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# St. Edmunds 100 Centurions' 100 miles

5 & 6 Aug 2017

*incorporating the*

Race Walking Association Long Distance Championship

50 miles in 16 hours & 20 miles in 7 hours

BMAF 20 mile Championships

British Masters Athletics Federation



*on the*

Moreton Hall Estate, Bury St Edmunds, Suffolk

Promoted by Positive Steps [www.positivestepspt.co.uk](http://www.positivestepspt.co.uk)

RWA Permit No. applied for. Cat.. B

Under IAAF, UKA, BMAF and RWA "B" rules

A weekend of race walking offering walkers the opportunity to complete 100 miles within 24 hours. Successful walkers will be eligible to become Centurions and receive their own unique Centurion number to mark their achievement.

A percentage of the proceeds will be donated to St Nicholas Hospice Care.

***Starter for 100 miles***

Mayor of St Edmundsbury Borough Councillor Terry Clements

***Starter for 50 & 20 miles***

Sean Pender

***Judges***

Chief Judge – Jack Thomas	Chief Judge – Peter Cassidy
Mark Wall	Pauline Wilson
John Eddershaw	Steven Cartwright
Russ Jackson	Sean Pender
Ron Wallwork	Chris Berwick
Eric Horwill	

***Referee***

Ray Pearce

***Chip Timing & Recording***

Heidi Griffiths, Sue Clements

***British Masters Athletics Federation***

Ian Richards

***Race Organisation Leaders***

*Charlotte Hawe, Liz Dersley, Pamela Bailey,  
Sara Mortimer, Sue Reynard, Wendy Arbon*

***Registration Desk***

Pamela Bailey, Wendy Arbon

***Commentators***

Dave Ainsworth, Mark Chapman

***First Aid***

Compassion Medical

***St Nicholas Hospice***

***Marshalls, Feeding & Water Station, Refreshments***

51 volunteers gratefully acknowledged later in the Race Programme

***Event Coordinators***

Kevin Marshall C1001  
Sue Clements C950

## Race details

3.231 km loop using cycleways and pavement with good surfaces so entirely traffic-free. There will be tents where walkers may leave bags.

To complete 100 miles: First lap 2.616 km then 49 x 3.231 km laps  
To complete 50 miles: First lap 2.924 km then 24 x 3.231 km laps  
To complete 20 miles: First lap 3.108 km then 9 x 3.231 km laps

Every hour walkers will be advised how many laps they have completed.

## Race Timings

Distance	Registration Opens Sat 5 Aug	Start times Sat 5 Aug	Maximum Time Allowed	Latest Finish Times
100 miles	9 am	12 noon	24 hours	12 noon Sun
50 miles	9 am	3.30 pm	16 hours	8 am Sun
20 miles	2 pm	4 pm	7 hours	11 pm Sat

Walkers finishing after the time limits will be classified with passage at their last mile. To be a classified finisher in the 100 miles, a walker must be on the route for the last hour of the walk and have completed not less than 90 miles after 24 hours. When the walker has completed 100 miles their race will be finished.

## Venue

- Skyliner Sports Centre, Sybil Andrews Academy, Rougham Tower Avenue, Bury St Edmunds, IP32 7QB. **Sat Nav users are advised to use the postcode IP32 7YB.**
- Wheelchair accessible
- Plenty of parking for cars and campervans at the Skyliner Sports Centre
- The venue will be open from 9 am Sat 5 Aug
- Nearby there is a petrol station, Tesco supermarket and pharmacy.

## Tented area for Attendants & Supporters

- Walkers' and supporters' vehicles must be confined to the Skyliner Sports Centre/Sybil Andrews Academy car park.
- The security of personal property is the responsibility of the owner.

## Refreshment facilities

On the west side of the course:

- The Coffee Shop – teas, coffees, snacks
- The Moreton Public House – alcoholic drinks, meals
- Tesco Express – sandwiches, pastries, water, carbonated drinks etc.

