10/1956
Peter Bennett	38	08:46:39	08/09/1994
Tim Thompson	29	08:48:06	July 1975
Gaylor, James	21	08:49:20	17/10/1931
Breen, Gavin	28	08:49:27	12/10/1963
Ian Jack	34	08:49:40	03/11/1979
Gordon Smith	37	08:50:25	19/09/1938
Andrew Ludwig	40	08:55:52	07/01/2007
Dunning, Charles	??	08:57:31	17/10/1931
Lewis, Jack	??	08:58:07	11/10/1930

APPENDIX B: AUSTRALIAN WOMENS RANKING LISTS FOR ULTRAWALKING

In addition to the usual ultra distance rankings, the Australian Centurions also maintain a ranking list for the 50 Km Walk for Women. The 50 km for men is an international walking distance and hence all performances are registered and ranked. But the 50 km for women is left out in the cold and performances are not given the recognition that they deserve.

We will recognise both track and road performances provided, once again, that the performance can be validated. There have been a number of women who have racewalked the 50 km distance in Australian racewalking events such as State Championships as well as in our own ultra events. Such performances are prime candidates for our ranking list. The Australian Masters also recognises Australian Masters records for this event. These performances have also been included. Hopefully this will further help develop interest in longer distance walks amongst our women.

24 HOUR RANKING LIST

This list shows the performance of all walkers who have walked further than 162.5 km within 24 hours.

Carol Baird	53	182.657 km	14/04/2002	
Carol Baird	53	179.811 km	19/10/2002	
Carol Baird	52	176.728 km	08/07/2001	(in New Zealand)
Carol Baird	51	175.460 km	03/09/2000	
Carol Baird	51	171.927 km	08/04/2000	
Carol Baird	50	169.607 km	18/10/1999	
Carol Baird	52	169.252 km	26/08/2001	(in Malaysia)
Carol Baird	53	167.200 km	06/07/2002	(in New Zealand)
Carol Baird	54	166.890 km	13/04/2003	
Carmela Carrassi	43	166.600 km	13/04/1997	
Jill Green	63	165.986 km	17/04/2005	
Lyn Lewis	46	164.010 km	14/04/2002	
Karyn Bollen	47	162.843 km	14/04/2002	
Carmela Carrassi	43	162.540 km	14/09/1996	

100 MILE RANKING LIST

This list shows all walkers who have completed the 100 mile distance within 24 hours.

Sandra Brown	50	19:14:56	18/10/1999	
Carol Baird	53	20:31:24	14/04/2002	
Carol Baird	53	20:48:52	06/07/2002	(in New Zealand)
Carol Baird	52	20:55:46	08/07/2001	(in New Zealand)
Carol Baird	51	21:13:27	19/10/2002	
Jill Green	58	21:15:35	18/10/1999	
Carol Baird	51	21:26:10	03/09/2000	
Carol Baird	51	21:47:47	08/04/2000	
Carol Baird	54	21:55:35	13/04/2003	
Carol Baird	50	22:16:43	18/10/1999	
Lyn Lewis	46	22:46:54	14/04/2002	
Jill Green	63	22:58:31	17/04/2005	
Carmela Carrassi	43	23:09:03	13/04/1997	
Karyn Bollen	47	23:35:56	14/04/2002	
Carmela Carrassi	43	23:36:59	14/09/1996	
Catherine Cox	54	23:54:28	20/04/2008	
Sue Clements	44	23:58:40	20/09/1998	

12 HOUR RANKING LIST

This list shows all walkers who have completed 70 km or more within 12 hours.

