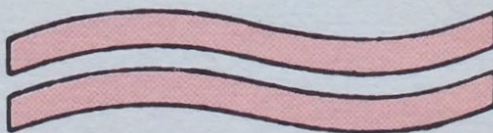


London **V**idarians

WALKING CLUB



COLCHESTER



100

With Assistance from
COLCHESTER HARRIERS

Supported by
COLCHESTER
BOROUGH COUNCIL



Councillor Westley Sandford J.P.

Welcome to Colchester and enjoy yourselves during the time you are here

I understand that some of you are from Holland. We have as a town had strong historical links with Holland. Indeed we boast that part of our town is still known as the Dutch Quarter.

I also understand that the Centurions is a Club which can only be joined by race walkers who have covered 100 miles in 24 hours. As this is a 100 miles walk I guess there could be many new Centurions when the race is over - indeed, I hope so.

As Mayor of Colchester, a town rich in history from the Romans to the present day, can I once again bid you welcome.

Councillor Westley Sandford
MAYOR OF COLCHESTER

ARE PROMOTING
THE "COLCHESTER 100"

INCORPORATING THE RACE WALKING ASSOCIATION
NATIONAL LONG DISTANCE CHAMPIONSHIPS
AND INTERNATIONAL OPEN 100 MILES RACE WALK
(HELD UNDER R.W.A. & I.A.A.F. RULES)

TO BE HELD IN
LOWER CASTLE PARK, COLCHESTER

Thanks to the generous support of Colchester Borough Council

ON SATURDAY 3rd & SUNDAY 4th AUGUST 1996

STARTING AT 3.00 p.m.

OUTSIDE THE ENTRANCE TO LEISURE WORLD

DISTANCE 100 MILES

50 LAPS X 2 MILES

TIME LIMIT 24 HOURS

WINNER ANTICIPATED
8.00 a.m. SUNDAY

WHILE THE MAIN RACE IS IN PROGRESS THERE WILL BE A SEPARATE 5 MILES CHALLENGE EVENT OPEN TO ANYBODY OVER THE AGE OF 15 YEARS

CAN YOU WALK 5 MILES IN 1 HOUR ?

IF YOU THINK YOU CAN, WHY NOT TRY THE
STRIDERS CHALLENGE

NORMAL RACE WALKING RULES WILL BE OBSERVED FOR THIS EVENT,
BUT MAY BE RELAXED FOR THE BENEFIT OF NEWCOMERS

SPONSORED BY: COLCHESTER AND DISTRICT SPORTS COUNCIL

5 LAPS X 1 MILE

STARTING AT 1.00 p.m. ON SUNDAY

ENTER ON THE DAY AT THE MAIN RECORDING TENT

ENTRY FEE 50p

President's Message

On behalf of the London Vidarians Walking Club and Colchester Harriers, it is with great pleasure that we welcome you to Colchester for the annual Open 100 Miles Race Walking Championship, incorporating the R.W.A. National, the Southern Area and the Midlands Area Long Distance Championships.

This year's race has been made possible through the help and co-operation of many race walking colleagues who wish to see the continuation of this annual event. In particular we would like to thank John Hedgethorpe for all his enthusiasm and hard work. We would also like to express our sincere thanks to Colchester Borough Council and the staff of Leisure World for all their help and assistance in the promotion of this event.

Our overseas visitors are always welcome and we would like to wish all the competitors a successful completion of the race.

Christopher Flint

President

London Vidarians Walking Club

THE CENTURIONS

A Centurion is one who, as an amateur, has walked in competition, in Great Britain, 100 miles within 24 hours.

They were formed in 1911, by a group of long distance walkers so qualified, at a meeting at an inn in the City of London. Membership was retrospective and 48 became Centurions, the first qualifying in 1877. Members are given a number, in order of qualification.

Races were few and far between, from 1912 to the outbreak of World War 2 (1939), there were nine events, all, bar one, being the London to Brighton and Back (104 miles) promoted every 4 years by the Surrey Walking Club. By then 120 had qualified.

In 1946 the Metropolitan Walking Club held a 24 Hour Track Race at London's White City, followed by a revival of the London to Brighton and Back in 1947. With the exception of 1950 there has been a 100 miles or 24 hour race every year. With a race every year a group of walkers who did a '100' each year emerged. Many were also prominent over the shorter races.

The Centurions do not promote events, but always give strong support to the clubs that do. Many Centurions play leading parts in the administration of Race Walking at Club, County, Area and National levels, many have served as President of the Race Walking Association.

We have a growing participation from walkers from overseas, notably the Dutch. It is interesting to note that the Dutch, Australians and Americans have formed their own Centurion organisations. Over the years some of our members have successfully competed in similar events overseas.

