

SANDRA BROWN – MORE THAN 100 HUNDREDS

Sandra Brown is a arguably the greatest ever female long distance walker, based on a competitive record which is unmatched for both quality and longevity. She was born 1st April 1949 so is currently 61 years old but her walking performances have hardly dropped over that time. To list some of her many achievements

- She was the first person in the world to be awarded all 6 Centurion medals (English, Continental, Australian, New Zealand, American and Malaysian) – meaning walking 100 miles in less than 24 hours in that particular country.
- She holds the record for the most number of finishes (100 miles in less than 24 hours) in the annual English Centurions 24 Hour race - an amazing 24 and still going.
- She holds the official World Walking Records (track) for the 100 km, 100 miles, 12 hours and 24 hours

100 km	11:17:42	Sandra Brown	GB	Etréchy (FR)	27/10/1990
100 ml	19:00:47	Sandra Brown	GB	Auckland (NZ)	10-11/7/1999
12 hours	106.180 km	Sandra Brown	GB	Etréchy (FR)	27-28/10/1990
24 hours	194.758 km	Sandra Brown	GB	Ware (GB)	19-20/7/1997
- She held until recently the women's record for the Land's End to John O'Groats epic (one end of Great Britain to the other), a distance of 830 miles in 13 days 10 hours.¹
- In Nanango in Qld in 1996, she set a Women's World run record for 1000 miles – 14 days 10 hours, 27 mins, 20 secs (and she walked most of the way!).²
- She has completely rewritten the W60 record books since turning 60 in 2009, an indication of her ongoing excellence. She now has 6 British racewalking bests and one British road running best as follows

Racewalking:

10kms track walk – 56:56.8

Battersea Park Track, 29 April 2009 (VAC track championship walk)
(Previous record: Mary Worth, 62m 37s 8, in 1992)

10kms road walk – 57:28

Lee Valley Stadium, 15 August 2009 (Enfield & Haringey League walk)
(Previous best: Mary Worth, 59m 05s, in 1988)

20kms road walk – 1:55:34

Lee Valley Stadium, 15 August 2009 (Enfield & Haringey League walk)
(Previous best: Mary Worth, 2h 04m 34s, in 1989)

50kms road walk – 5:47:30

Newmarket race-course, 11 July 2009 (within RWA Ultra-distance championship)
(Previous best: Renee Scott, 6h 31m 12s, in 1993)

100 miles road walk – 19:57:24

Newmarket race-course, 11-12 July 2009 (RWA and Centurions Ultra-distance championship)
(Previous best: Annie van der Meer, 21h 18m 00s, in 2007)

24h road walk – 187.549 km (this is also a World Best)

Bourges, 6-7 March 2010; French 24h national championship

Road Running:

24 hour road running – 187.119 km

Keswick, Cumbria, 17-18 September 2009 (Commonwealth Ultra-distance championship)

- She is also a very good runner and has represented England on many occasions in ultra distance championships including the 2007 IAU 24 Hour Championship in Canada and the inaugural Commonwealth 24 Hour Run championship in 2009 in Wales.
- Over the last 29 years, she has successfully completed an amazing 141 races of 100 miles or more and is still going strong.

Her 24 finishes in the British Centurions 100 Mile qualifying event speak for themselves in terms of quality and quantity.

1.	1982	Leicester	22.18.24	(C 735)
2.	1984	Leicester	18.36.24	(GB best)
3.	1987	Ewhurst	22.32.40	
4.	1988	Leicester	21.11.14	
5.	1989	Hendon	19.56.17	

¹ Her record was broken in 2006 by English ultra legend Sharon Gayter (see <http://www.sharongayter.com>)

² Subsequently broken by the great English runner Eleanor Robinson in the 1998 Nanango event

6.	1990	Leicester	18.56.46	
7.	1992	Leicester	18.50.29	
8.	1993	London	20.09.05	(24 hr race)
9.	1994	Leicester	19.09.17	
10.	1995	London	21.37.21	
11.	1996	Colchester	19.42.53	
12.	1997	Ware	19.27.15	(24 hr track race)
13.	1998	Manx	19.32.26	
14.	1999	Battersea Park	20.01.49	
15.	2000	Newmarket	20.16.43	(24 hr race)
16.	2001	Colchester	20.36.45	
17.	2002	Blackpool	20.27.27	(24 hr track race)
18.	2003	Newmarket	20.23.25	
19.	2004	Colchester	19.17.28	(W55 best)
20.	2005	King's Lynn	19.25.07	
21.	2006	IOMVAC	19.28.38	
22.	2008	Milton Keynes	19.59.29	(track race)
23.	2009	Newmarket	19.57.24	(W60 best)
24.	2010	Colchester	20.23.30	

In all but her first finish in 1982, she has been the first woman to finish and in a number she has been the first overall, beating the men as well. In a number, she and her husband Richard have filled the first two places (in varying order!). In 13 of the 24 finishes, she has broken the 20 hour barrier and on 3 occasions, she has broken the 19 hour barrier.

