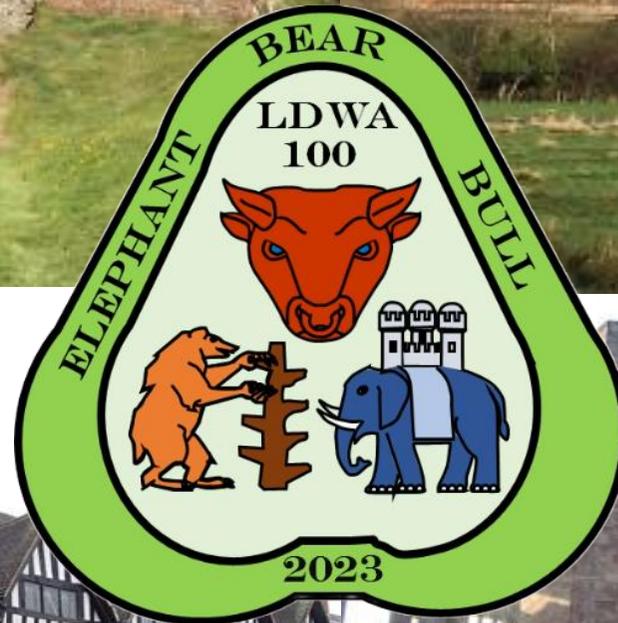


The Elephant, Bear and Bull 100 2023



Event Report

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Organising Committee

Chief Organiser	Michael Jones
Treasurer	Shirley Hume
Route	Anne Wade
HQ and Checkpoints	David Hood Mary Dyche
Control Desk and Communications	David Hood
Catering - HQ	Dave Powell Lesley Bellis
Catering – Checkpoints	Jane Guest
Transport	Rupert Connolly Madeleine Watson
Entries	Madeleine Watson
Volunteering – Main Event	David Hood
Volunteering – Marshals' Walk	Michael Jones
Committee Member	Sue England
Website Administrator	Roger Ladbury

Introduction

The EBB was the 100 which came about by accident, then almost didn't happen at all.

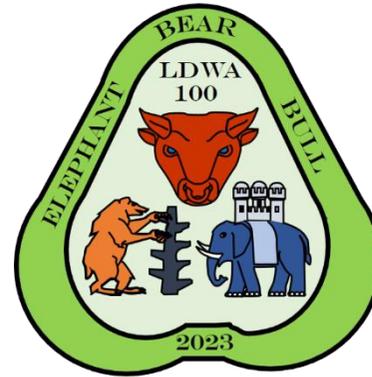
I don't know if there is a usual way for the idea of a 100 to develop, but if there is I'm fairly certain that it isn't the way this one did. In the first few months of 2018 I had just discovered the route plotting function on OS Maps Online, and was playing around with possible routes in the Coventry/Kenilworth/Warwick area, mostly of about 20-30 miles – although at that stage with no particular intention of doing anything with them. What about Birmingham, whose walking opportunities the LDWA already showcased in the Canal Canter? Add that into a route and it came to about 60 miles. The idea started to form of making it into an event – but 60 miles is not a common length for one, so if there was no way of getting it down to 50 while still taking in all the desired places, why not go the other way – find some more to take it up to 100? The area around Henley was a very pleasant one, as experienced by entrants on the Forest Marathon – and of course Stratford is the one place in Warwickshire which everyone has heard of thanks to its connection with William Shakespeare. Including those brought it up to almost exactly 100 miles, and since it passed through towns or villages at least every few miles, there were bound to be plenty of potential checkpoint venues. I saved the route on my laptop then forgot about it.

I was marshalling on the Cinque Ports 100 marshals' walk that year, and had that same laptop with me for PACER and Twitter purposes; when there was a lull at HQ, with no further finishers expected for a couple of hours, I opened up the saved route and showed it to the person sitting next to me. If that person had had nothing to do with the organisation of 100s, they would probably have said "Yes, very nice" and the idea would never have gone any further. As it happened, it was Alan Warrington, then 100s Co-ordinator, who told me that there was thus far no proposal for an event in 2022. Somehow, and entirely accidentally, I had just made myself the lead organiser of a 100.

At that point we still lacked one rather important prerequisite for organising any event: a committee to do it. Dave Powell had made the first proposal to hold a 100 in the Heart of England area (with a completely different route) two years earlier; that failed to happen when the local group committee assessed that they didn't have enough people to organise it, but it made Dave the obvious first person to consult when I was aiming to revive the idea. A few weeks later the two of us were sitting outside a Pizza Express in Moseley (now defunct) figuring out how the whole thing was going to work.

We were aware from the start that it would be considerably different from most 100s, with possibly the least ascent of any event to date (although if it does indeed currently

hold that record, it will no doubt be beaten when the 100 is hosted in Suffolk in two years' time) and a substantial urban element; but with the three 100s which were then in the planning process – Hadrian, Sir Fynwy and Trans-Pennine – all promising some fairly remote sections and considerable climbs, we figured that there was scope for a contrasting one. There was a precedent, in the form of the Games 100 in 2012: if the green spaces of the largest city in England were suitable for inclusion in a 100 route, then surely those of its second and ninth largest were too.



The name was just as much an accident as the event itself; my original route idea had been saved under the distinctly un-catchy label of "Coventry, Warwickshire and Birmingham 100" and I'd been struggling to think of anything better. One day I happened to be looking at the coat of arms of my alma mater, the University of Warwick; its campus straddles the boundary between the city of Coventry and the county of Warwickshire, and the arms therefore combine the elephant of the former

and the bear of the latter. The thought floated into my head that Birmingham also uses a large animal as its symbol, and combining the three gave the event a name. The eventual route also included a section through Worcestershire, attracting brickbats from certain residents of that county for the omission of its symbol from the name. We did incorporate the pear into the event logo – and in fact there were times during the planning process when the logo seemed an entirely apt representation of the event, as the whole thing was going pear-shaped.

Covid-19 came along, and with it the impossibility of holding a 100 in 2020; a hastily convened discussion between the organisers of the 100s then in the planning process led to the natural outcome of all of them being postponed by a year. Checkpoint visits were put on hold, although some route receiving was still possible within lockdown rules.

Although in 2018 construction on HS2 had not yet begun, it was clear that it would become a factor in the following years, and before submitting the formal proposal for the event I obtained confirmation from the constructor that access would always be preserved: if they blocked an existing public right of way they would provide an alternative. Thus we were assured that the event would not be derailed completely,



HS2 works between Meriden and Barston

but the works did force us to change plans – and the two points where it crossed them were undoubtedly the ugliest parts of the route. Work on junction 6 of the M42 (not unconnected, since part of its purpose is to provide access to the new airport station) resulted in the closure of footbridges across it, and more enforced route changes.

Finalising HQ turned out to be by far the biggest problem: we had no fewer than four which we had thought were confirmed, and several others with which discussions had at least looked promising, but which eventually fell through. One school was taken over by an academy chain and compelled to adhere to the chain's rules on lettings, which included no self-catering and no overnight use; another had serious problems academically and was understandably focusing on those rather than a letting arrangement which to them – if not to us - still seemed a long way off. Others failed to respond or were reluctant to commit for no discernible reason. We weren't quite forced to start again from scratch each time – we could retain much of the same route and some of the same checkpoints, but the route description required substantial rewriting, checkpoint booking times had to be changed, and any work beyond that was undone. At one point when the latest HQ was in jeopardy, several committee members, including me, suggested that if we had to redo everything yet again, we might lose the will to continue. Somehow, we kept going.

When one 100 is over, entrants' and marshals' thoughts naturally turn to the next one; during and after the Trans-Pennine 100 in 2022, we received a succession of requests for details of the EBB, in particular the location of HQ - to which we could only say "We don't know yet". I finally put my signature on a hire agreement for Birmingham Moseley RFC in July, about six hours before the relevant *Strider* deadline – and leaving us ten months in which to do what would usually be considered three years' work. Inevitably, that meant some tasks didn't get done until rather closer to the date of the event than we would have liked, and information wasn't always available when people expected it – thanks everyone for your understanding.

Concerns that the event might not happen were not completely resolved with confirmation of HQ, as the strain began to take its toll on committee members and it became clear that we didn't have enough people to cover all the necessary tasks within the time available; we are immensely grateful to Jane and Ken Guest for stepping in at short notice to organise the checkpoint catering.



Event HQ at Birmingham Moseley RFC

Shortly before the event I took another look at my original route file from 2018, just to see how much had changed since then. The basic concept had remained the same – we'd always wanted to include certain key places – but only around 20% of the final event route followed the same paths as in the original plan, and only five of the checkpoints actually used had been in the initial list.

Just when we thought we had everything covered, last minute events still managed to throw a few surprises our way: roadworks forced further route changes; we discovered that we'd be sharing the canal towpaths with another event; a public landowner who had originally been happy to give permission for the event decided, with three days to go, that they needed to consult someone else. Fortunately all were dealt with.

It's a testament to the hard work of the committee, along with the fantastic support of the marshals and wider LDWA community, that not only did the event happen, it succeeded. Our aim in bringing the 100 to a new location was to showcase the merits of an area not widely known for its walking opportunities, which we felt deserved to be better appreciated – and the comments we received afterwards showed that we achieved exactly that: "I discovered lots about the history of the region", "I never imagined there could be such a great route in an urban area" and "I'll definitely be back to explore it in more depth" were common themes. We hope the EBB 100 inspires many more walking adventures in the West Midlands.

Michael Jones – EBB 100 Event Chief Organiser

Media Team Report

Following the success of Simon Pipe's videos of the Trans-Pennine 100, it was clear to see that there was an appetite to see more videos celebrating long-distance walking within the community.

Simon single-handedly filmed – using his mobile phone – for 48 hours on the T-P 100. By his own admission, he was rather jaded by the end of the event. It was obvious that if the LDWA wanted to record footage on longer events, then other members would need to support Simon.

