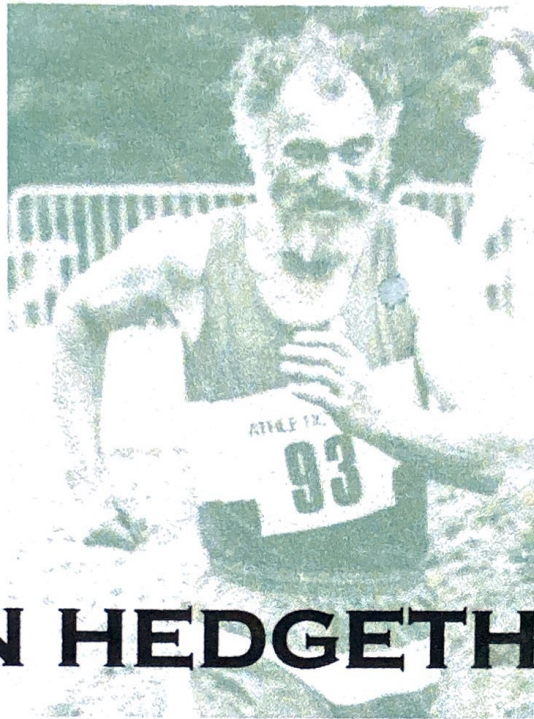


LONDON VIDARIANS

WALKING CLUB



JOHN HEDGETHORNE

100

Under R.W.A. Rules Permit No. 17/01/80

4th & 5th August 2001



COLCHESTER

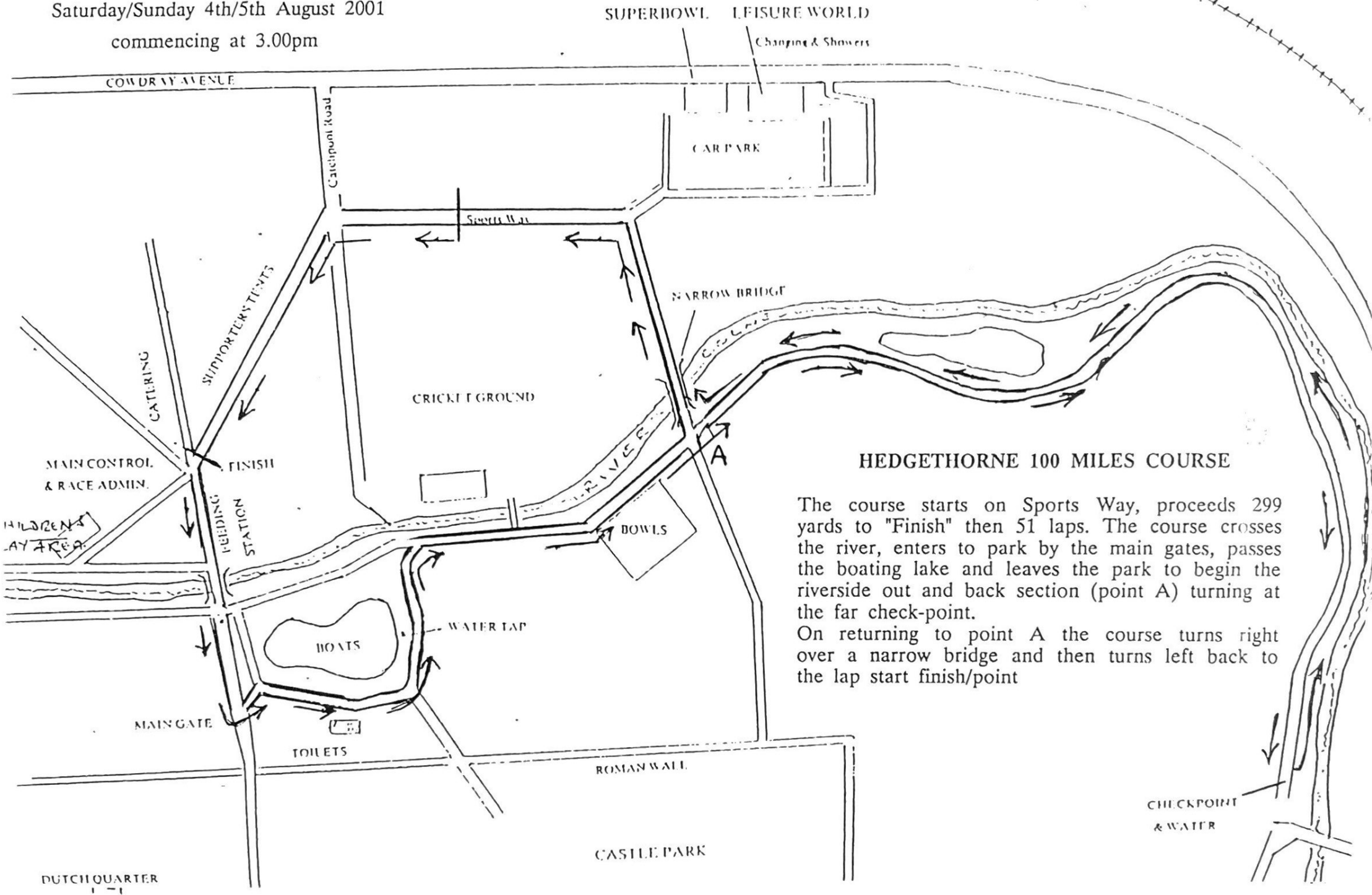
With assistance from
Colchester Harriers