Like the great Yiannis Kouros, the key to Sandra's success is her efficient and balanced technique. As the following photo (taken in 2006 in England) shows, she is able to maintain a racewalking action throughout a long event, thus keeping her pace up and avoiding injuries due to imbalance and postural irregularities.



Sandra leads Herbert Neubacher of Germany in the 2006 British Centurions event at the Isle of Man

The article on the following pages was originally researched and written by New Zealand statistician Dudley Harris in 2004 when Sandra reached 100 hundreds. It has been updated to reflect Sandra's recent 'hundreds' – the list now stands at 141 – and is republished, with acknowledgement to Dudley, to bring the record up to date. As Sandra commented herself just last month

Roubaix was ultra (100 miles or more) number 141, leaving 9 to go for 150, plus a few more for 161 (a nice idea which only occurred to me at Roubaix when I realised I had done 141). It would be nice this year to complete a few more. A few of us plan to start the year at Chateau Thierry in March.

Sandra Dobney Brown, the first woman to complete one hundred foot-races of 100 miles or more, has now completed more 'hundred-milers-or-more' than any other known person

Sandra's is a very considerable achievement spread over 29 years. Sandra was the first woman to reach one hundred 'hundreds' in 2002 and since then, she has continued on without a break so that her current tally stands at 141.

It should also be noted that, by the rules adopted by Sandra and Richard Brown, each event is counted only once, no matter how far beyond 100 miles it may be. Thus the Land's End to John O'Groats epic, being in excess of 800 miles, and the Nanango 1000 miles race, each scored only once in the total tally.

There are no time limits for each individual 100-miles or more, although they must be continuous, and the only occasions when 100-milers have taken longer than 24 hours were for cross-country events of a very severe kind; nor for the total period in which they have been accumulated. Indeed, the realisation that such a challenge was possible to achieve probably came to mind only in the latter years, after which, what had begun gradually as a secret ambition, started to become apparent to others.

1982-1988

After a childhood which included what most people would consider to be long, healthy walks 'off the beaten track', Sandra eventually succumbed in 1982 to the public mood for running marathons with her first one, in Winchester. In her 'onwards and upwards' style, that same year saw Sandra enter her first 'ultra' (i.e. beyond the marathon's 26 miles 385 yards) with the 100km Surrey Summits in April and a LDWA cross country 100 mile event along the Pilgrims' Way from Guildford to Canterbury in May - her first 100-miler!

In that era, popular opinion considered that one marathon a year was enough for novices, with two the maximum for those more experienced in racing. More often than that lay madness! In her early thirties, Sandra either did not know of or ignored conventional wisdom. Discovering and briefly practising the technique of race-walking, she entered her first judged Centurion 100-mile event in Leicester in August 1982.

And so the accumulation proceeded gradually: a cross-country event in Snowdonia in 1983, six events in 1984 which included her first two in Europe, and another four in 1985. However, Sandra's fifth year after 'going ultra' went nowhere, other than the wonderful achievement of giving birth to daughter Victoria, born in February 1986.

1987 saw a cautious (or wise) return to endurance events, with two 'hundreds', followed by three in 1988, the third being 163½ miles in Sandra's first 48-hour race.

1989

In 1989, the year Sandra turned 40, came a new level of activity, with eight 'hundreds-or-more'. Not that a birthday-with-a-nought would have made any difference, nor at such an early stage would the thought of aiming for one hundred 'hundreds' have occurred. Much more likely was the attraction of qualifying for and competing in the Epernay-to-Colmar (the female version of the male Paris-Colmar) multi-day walk. (Sandra would compete in the French 'blue-ribbon' event in three more consecutive years.) So the 1989 total shot up to eight events, including the first of a continuing appearance in the 28-hour Roubaix walk, and a second consecutive year at the Blackpool 48-hour, this time with about 18 extra miles.