The LDWA Media Unit was created to record footage on challenge events and LDWA activities. The focus initially was to be on the annual 100 mile event in 2023 – the EBB 100. If deemed successful, then other projects might be considered.



*Some of the media team members at Moseley RFC
L-R David Morgan, Matt Parker, Simon Pipe, Andy Todd*

we would try and focus on a small number of entrants for interviews. We hope that, when the videos are produced, viewers will appreciate the personal insight as to why some of our members enter the annual LDWA 100 mile walk. In addition to the volunteered stories, the Media Unit also worked with Keith Warman, who is the LDWA 100s Recorder. Keith's encyclopaedic knowledge helped to identify some interesting statistics and stories too.

Andy Todd and Paul Nellist were principal photographers. Stationed at Beacon Hill Castle in the Lickey Hills, Andy tried to photograph every entrant who passed him; he also used his drone, where permitted, to capture further aerial footage to enhance the videos that Simon will produce.

Matt Parker, the LDWA Communications Officer, worked with other NEC members in advance of the event to secure equipment that could enhance the captured footage. The NEC funded a new 360-degree camera and the EBB 100 committee funded new wireless microphones.

In advance of the event, the LDWA Media Unit asked entrants to contact them if they had a specific story that they wanted to talk about. Several people contacted us with some inspiring stories; we decided that as a team

Andy continued to capture photos at the Coventry checkpoint where he was later marshalling with the Wiltshire LDWA Group. Paul worked at the Solihull checkpoint and took still photos in conjunction with his other checkpoint duties.



Roving reporter - Simon Pipe

The bulk of the weekend's filming was undertaken by Simon Pipe and Matt Parker. Both worked hard to cover many miles – on foot, bicycle and in cars – capturing footage from numerous locations around the EBB 100 route. Their efforts cannot be overestimated. They worked independently of each other for most of the weekend, and in doing so have captured footage that we know is wider-ranging and of a far better quality than we could have hoped to achieve previously. It's important to note that the development of smartphone cameras has made it possible to shoot footage out on the route in ways that were simply not possible before.

My role was to co-ordinate the team, identify where the entrants of interest were on the EBB 100 course and direct Simon and Matt so that they could intercept them. I liaised with the Control Desk to establish if there were any developing stories that the Media Unit would be interested in. I also ventured out to do some filming of the faster walkers and runners as they approached the latter stages of the route.

You can view the videos already produced by the LDWA Media Team by visiting YouTube and searching for "Long Distance Walkers Association". If you 'subscribe' and click the bell notification icon then you will be automatically notified when the event videos are published.

They say that "from small acorns, mighty oaks will grow". The LDWA Media Team is laying down new roots – building capacity from scratch and learning as we develop.

Next year the LDWA 100 will be the Speyside 100. We know that more people will be needed to join the team in order to guarantee the success of the Media Unit. So, if you have skills in video production, photography, journalism or social media we'd love to hear from you. Please contact Matt Parker (communications@ldwa.org.uk) and you could soon be a part of this exciting new LDWA team.

David Morgan – LDWA Media Team Co-ordinator

Route Organiser's Report

From inception to fruition, organising the route has been a monumental task. Commencing in 2018, the route outline was determined by the Event Organiser, Michael Jones, as a figure of 6: starting at Abbey Fields in Kenilworth, passing through the large conurbations of Coventry and Birmingham, breakfast in Henley-in-Arden, subsequently traversing Stratford-upon-Avon, Warwick and Leamington Spa, and returning to finish at Henley-in-Arden. HQ was to be at Henley-in-Arden School - also the HQ for the Heart of England group's Forest Marathon event, so the venue was known and relationships with staff already established. Checkpoint locations were identified and booked.

Initially, I was sceptical about going through towns and cities – surely, the LDWA is about countryside walking, not being amongst throngs of people, traffic, urban hustle and bustle... I set to work exploring the footpaths and bridleways in the countryside sections, cycleways, canal towpaths and urban 'link' paths. The aim was to make the route as 'off-road' as possible, to utilise 'green' corridors in and out of the urban areas and to pass through the 'showcase' parks, as well as visiting sites of historical interest.

This all turned out to be very enjoyable and provided a focus for my daily outings. I discovered hundreds of paths and pockets of loveliness, which I never knew existed, even though I have lived in the West Midlands for 28 years! I was also extremely



interested to learn all about the history of the area from the earliest human occupation to the present day, effects of the Industrial Revolution and environmental impacts. I have become something of a canal connoisseur – my favourite is the Stratford-upon-Avon Canal with its cute bridges, lock-keepers' cottages and countryside 'feel', right from its beginning at Kings Norton Junction to its end at the River Avon, both of which were visited on the final route. What's more, it's almost a marathon distance and all downhill – a great way to get a marathon PB!!

By the end of 2019, I had been out on the route almost endlessly, written full route descriptions and plotted GPX maps of each section. I had also established circular walk

return routes. This is because I always had to get back to where I had parked my car! It was all going swimmingly well... Then the bombshell came: during 2019, Henley-in-Arden School joined the Arden Multi-Academy Trust – they were no longer willing to host our event (nor the Forest Marathon) We had lost our HQ.



The route even passed through the railway station at Barnet Green

The next 18 months were fraught with trying to find another suitable HQ. Not easy in the whirlpool of Covid. Michael and I were in email/phone contact with numerous possibilities and I personally visited several different establishments in the local area. We got quite far down the line with a few, but were always thwarted by 'problems', e.g. building works, ridiculous quotes, or simply that the Head didn't like outdoor activities!! Inevitably, the frustration was made worse by spending many hours looking at start/finish routes from/to the establishments. In addition, a decision was made to create a circular route – this meant that different checkpoints were needed with associated changes in the route, requiring more descriptions to be written and GPX maps to plot. The delay of the EBB 100 to 2023 was probably just as well!

Eventually, after a couple more HQ disappointments due to very frustrating lacks of responses, we secured Moseley RFC in summer 2022. Phew! At last, the route could be finalised, apart from inevitable changes due to HS2 works, new housing developments and roadworks (notably the new M42 Junction 6 & Services). It occurs to me that the days of having secondary schools as HQs on LDWA 100s are numbered - so many obstacles to get around and hoops to jump through.

Over the last 6 months, I have been very grateful to LDWA members receiving the final route to provide me with up-to-date changes and ideas for improvements to the route description. During and after the event, I had many lovely compliments from 99% of participants. In an urban environment, the level of detail was essential, as were the safety instructions. As route organiser, I was also responsible for the route risk assessment – this included all the road crossings, footpath furniture needing repair and hazards like low branches or mooring rings on canal towpaths – basically everything in red in the route description!! As a working document, I revisited the risk assessment on numerous occasions as hazards appeared, changed or were eliminated.

Leading up to the event, I was extremely busy carrying out final checks on the route. Having experienced the quagmire of the marshals' walk, I was pleased for participants on the main event that the ground conditions were considerably drier, perhaps even too dry! I spent a massive amount of time putting out reflective markers onto gates,



Route Co-ordinator Anne Wade was on hand to help weary entrants at CP12 Meriden

stiles etc. to enable participants to locate them easily during the hours of darkness and to confirm that they were on the correct route. Very reassuring, I am told! Again, during the darkness, mud and rain of the marshals' walk, I found my own reflective markers very useful! I also put out the red/white tape to alert participants to hazards and to flag the route at tricky points. Unfortunately, this

disappeared in a number of locations. However, around Snitterfield red/white tape appeared in abundance – I have no idea who put this out!

It was probably following my delivery of nearly 400 notification leaflets to landowners and property owners on or near the route. Of course, many of the farm entrances and house drives were not directly on the route, and I had to walk along roads as well to gain access to their letter boxes. I now understand the problems that post office workers have with trapping hands in letter boxes, snarling dogs and having to go miles up a farm track only to find that there is no letter box, so I just had to wedge the leaflet as best as I could in a gate or try to attract someone's attention. I had many conversations with interested property owners and bemused locals, as well as email exchanges with people after receiving a leaflet. Everyone was very supportive and grateful for receiving the leaflets. Indeed, a local farmer visited my checkpoint at Meriden (CP12) and was very impressed with all the walkers and superb organisation of the event!

Immediately before and after the Main Event, my jobs were sourcing, sorting out, putting out and collecting 'Caution - Walkers' road signs. This was no mean feat and entailed hours of driving around the route ... twice!

Having lived and breathed the EBB 100 for five years, occupying almost every waking moment, it has been a constant companion for better or for worse. I don't think it will ever be 'over' – I am often reminded about it when I see my reflective markers on the footpaths close to home!

Anne Wade – EBB 100 Route Organiser

Treasurer's Report

I used to be a weather forecaster, and then I became an accountant. A little known fact is that weather forecasting is very similar to budgeting: check to see what happened in the past, adjust for current conditions, add a healthy dose of ambiguity to confuse the recipients, and sound sublimely confident. By the time it is obvious you have got it wrong, with any luck everyone will have forgotten what you said in the first place (unless of course you get particularly unlucky like Michael Fish).

So here is what happened on the finance side in a nutshell:

- We prepared a budget (see above).
- You, the entrants, paid us money.
- We, the organisers, paid for 'stuff' to put the event on.

At some point the accounts will be finalised – at which point either I disappear on an all-expenses-paid round the world trip, missing next year's Hundred, or the bailiffs arrive to repossess our belongings.