With ladies participating in long distance events it is not surprising that a good many ladies have become Centurions.

Doctors and health advisers continually tell us to take more exercise and cite walking as an option — we fully support this opinion. To quote from our handbook "The fraternity fervently believe that long distance walking is not only the most natural and beneficial of exercises but also leads to the health and happiness of mankind."

So, good luck to all who compete, especially those trying for the first time, and, to the spectators please support and encourage them — they deserve and appreciate it.

What sort of people are we ? To answer this would require lots of space, as one member once remarked "Behind every Centurion there lies a story" ! Perhaps we can say that we are ordinary folk who have developed an extraordinary ability to walk 100 miles inside 24 hours.

Finally, warmest thanks to the London Vidarians Walking Club, a club based in South London, and to Colchester Harriers for all the hard work and organisational skill they have put into "The Colchester 100", and special thanks to John Hedgethorpe (C413) and to Colchester Borough Council for making this event possible.

Good Luck and Good Walking, Everybody.

Gordon S. Doubleday (C142)

President of The Centurions

PROGRAMME

SATURDAY 3rd AUGUST

12.00 - 2.00pm Officials & competitors report
to registration.

2.40pm Presentation of competitors at
Leisure World.

3.00pm Race will be started by
Councillor Westley Sandford
Mayor of Colchester

SUNDAY 4th AUGUST

8.00 am Expected arrival of winner

1.00 pm Start of Striders 5 miles challenge

3.00 pm Time control closes after 24 hours

3.30pm Presentation of awards

TEAMS (MEN)

R.W.V. ROTTERDAM (HOLLAND)

- 1 **Arie Boertjes**
1st Attempt Continental Centurion No. -?-
1996 Rotterdam 18.21.27
- 2 **Hans van der Knaap**
Centurion No. 938
1995 London. 23.32.40
- 3 **Frans Leijtens**
1st Attempt Continental Centurion No. 256
1995 St. Oedenrode 23.35.28
- 4 **Jaap Visser**
1st Attempt Continental Centurion No. 237
1992 Rotterdam 23.15.52
- 5 **Jan Vos**
Centurion No. 369 Continental Centurion No. 01
1965 Chigwell. 19.27.41 1973 St. Oedenrode
Best time at 100 miles: 17.17.59 St. Oedenrode
Completed 13 British 100's & 5 Dutch 100's
- 6 **Rob Wiche**
Centurion No. 919 Continental Centurion No. 239
1993 London. 23.15.15 1992 Rotterdam
Best time at 100 miles: 23.11.49 1994 Rotterdam
Completed 1 British 100 & 3 Dutch 100's
- 7 **Joop Wissink**
Centurion No. 764 Continental Centurion No. 105
1983 Ewhurst. 21.53.21 1982 St. Oedenrode
Best time at 100 miles: 21.29.42 1992 Rotterdam
Completed 4 British 100's & 4 Dutch 100's

BIRCHFIELD HARRIERS

- 8 **Perminder S. Bhatti**
Centurion No. 909 — 1993 London. 21.56.46
Completed 2 British 100's
- 9 **Tony Collins**
Centurion No. 688 Continental Centurion No. 205
1980 Leicester. 18.04.51 1989 St. Oedenrode. 21.40.40
Best time at 100 miles: 18.04.51
Completed 7 British 100's & 1 Dutch 100
- 10 **John Fenton**
3rd Attempt

LONDON VIDARIANS

- 11 **Chris Flint**
Centurion No. 849
1989 Hendon. 20.17.28
Best time at 100 miles: 20.17.28 1989 Hendon
Completed 5 British 100's
- 12 **Bob Watts**
Centurion No. 838
1988 Leicester. 21.50.20
Best time at 100 miles: 19.46.18 1991 Ewhurst
Completed 5 British 100's & 3 Dutch 100's
- 13 **Ken Watts**
Centurion No. 859
1989 Hendon. 22.54.53
Best time at 100 miles: 19.46.18 1991 Ewhurst
Completed 6 British 100's & 5 Dutch 100's

COLCHESTER HARRIERS

- 14 **Jerry Everett**
1st Attempt
- 15 **Glen Robertson**
2nd Attempt
- 16 **David Wright**
1st Attempt

INDIVIDUALS (MEN)

- 17 **Richard Brown**
Centurion No. 760
1983 Ewhurst, Surrey. 20.03.49
Best time at 100 miles: 16.50.28 (British best)
1993 St. Oedenrode, Holland.
Completed 10 British 100's (including 7 wins) & 3 Dutch 100's
- 18 **Alf Short**
1st Attempt
- 19 **Michael Cerrino**
2nd Attempt
- 20 **Kevin Perry**
Centurion No. 912
1993 London. 22.02.32
Best time at 100 miles: 20.44.57 1994 Rotterdam
Completed 2 British 100's & 1 Dutch 100
- 21 **Gerald Paynton**
1st Attempt

Surrey W.C.