1990-1991

In 1990, Sandra's 'bag' increased to nine, including the now long-distance 'blue ribbon' event, with Chalons-Colmar at over 211 miles.

In 1991, the annual total decreased to six, although the quality was still there. In September, Sandra set a women's World Best Distance of 200km in 24hr 04mn 20sc in a walk in Vallorbe, Switzerland. That was just two months after a second-place-overall in the Manchester-Blackpool 50-mile walk. Her 7hr 54min 54sec event was described by the Race Organiser as "the greatest exhibition of long-distance walking ever seen in this country".

1992-1998

Seven years would follow at lower levels of frequency: four competitive ultras in 1992 and 1993, five each in 1994, 1995 and 1996, and three in 1997. But the quality was still there, as were some mind-boggling distances.

For example, in 1992, Sandra completed the multi-day Chalons-Colmar in 2nd place for the third consecutive year; and the Centurion 'hundred' was in her 2nd best-ever time (her 'best' of 18.36.24 had come when she was eight years younger).

1994's five events included a 48-hour and a 6-day run; while in 1995, Sandra and husband Richard made their own individual attacks on the 840-miler land's End to John O'Groats - and each was successful.

In 1996, still with an annual 'strike-rate' of five 'hundred-miles-or-more' events, Sandra set a new women's World Track Record time for 1000 miles in Nanango, Queensland in March. After an amazingly short recovery period, she was back in competition again in May and August for two Centurion 'hundreds' and, one and two months later, runs of 24-hours and, in Odessa, 48-hours.

In 1997, there were just three 24-hour events in consecutive months; though in the third one, Sandra set a World Walking Record time for 100 miles on a track.

But in 1998, and possibly with the thought that, a year later, an age of psychological importance would be upon her, Sandra wound the frequency back up to five, including one (in the Isle of Man) which she would count among her own best four performances anywhere!

1999-2001

1999, the year of Sandra's 'Big Five-Oh', began early with one '100' in April and three in May! A brief rest, thence across the world in July to New Zealand, where she broke her own 100 mile World Track Record by almost 27 minutes. From NZ to London for another '100' in August, thence in September to Australia for a fourth 'country qualifier' with her 7th of the year; rounding off 1999 with two more in October.

If 1999 had seemed hectic to observers, Year 2000 was celebrated with 11 'hundreds' in the nine months from Feb to Oct. So to 2001, and the balance of 7 'hundreds' in seven months. Amazing!

Amazing that Sandra could operate at such a rate (27 'hundreds') in the last three years required to reach her goal, not only without any significant decline in quality but also without being held back by injuries - a matter of experience and skill, plus an indomitable spirit.

2002-2010

Many top-rated athletes, having reached their major goal successfully, retire from racing, especially if they can no longer achieve their same level of performance. But not Sandra. Albeit at a lower frequency, she has continued to compete with high-quality performances, which many other 'ultras' (of either gender) can only envy. Sandra has now completed more 'hundred-milers-or-more' than any other person.

In May and August 2004, 7th and 8th best times (only 40 seconds apart) and outright wins in both the Dutch and English Centurion events confirmed that Sandra continued to dominate the 'hundred miles and more' list.

Her 2006 performance in finishing the UK Centurions annual 'hundred' for a record 21st time in 19:28:38 set a standard that no one is ever likely to match.

In the 4 years since then, her ongoing excellence has continued. She celebrated her rise into the W60 age group in 2009 by winning the British Centurions 100 mile event (a feat she matched again in 2010) in a W60 world record time of 19:57:24. She followed this with England representation in the inaugural Commonwealth 24 Hour Run championship, competing with distinction against the field of Open ultra runners and finishing 13th with 187.119km.

2010 has seen a further 5 'hundreds' added to the tally.

Onward ever onward towards 150!