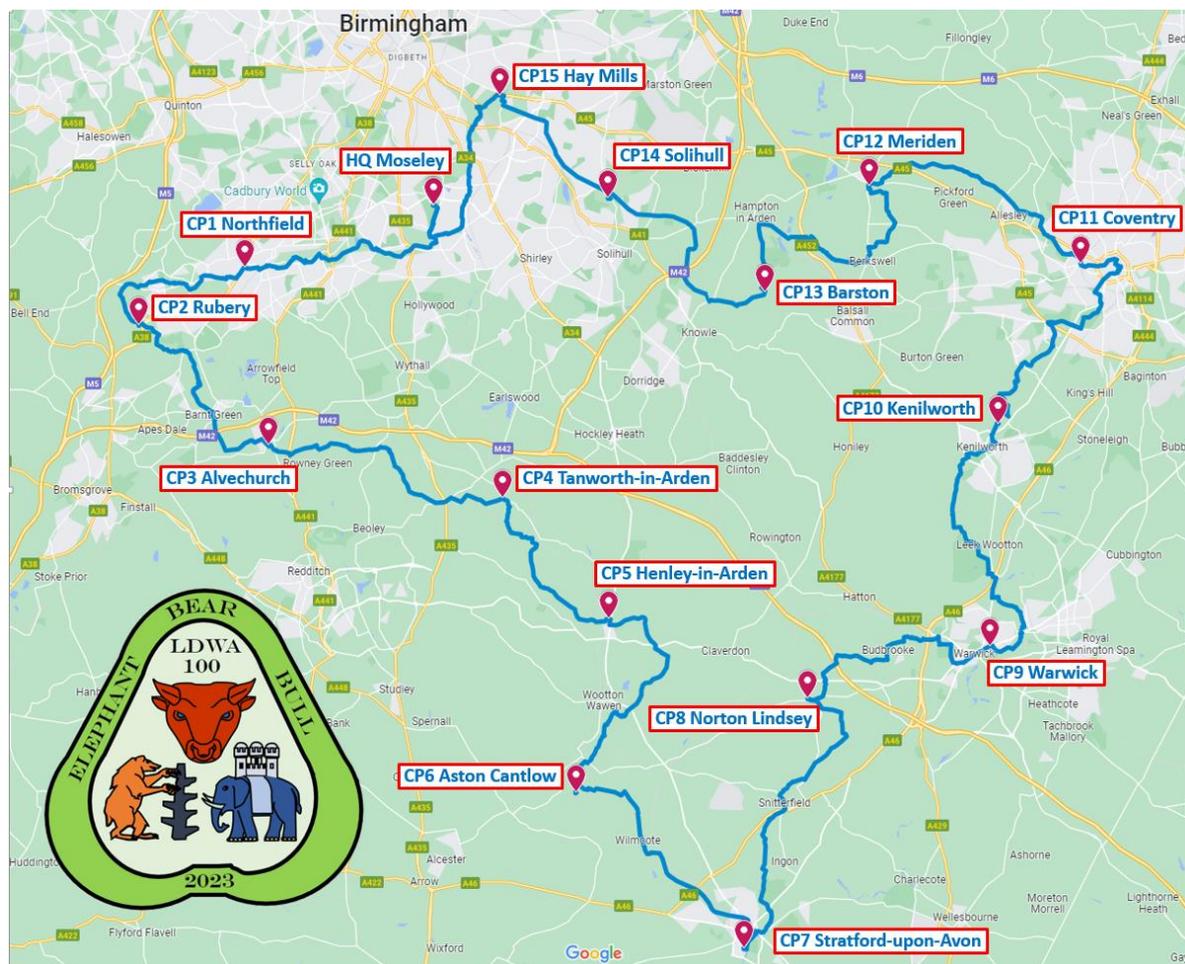
If you see me in Scotland you can assume the former didn't happen. If Chris is still speaking to me you can assume the latter didn't happen.

NB For those interested in more mundane detail, I struggled to 'guess' what the prices of food and fuel might be nine months in advance. In the event food continued to rise and fuel started to fall so overall we ended up much as expected, apart from the fact that up to now none of the local councils have asked us to pay the fee normally required for use of certain public parks etc. I have kept enough in reserve for this, just in case anyone ever wakes up to that fact, which will hopefully mean the amount gets added to LDWA funds in due course.

If any of this sounds familiar it is because I am no stranger to being Treasurer for an LDWA 100, and only the size of the numbers ever seems to change – I am sure you can guess in which direction!

Shirley Hume – EBB 100 Event Treasurer

The Route / Checkpoint Locations



What did you see or pass on this year's route?

Stiles	35	Rivers	7	Shakespeare sites	6
Kissing gates	115	Brooks	13	Vineyards	1
Bridges	114	Canals	3	Breweries	1
Churches	25	Urban parks	11	Elephants	26
Cathedrals	2	Country Parks	2	Bears	19
Castles (real)	2	Nature Reserves	6	Bulls	1
Castles (mock)	2	Woods	15		

		Marshals' Walk		Main Event	
		29/04/2023		27/05/2023	
Location		Stage (miles)	Total (miles)	Stage (miles)	Total (miles)
HQ	Moseley Birmingham Moseley Rugby Club	0.0	0.0	0.0	0.0
CP1	Northfield Fire Station	6.3	6.3	6.3	6.3
CP2	Rubery * Community and Leisure Centre	4.4	10.7	4.5	10.8
CP3	Alvechurch The Ark, St Laurence's Church	5.6	16.3	5.6	16.4
CP4	Tanworth-in-Arden Village Hall	6.6	22.9	6.6	23.0
CP5	Henley-in-Arden ** Memorial Hall	4.5	27.4	4.7	27.7
CP6	Aston Cantlow Village Hall	6.8	34.2	6.6	34.3
CP7	Stratford-upon-Avon Methodist Church Centre	6.7	40.9	6.7	41.0
CP8	Norton Lindsey Village Hall	8.2	49.1	8.2	49.2
CP9	Warwick Warwickspace Community Centre	6.4	55.5	6.4	55.6
CP10	Kenilworth Tennis, Squash and Croquet Club	8.0	63.5	8.0	63.6
CP11	Coventry Koco Community Centre	8.1	71.6	8.1	71.7
CP12	Meriden Heart of England Social Club	6.5	78.1	6.5	78.2
CP13	Barston St Swithin's House	7.2	85.3	7.2	85.4
CP14	Solihull Scout Hall	5.9	91.2	5.9	91.3
CP15	Hay Mills St Cyprian's Memorial Hall	4.0	95.2	4.0	95.3
HQ	Moseley Birmingham Moseley Rugby Club	5.4	100.6	5.4	100.7

* Marshals' Walk CP2 Waseley Hills South Car Park

** Marshals' Walk CP5 Henley-in-Arden, Bear Lane

Marshals' Walk Report

Usually you'd have someone else writing this bit - but we didn't have a different committee member responsible for organising the marshals' walk, so you've got me again!

Those of us who lived locally were used to walking the paths all year round, and knew how foul conditions underfoot could get in winter – but we hadn't been expecting them to persist until the end of April. Thus a route which was nominally less strenuous



There was mud, mud and more mud on the marshals' walk!

than other recent 100s was turned into a much tougher event than anticipated, with entrants sliding around all over the place and some faceplanting in the mud; consequently the finish rate was the lowest on a marshals' 100 since Dorset in 2016.

One of the purposes of the marshals' walk is to identify any potential problems before the main event, and there were a few – although most of those running the checkpoints do so regularly on marshals' walks and are well used to having to deal with any slight hiccups which arise. Those at Northfield couldn't figure out how to open the gates (and were unlucky that the crew there on the day weren't the ones who were regularly based there, so they didn't know either); they had to push food out to entrants through the bars. The oven at Aston Cantlow Village Hall didn't work – our thanks to the Kings Head pub opposite for cooking the jacket potatoes for us.

Two entrants had a rather unpleasant encounter with a local resident who took exception to them using the footpath which ran past his property; a visit by a committee member after the event helped to smooth things over, and we received an apology. Andy Todd, the last finisher, was unfortunate to attract the attention of an inebriated, unthreatening but still rather annoying local for the final few miles. We figured that while he remained on public rights of way, we couldn't actually stop him walking alongside, however unwelcome his presence might have been – but when he reached the gates of the club, he was told firmly that there was a private event on and uninvited guests weren't permitted. He didn't object, but seemed disappointed



Kevin and Susan Dews manned the mobile CP5 at Henley-in-Arden

– having clearly enjoyed the company of Andy and the sweepers more than they had enjoyed his!

Most of the committee, along with other long-serving LDWA members with experience of overseeing 100s, had entered the event, so I am grateful to those who did help with the running of it – in particular Rupert, who alternated overall charge of proceedings with me. Dave P and Lesley did the same excellent job of the HQ catering that they did on the main event (and used

it as an opportunity to assess the popularity of the recipes they were planning to serve), while Mary toured the checkpoints to help with troubleshooting – then had some lengthy discussions with the venue contacts afterwards to make sure the problems didn't recur on the main event.



Michael Fletcher receives his award for 20 x 100s from LDWA 100s Co-ordinator, Sara Dyer

Jane and Ken weren't able to be present on the weekend itself, but wrote the checkpoint menus for me, so all I had to do was go out and buy the food then organise the distribution of it – which was a relief since I know nothing at all about catering!