All persons connected with the event are requested to respect that the event is situated in a residential area. They should conduct themselves in a manner conducive to maintaining good public relations, using the toilets provided, keeping the site litter free and minimising

noise during the night. Please use the pelican crossing when walking between the race route and the sports centre.

## **Race Rules**

- All races will be held under UKA/IAAF/RWA Race Walking Rules and judged under Category 'B' rules. Walkers must maintain contact with the ground in order to satisfy the judges and regard the judge's decisions as final.
- Minimum age 20 years old; 35 years old for BMAF 20 mile Championship
- Walkers must follow the marked route, failure to do so risks disqualification. When leaving the course for toilets stops, changing clothes etc. walkers must return to the point they left the course
- The wearing of tights is permitted, but not any form of loose-fitting trouser. The knees must remain visible throughout the race.
- Headphones may be worn.
- Walkers must wear a Hi-Viz vest at night
- Walkers not using the toilets provided risk being disqualified.
- Walkers who have stopped for longer than 45 minutes shall not be permitted to resume walking.
- The route crosses some minor roads. Road crossings will be marshaled except at night; walkers are reminded they have a duty to act responsibly and look before they cross.
- Any competitor running or jogging will be disqualified.
- Walkers must follow instructions issued by Officials and Marshalls, they will be clearly identifiable. The Referee will be consulted in all disputed matters.

## **Attendants**

- Participants are strongly advised to provide their own attendant to tend to their individual needs such as refreshments and change of kit.
- The attendant must be a minimum of 1 metre behind the walker when supplying food, drinks etc. and then only for the minimum time needed for that purpose and must not impede or interfere with other walkers.
- The attendant may not give any direct assistance to the walker or interfere with other walkers or officials.
- Pacing is not allowed, either on foot or bicycle in front of, beside or behind the walker.

## **Registration**

- Walkers are required to present themselves at the registration desk and collect their number and refreshment voucher for after the race. Registration for the 100 and 50 miles opens at 9 am, 20 miles at 2 pm.
- A walker may only wear their own race number and not cut, fold or mutilate it in any way. It must be fastened securely to the front and back of the vest or top and clearly visible at all times. The personal information on the reverse side should be completed including relevant medical information and contact numbers to aid marshals in the event of an emergency. Walkers with pre-existing medical conditions are required to inform the Race Director.

## **Race briefing**

- Walkers are required to attend the race briefing 15 minutes before the start.

## **Lap counting and timing**

- Chip timing will be used. It will be collected immediately after a walker has passed over the mat and finished their race.
- Walkers needing to leave the course for any reason must inform the Recorders when leaving and returning.
- Every hour walkers will be advised how many laps they have completed.

## **Feeding & Welfare**

- Refreshments may only be taken while in the designated areas marked with tape and cones: the official feed station & the tented area for supporters.

### **Official feed station**

- The organisers will provide refreshments such as bananas, rice pudding and water etc. for the sole use of walkers.
- Walkers are advised to bring their own favourite goodies as well. Tables will be provided for walkers without support.
- Attendants needing to make hot drinks for their walker should bring a flask. Hot water will be available in the Skyliner Sports Centre.

### **Welfare**

- Fresh water will be available from the Skyliner Sports Centre
- There will be toilets in the race venue and 'Portaloos' situated on the course. Walkers must not relieve themselves in public areas.
- There will be a tent where walkers may leave bags.

### **First aid**

- First-aiders will be present at the start/finish and along the course. Walkers requiring first aid are advised to alert the nearest marshal to enable prompt assistance
- Walkers are required to provide their own first aid materials for blisters.

## **Results**

- Each walker will be presented with a bespoke medal at the end of the race
- Results will be published on the "Positive Steps" website (<https://positivestepspt.co.uk/events/results>), the Centurions website ([www.centurions1911.org.uk](http://www.centurions1911.org.uk)) and BMAF website ([www.bmaf.info](http://www.bmaf.info))

## **After the Race**

- A light buffet for walkers and officials will be provided. Supporters and families may attend, cost £5 per head. Please notify the organiser by 31/07/2017 and advise if there are any dietary requirements.