Sandra Brown	50	103.60 km	18/10/1999	
Carol Baird	53	97.55 km	14/04/2002	
Carol Baird	51	97.29 km	06/01/2001	
Carol Baird	53	96.80 km	06/07/2002	(in New Zealand)
Carol Baird	52	96.06 km	06/01/2002	
Carol Baird	50	95.23 km	08/01/2000	
Carol Baird	53	94.81 km	04/01/2003	
Jill Green	58	94.40 km	18/10/1999	
Carol Baird	52	93.90 km	19/10/2002	
Carol Baird	54	93.55 km	13/04/2003	
Carol Baird	51	92.70 km	02/09/2000	
Jill Green	63	89.83 km	17/04/2005	
Lyn Lewis	46	88.81 km	14/04/2002	
Ann Staunton	35	88.00 km	18/10/1999	
Carol Baird	50	87.60 km	18/10/1999	
Carmela Carrassi	44	86.40 km	12/04/1997	
Karyn Bollen	47	85.67 km	14/04/2002	
Carmela Carrassi	42	84.80 km	13/04/1996	
Sue Clements	44	84.61 km	19/09/1998	
Catherine Cox	54	83.00 km	20/04/2008	
Sharon Chomyn	46	82.81 km	23/04/2008	
Val Chesterton	61	81.80 km	06/01/2002	
Michelle Curran	23	81.90 km	01/04/1995	
Carmela Carrassi	41	81.60 km	08/10/1994	
Lyn Lewis	46	81.00 km	03/02/2002	
Dian Goodger	40	79.26 km	18/04/2004	
Dawn Parris	55	78.07 km	20/04/2008	
Catherine Cox	53	75.00 km	22/04/2007	
Val Chesterton	64	74.17 km	11/01/2005	
Karina Ward	30	73.70 km	07/01/2007	
Michelle Curran	23	73.60 km	14/10/1995	
Carol Baird	49	72.72 km	19/09/1998	
Val Chesterton	66	72.46 km	07/01/2007	
Val Chesterton	63	71.52 km	10/01/2004	
Michelle Curran	24	71.20 km	28/09/1996	
Robyn Cox	54	71.20 km	11/08/2007	
Bev Carr	54	71.20 km	12/04/1997	
Julie Schrag	??	70.19 km	06/01/2001	

100 KM RANKING LIST

This list shows all walkers who have completed 100 km within 16 hours.

Sandra Brown	50	11:33:24	19/09/1999
Carol Baird	53	12:18:57	14/04/2002
Carol Baird	53	12:33:49	07/07/2002
Carol Baird	52	12:37:50	08/07/2001
Jill Green	57	12:45:38	19/09/1999
Carol Baird	51	12:57:43	03/09/2000
Carol Baird	54	12:58:56	13/04/2003
Carol Baird	51	13:08:05	09/04/2000
Jill Green	63	13:28:55	17/04/2005
Carol Baird	50	13:39:33	19/09/1999
Lyn Lewis	46	13:40:22	14/04/2002
Karyn Bollen	51	14:02:39	23/04/2006
Karyn Bollen	47	14:11:07	14/04/2002
Sue Clements	44	14:21:26	20/10/1998
Catherine Cox	54	14:32:52	20/04/2008
Ann Staunton	35	14:52:00	19/09/1999
Catherine Cox	53	15:00:11	22/04/2007

Sharon Chomyn	47	15:21:37	01/10/2006
Karyn O'Neill	53	15:30:44	20/04/2008
Linda Law	53	15:50:18	14/04/2002
Dian Goodger	40	15:52:56	17/04/2004

50 MILE RANKING LIST

This list shows all walkers who have completed 50 miles in less than 14 hours.

Sandra Brown	50	09:08:52	18/10/1999	
Carol Baird	51	09:42:06	06/01/2001	
Carol Baird	53	09:47:31	14/04/2002	
Carol Baird	52	09:55:25	07/09/2001	(in New Zealand)
Carol Baird	53	09:56:10	06/07/2002	(in New Zealand)
Carol Baird	50	10:00:24	08/01/2000	
Carol Baird	52	10:04:17	06/01/2002	
Jill Green	58	10:08:00	18/10/1999	
Carol Baird	53	10:11:01	19/10/2002	
Carol Baird	51	10:21:43	02/09/2000	
Carol Baird	54	10:24:58	13/04/2003	
Jill Green	63	10:41:12	17/04/2005	
Lyn Lewis	46	10:46:06	14/04/2002	
Ann Staunton	35	10:52:27	18/10/1999	
Carol Baird	50	10:57:07	18/10/1999	
Carmela Carrassi	44	11:08:04	13/04/1997	
Carmela Carrassi	43	11:12:20	14/09/1996	
Karyn Bollen	47	11:12:20	14/04/2002	
Sue Clements	44	11:22:14	20/09/1998	
Michelle Curren	23	11:32:29	02/04/1994	
Linda Law	53	11:37:40	13/04/2003	
Catherine Cox	54	11:40:00	20/04/2008	
Karen Bollen	48	11:46:21	13/04/2003	
Val Chesterton	61	11:49:32	06/01/2002	
Carmela Carrassi	41	11:52:00	09/10/1994	
Sharon Chomyn	47	11:52:18	01/10/2006	
Karyn Bollen	52	11:57:00	22/04/1007	
Karyn O'Neill	53	12:01:00	20/04/2008	
Mary Stoddart	?	12:16:45	15/10/1938	
Dian Goodger	40	12:22:31	18/04/2004	
Carol Baird	49	13:16:02	20/09/1998	
Bev Car	54	13:52:00	13/04/1997	

50 KM RANKING LIST

This list shows all walkers who have completed 50 Km in less than 7 hours.