Michael Jones – EBB 100 Marshals' Walk Co-ordinator

Marshals' Walk - Volunteers

Event leads	Michael Jones Rupert Connolly
Checkpoint lead	Mary Dyche
HQ catering leads	Dave Powell Lesley Bellis
Checkpoint catering	Michael Jones
Equipment supply and transport	Dave Powell
Set-up and registration	Jan Williams Alan Mattison Andy Hicks Andy Hoddle
Road crossing	Julian Pursey
HQ	Julian Pursey Gerry Moore Richard Hicks Sally Hicks
Finish desk	Julia Birtles Gerry Moore
Transport	Liz Hobday Claire Bass Andy Hicks Andy Hoddle Rob Barclay Sara Dyer

Checkpoints

CP1	Northfield Fire Station	Susan Wilkinson, Tony Rowley
CP2	Waseley Hills South Car Park	Neil Bowler, Kevin Smith
CP3	Alvechurch The Ark, St Laurence's Church	Lavinia Yates, Bev Birkett, Elizabeth Connolly
CP4	Tanworth-in-Arden Village Hall	Nigel Aston, Heather Aston, Rob Barclay, Sara Dyer, Gordon Stone
CP5	Henley-in-Arden Bear Lane	Kevin and Susan Dews
CP6	Aston Cantlow Village Hall	Deirdre Flegg, Mike Childs, Jan Williams, Alan Mattison, Pamela Jones
CP7	Stratford-upon-Avon Methodist Church Centre	Sandra Brown, Martin Callow, Maria Drummond, Deb Heighes
CP8	Norton Lindsey Village Hall	John Phillips, Julie Spencer, Janice Barker, Margaret Bluer
CP9	Warwick Warwickspace Community Centre	Marta Kunicka, Andrew Boulden, Sandy Gee
CP10	Kenilworth Tennis, Squash and Croquet Club	Gareth Phillips, Nancy Bunyan, Peter Schick, Quentin Blagg, Jerzy Matuszewski, Stephen Osborne, Duncan Smith
CP11	Coventry Koco Community Centre	Neil Bowler, Kevin Smith
CP12	Meriden Heart of England Social Club	Jill Green, Jim Catchpole
CP13	Barston Memorial Hall/St Swithin's House	Pete and Kay Sumner
CP14	Solihull Scout Hall	Susan Wilkinson, Tony Rowley
CP15	Hay Mills St Cyprian's Memorial Hall	David Findel-Hawkins Merrian Lancaster

Sweepers

CP4 Tanworth-in-Arden to CP8 Norton Lindsey	Mike Phelan, Vera Ostojic
CP8 Norton Lindsey to CP12 Meriden	Tim Price, Paul Rushworth
CP12 Meriden to finish Moseley	Dane and Debbie Ryan

Marshals' Walk – Statistics

Entrants	34
Did not start	1
Starters	33
Finishers	23
Retirees	10
% Finishers	69.7%

First Finisher	28h : 49m
Last Finisher	47h : 07m
Youngest Finisher	43
Oldest Finisher	71
Most Finishes	(Ken Falconer) 36
Total Mileage	2913 miles

Starters by Gender

Gender	No of Starters
Female	14
Male	19
Total	33

Multiple Completion Awards

 **20** Hundreds - **Michael Fletcher**

 **10** Hundreds - **Simon Pipe**

Starters by Age Range

Age Range	No of Starters
<40	0
40 - 49	3
50 - 59	10
60 - 69	14
70 - 79	6
80+	0
TOTAL	33

The average age of Starters in the Marshals' Walk was **61.3 years**

Starters by Area Group

Local Group	No of Starters
Beds, Bucks and Northants	2
Cumbria	1
Dorset	1
Essex and Herts	1
Heart of England	7
Heart of Scotland	2
Kent	1
London	1
Marches	1
Norfolk and Suffolk	3
North Yorkshire	1
South Wales	4
Thames Valley	1
The Irregulars	1
West Lancashire	1
West Yorkshire	3
Wiltshire	1
<i>No Geographical Group</i>	1
Grand Total	33

Starters by Experience

Previous 100s Completions	No of Starters
0 completions	1
1-5 completions	12
6 – 10 completions	4
11 – 20 completions	13
21 – 30 completions	1
31 – 40 completions	2
41+ completions	0
Grand Total	33





Marshals' Walk – Comments

Marian White:

I'd been told that the checkpoints on a marshals' walk were good but they weren't - they were superb!

The stretch from the last checkpoint to the finish was a bit too "interesting" at the time I went through, around midnight on a Bank Holiday Sunday. I realised I was witnessing a drug sale by the SCC complex, and was offered something myself as I left The Dingles...

Andy Todd:

The route was far better than I was expecting. After the initial sections much of it varied between being muddy and a quagmire.

Thanks for everyone's efforts. The 100 is something special.

Helen Strong:

I just wanted to send a quick message to say many thanks to you and your team for the marshals' event over the weekend.

I enjoyed the route and experience overall. Your CPs were great - so do please pass on my thanks to them all.

David Morgan:

Another LDWA 100 ticked off and the 2023 version was a tough one. Congratulations to Michael Jones and his team who worked so hard to design an interesting route that visited Henley-in-Arden, Stratford, Kenilworth, a (for me) fascinating Coventry and Meriden before returning to Moseley.

Michelle Armour:

Feeling very proud of myself.....Saturday I set out at 10:00am with some other crazy people and walked... Pretty much non-stop until I'd done 100 miles. I stopped briefly at 15 checkpoints and was fed tea and cake, sandwiches, flapjack, fruit, rice pudding, cooked breakfast, porridge, jacket spuds, soup and pasta etc. by the most amazing LDWA volunteers.

Well done to all those that finished, started, organised and marshalled. Without you this amazing club wouldn't exist!

Sue England:

Great weekend spent walking round Warwickshire with Jean and Heather. Had a lot of laughs in the mud and not too much pain.

Eddie Winslow:

Mud, rain... and pain. Just good fun!

Matt Parker:

The EBB is an impressive route – full of historical sites/sights, plenty of canal towpath and more hills than I was expecting. April's showers had already left the ground very soft; on Saturday night, a three hour downpour turned the trails into a quagmire.

For me, it was a reminder that there's no such thing as an easy 100 miler. Physical fitness can only take you so far. You need that combined with mental strength to push on through the dark hours.

Ken Falconer has the right idea, "Forget about finish times and just enjoy the adventure". You never know, that second sunrise might be even better than the first.

Sharon Wakeman:

Participants for the EBB 100 are in for a treat. The course highlights the beat of England's heart. There's plenty of urban history mixed in with countryside charm. Big thanks to all the checkpoint volunteers for really looking after us.

Madeleine Watson:

A report from one of the DNFers. I'd echo comments about the marshals on the checkpoints - very helpful and supportive.There were some lovely sections of the route. Look forward to seeing you all at the end of May.

Ken Falconer:

... We enjoyed the walk around an unusual route. Memorable features included a remarkable number of small animals running around, particularly at dusk; a wonderful dawn chorus; the views on the ridges from Bilberry Hill along to Windmill Hill; and the tours around the urban but historic areas of Stratford, Warwick, Kenilworth and Coventry. The mud was the main negative feature - especially the section after Stratford following the rain, when we were sliding about all over the place; I think almost everyone slipped over at least once.

Stephen Hall:

Can I thank you and the whole team for the EBB marshals' walk, it was certainly a challenge.

Wendy Thurrell:

I had recced so I could see it all in daylight and was really impressed with the route. Even the urban bits were interesting; I particularly liked Stratford and the whistle-stop tour of Coventry. The route description was superb; slick, consistent, and detailed.

So thank you all very much for a memorable EBB adventure. And well done Michael for having the vision and the drive to make it happen.

Main Event Report

For four weeks before the EBB 100, everyone involved was holding their breath.

Word had got around from entrants receiving in the area in March and April, then from participants on the marshals' walk, that heavy spring rain in the Midlands had turned the entire route into an unending mud bath. The first half of the period in between the two saw the same weather continue, to the point that we had resigned ourselves to conditions on the main event being identical or worse – however hot it got from then on, surely two weeks wouldn't be enough to dry up that much mud?

Then the rain stopped, the sun shone, and last minute recceers cautiously reported that the paths were starting to dry out. By the time of the main event, entrants found the opposite problem: the ground had been baked hard and was unforgiving to tired feet.

The weather forecast promised a 0% chance of rain at any point during the event, and sure enough Saturday dawned bright and sunny. Before the start, there was a presentation to make: Roger Cole, who completed the first 40 LDWA Hundreds, didn't receive any formal recognition for it at the time – since that was the first opportunity anyone had had to reach the milestone, no-one had yet thought to institute an award



Len Fallick completing his 41st LDWA 100 - equalling Roger Cole's record

for it. Known as the "Hundred Man", Roger would have been guest of honour at the 50th event, but passed away last August; instead his son Max Cole and daughter Tracey Coates accepted the award on his behalf from Len Fallick, the only living member of the "40 Hundreds Club" (the second to achieve the landmark, Martyn

Greaves, passed away in 2021 – and left a substantial legacy to the LDWA). Max has followed in his father's footsteps – he went on to finish the EBB, his seventh 100 completion.

Entrants set off across Billesley Common, then beside brooks, along canal towpaths and through parks in the initial urban section. Shortly before the 10 mile mark, the route left the city, enabling everyone to enjoy the best views of the event – from the Waseley and Lickey Hills - while they were still fresh (and in daylight).

For most, nightfall on Saturday came when they were somewhere in the Forest of Arden section between 25-35 miles. A few of the fastest entrants reached Stratford before dark, but everyone else had the opportunity to explore Shakespeare's home town (and in many cases take a selfie with his statue) at night – when, as one walker remarked, there were no tourists! From there it was over the Welcombe Hills and through Apple Farm campsite. The campers had been notified of the event beforehand, so they knew what the people passing them at 1:30am were doing – and saluted them by changing the music to the Proclaimers' *I Would Walk 500 Miles*.

Saturday evening and night saw the first retirements, with a few entrants having to drop out at Aston Cantlow, Stratford or Norton Lindsey, but more than 90% of starters were still going as Sunday dawned – past the medieval sights of Warwick, then Kenilworth Castle and across Abbey Fields to the breakfast stop.

The second day was a few degrees cooler than the first, to the relief of entrants as they continued through the parks of Coventry and a tour of the historic centre, then out of the city into the last rural section. By Sunday afternoon the runners were already finishing, with faster walkers following in the evening while the plodders passed through Meriden and continued into their second night.