## **Lists of Entrants**

- Details of entrants for the 100, 50 & 20 mile can be found at [https://www.sientries.co.uk/list.php?event\\_id=3313](https://www.sientries.co.uk/list.php?event_id=3313)

## **Centurion Trophies**

### **Hammond Trophy**

The First Male - existing Centurion - at the 100 Mile mark in a 100 miles or greater distance race.

### **Bristol Trophy**

The First Female - existing Centurion - at the 100 mile mark in a 100 mile or greater distance race.

### **Hew Neilson Trophy**

The First New Centurion, male or female, in a 100 mile race.

### **Eddie McNeir Trophy**

The First Male walker, aged 65 years of age or over on the day of the race who completes 100 miles within 24 hours.

### **Chas Shelley Memorial Trophy**

The First Female aged 65 or over on the day of the race who completes 100 miles within 24 hours.

### **Brian Scrivens C337 Memorial Cup**

First New Female Centurion.

### **Bill King Memorial Trophy**

The Youngest Finisher, Male or Female, to reach 100 mile in a 100 miles or greater distance race.

### **Sunday Dispatch Trophy**

- Fastest winning team (three finishers,) from any club in the Open race, decided at the 100 miles distance in races of longer duration. Teams can be either male or female but cannot be mixed (IAAF Rule). The declared team may include non Centurions.
- Teams should consist of three walkers of which a maximum of six can start.
- The Open race is all who have entered and completed the event, or are classified on finishing 90 miles, to qualify for the teams. Teams are not declared before the race and there is no team entry fee.

### **Ko van der Kwaak Trophy**

British versus Dutch Centurions' 100 mile race.

Awarded to the Winning Team (6 to start, 3 to score) of existing Centurions.

Team score on positions.

## **RWA Trophies**

The RWA championship is only for those who are registered athletes and members of an affiliated club i.e. no unattached entrants are eligible.

### **Wilkinson Sword**

Overall winner in the RWA long distance national championship

### **Reynolds Shield**

Winning team (3 to score) in the RWA championship (male or female, not mixed)

## Schedule

### Sat 5 Aug 2017

- 09:00 am Registration for 100 mile & 50 mile races opens
- 11:45 am Pre-race briefing for 100 miles
- 12 noon 100 mile starts
- 2:00 pm Registration for 20 miles opens
- 3:15 pm Pre-race briefing for 20 & 50 mile race
- 3:30 pm 50 mile race starts
- 4:00 pm 20 mile race starts
- 11:00 pm 20 mile race finishes
- 12 midnight BMAF 20 mile Championship presentation

### Sun 6 Aug 2017

- 07:00 am 50 mile race finishes
- 12 noon 100 mile race finishes
- 1:00 pm Presentation of trophies & medals and refreshments at the Skyliner Sports Centre.
- 5:00 pm Venue closes.