Supported by
**Colchester
Borough Council**

HEDGETHORNE HUNDRED MILES WALK

Saturday/Sunday 4th/5th August 2001

commencing at 3.00pm



HEDGETHORNE 100 MILES COURSE

The course starts on Sports Way, proceeds 299 yards to "Finish" then 51 laps. The course crosses the river, enters to park by the main gates, passes the boating lake and leaves the park to begin the riverside out and back section (point A) turning at the far check-point.

On returning to point A the course turns right over a narrow bridge and then turns left back to the lap start finish/point

CHECKPOINT & WATER

PROGRAMME

Saturday 4th August

- Noon—2.00 pm Officials & Competitors report to registration at Leisure World
- 2.40 pm Presentation of Competitors at Leisure World.
- 2.55 pm Proceed to start line at Sports Way
- 3.00 pm Race will be started by Bob Russell MP—Member of Parliament for Colchester

Sunday 5th August

- 9.00 am Expected arrival of winner
- 1.00 pm Start of 4 mile Novice & Open Race
- 3.00 pm Time control closes after 24 hours
- 3.45 pm Presentation of awards in the Classics Bar at Leisure World

Welcome to John Hedgethorpe Memorial 100 Miles Race Walk

Once again London Vidarians Walking Club is hosting the Long Distance Championships at Colchester dedicated to the memory of John Hedgethorpe, a stalwart of Essex race walking and founder member of Colchester Harriers, who died suddenly last year. I am very grateful to the Mayor of Colchester, Councillor Mike Hogg, and the Borough Council for allowing us to use the Castle Park and to Mr Bob Russell, M.P. for Colchester, who has kindly agreed to start the race at 3 pm on Saturday 4th August 2001.

Organising a 100 miles event requires the voluntary help of many people and I particularly thank Jack Thomas for organising the judging, Ken and Ann Smith for recruiting a team of timekeepers and recorders, Peter Selby and Pam Ficken for manning the feeding station, Jerry Everett for undertaking so many local arrangements, and Margaret Williams for providing refreshments for the officials. I am especially indebted to Ron and Joan Wallwork for their advice and generous assistance, and to Ken Munro, honorary secretary of the Centurions, for his kind contribution to making the event possible. To all those too numerous to mention may I say how very grateful I am to them for giving up their time whether as Officials or supporters, and I wish all entrants especially those who are representing a number of countries, including the contingent from the Ukraine, the very best of luck and GOOD WALKING.