Continental Centurion No. 144
1985 St. Oedenrode

Lancashire W.C.

L.D.W.A.

Southend A.C.

Continental Centurion No. 250
1994 Rotterdam 20.44.57

L.D.W.A.

- 22 **Charlie Weston** **Highgate Harriers**
 Centurion No. 584 Continental Centurion No. 204
 1976 Leicester - Skegness 18.29.14 1989 St. Oedenrode 21.37.27
 Best time at 100 miles: 18.29.14 1976 Leicester - Skegness
 Completed 4 British 100's & 2 Dutch 100's
- 23 **Brian Ashwell** **Leicester W.C.**
 Centurion No. 926
 1994 Leicester 20.31.54
- 24 **Roger Moss** **Surrey W.C.**
 2nd Attempt
- 25 **Richard Cole** **York CIU**
 Centurion No. 928
 1994 Leicester 23.30.16
- 26 **Dave Staniforth** **Sheffield R.W.C.**
 Centurion No. 696
 1980 Leicester. 20.44.41
 Completed 5 British 100's
- 27 **Boyd Millan** **Kendal A.C.**
 Centurion No. 930
 1995 London 22.28.25
- 28 **Martin Fisher** **York CIU**
 Centurion No. 788
 1985 Colchester 22.58.45
 Best time at 100 miles: 22.03.11 1987 Ewhurst
 Completed 8 British 100's
- 29 **George Callister** **Manx Harriers**
 4th Attempt
- 30 **Steve Allen** **Ilford A.C.**
 1st Attempt
- 31 **Eric Horwill** **Dudley & Stourbridge**
 Centurion No. 390
 1966 Leicester - Skegness 21.51.09
- 32 **Frank Dolan** **Lancashire W.C.**
 Centurion No. 656 Continental Centurion No. 104
 1979 Ewhurst. 21.33.14 1982 St. Oedenrode 20.27.48
 Best time at 100 miles: 20.26.25 1986 Woodford Green 24 Hour Track.
 Completed 4 British 100's & 2 Dutch 100's
- 33 **Paul Tierentijn** **A.C. Turnhout (Belgium)**
 Centurion No. 615 Continental Centurion No. 56
 1977 Bristol. 22.47.44 1977 St. Oedenrode 23.29.25
 Best time at 100 miles: 19.35.54 1983 Ewhurst
 Completed 6 British 100's & 1 Dutch 100

- 34 **Patrick Verstraeten** Vita (Belgium)
Centurion No. 937
1995 London 23.23.12
- 35 **Wil Vervoort** A.V. Attila (Holland)
1st Attempt Continental Centurion No. -?
1996 Rotterdam
- 36 **Hennie Rensen** A.V. Athletics (Holland)
1st Attempt
- 37 **Johan Bakker** L.A.T.(Holland)
Centurion No. 889 Continental Centurion No. 217
1991 Ewhurst. 23.43.58 1990 Rotterdam 23.18.50
Best time at 100 miles: 23.07.24 1993 London
Completed 3 British 100's & 1 Dutch 100
- 38 **Gerrit de Jong** Avantri (Holland)
Centurion No. 456 Continental Centurion No. 62
1970 Leicester - Skegness 22.27.29 1980 St. Oedenrode
Best time at 100 miles: 19.43.40 1976 Leicester - Skegness
Completed 15 British 100's & 4 Dutch 100's
- 39 **Per Kleis Pedersen** Postens M.F. (Denmark)
Centurion No. 800 Continental Centurion No. 147
1986 Leicester. 21.08.46 1985 St. Oedenrode
Best time at 100 miles: 19.29.27 1994 Rotterdam
Completed 7 British 100's & 8 Dutch 100's
- 40 **Paul de Beer** L.A.T. (Holland)
1st Attempt

WOMEN

- 51 **Sandra Brown** Surrey W.C.
Centurion No. 735 Continental Centurion No. 131
1982 Leicester, 22.18.24 1984 St. Oedenrode
Best time at 100 miles: 18.36.29 1984 Leicester
Completed 10 British 100's (9 Times 1st Lady) & 3 Dutch 100's
- 52 **Kathy Crilley** Surrey W.C.
Centurion No. 933
1995 London 23.05.21
- 53 **Pam Ficken** Surrey W.C.
Centurion No. 934
1995 London 23.09.53
- 54 **Sue Ramsey** L.D.W.A.
1st Attempt
- 55 **Marleen Radder-Willems** R.W.V. (Holland)
Centurion No. 783 Continental Centurion No. 140
1984 Leicester, 23.19.29 1984 St. Oedenrode
Best time at 100 miles: 21.05.03 1991 Ewhurst
Completed 4 British 100's & 5 Dutch 100's