## List of Entrants: 100 miles

Bib	Name	Class	Experience
100	Gertrude Achterberg C1148	FV45	
101	Peter Asselman	M35	
102	James Bassett	MV40	Finished Parish Walk twice (85 miles non-stop) with PB of 19h26
103	Jack Bertrums C1142	MV50	<a href="http://www.wakkee.nl/atleet/jack-bertrums">http://www.wakkee.nl/atleet/jack-bertrums</a>
104	Marco Bloemerts	MV50	
105	Jannie Bos	FV60	
106	Albert Bos	MV70	
107	Sandra Brown C735	FV65	Have completed 30 UK Centurion 100s
108	Richard Brown C760	MV70	Have completed 18 UK Centurion 100s
110	Suzannah Corkill C1149	FV40	6 Isle of Man Parish Walk finishes & Isle of Man Centurion finish
111	Joyce Crawford	FV50	Attempted Centurion in 2015 and narrowly missed the cut off time.
112	Larissa Droogendijk	FV40	
113	Gabriel Farmer	MV60	
114	Martin Fisher	MV50	
115	Trudy Geldhof	FV45	
117	Arie Kandelaars	MV50	
118	Haydn Kenna	MV55	Parish Walk finisher 2000/2012 (85 miles non-stop)
119	Claire Law	FV40	No walk race yet but ex Fell Marathon races
120	Frans Leijtens C949	MV40	4 Centurion titles, Honderman (100K within 11 hours in the Netherlands)
121	Arjan Lukken	MV50	
122	Martin Payne C1153	MV55	Success in Isle of Man Centurion event 2015
123	Jonathan Petty	MV55	
124	Adrie Ros	MV50	
125	Gustaaf Salu	MV65	20 times 110km and more
126	Hein Sanders	MV50	
127	Justin Scholz	MV40	7 Centurions (4 x AUS, NZ, USA & Continental); fastest time of 19:3x & longest 24 hr distance 189.xx km.
128	Sharon Scholz	FV40	5 Centurions (2 x AUS, NZ, USA & Continental); fastest time 19:5x & longest 24 hr distance 187.xx km.
129	Sailash Shah	MV50	
130	George Smolinski	MV65	Completed several 50km and one 50 miles
131	Dick Stoevelaar	MV60	Continental Centurion 457
132	Gerda Stoevelaar-Engelkes	FV60	
134	Chris van Cauwenberghe C1139	MV50	
135	Frank van Der Gulik C1022	MV35	29-time finisher of a 100 milerace or longer. Winner of the 2016-race in Redcar. Dutch 50K-champion 2012
136	Guido Vermeir	MV55	Centurion C1099 en Continental Centurion CC-380
137	Colin Vesty C1167	MV50	2nd in 2016 Redcar 100 (1st in RWA champs)
138	Jaap Visser C944	MV80	8x winner EddyMcNeir-trophy
139	Martin Vos	MV45	Centurion last Year in Schiedam, the Netherlands
140	Adrian Walker	MV50	Prefer the hills to be honest
141	Jean-Baptiste Bernard	MV55	
142	Christopher Flint C849	MV70	Completed 21 100 miles in 24 hours events in UK. Also a Continental Centurion.
143	Hardeep Minhas	MV55	Experienced upto 30km and 20miles
144	Jos van de Wyngaert	M30	2 times Centurion in the Netherlands
145	Chris Cattano C963	MV50	Have completed two 100 mile walks, the last one at Southend in 2014



### List of Entrants: 50 miles

Bib	Name	Class	Experience
300	Andrew Mason	MV50	Grand Union Canal Race finisher 2006
301	Richard McChesney C1131	MV45	Centurion C1131
302	Ilonka van Bommel	FV40	

### List of Entrants: 20 miles

Bib	Name	Class	Experience
200	Pamela Abbott	FV50	
201	David Annetts	MV50	Novice
202	John Borgars C1167	MV70	Hertfordshire 20-mile champion 1998, 2000, 2003, 2004, Southern RWA 50km champion 2016
203	David Hoben	MV60	
204	Lisa Kehler	FV50	Never walked 20 miles before
205	Colin Stephen Moore	MV55	Regular competitor in Parish Walk since 1999 with best performance of Maughold (67 miles) in 2015.
206	Ian Richards C1064	MV65	1980 50 km Olympian, Centurion, Current Masters M65 30km world record holder
207	Darren Sears	MV45	Have done several walking marathons over the last couple of years.
208	Edmund Shillabeer C590	MV75	
209	Rob Tersteeg C1118	MV40	
210	Russell Vroobel	MV55	Have raced 20 miles many times
211	Suzanne Beardsmore C1094	FV45	
212	Kathy Crilley C933	FV65	
213	Mark Culshaw	MV50	Racewalker since 2002, 2nd RWA 50km championship previously
214	Sue Davies	FV50	Race walking for last 12 years; only done up to 20k.
215	Jim Fulton	MV60	Bob Graham Club member 995. Dark Peak Fell Runner. Just here today to enjoy the event.
216	Maureen Noel	FV50	
217	Peter Watts	MV65	SCVAC and Kent 2k and 3k track walks and long distance running
218	Tony Brackstone	MV70	