The eight mile stretch along the Grand Union Canal was not universally popular, but it enabled walkers who'd already been on their feet for more than 40 hours to get those miles on the clock without having to think about navigation (except for leaving it in the right place – although that was aided by a new sign to show the bridge number, put in place for the event!). Once off the canal and refuelled at the final checkpoint at Hay Mills, it was straight along the River Cole path then via Chinn and Haunch Brooks – remembering to turn right at the bin, as the preview video warned everyone, to return to HQ rather than commencing another lap. Although two entrants who had been struggling to reach the breakfast stop were timed out there, everyone else was well within the closing times: there was no rush to make the cut-off, the last walkers returning to HQ with 45 minutes to spare.

Each finisher arrived back at the rugby club with their own story to tell. Many staggered in, some in need of medical attention; a few looked remarkably fresh. Locals who hadn't entered 100s further afield had decided to give the event a try now it had come to their own area. One walker had broken a bone in her foot a few weeks earlier, but was determined not to miss her "home" 100 and still completed it. Several couples finished (some together, some not!), and at least two parent-child pairs; there were two sets of three members of a family taking part, but unfortunately in neither case did all three finish. First-time participants were welcomed into the Hundred fold;



Paul Rushworth gets his first 100 completion at his fourth attempt - much to the delight of his daughter, Maisie.

others who had attempted previous events but not finished one could finally enjoy their first successful completion. Numerous entrants earned their awards for completing 10, 20 or 30 Hundreds; a few who hadn't entered for years were tempted back. Many had friends and family who had either walked part of the way with them or were waiting for them at the finish – in one case bearing a homemade "Well done Daddy" sign; another celebrated by hugging the somewhat surprised event organiser. Every finisher was greeted with a round of applause, but the most rousing reception was reserved for Len Fallick – having started the event presenting Roger Cole's posthumous 40 Hundreds

award, he ended it receiving a standing ovation for equalling Roger's all-time record of 41 completions. We have no doubt that he will be back next year aiming to break it!

All the checkpoints, and the finish, provided the LDWA's usual combination of good cheer and good food. Special praise must go to the catering teams at HQ and the breakfast stop, who managed to provide the hundreds of meals required despite the somewhat substandard kitchen facilities at both venues.

Some elements of the event were new this year. While we have long had official 100 photographers, and more recently videographers, only this year have they been coordinated as a media team – the brainchild of Simon Pipe. Many entrants and marshals saw Simon, Matt Parker and the rest of the team pop up around the route to interview

them. Over 2000 photos were uploaded to the LDWA Flickr account within days; editing the videos will take longer, but they will be added to our YouTube channel when ready.

The usual modus operandi for first aid cover on 100s has been to have the medics based at HQ and the breakfast stop only, with the capability to respond to an emergency elsewhere on the route if one should arise. This year we used a new provider, Challenge First Aid, who moved around the route – many entrants were grateful that treatment was available at other checkpoints, and the excellent job they did in patching up suffering feet enabled numerous walkers to finish who might otherwise have been forced to retire.

It was unfortunate that we had to disqualify two participants. One failed the kit check; although the item missing was not necessary in the prevailing weather conditions, the point of the kit list is that entrants must be equipped for *all* conditions which could conceivably arise during the event – not just those occurring at one particular time. The second went off route; it was clearly accidental and thus wouldn't usually have been grounds for disqualification, but it was his bad luck that the location of the error meant that he missed a checkpoint – which constitutes a breach of the event rules regardless of whether it is deliberate or not.



Last walkers home - Peter Jull and Andrew Gordon. The two Kent group members finished in 47h:15m.

Thus passed the fiftieth LDWA 100, and the first to be held in the Midlands – a triumph for an area not renowned as a walking destination, as entrants from around Britain (and beyond) were introduced to its delights. The beauty of the 100 is in its variety, and next year it will be exploring new territory again – the furthest north it has ever been held, and only the second event in Scotland. We look forward to seeing you all in the

Cairngorms for the Speyside 100!

Michael Jones – EBB 100 Event Chief Organiser

Main Event – HQ and Checkpoints

At HQ I was lucky to have the help of Shirley Hume, who is a very experienced team member from previous 100s. We planned how to organise the HQ space, and worked closely with Birmingham Moseley Rugby Club to get access to all the areas within the club; for instance, we had use of most of the stadium, so there were multiple showers and toilets. We used the conference room to start the event, but then moved the finish to the clubhouse.

It is usual to staff each of the checkpoints with volunteers from regional groups; we had fantastic help here, and the leaders of these groups were extremely helpful. There were lots of individuals who volunteered, and they were given jobs mainly supporting the Heart of England and London groups at HQ. These two groups provided refreshments to anyone making it to HQ and looked after people's kit, kept areas clean etc. The goodwill of these people cannot be overstated, and a big thank you to them.

David Hood – HQ/Communications/Checkpoints Co-ordinator

Main Event – Communications

HQ worked closely with Raynet to ensure good communications around the event. This communication prioritises the safety of the participants, to make sure help gets to them quickly if there is a problem. Raynet were very helpful, and had independently done a lot of testing around the route to ensure their signals worked.

Control desk involved setting up communications with groups such as Raynet, and using a tracker system. We kept the paper back-up of recording participants passing through each checkpoint. An experienced team ran the control desk, and we co-ordinated between transport and catering to ensure any problems during the event were smoothly dealt with.

David Hood – HQ/Communications/Checkpoints Co-ordinator

Main Event – HQ Volunteers

Control Desk	David Hood (lead), Shirley Hume, Ken Falconer, Isobel Falconer
Finish Desk	Richard May, Julian White
Registration	Shirley Hume (lead), Madeleine Watson, Anne Wade, Tony Rowley, Ken Falconer, Isobel Falconer, Rob Richardson, Jill Richardson, Roger Wandless, Caroline Wandless, Katie Hunt, Jayne Cook, Chelle Armour, Wendy Thurrell, Colin Utting, Sian Knight
Catering Team (Heart of England)	Dave Powell (lead), Deirdre Flegg, Maggie Nichols, Jonathan Hipkiss, Imtiaz Ilahi, Marian White, Chris Stockton, Robin Richmond, Alan Hall, Steph Thompson, Gloria Francis, George Barry, Sacha Shaw, Marion Stoddart, Katherine Rogers, Tom Wood, Graham Timmins, Bob Court, Yvonne Court, Linda Hood, Terry Muckell, Lesley Bellis, Neil Bromley, Graham Jones, Steve Luckett, Nigel Willis
HQ Team (London)	Susan Waldschmidt (lead), Paul Tilley, John Pestle, Gail Elrick, John Elrick, Ken Main, Nicholas Cole, John Esslemont (Thames Valley), John Sparshatt (West Yorkshire)
HQ Food to Checkpoints Team	Jane Guest (lead), Ken Guest (lead), Karen Nash, Elaine Derwanz, Jonathan Derwanz, Colin Downes, Martin Blundell, Roger Wandless, Caroline Wandless, Naomi Cribb
Baggage Handlers (London)	Chris Blackwell (lead), Colin Saunders, Dave Williams, Paul Lawrence, Norman Corrin
Kit Check Team (West Yorkshire)	Chris Burrell (lead), Jane Parry, Eddie Winslow, Roger Mahony, Trevor Wardman, Tom Wood, Phil Pipe, Christine Burrell
Media Team	David Morgan, Simon Pipe, Matt Parker, Andy Todd, Paul Nellist, Sarah Littlewood
Transport <i>Van drivers</i> <i>Minibus drivers</i> <i>Car drivers</i> <i>Drivers' mates</i>	Rupert Connolly (lead) , Madeleine Watson (lead) John Pickersgill, Martin Lawson, Mick Clayton Steve Webb, Julie Cribb, Elaine Laydon, Anne Brown, Rob Richardson, Malcolm Hunt, Elizabeth Connolly Rob Barclay, Mike Buckley Karen Pickersgill, Ben Connolly, Adam Walker, Sara Dyer, Naomi Cribb, Graham Jones, Jill Richardson, Stephen Hall, Alan Hall
Sweepers <i>Start to CP4</i> <i>CP4 to CP8</i> <i>CP8 to CP12</i> <i>CP12 to Finish</i>	Mike Buckley Bob Court, Yvonne Court, Terry Muckell Linda Hood, Sharon Wakeman Colin Utting, Richard Hood, Nathan Hood
General Volunteers	Elizabeth Connolly, Lynda Jones