SANDRA'S HUNDREDS

C = Centurion (100-mile-within-24-hours) judged race- walk

W = other judged walk

L = LDWA cross-country walk

R = run

M = multi-day

1982 – age 33

01 May Pilgrims Way, Eng 100mi L
02 Jul Leicester, Eng 22:18:24 C

1983 – age 34

03 May Snowdonia, Wal 108mi / 31h L

1984 – age 35

04 May Dartmoor, Eng 100ml / 27h L
05 Jun St Oedenrode, Hol 21:05:07 C
06 Jul Leicester, Eng 18:36:24 C
07 Aug Chorley, Eng 131.3mi 24hR
08 Oct Brussels, Bel 174km 24hW
09 Nov Coatbridge, Eng 120.2mi 24hR

1985 – age 36

10 Mar Montauban, Fra 273.38k 48h
11 May StOedenrode, Hol 21:44:45 C
12 May Yks Dales, Eng 100mi / 34hr L
13 Jun B'htth R, Eng 100mi / 20:20 W

1986 – age 37

Feb daughter Victoria born

1987 – age 38

14 Jun Ewhurst, Sy, Eng 22:32:40 C
15 Aug Cborley, Eng 119mi 24hR

1988 – age 39

16 Jul Leicester, Eng 21:11:14 C
17 Aug Preston, Eng 114.1mi 24hR

18 Nov Blackpool, Eng 163.5mi 48hR

1989 – age 40

19 Feb M Keynes, Eng 108mi 49ly 24hR
20 May Rouen, Fra 185.26km 24hW
21 Jun Epernay-Colmar 220k MW
22 Jun Hull, Eng 105mi 439y 24hW
23 Jul Blackpool, Eng 100mi / 19:41:56
also walked 181mi 1099y 48hW
24 Jul Hendon, Eng 100ml / 19:56:17 C
25 Sep Roubaix, Fra 211.42k 28h W
26 Nov WdGreen, Eng 108m1403y 24hW

1990 – age 41

27 Apr Ch.Thierry, Fra 179.984km 24hW
28 Apr Bazancourt, Fra 180.256km 24hW
29 Apr BarLeDuc, Fra 168.185km 24hW
30 May Rouen, Fra 179.395km 24hW
31 Jun Chalons-Colmar 340k / 51h MW
32 Jul Leicester, Eng 18:56:46 C
33 Aug Dijon, Fra 196.476km 24hW
34 Sep Roubaix, Fra 218.65 km 28hW
35 Oct Etrecty, Fra 193.306km 24hW

1991 – age 42

36 Mar Lagny, Fra 183.5km 24hW
37 Apr Bazancourt, Fra 188.0km 24hW
38 May Surgeres, Fra 307.038km 48hR
39 Jun Chalons-Colmar 340.5km MW
40 Sep Dijon, Fra 193.29km 24hW
41 Sep Vallorbe, Swi 200km 24hW

1992 – age 43

42	Mar	Bazancourt, Fra	196km	24hW
43	Jun	Chalons-Colmar	342km / 52h	MW
44	Jul	Leicester, Eng	18:50:29	C
45	Oct	Tooting B, Eng	129mi 1664y	24hR

1993 – age 44

46	May	Basle, Swi	186.112km	24hR
47	May	StOedenrode, Hol	19:22:22	C
48	Aug	BP London, Eng	20:09:05	C
49	Oct	Tooting B, Eng	133mi 1110y	24hR

1994 – age 45

50	Apr	Bazancourt, Fra	176km	24hW
51	May	Szeged, Hun	188.1km	24hR
52	Jul	Cologne, Ger	306.222km	48hR
53	Jul	Leicester, Eng	19:00:00	C
54	Nov	Sacramento, USA	426mi / 6 days	M

1995 – age 46

55	Mar	Lagny, Fra	189.962km	24hW
56	May	LeJog, UK	840mi / 13d10h	M
57	Aug	BP London, Eng	21:37:21	C
58	Sep	Roubaix, Fra	212.240km	28hW
59	Oct	Tooting B, Eng	123mi 1453y	24hR

1996 – age 47

60	Mar	Nanango, Aust	1000mi 14d10h27	M
61	May	Schiedam, Hol	19:33:21	C
62	Aug	Colchester, Eng	19:42:53	C
63	Sep	IAU Courcon, Fr	212.701km	24hR
64	Oct	Odessa	312.4km	48hR

1997 – age 48

65	May	Basle, Swi	188.182km	24hR
66	Jun	Solihull, Eng	197.711mi	24hW
67	Jul	Ware, Herts, Eng	19:27:15	C

1998 – age 49

68	May	Dijon, Fra	189.01km	24hW
69	May	Doncaster, Eng	120.1mi	24hR
70	Jun	Manx loM, UK	19:32:26	C
71	Aug	Fleurbaix, Fra	194.032km	24hR
72	Sep	Roubaix, Fra	211.651km	28hW
73	Oct	Tooting B, Eng	114mi 345y	24hR