### List of Entrants: Hospice Hoop

Bib	Name	Class
1	Geoff Russell	MV60

## 100 miles

Lap 1            2.616 kms  
 Laps 2 – 50    3.231 kms

Lap	total Kms	total miles			
			43	138.32	85.95
1	2.62	1.63	44	141.55	87.96
2	5.85	3.63	45	144.78	89.97
3	9.08	5.64	46	148.01	91.97
4	12.31	7.65	47	151.24	93.98
5	15.54	9.66	48	154.47	95.99
6	18.77	11.66	49	157.70	98.00
7	22.00	13.67	50	160.935	100.01
8	25.23	15.68			
9	28.46	17.69			
10	31.70	19.70			
11	34.93	21.70			
12	38.16	23.71			
13	41.39	25.72			
14	44.62	27.73			
15	47.85	29.73			
16	51.08	31.74			
17	54.31	33.75			
18	57.54	35.76			
19	60.77	37.77			
20	64.01	39.77			
21	67.24	41.78			
22	70.47	43.79			
23	73.70	45.80			
24	76.93	47.80			
25	80.16	49.81			
26	83.39	51.82			
27	86.62	53.83			
28	89.85	55.83			
29	93.08	57.84			
30	96.32	59.85			
31	99.55	61.86			
32	102.78	63.87			
33	106.01	65.87			
34	109.24	67.88			
35	112.47	69.89			
36	115.70	71.90			
37	118.93	73.90			
38	122.16	75.91			
39	125.39	77.92			
40	128.63	79.93			
41	131.86	81.94			
42	135.09	83.94			

## 50 miles

Lap 1            2.924 kms  
Laps 2 – 24    3.231 kms

Lap	total Kms	total miles
1	2.92	1.82
2	6.15	3.82
3	9.39	5.83
4	12.62	7.84
5	15.85	9.85
6	19.08	11.86
7	22.31	13.86
8	25.54	15.87
9	28.77	17.88
10	32.00	19.89
11	35.23	21.89
12	38.46	23.90
13	41.70	25.91
14	44.93	27.92
15	48.16	29.93
16	51.39	31.93
17	54.62	33.94
18	57.85	35.95
19	61.08	37.96
20	64.31	39.96
21	67.54	41.97
22	70.77	43.98
23	74.01	45.99
24	77.24	47.99
25	80.47	<b>50.00</b>

## 20 miles

Lap 1            3.108 kms  
Laps 2 – 9      3.231 kms

Lap	total Kms	total miles
1	3.11	1.93
2	6.34	3.94
3	9.57	5.95
4	12.80	7.95
5	16.03	9.96
6	19.26	11.97
7	22.49	13.98
8	25.73	15.99
9	28.96	17.99
10	32.19	20.00

The organiser is greatly indebted to:

St Edmundsbury Borough Council  
Abbeycroft Leisure  
The Skyliner Sports Centre  
St Nicholas Hospice care  
Medals for All  
Cotswold Outdoor  
The Coffee Shop

Plus the many people who have given up their time to help.....

- The “Positive Steps” team
- Alan Chapman, Andy Reynolds, Angie Underdown, Anna Rogers, Ann Topham, Barbara Shepherd, Bob Watts, Carl Lawton, Cathy Mann, Charlie Athorne, Charlie De Moor, Cherry Clements, Colleen Johnston, Daphne Wilding, David Emms, Denise Emms, Donna Monroe, Dorothy Hale, Elliot Leathers, Emma Clements, Gertie Mobsby, Gillian Rowe, Helena Scott, Jamie Bolt, Jan Godard, Jean Freeman, Jenny Smith, Jim Catchpole, John Reynard, Johnathan Blomfield, Jon May, Karsten Koehler, Kathryn Britan Smith, Keith Barret Small, Ken Watts, Laurie Medlock, Linda McDermot, Louise Gill, Lynn Eaves, Mark Chapman, Mark Walsh, Pam Lovelace, Phillip Nutley, Rebecca Pearson, Sid Hunt, Stephen Tooke, Tony Dicker, Tony Rowe, Trevor McDermot Valerie Nutley, Val Petch.