Main Event – Checkpoints and Volunteer Groups

HQ Start / Finish	Heart of England, London, North Yorkshire	See previous page
CP1 Northfield	East Yorkshire	Jonathan Derwanz (lead), Colin Downes, Gill Downes, Ann Bell, Martin Blundell, Anita Blundell, Carla Ramsay, Jean Fowler, Frank Fowler
CP2 Rubery	South Wales	Ferne Davies (lead), Roderick Hollands, Tony Alcock, David Morgan, Laura Turner, Andrew Thorpe, Janet Thorpe, Sara Down, Andrew Clabon, Rob Richardson, Jill Richardson, Kathy Counsell
CP3 Alvechurch	Beds, Bucks & Northants	Mary Knight (lead), Alan Leadbetter, Anne Addison, Chris Burns, Christine Pendlebury (Nidderdale), Dennis Knight, David Findel-Hawkins, Francoise Bannister, Gill Bunker, Gordon Shaughnessy, Merrian Lancaster, Norman Corrin, Pat Hamilton, Paul Keech, Paul Kitson, Chris Brook (First Aid), David Green (Raynet)
CP4 Tanworth-in-Arden	Marches	Jane Webb (lead), Anne Breach, Paul Breach, Dave Clarke, Helen Clover, Gill Evans, Janet Hill, Tim Hughes, Lucy McFarlane, Dave Nichols, Francoise Nurse, Mike Nurse, Janet Pitt-Lewis, John Williams, Jenny Winn
CP5 Henley-in-Arden	Thames Valley	John Esslemont (lead), Maureen Downes (catering lead), Graham Croucher (check-in lead), Shahina Ahmed, Andrew Beck, Gavin Browning, Gerry Garland, Mick Hill, Duncan Macgregor, Anne Mograby, David Rossington, Carla Ramsay (East Yorkshire), Roger Swift (Wiltshire)
CP6 Aston Cantlow	The Irregulars	Peter Bruniges (lead), Peter Wood, Mick Abbott, Brian Campbell, Sue England, Jean Bobker
CP7 Stratford-upon-Avon	Staffordshire	Julian Brown (lead), Alison Brind, Christine Barber, Clair Mackellar, Gay Ward, Glenis Brown, Janet Eames, Jo Miles, Julie Brownhill, Rosie Nelstrop, Vera Evans, Chris Brown, Denis Banks, John Barker, Malcolm Higgins, Mike Laurence, Richard Measures, Roger Edwards, William Brown
CP8 Norton Lindsey	Essex & Herts	Jackie Burnett (lead), Elaine Oddie, John Burnett, Judith Jolly, Katie O'Reilly, Linda Fordham, Lizzie Bridge, Mick Dodge, Maggie Stevenson, Kelly Norfolk, Alan Leadbetter, Rita Williams, Rob Struthers, Robin Ratcliffe, Sue Gooch
CP9 Warwick	Kent	Stephanie Le Men (lead), Penny Southern, Sophie Butler, David Thornton, Helen Strong, Neil Higham, John Gilbert, Martin Brice, Dale Moorhouse, Rosalind Humphreys, Clare Newman, Andrew Melling, Cathy Waters, James Briggs, Terence Fitch (local)
CP10 Kenilworth	East Lancashire	Vivien Lee (lead), Iain Connell, Rodger Jackson, Viv Pike, Dave Walsh, Alma Walsh, Steve Clark, Sue Boardman, Chaz Scott, Hilary Scott, Neil Smith, Rob Radford, Sandra Robinson, Jeanette Banks, John Holland
	Norfolk & Suffolk	Chelle Armour (lead), Katie Hunt, Malcolm Hunt, Yvonne Osborne, Roger Osborne, Jayne Cook, Michael Fletcher, Julian White, Richard May
CP11 Coventry	Wiltshire	Janette Armstrong (lead), Andy Todd, Clare Staff, Tim Cundick, Deirdre Flegg, Mike Childs, Bruce Barclay, Carole Holmes, Bea Therin
CP12 Meriden	A Coventry Way Association	Anne Wade (lead), Vaughan Wade, Hannah Biggs, Adam Biggs, George Biggs (8) Athena Biggs (6)], Bob Brandon, Pat Stack, Lynda Jones, Bob Rainsley, Sheila Dunn, Roger Brown, Richard Brown, Claire Maxted, Nick Meynell, Debbie Morse, Barbara Morse, Steve Morse, Mary Dyche
CP13 Barston	Cornwall & Devon	Hazel Bound (lead), Terry Bound, Annette Merchant, Ali Ryan, Andrew Partridge, Carol Guppy, Ann Evans, Norman Evans, Barry Olver, Rose Olver, Gill Kingwell, Jayne Ryan, Rose Wood, Roy Zelionka, Viv Zelionka, Sue Lewis, Tim Crosby, Wendy Garrett, Neil Garrett, Steven Burrows (Raynet – Warwickshire)
CP14 Solihull	Northumbria	Bill Milbourne (lead), Sally Lee, Steve Lee, Paul Ashman, Paul Nellist, Anja Huskens, Alexandra Harris, Jackie Wilson, Geoff Buckley
CP15 Hay Mills	David Findel-Hawkins Merrian Lancaster	David Findel-Hawkins (BBN), Alan Leadbetter (BBN), April Sawford (High Peak), Glyn Sawford (High Peak), Graham Bayes (BBN), Merrian Lancaster (BBN), Joyce Sidebottom, Walter Sidebottom, Jack Cooper (West Yorkshire), Mick Cooper (West Yorkshire), Chris Brook (First Aid), Neal Harden, Dave Brunt, Ellis Birt (all Raynet)

Main Event – Statistics

Entrants	486
Did not start	31
Starters	455
Finishers	343
Retirees	110
Disqualified	2
% Finishers	75.4%

Starters by Gender

Gender	No of Starters
Female	139
Male	316
TOTAL	455

Starters by Age Range

Age Range	No of Starters
20 - 29	11
30 - 39	19
40 - 49	61
50 - 59	139
60 - 69	167
70 - 79	55
80 +	3
TOTAL	455

The average age of starters in the EBB 100 was **57.9 years**

First Finisher	22h : 19m
Last Finisher	47h : 15m
Youngest Finishers	4 @ 25
Oldest Finishers	3 @ 81
Most Finishes	(Len Fallick) 41
Total Mileage	40,929 miles
Total Volunteers	302

Multiple Completion Awards

30 Hundreds **Jill Green**
Neil Mansfield

20 Hundreds **Phil Champion**
Brian Fisher
Anthony Jenner
Adrian Partridge

10 Hundreds **John Bell**
Nancy Bunyan
Helen Cavanagh
Tom Griffin
Aaron Hookway
Ian Hull
Norma Lloyd
Cheryl Llewellyn
James McHugh
Kim Reed
Andrew Underdown
Ralph Warman
Simon Weal

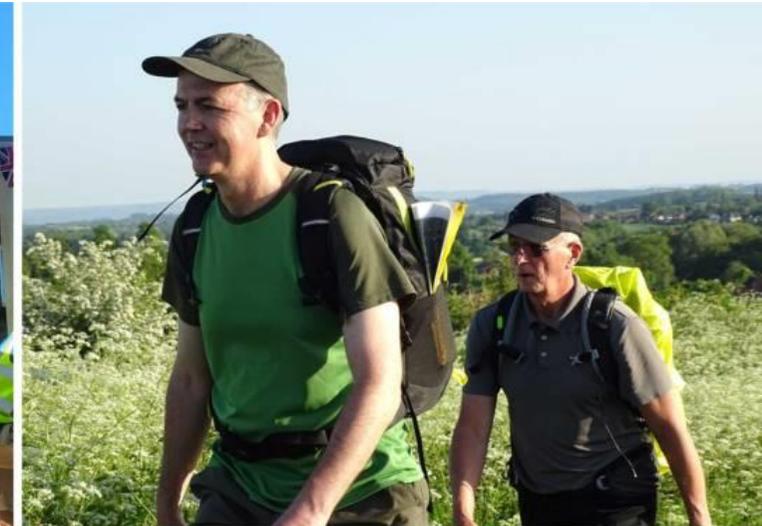
Starters by Area Group

Local Group	Starters
Anytime Anywhere	9
Beds, Bucks & Northants	19
Bristol & West	7
Calderdale	4
Cornwall & Devon	26
Cumbria	3
Dorset	16
East Lancashire	18
East Yorkshire	14
Essex & Herts	21
Heart of England	23
Heart of Scotland	1
High Peak	7
Kent	15
Lincolnshire	3
London	18
Marches	5
Merseystride	10
Mid Wales	4
Nidderdale	4

Local Group	Starters
Norfolk & Suffolk	16
North Yorkshire	21
Northumbria	20
Sherwood	11
South Manchester	10
South Pennine	11
South Wales	26
Staffordshire	5
Surrey	7
Sussex	5
Thames Valley	16
The Irregulars	9
Vermuyden (South Yorks)	6
Wessex	10
West Lancashire	9
West Yorkshire	23
Wiltshire	9
Yorkshire Coast	2
<i>No Geographical Group</i>	12
TOTAL	455

Starters by Experience

Prev 100s	Starters	
0	146	<i>104 people finished their first 100 – congratulations.</i> <i>Len Fallick finished in 46h:58m, to equal Roger Cole's record of 41 completions.</i>
1-5	160	
6 - 10	77	
11 - 20	50	
21 - 30	18	
31 - 40	4	
41+	0	
TOTAL	455	





















Main Event – Comments

Jared and Lisa Walbridge:

My wife and I took part and wanted to let you know how fun and well organised it was. The route was lovely - with an impressive variety of environments to walk through. It was far from flat, and full of great views and interesting things to look at.

Tracey Coates:

I hope in the coming days you can reflect on your fantastic event. The logistics were mind-blowing!

It was a privilege to wish Len on his way and welcome him back in at the end along with supporting Max to complete his 100. I'm sure dad (Roger) was smiling down on us all. What a legacy...

Robert Lasseter:

You and your team excelled yourselves and put on a wonderful event.

It was only my second but it was a most interesting and memorable route and proved a big challenge.

Thank you all so much.

Chelle Armour:

...every entrant I spoke to was full of praise for CP10. The baggage was nigh on faultless thanks to Chris's planning and organisation, and the tracker system helped us get everybody's bag out within 2 minutes (usually under 30 seconds!!)

So thanks again, for all your hard work. I don't think anyone can imagine the work you've put in to this, but it is certainly appreciated.

Sean McCartney:

It was a brilliant experience, yet again (my 18th 100).

William Barr:

It is a very precious gift to those taking part and I am incredibly grateful.

A ten out of ten event.

Gill Struthers:

I just wanted to thank all the marshals and medical teams who looked after me along the way, providing two assessments and a couple of ice packs as well as a lot of TLC, tissues, wet wipes and table service.

I'm sorry I caused a bit of additional work for people, but it's when you are at your worst that you appreciate the kindness and generosity of other people.

The EBB team should be rightly proud of an event well run and a job well done.

Len Fallick:

Thank you to you and all the team of organisers, helpers and checkpointers for making the EBB 100 such a special weekend. My reception at the finish when I entered the hall was overwhelming and I will remember it for a long time.

Many thanks once again for everything, and for introducing me to an interesting part of the country that I have not visited before.