Lisa Wilson	W35	ACT	5:23:08	23/04/2004	World Masters Championships, Auckland, NZ
Lillian Harpur	22	SA	5:27:11	1970	SA 50 Km Championship, Adelaide, SA
Sandra Brown	50	ENG	5:29:58	18/09/1999	Australian Centurion 24H Walk, Coburg, VIC
Lillian Harpur	24	SA	5:41:03	1972	SA 50 Km Championship, Adelaide, SA
Liz Feldman	56	VIC	5:45:08	24/10/2004	VRWC 50 km Championship, Albert Park, Melbourne
Marlaine Stanway	42	VIC	5:52:03	05/09/1982	Victorian 50 km Championship, Albert Park, Melb.
Ann Staunton	36	ACT	5:53:23	22/07/2000	ACT 50 KM Championship, Canberra, ACT
Carol Baird	51	ACT	5:54:18	07/01/2001	Coastal Classic 12H Walk, Gosford, NSW
Carol Baird	53	ACT	5:55:55	13/04/2002	Australian Centurion 24H Walk, Coburg, VIC
Carol Baird	52	ACT	6:03:33	07/07/2001	New Zealand Centurion 24H Walk, Auckland, NZ
Jill Green	57	ENG	6:03:46	18/09/1999	Australian Centurion 24H Walk, Coburg, VIC
Ann Staunton	35	ACT	6:05:28	18/09/1999	Australian Centurion 24H Walk, Coburg, VIC
Carol Baird	53	ACT	6:06:29	04/01/2003	Coastal Classic 12H Walk, Gosford, NSW
Carol Baird	50	ACT	6:08:21	08/01/2000	Coastal Classic 12H Walk, Gosford, NSW
Carol Baird	53	ACT	6:09:36	19/09/2002	Sri Chinmoy 24H Carnival, Adelaide, SA

Carol Baird	51	ACT	6:12:37	08/04/2000	Coburg 24H Carnival, Coburg, VIC
Carol Baird	51	ACT	6:15:47	02/09/2000	Australian Centurion 24H Walk, Coburg, VIC
Carol Baird	54	ACT	6:19:49	12/04/2003	Australian Centurion 24H Walk, Coburg, VIC
Jill Green	63	UK	6:27:58	16/04/2005	Australian Centurion 24H Walk, Coburg, VIC
Lyn Lewis	46	QLD	6:24:30	13/04/2002	Australian Centurion 24H Walk, Coburg, VIC
Karyn Bollen	47	VIC	6:37:33	13/04/2002	Australian Centurion 24H Walk, Coburg, VIC
Michelle Curran	24	QLD	6:38:45	01/04/1995	NSW 24 Hour Track Championship, Gosford, NSW
Carol Baird	50	ACT	6:39:43	18/09/1999	Australian Centurion 24H Walk, Coburg, VIC
Elaine McFarlane	?	SA	6:46:??	Late 1960's	SA State 50km championship
Carmela Carrassi	42	VIC	6:47:04	13/04/1995	Coburg 24 Hour Carnival, Coburg, VIC
Michelle Curran	24	QLD	6:47:56	14/10/1995	Australian Centurion 24H Walk, Adelaide, SA
Sue Clements	44	ENG	6:48:42	19/09/1998	Australian Centurion 24H Walk, Clifton Hill, VIC
Di Goodger	40	SA	6:52:26	17/04/2004	Australian Centurion 24H Walk, Coburg, VIC
Carmela Carrassi	41	VIC	6:54:40	08/10/1994	Australian Centurion 24H Walk, Clifton Hill, VIC
Val Chesterton	61	ACT	6:55:00	2002	ACT 50 KM Championship, Canberra, ACT

APPENDIX C: AUSTRALIAN ULTRA-DISTANCE WALKING RECORDS

The Australian Federation of Race Walking Clubs officially recognises the following Australian Track Best on Records. The administration of the records is done by the Australian Centurions.