1999 – age 50

74	Apr	BarLeDuc, Fra	180km	24hW
75	May	Dijon, Fra	177.974km	24hW
76	May	Weert, Hol	19:46:37	C
77	May	Doncaster, Eng	107mi 1269y	24hW
78	Jul	Auckland, NZI	19:00:47	C
79	Aug	BP, London, Eng	20:01:49	C
80	Sep	Melbourne, Aus	19:14:56	C
81	Oct	Tooting B, Eng	104.5mi	24hW
82	Oct	Bombaye, Bel	200km / 26h13m	W

2000 – age 51

83	Feb	TorcyParis, Fra	170.595kn	24hW
84	Mar	Perpignan, Fra	183.242km	24hW
85	Apr	BarLeDuc, Fra	168km	24hW
86	May	Dijon, Fra	192.658km	24hW
87	May	Doncaster, Eng	109mi 948y	24hW
88	Jun	Schiedam, Hol	20:41:01	C
89	Jul	Rotterdam	200km	W
90	Aug	Newmarket, Eng	114mi / 23h38m	C
91	Sep	Golden Co, USA	21:50:57	C
92	Oct	TootingB, Eng	100mi / 21:35:31	W
93	Oct	Uden, Hol	176.036km	24hRW

2001 – age 52

94	Mar	ChaThierry, Fra	166.214km	24hW
95	Apr	BarLeDuc, Fra	180km	24hW
96	May	Doncaster, Eng	112mi 499y	24hR
97	Jul	Feschoux, Bel	170.017km	24hW
98	Aug	Colchester, Eng	20:36:45	C
99	Aug	Genting H, Mal	182.03km	C
100	Sep	Roubaix, Fra	216.57km	28hW

2002 – age 53

101	May	Schiedam, Hol	20:18:54	C
102	Jul	Hull, Eng	187.271km	24hW
103	Aug	Blackpool, Eng	186.324km	C
104	Sep	Roubaix, Fra	219.1km	28hW

2003 – age 54

105	Mar	B'ville, Fra	21:33:23 / 170km	W
106	Jul	Newmarket, Eng	100m / 20:23:25	C
107	Sep	Roubaix, Fra	222.3km	28hW
108	Oct	TootingB, Eng	111mi 1318y	24hY

2004 – age 55

109	Apr	Rouen, Fra	198.01km	24hW
110	May	Exmor Eng	LDWA 100mi	35hW
111	May	Schiedam, Hol	19:18:08	C
112	Aug	Colchester, Eng	19:17:28	C
113	Oct	Brno, Czech	176.146km	24h

2005 – age 56

114	May	Chilterns	100miles	L
115	May	Weert, NL	100 miles, 20.19.30	C
116	July	Worscach, Aust	180.22 kms	24h
117	July	King's Lynn	100 miles, 19.25.07	C
118	Oct	Tooting Bec	199.248km	24h

2006 – age 57

119	April	Bar le Duc	170 kms 20.49.11	W
120	May	Northumbria	100 miles	L
121	Aug	IOMVAC	100 miles, 19.28.38	C
122	Oct	Tooting Bec	200.138km	24h

2007 – age 58

123	Mar	Bourges	170km, 21.28.31	24h
124	May	Surgeres 48h	327.527km	M
125	July	Drummondville, Can	192.71km	24h

2008 – age 59

126	Mar	Chateau Thierry, Fra	170.2km / 21.59.35	W
127	May	Dijon, Fra	170.61km/21h24m	W
128	May	Yoredale, Eng	100mi / 30h29m	L
129	May	Schiedam, Hol	100mi / 20:14:23	C
130	Aug	Milton Keynes, Eng	100mi / 19:59:25	C
131	Sept	St Thibault des V.	190.702km	24hW
132	Oct	Tooting Bec (track)	117m 226y	24hR

2009 – age 60

133	Mar	Bourges, Fra	175.956km	24hW
134	May	Wessex, Eng	100mi / 28h04m	L
135	Jul	Newmarket, Eng	100mi / 19:57:24	C
136	Sept	Keswick, Eng	187.119km	24hR
(Inaugural Comm 24H Championship Run)				

2010 – age 61

137	Mar	Bourges, Fra	187.549km	24hW
138	May	Heart of Scotland	100m / 30h32m	L
139	Aug	Colchester, Eng	100mi / 20:23:30	C
141	Aug	Perth, Scot	175.055km	24hR
140	Sept	Roubaix, Fra	211.685km	28hW