Michael Bushby:

... I found it to be a very smooth event, with a really clear route description and checkpoints that seemed more efficient than ever.

Jackie Burnett:

Thank you so much to you and all the organisers for such a successful event. The organisation and attention to detail was second to none, and certainly everything ran really smoothly at Norton Lindsey. The checkpoint handbook was brilliant.

The cheerful delivery team were on time, we had a couple of phone calls and visits from your team to check everything was OK and I can assure you all the entrants enjoyed either their pasta or soup.

Our Raynet and first aid support were also very good and efficient.

Our Essex and Herts marshals were fantastic, and I know at least two of them have now been inspired to enter a 100 themselves.

Chris Burrell:

May I congratulate you and your team for putting on a brilliant event, we had plenty of happy smiling people at CP5 and perhaps not so many happy people at CP11, but credit to all the entrants who despite their aches and pains keep going.

Stephen Dunnett:

... I had done twelve 100s before this one, the last being 2003, so exactly 20 years later, your event tempted me out of 'retirement' and although my body doesn't think so at present, it was a great return.

Richard and Sandra Brown:

We can't thank you and the team too strongly for a hugely enjoyable and brilliant event in every way. The route was a triumph, a combination of glorious green spaces, including in urban areas, and outstanding heritage places which the route so cleverly ensured we could see and appreciate. As lovers of historic places, as well as the countryside, we were in our element.

John Heathcote:

I would like to thank you ALL for putting on the EBB 100 event. I have spoken to many participants, and they have all said it was a wonderful event. Well done!!!

**Sally Adams:**

Honestly, it was totally fantastic! It was so well-organised. The bag drop-off when we arrived at Moseley Rugby Stadium, check-in and the allocation of trackers was all done very efficiently!

I cannot thank you and your team enough for organising such an enjoyable and unforgettable weekend. Please pass on all my thanks to the committee who made this happen!

(on handmade card)

Jean Bobker:

That Sunday lunch meal with the pease pudding was FANTASTIC. Loved every bit of it.

Ben Coolie:

A fantastic event. Thank you to all who helped make the whole weekend such a good one.

Carine Silver:

100.7 miles (plus detours) on the LDWA annual 100 - the West Midlands at its finest. A phenomenally welcoming, well organised and memorable event.

Just soaking my poor feet now...

Jen Hicks:

A huge thank you to everyone who worked so hard to make the EBB so successful - it was such an enjoyable and memorable event to take part in!

Roger Martin:

It was my first 100 and was one of the best things that I have ever done. I enjoyed looking forward to it, I enjoyed doing it and I enjoy having done it. I know it took the organisers years of hard work, and I am grateful.

Nick Ham:

I must offer my heartfelt thanks to the army that made the EBB 100 such a success. I am always bowled over by how well we are looked after from beginning to end.

I must also commend the attention to detail of the route description. I can tell the author is a perfectionist right down to the punctuation, which was spot on to leave no doubt.

Ken and Isobel Falconer:

We heard many very positive comments from walkers about the event, including about the excellent checkpoint support, the variety of countryside and historic towns, and the good weather (no mud!).

Stephen Martin:

Epic walk. Loved it.

Roger Frost:

Thank you (and your wonderful team) for organising the challenge and providing all the interesting information so that we could get to know the area in more depth. Tough but very rewarding event.

Judy Rickwood:

Just want to add my thanks to Michael and all the EBB organising committee for their years of hard work put in to make this the occasion that it was.

Friends made along the way and the kindness of fellow walkers plus the amazing welcome at the finish made such a memorable occasion.

Rory Stephen:

What a fab couple of days the Centurions walking group had on the LDWA EBB 100 last weekend.

David Bell:

This was my first success after a number of attempts, all aided by excellent volunteers. Now the hard work begins...I have to find a way to climb the stairs!!

Richard Plumley:

I would like to thank the organisers, CP staff, marshals and everybody who was involved with the running of this event. The hot weather took its toll but I quite liked it - at least did not have to wear the wet gear.

Maria Drummond:

Well done Michael and everybody on the teams that planned and made this event happen. Walking it was the easy bit (and it wasn't that easy!!!)

Evelyne Wilkinson:

Adding my thanks for an incredible event. So well organised and friendly. Great route and wonderful checkpoints.

Debbie Ryan:

...Special thanks to the first aider who tended to my blisters at the half way point; it enabled me to go on for another 14 miles. Unfortunately, I stopped at Kenilworth, 63.6 miles, but have learnt so much from my first LDWA 100 miler attempt.

Ewan Laurie:

A huge thank you to all the volunteers, both front of house and behind the scenes, who poured their heart and soul into the EBB 100. It was fabulous. Got a bit toasted on day 1, but somehow made it round. Thank you to everyone who walked with me for a bit, it was your camaraderie and the encouragement and care at the checkpoints that got me to the finish!

Dianne Graham:

Finally got my first hundred after bailing last year. Thought that would scratch the itch, but now I'm thinking Speyside..??

Want to give special mention to all the marshals at Kenilworth, after I walked in and promptly broke down in floods of tears - was just "having a moment".

Can't beat good old LDWA hospitality.

Amelia Frost:

As it was my first 100 I thought I'd film my face every 10 or so miles expecting to see a degradation in my mood...but it appears I'm somehow smiling for most of it despite the foot pain!

David Wilson:

Definite thanks to all the wonderful organisers, checkpoint marshals, and other people involved in EBB 2023. Thanks also to all the other walkers for their company. "Interesting" to encounter "The Lean" for the first time in my fourth 100. Think it was from before CP13.

John Whitworth:

Had a brilliant time even though at post-midnight I was questioning why the hell I keep doing these events.

However, it's blatantly obvious that apart from the personal challenge, it's knowing what a fantastic group of people support all of us competitors.

Plus you get beer!

Richard May:

I'd like to say thank you to you and your organising committee for delivering a great event this weekend. I am just starting to learn what a huge undertaking that is. It has been a great pleasure to play my own small part in this amazing accomplishment.

Ann Bath:

Absolutely fantastic event. Loved all the scenery, pretty villages, all the hospitality from all the people who live down there and all the people who have been involved in the event. Thank you so, so much. Well appreciated.

Lisa Hatchard:

Thank you for a brilliant event, the checkpoints were so kind and welcoming, I didn't want to leave.

Deborah Durham:

The people at the checkpoints were so welcoming and encouraging, and there was so much nice food to fuel me up. My family loved the tracker. It was a great event.

Renée Vroom:

Good morning from the Netherlands.

This year I completed the 100 in time, 1.5 hours left. As I always say I've paid for 48 hours, so I'll take my time.

I want to say thanks to everybody I've walked with, all the marshals who comforted me with food and drinks and all the people who have made it possible to walk the EBB 100.

Neil Bromley:

Yes, well done to the HoE members of the organising team, including Michael, Anne and the Two Daves ("It's goodnight from me and a bacon buttie from him"), plus the many group members who helped out or took part. From comments I heard and have seen the area came out really positively – reflected glory for HoE only, of course, since it wasn't our event but it felt like it with so many helping out. But all the credit goes to the organising team.

Lynda Broadway:

Thank you all so much for such an amazing event. Mike and I were aware of this event before it was born and we're thrilled to take part this weekend. As always on the many events we have taken part in you did everyone proud – great food, amazing volunteers, fabulous checkpoint locations and a knowledgeable and caring medical team. Thank you, thank you, thank you.

Bob McGavin:

A big thank you to all those involved in the planning, organisation and running of the EBB 100. I loved every minute of it! Well, not quite every minute but certainly the majority.

Temperatures were several degrees higher than I would have wanted, but nowhere near those of the Cinque Ports 100. Rural footpaths were rock hard. This made for hard going, but I preferred that to the previously muddy conditions ... and a round of applause for the Bristol gate, what a great invention.

The EBB, what a cracker! The buzz, vibes and camaraderie throughout were fantastic! Thank you LDWA.

Catering - HQ Report

A month's hindsight of an event that has been nearly five years in the making gives me a bit more perspective and insight to pass on to those taking the responsibility on for future events. As you may know, I resigned as catering manager in December. This was due to a combination of business problems and health problems: a perfect storm. I was talked into taking back responsibility for catering at the event HQ by David Hood. In my absence from the committee, Jane Guest, who ably managed catering at the T-P 100 last year, took over managing food at the checkpoints. This split of responsibilities worked really well and I would recommend it for future events - put another way, I recognise without Jane there is no way I could have managed the full catering brief.



Heart of English Breakfast

Lesley, my deputy, and I had wanted to keep as much of the catering as “home-made” as we could. This was in line with the smaller events we had previously organised, it keeps costs down, but involves a lot of work pre-preparing and freezing food - not to mention huge amounts of fridge and freezer capacity. Having responsibility for just HQ allowed us to do this - it would not have been possible to organise the whole event on this basis.

However, I must say how impressed I was with the artisan bakers that Jane had organised to deliver parkin and other delights in huge great baking trays.

We were advised to plan and budget for preparing 75 meals on the marshals' event (35 entrants) and 750 on the main event (450 entrants). These figures proved to be underestimates - I think because these days there are more volunteers helping on the event; over a 54 hour period each helper will want at least six meals. With Raynet, first aid, media teams, baggage teams, tracker teams, rescue teams, checkpoint marshals and our own team, there were in excess of 100 volunteers. We counted 120 meals served for the marshals' event, and 1,100 for the main event. This would have sent us seriously over budget if we hadn't changed the mix of food to include more pease pudding and stottie bread, and less vegetarian lasagne. We were over budget in the final count but not by a great deal.