LIST OF OFFICIALS

Starter	Councillor Westley Sandford, J.P. <i>Mayor of Colchester</i>
Race Secretary	Ruth Steinholtz
Referee	John Hedgethorpe (C 413)
Chief Judge	Albert Stokes (C 451)
Judges	John Eddershaw (C 299) Harry Woodall (C 461) Jack Thomas (C 606) Pauline Wilson (C 798) Bill Sutherland (C 890) Bill Wright, Glyn Jones, Derek Harding, Ray Pearce, Michael Croft, Stuart Bennett, Eric Horwill, Pam Horwill, Peter Cassidy, L. Yeomans.
Chief Timekeeper	Stuart Bennett
Timekeepers	Dickie Green, Reg Jacobs, Mick Marshall (C 305)
Recorders	Ken & Ann Smith, John Hyland, Pauline Wilson, Peter Cassidy
Competitors Stewards	Frank Butler, Dave Delaney, John Mountain
Course Signing	Bob Watts (C 838) & Ken Watts (C 859)
Marshals	Members and friends of Colchester Harriers
Course Measurement	John Hedgethorpe
Catering	Margaret Williams
Feeding Stations	1, Members and friends of Colchester Harriers 2, Tony Perkins and Members of Essex Clubs
P.A. Announcer	Dave Ainsworth (C 540)
Presentations	Bill Wright, <i>President of The R.W.A.</i> Gordon Doubleday (C 142) <i>President of The Centurions</i> John Eddershaw (C 299) <i>Captain of The Centurions</i>
Race Organisers	Chris Flint (C 849) Ruth Steinholtz, Bob Watts, Ken Watts, Stuart Bennett, John Hedgethorpe and Jerry Everett.
Strider's 5 miles Organisers	Peter Cassidy, Pauline Wilson and John Hedgethorpe

LONDON VIDARIANS 'COLCHESTER 100' OPEN RACE WALK 1996

With the assistance of Colchester Harriers

Incorporating R.W.A. National & Area Long Distance Championships

Rules and Conditions of Entry

The competition is open to men and women who have attained the age of 21 years on the day of the race. By signing the entry form, competitors have agreed to accept the following rules and conditions:

- 1) The course is entirely on Public Footpaths both inside and outside the park, and is open to other members of the public, whilst every effort will be made to marshall the event, competitors are expected to show due care and consideration to other people using the footpaths.
- 2) The course measures approximately 2 miles (to be confirmed) Competitors completing 45 laps (90 miles) will be deemed (for team scoring purposes) to have classified. Teams which must be declared before the start, will comprise of a maximum of 6 to walk and 3 to score (no mixed teams).
- 3) Competitors must walk in single file, and keep to the left-hand side of the footpath where possible (except at the start or when overtaking).
- 4) The wearing of track suit bottoms will be prohibited.
Tights will be permitted **BUT ONLY** at the discretion of the referee.
- 5) Attendants and supporters must be a minimum of 1 metre behind the competitor except during feeding or sponging and then only for the minimum time required for that purpose, and must not in any way impede or interfere with other walkers.
Supporters are requested not to take cycles onto the course.
- 6) Competitors must regard the judges and the referees' decisions as final, and must observe the definition of walking as laid down by the I.A.A.F. Competitors taking longer than 1 hour to complete a lap, or not completing 30 laps within 16 hours may be asked to retire from the race.
- 7) Walkers wishing to go 'off course' for any length of time other than for normal toilet or feeding purposes, **MUST** do so at the end of a lap and must notify the recorders, and must also inform the recorders when ready to return.
- 8) Supporters Tents, Cars & Caravans must **ONLY** be placed in the designated area, and only for the period of the race, (not on Friday or Sunday night).
No food or drink will be allowed before 2 laps are completed.
- 9) All persons should conduct themselves in a manner conducive to good public relations and should therefore be careful not to litter and to keep noise to a minimum, particularly during the night.

These rules and conditions have been formulated with the help and assistance of Colchester Borough Council, for the safety of competitors and all persons involved with this event, and to keep a good public view of the sport of Race Walking. They are therefore expected to be observed for the benefit of all concerned.

Disregard of the above rules and conditions
MAY RESULT IN DISQUALIFICATION.

DISCLAIMER

No responsibility will be taken by the London Vidarians Walking Club, Colchester Harriers, Colchester Borough Council, The Event Sponsors, the R.W.A or any of their officers or officials, or any other individual involved in the organisation of this event for

From Leisure World 678 yds. to Lap Start
Then 49 Laps of 2 Miles 58 yds.

From Leisure World 678 yds. to Lap Start

Then 49 Laps of 2 Miles 58 yds.