Chris Flint, C849
President, London Vidarians Walking Club

List of Officials

Starter	Bob Russell—Member of Parliament for Colchester
Race Secretary	Ruth Steinholtz
Referee	Ken Munro
Chief Judges	Jack Thomas (C606) & Albert Stokes (C451)
Judges	Ray Pearce, Pauline Wilson(C798) Peter Cassidy, Mick Graham, Paul Huckerby, Derek Harding , Ann Perry, John Eddershaw (C299), Glyn Jones
Chief Timekeeper	Ken Smith
Timekeepers	Ken Smith, John Howley
Recorders	Ken & Ann Smith, Brian Ficken, Doug Fotheringham(C373) Martin Oliver, Pauline Wilson (C798) Steve Uttley, Alex Ross (C854), Catherine Chrome.
Registration	Joan & Ron Wallwork (C893)
Clerk of the course	Jerry Everett (C951)
Course Marking	Roger le Moine (C802)
Marshals	Members and friends of Colchester Harriers
Course Measurer	Bob Cathmore (SEAA Approved)
Catering	Margaret Williams
Feeding Station	Peter Selby and members of Surrey Walking Club
P.A. Announcer	Dave Ainsworth (C540)
Presentations	Elizabeth Hedgethorpe and Paul Nihill M.B.E. with Mike Hogg—Mayor of Colchester John Eddershaw (C299) - President of the Centurions Colin Young (C317) - Captain of the Centurions
Novices 4 Miles	Peter Cassidy, Pauline Wilson, Jerry Everett
Race Organisers	Chris Flint (C849), Bob Watts (C838) , Ken Watts (C859) Ruth Steinholtz, Jerry Everett (C951) Joan & Ron Wallwork (C893)

LONDON VIDARIANS 'HEDGETHORNE 100' OPEN RACE WALK 2001

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 for, 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 and 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

COMPETITORS Women

- | | | |
|----|---|----------------|
| 1 | Sandra Brown C735
1982 Leicester, 2218.24 | Surrey W.C. |
| 2 | Kathy Crilley, C933
1995 London, 23.05.21 | Surrey W.C. |
| 3* | Cath Duig
first attempt | Ryston Runners |
| 4* | Kim Howard-Fearon
first attempt | Southend A.C. |

Individual MEN

- | | | |
|------|---|-----------------|
| 11 | Paul King C972
2000 Newmarket, 22.48.59 | Belgrave H. |
| 12 | Tony Collins C688
1980 Leicester, 18.04.51 | Birchfield H. |
| 13 | Don Cox C787
1985 Colchester, 22.25.47 | Colchester H. |
| 14* | Alan Ellam
first attempt | Colchester H. |
| 15* | Ian Spinks
second attempt | Enfield H.A.C. |
| 16+ | Don Thompson C631
1978 Leicester-Skegness, 20.46.48 | Folkstone A.C. |
| 17 | Ron Wallwork C893
1992 Leicester, 22.26.07 | Lancashire W.C. |
| 18*+ | Patrick Burns
first attempt | Lancashire W.C. |
| 19 | Norman Smith C976
2000 Newmarket, 23.46.02 | Long Dist.W.A. |
| 20 | Peter Addison C860
1989 Hendon, 22.57.00 | Met Police A.C. |
| 21* | John Stubbs
first attempt | I.O.M. Vets |
| 22*+ | Alex Allen
first attempt | Unattached |
| 23* | Paul Kelly
first attempt | Unattached |

- | | | |
|--------------|---|------------------|
| 24+ | Paul Sargent C430
1969 Leicester (track), 23.10.58 | Worcester A.C. |
| 25 | Martin Fisher C788
1985 Colchester 22.58.45 | York C.I.U. |
| 26* | Andrew Wilmot
second attempt | Halstead R.R. |
| 27* | Ian Doherty
first attempt | Staffs A.C. |
| 28* | David Toms (U.S.A.)
second attempt | Brandon F.H. |
| 29* | Chuck Newell (U.S.A.)
first attempt | Unattached |
| 30* | Klaus Thiedmann(U.S.A)
first attempt | Chigago Walkers |
| 31* | Tiziano Manfredi (Italy)
first attempt | Quercia Rovereto |
| 32 | Gerrit de Jong C456 (Holland)
1970 Leicester-Skegness, 22.27.29 | Avantri |
| 33 | Per Pedersen C800 (Denmark)
1986 Leicester, 21.08.46 | Postens M.F. |
| Teams | | |
| 36* | Steve Allen
third attempt | Ilford A.C. |
| 37 | Michael Barnbrook C661
1979 Ewhurst, 21.59.05 | Ilford A.C. |
| 38 | Bob Dobson C786
1985 Colchester, 20.58.25 | Ilford A.C. |
| 39 | Chris Flint C849
1989 Hendon, 20.17.28 | London Vids |
| 40 | Ken Watts C859
1989 Hendon, 22.54.53 | London Vids |
| 41 | Bob Watts C838
1988 Leicester, 21.50.20 | London Vids |
| 42+ | Fred Baker C266
1956 Sheffield-Harrogate & back, 22.30.13 | Surrey W.C. |
| 43 | Richard Brown C760
1983 Ewhurst, 21.03.49 | Surrey W.C. |
| 44* | Geoffrey Hoggett
second attempt | Surrey W.C. |