AUSTRALIAN RESIDENTIAL RECORDS MEN

6 Hours	Tim Erickson	VIC	1975	Melbourne, VIC	60.005 km
12 Hours	Jim Gleeson	VIC	1971	Melbourne, VIC	108.290 km
24 Hours	Jim Gleeson	VIC	1971	Melbourne, VIC	196.490 km
48 Hours	Deryck Skinner	SA	2006	Gold Coast, QLD	257.887 km
6 Days	Peter Waddell	ACT	1997	Colac, VIC	540.000 km
50 Miles	Clarrie Jack	VIC	1979	Melbourne	07:57:57
100 Km	Peter Bennett	QLD	1996	Brisbane	10:51:25
100 Miles	Ian Jack	VIC	1979	Melbourne	17:59:30
200 km	Deryck Skinner	SA	2006	Gold Coast, QLD	1:11:32:15
500 km	Peter Waddell	ACT	1997	Colac, VIC	6 Days

AUSTRALIAN RESIDENTIAL RECORDS WOMEN

6 Hours	Carol Baird	ACT	2001	Gosford, NSW	50.400 km
12 Hours	Carol Baird	ACT	2002	Melbourne, VIC	97.550 km
24 Hours	Carol Baird	ACT	2002	Melbourne, VIC	182.657 km
48 Hours	Kerrie Hall	QLD	1999	Maryborough, QLD	211.480 km
6 Days	Deborah DeWilliams	VIC	2004	Colac, VIC	448.170 km
50 Miles	Carol Baird	ACT	2001	Melbourne, VIC	09:42:06
100 Km	Carol Baird	ACT	2002	Melbourne, VIC	12:18:57
100 Miles	Carol Baird	ACT	2002	Melbourne, VIC	20:31:24
200 Km	Kerrie Hall	QLD	1999	Maryborough, QLD	2 Days
500 km	No claimant				

AUSTRALIAN OPEN RECORDS MEN

6 Hours	Tim Erickson	VIC	1975	Melbourne, VIC	60.005 km
12 Hours	Jim Gleeson	VIC	1971	Melbourne, VIC	108.290 km
24 Hours	Jim Gleeson	VIC	1971	Melbourne, VIC	196.490 km
48 Hours	Deryck Skinner	SA	2006	Gold Coast, QLD	205.113 km
6 Days	Gerald Manderson	NZ	2001	Colac, VIC	622.000 km
50 Miles	Clarrie Jack	VIC	1979	Melbourne	07:57:57
100 Km	Peter Bennett	VIC	1996	Brisbane	10:51:25
100 Miles	Ian Jack	VIC	1979	Melbourne	17:59:30
200 km	Deryck Skinner	SA	2006	Gold Coast, QLD	1:11:32:15
500 km	Gerald Manderson	NZ	2001	Colac, VIC	5 Days

AUSTRALIAN OPEN RECORDS WOMEN

6 Hours	Sandra Brown	UK	1999	Melbourne, VIC	54.180 km
12 Hours	Sandra Brown	UK	1999	Melbourne, VIC	103.600 km
24 Hours	Carol Baird	ACT	2002	Melbourne, VIC	182.657 km
48 Hours	Kerrie Hall	QLD	1999	Maryborough, QLD	211.480 km
6 Days	Deborah DeWilliams	VIC	2004	Colac, VIC	448.170 km
50 Miles	Sandra Brown	UK	1999	Melbourne, VIC	09:08:52
100 Km	Sandra Brown	UK	1999	Melbourne, VIC	11:33:24
100 Miles	Sandra Brown	UK	1999	Melbourne, VIC	19:14:56
200 Km	Kerrie Hall	QLD	1999	Maryborough, QLD	2 Days
500 km	No claimant				

APPENDIX D: AUSTRALIANS AND THE HUNDRED MILE WALK

It is timely to review the Australians who have walked more than 1 centurion qualifier. At the top of the list is Carol with 10 successful finishes followed by Geoff Hain with 9 and Peter Bennett with 8. Deryck Skinner comes in next with 4 while we have a number of members on 3 and 2. Of course, many of our overseas members like Sandra Brown, Jill Green, Herbert Neubacher, Gerald Manderson, Chris Clegg, Sue Clements, Gerrit de Jong, Charles Arosanyin and Jens Borello have also achieved multiple finishes and many of our members have both run and walked hundreds. But let's concentrate on our local walkers...here goes (let me know if I have missed any performances)

