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St. Edmunds 100 5th & 6th August 2017

Centurions' 100 mile qualifying Walk

incorporating the

Race Walking Association Long Distance Championship

plus

50 miles in 15 hours and 20 miles in 7 hours

This weekend of race walking challenges at Bury St Edmunds offers walkers the opportunity to walk 100 miles within 24 hours. Successful walkers will be eligible to become Centurions and be awarded their own unique Centurion number to mark their achievement.

All races will be held under Category 'B' race walking rules. Walkers must maintain contact with the ground in order to satisfy the judges.

The routes will be around the Moreton Hall estate just off the A14 on a 2 mile loop using cycle paths and pavements with good surfaces.

Start times: 100 miles - 12 noon Saturday; 50 miles - 4:00 pm; 20 miles - 4:00 pm

Minimum age: 20 years old

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

Further details at www.positivestepspt.co.uk/events/st-edmunds-100 and www.centurions1911.org.uk.