

Commencing
Friday, 22nd June, 1979
at 6 p.m.



from
The Sports Pavilion
Ewhurst, Surrey

THE SURREY "100" (10 LAPS or 10 MILES)

OPEN ROAD WALK

Held under A A A Laws & RWA Regulations



80 YEARS OF RACE WALKING

PROGRAMME

5 P

THE SURREY WALKING CLUB. 100 MILES, JUNE 1979.
INCORPORATING Match between British and Dutch Centurions.

AWARDS

THE HAMMOND NEVILLE TROPHY for First Individual.

THE "SUNDAY DISPATCH" Team Shield.

Special PRIZES for First Three Individuals and First Three Teams.

Standard Medals and Certificates to ALL FINISHERS.

CENTURION SILVER MEDALLIONS to all new Centurions (after Election)

Referee P.Crane Esq. President, Surrey Walking Club.

Judges Chief - W.F.Amer and T.W.Richardson.

K.W.Best, MBE, J.G.Coleman, J.R.Coomber, E.A.Frost, W.J.Harris MBE
J.Laing, A.F.Potton, S.G.Spencer, R.E.Green, J.A.Magog.

Timekeepers. T.C.Reynolds, G.S.Doubleday, H.P.Fisher, R.S.Porter.
Assisted by R.E.Green and C.Rebak. Also T.Sliwerski.

The Course. 10 laps of 10 miles. Starting in Mapledrakes Road, Ewhurst,
and via Horsham Road, Somersbury Lane (out and home),
Horsham Road, Snakey Lane, Walliswood, Mayes Green,
Forest Green and Return to Ewhurst. FINISH at Mount Close.

Feeding Stations. Ewhurst Green, Walliswood and Forest Green.

Definition of Walking. Walking is the progression by steps so taken
that unbroken contact with the ground is maintained. At each
step the advancing foot of the walker must make contact with
the ground before the rear foot leaves the ground. During the
period of each step in which a foot is on the ground the
supporting leg must be straightened (i.e. not bent at the
knee) in the vertical position at least for one moment. Any
competitor whose mode of progression does not comply with the
definition of walking to the entire satisfaction of any judge
or judges shall be disqualified.

Safety in Walking. Competitors are requested to take every care and
generally to keep to the left hand side of the road (EXCEPT
IN SOMERSBURY LANE WHERE, TO AVOID WALKERS CROSSING,
COMPETITORS MUST WALK ON THE RIGHT HAND SIDE - BOTH OUT
AND RETURN). Not to walk abreast (except when overtaking)
and then not more than two abreast.
Between the hours of 10 p.m. and 4 a.m. competitors must
wear a white top garment (vest, shirt, etc.) Track suit
bottoms are not permitted EXCEPT AT THE DISCRETION OF THE
REFEREE.

Time Limit. No competitor will be officially timed after 24 hours.
Any competitor outside the time limit will cease to be the
responsibility of Surrey Walking Club.

Our grateful thanks to THE PEOPLE OF EWHURST, THE ST. JOHN AMBULANCE
BRIGADE, CRANLEIGH DIVISION, COLMANS OF NORWICH for free supply of
Robinson's Barley Water and Drinking Cups and all Helpers and
Competitors.

CATERING: Before, during and after the race by Mr. & Mrs Tonkin at
Ewhurst Church Hall.

Race Secretary: G.A.Hallifax, 102 South Lane, New Malden, Surrey.