- | | | |
|----------------------------|--|---------------------------------------|
| 45 | Huib van Broekhoven(<i>Holland</i>)
first attempt | Rotterdam W.V |
| 46 | Marcel Dekker C957(<i>Holland</i>)
1999 London, 19.18.26 | Rotterdam W.V. |
| 47 | Hans van der Knaap C938(<i>Holland</i>)
1999 London, 23.32.40 | Rot'dam W.V. |
| 48 | Fran Liejtens C949(<i>Holland</i>)
1996 Colchester, 23.36.14 | Rotterdam W.V. |
| 49 | Ron van Meensell C965(<i>Belgium</i>)
1999 London, 23.29.22 | Rotterdam W.V. |
| 50* | Robert de Wolf(<i>Belgium</i>)
first attempt | Rotterdam W.V. |
| 51* | Yuriy Burban (<i>Ukraine</i>)
first attempt | S.K.I.F. Luiv |
| 52* | Serhiy Lazar (<i>Ukraine</i>)
first attempt | S.K.I.F. Luiv |
| 53* | Ihor Pankiv (<i>Ukraine</i>)
first attempt | S.K.I.F Luiv |
| 54* | Mykola Tomchuk (<i>Ukraine</i>)
first attempt | S.K.I.F. Luiv |
| 55* | Taras Vovk (<i>Ukraine</i>)
first attempt | S.K.I.F. Luiv |
| 56* + | Dick Maxwell
first attempt | Lancashire W.C.
(with Nos.17 & 18) |
| further individual entries | | |
| 57* | Chris Mennie
first attempt | Long Dist.W.A. |

* = eligible for "Hew Neilson" Trophy
+ = eligible for "Eddie McNeir" Shield

AWARDS

Hedgethorpe 100

1st Male	1st Female	1st Team
2nd Male		2nd Team
3rd Male		3rd Team

Plus medals to all 100 miles finishers
Certificates to all competitors

CENTURIONS TROPHIES

1st Male Centurion	-	The Hammond Trophy
1st Female Centurion	-	The Bristol Trophy
1st New Centurion	-	The Hew Neilson 145 Trophy
1st Competitor over 65 years	-	The Eddie McNeir Shield

R.W.A. TROPHIES

1st Individual (National)	-	The Wilkinson Sword
1st Team (Open Race) (3 to complete 100 miles)	-	The Sunday Dispatch Trophy
1st Team (National)	-	The Tom Reynolds Shield

Plus R.W.A. National and Area Medals for Men, Women & Teams

Match between British Centurions and Dutch Centurions

The Bill King Memorial Trophy

All competitors completing 100 miles in under 24 hours for the first time will have their names submitted to the Brotherhood of Centurions, to be considered for membership.

This race will also be used to select British Representatives for Men's and Women's teams for an International match race over 28 hours at Roubaix, France in September

RESULTS

Individual Championship

- 1
- 2
- 3
- 4
- 5
- 6

R.W.A. Championship

- 1
- 2
- 3
- 4
- 5
- 6

Open Team Race

- 1
- 2
- 3

R.W.A. Team Race

- 1
- 2
- 3

Ladies Race

- 1
- 2
- 3

Match Result

British Centurions
Dutch Centurions

.....
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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 only a few 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' 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 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

This brief history of the Centurions is reproduced from the 1996 programme, and with the exception of the reference to John Hedgethorpe in whose memory this race is promoted, the facts and sentiments remain unchanged. It was written by our past President, Gordon Doubleday who sadly passed away in June this year aged 89

A full history of the Centurions up to 1997 will be available from our Secretary, Ken Munro during the event.