Carol Baird (C 39)	22:16:43	18-19 Sept 1999	Coburg, Victoria
	21:47:47	08-09 April 2000	Coburg, Victoria
	21:26:10	02-03 Sept 2000	Coburg, Victoria
	20:55:46	07-08 July 2001	Auckland, NZ (C xx)
	169.2 52 km in 24H	25-26 Aug 2001	Genting Highlands, Mal (C xx)
	20:31:34	13-14 April 2002	Coburg, Victoria
	20:48:53	08-09 July 2002	Auckland, NZ
	21:13:27	19-20 Oct 2002	Adelaide, SA
	21:55:35	12-13 April 2003	Coburg, Victoria
	22:34:05	11-12 July 2009	Newmarket, England (C 1071)
Geoff Hain (C 49)	23:30:38	16-17 Oct 2004	Adelaide, SA (C 49)
	23:27:49	16-17 April 2005	Coburg, Victoria
	23:38:25	22-23 April 2006	Coburg, Victoria
	162.474 km in 24H	1-2 Oct 2005	New Zealand (C 14)
	23:31:43	19-20 Aug 2006	Isle of Man, UK (C 1051)
	23:33:47	21-22 April 2007	Coburg, Victoria
	23:25:14	17-18 Nov 2007	Grapevine, Texas, USA (C 68)
	23:18:30	31 May – 1 Jun 2008	Schiedam, Holland (C 368)
	23:24:50	18-19 April 2009	Coburg, Victoria
Peter Bennett (C 24)	19:42:54	08-09 Oct 1994	Clifton Hill, Victoria
	172.500 km in 24H	18-19 Sept 2005	Genting Highlands, Malaysia
	176.175 km in 24H	15-16 April 2006	Rouen, France
	165.26 km in 24H	11-12 August 2007	Kuala Lumpur, Malaysia
	214.65 km in 24H	5-6 July 2008	Rouen, France
	213.885 km in 24H	30-31 May 2009	Rouen, France
	19:48:40	27-28 June 2009	St Lucia, Queensland
177.300 km in 24H	1-2 August 2009	Caboolture, Queensland	
Deryck Skinner (C 51)	22:39:55	15-16 Oct 2005	Adelaide, SA
	23:23:43	22-23 April 2006	Coburg, Victoria
	23:39:00	11-13 Aug 2006	Gold Coast, QLD
	23:30:12	30 Sept – 1 Oct 2006	Santos Stadium, Adelaide, SA
John Harris (C 12)	23:18:15	18-19 Oct 1975	Clifton Hill, Victoria
	23:10:36	19-20 Sept 1998	Clifton Hill, Victoria
	23:34:50	13-14 April 2002	Coburg, Victoria
Robin Whyte (C 29)	20:37:12	05-06 Oct 1996	Clifton Hill, Victoria
	21:41:20	18-19 Sept 1999	Coburg, Victoria
	22:29:32	02-03 Sept 2000	Coburg, Victoria
Dudley Pilkington (C 7)	23:29:00	15-16 Dec 1972	Devonport, Tasmania
	22:59:00	Oct 18-19 1975	Clifton Hill, Victoria
Gordon Smith (C 1)	20:58:09	Oct 1938	Sydney, NSW.
	110 miles in 24 H	1937	Sydney, NSW
Jim Gleeson (C 3)	18:33:58	23-24 Oct 1971	Reservoir, Victoria

	19:16:14	21-22 Nov 1972	Reservoir, Victoria
Carmela Carrassi (C 27)	23:44:22 23:09:03	13-14 April 1996 12-13 April 1997	Coburg, Victoria. Coburg, Victoria
Terry O'Neill (C 18)	21:13:08 21:48:35	3-4 Nov 1979 21-22 April 2007	Clifton Hill, Victoria Coburg, Victoria

APPENDIX E: AUSTRALIAN MASTERS ULTRA-WALKING BEST ON RECORD

The list of Australian Masters Ultra-Walking records is maintained as a separate document and may be downloaded from the Australian Centurions website

See <http://home.vicnet.net.au/%7Eaustcent/AustralianMastersWalkingRecords.pdf>