We knew the site was not ideal, and space was a real issue - particularly for sorting and distributing the vast amounts of food needed for the 15 or so checkpoints, and

accommodating returns when checkpoints closed. It meant we could not use the club house for the first eight hours of the event, and had to transfer operations midway through Saturday afternoon. Despite these problems, and the constraints of the ageing hot water system, the event was a resounding success because of three factors. We were blessed with perfect weather - baggage sorting and returns, and many other activities, could be done outside. Secondly, the rugby club in the form of manager James was incredibly helpful, finding spaces for Raynet, for returns, sites to put up gazebos, extra fridge and freezer space, rooms we never knew existed. To my knowledge we were not charged for any of these “extras”. Thirdly, the volunteers who made it happen, boiling water for washing up when the hot tank ran dry, moving everything down from the conference room to the club house, and sorting and cleaning up after the event.



Some of the catering team: L-R Sacha, Marian, Gloria, Jean, Steph, Dave

Finally a big, big thank you to the “Heart of England” team - to Chris, Marian and Lesley who all did the full tour of duty and had to suffer working in a hot cramped kitchen, and putting up with my “Gordon Ramsay’s Kitchen Nightmare” moments. Further thanks to Jonathan, whose expertise saved the day with electrical and other technical problems, and who organised the impromptu BBQ to take advantage of the superb weather.

Thank you to all who toiled ceaselessly over a hot washing up bowl, and even more heroically, over a cold washing up bowl when the hot water supply failed!!! Not forgetting Deirdre, Maggie, Neil, Robin, Steph, Gloria, George, Tom, Graham, Maz, Imtiaz, Sacha, Alan, Bob, Yvonne, Linda and Terry - you were all stars. Thank you for the front of house service from the London group, and in particular all who helped in the massive cleaning up operation after the event.

Dave Powell – HQ Catering Co-ordinator

Catering - Checkpoint Report

I was asked to organise the food for checkpoints last Christmas. This was quite late in the day, and I do not live in the area. My husband and I had organised the catering for the Trans-Pennine 100, so knew of suppliers near to where we live. The committee agreed that I could use two of the suppliers again.

I tried to match the menus I had used previously to the facilities I had been given at the checkpoints. I hope this worked reasonably well.

The delivery of food is an anxious time, but thankfully all four major suppliers arrived on time.

I would like to thank Michael Jones for buying items that were not available from Makro - there were quite a lot.

Thanks also go to those that helped sort the food into checkpoints on the day. Thanks go to my husband for doing all the spreadsheets again.

Jane Guest – Checkpoint Catering Co-ordinator



Have you ever wondered what it takes to feed entrants on the Hundred? Well, here is just a short part of the shopping list!

Bread:	400 loaves, 500 rolls	Baked beans:	52kg
Bacon:	1200 rashers	Cheese:	50kg
Eggs:	600	Scones:	700
Tray bakes:	3600 portions	Squash:	600 litres
Tea:	8000 bags		

Transport Report

When I agreed to get involved in May last year, I wanted to know what, where, when and how much we needed to move around.

The what - Equipment and supplies for the checkpoints, retirees, sweepers and breakfast bags were the “what”.

The where - The shape of the route was known, but not where HQ was - and therefore the details of any transport plan could not be worked on. Luckily the West Midlands roads are all well-connected, and none of the possible checkpoints and HQs were very far in either time or distance from each other.

The when – In principle these were tied down sometime in the autumn of 2022 – however, the final “whens” for some of the deliveries to checkpoints were only finalised in the week before the event.

CP retired at	EBB Transport	Own Transport	Unknown	Total
CP4		1		1
CP5	3			3
CP6	5	1	1	7
CP7	14	2		16
CP8	8	3	1	12
CP9	9	6		15
Between CP9 & 10	3			3
CP10	14	11		25
CP11	2	4	1	7
CP12	6	2		8
A452	2			2
CP13	8			8
CP14	1	1	1	3
Grand Total	75	31	4	110

Where the retirements happened

a similar number of journeys and time coverage were required.

The main event started on Friday, with the amassing of the fleet and deliveries to HQ.

The first van was loaded with all but the chilled items needed for the first two checkpoints. Karen and John turned up promptly on Saturday morning and made the deliveries before the trackers were issued, so that journey is not on the maps below. They made very good time, and were back before the start at 10:00am. The next journey took in checkpoints 3, 4 and 5, then again back in good time. There was then a short lull in proceedings.

Flexibility in planning was required; I had been advised by one of the previous 100 transport co-ordinators to get everything sorted by Christmas - Easter would have been good. The final delivery plan was sorted out the week before the event!

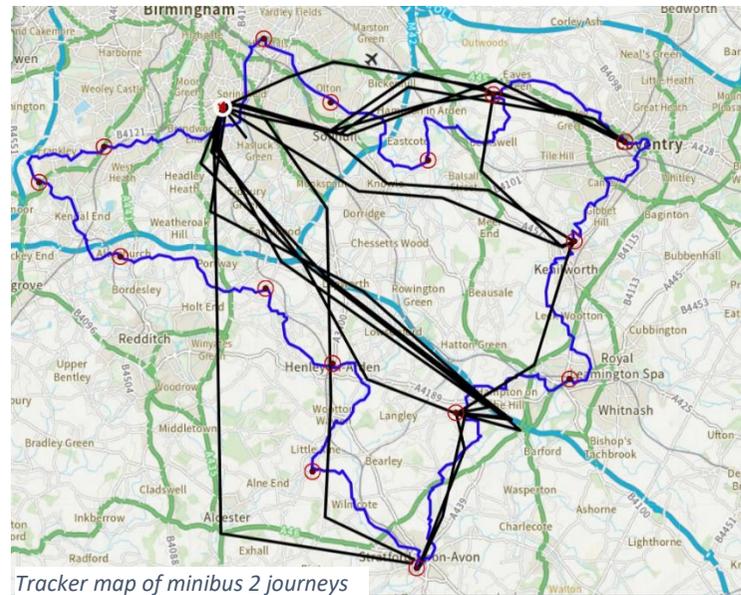
The end of April / beginning of May saw the marshals’ walk. From a logistics perspective, having fewer than 10% of the entries transforms the requirements. No special vehicles were used, but nearly the same sized team as

At 3:00pm the van teams of Martin and Ben, and Mick and Adam, started loading up for deliveries to most of the rest of the checkpoints, including the first batch of breakfast bags; the order of the collections had to be adjusted as the CPs were closing a good hour earlier than the planned closing times. The focus then switched to retirees and the minibuses.

The plan had been to cover very early retirements with Rob B in his car until 7:00pm, when the minibus service would start. From 6:00pm we ran with three crews and two minibuses until mid-afternoon, two crews and two minibuses until 8:00pm and then one minibus until about 3:00am - when the likelihood was that all retirements would have happened.

All started well. We were notified of the first retirement at 5:00pm, but they had arranged their own transport. Steve and Sara turned up for their shift, and we waited for the call. The first requiring transport came in from CP5 Henley, with a total of four requiring transport in the next three hours. Fairly calm, all within expectations.

Unfortunately one of the planned minibus drivers contacted us to say that he was ill, and would be unable to do his shift. The back-up drivers had not been planned to the level of detail that we could switch one on at 11:00pm; still, as it was fairly quiet, we



came up with a plan that would add in some capacity at about 3:00am, and we would have to make do with the one minibus. After a few hours' sleep, I came back to the Transport / Raynet room to see if everything was OK, to hear the question "How many can fit in the minibus?". Given that the simulations had never had any minibus more than half full, this was surprising. A quick appraisal of the situation and drafting in a new driver's mate, Stephen, I set off as the back-up driver of the minibus to rescue the retirees at CP7 Stratford, with a quick stop at CP8 Norton Lindsey. When I got to Stratford, at about 2:30am, the 11 slightly grumpy retirees, some of whom had been

waiting since 10:30pm, were very understanding once they realised the circumstances. We made good time back to HQ. Elizabeth and Alan stepped in as the back-up team we had planned, to bridge the gap and get back to an acceptable service level by breakfast.

Julie and Naomi had joined the rota as planned at about 3:00am, and Elizabeth switched to mate role with Elaine as the driver at 6:00am. The rest of the minibus operation ran with little drama as Ann and Graham (10:00am), Rob and Jill (noon), Malcom and Elizabeth (6:00pm), and then Malcom and Graham all turned up in good time for their shifts and did what was asked of them.

Mike Buckley stepped in and took his car to lurk around CP14 and CP15 in case there were any late retirees, which in the end there were not.

How did we do on the retirement recovery?

Below are the times the retirees were waiting for collection, and then how long it took to get them back to HQ. CP7 Stratford and CP9 Warwick stand out for delays at checkpoint, and CP5 Henley for time on the minibus.

Minutes waiting	CP5	CP6	CP7	CP8	CP9	CP10	CP11	CP12	CP13
Average of Time at CP	60	130	151	70	173	74	58	110	50
Est. average wait for transport	42	107	116	41	139	16	26	80	19
Average of Time on minibus	118	73	46	50	61	53	44	33	43
Max Time at CP	66	153	260	166	285	202	78	195	95
Max Time on minibus	118	84	61	87	92	64	45	34	66
No. of retirees recovered by EBB	3	5	14	8	9	14	2	6	8

Back on the van side of the operation, soon after getting back to HQ with the minibus from Stratford, reports of problems with the van getting to CP10 Kenilworth came in. The van had made the final planned delivery to Coventry, and was heading to Kenilworth to start returning the breakfast bags of retirees to HQ; this was not going to be possible, as the van developed a power problem. John and Karen managed to limp the van to CP10, and there it stayed. They awaited recovery at CP10, and were rescued along with the breakfast bags by Julie and Naomi in one of the minibuses. That concluded the drama of the event from the transport team; all the other van collections were able to be made with the other van, so for our operations there was little impact.

There were more recoveries from between checkpoints than I had been expecting; some of these were carried out by the minibus crews, and some by members of the transport teams in their own cars. Priority was given to these cases, as the retirees at checkpoints had the opportunity to continue to sample the hospitality there while they waited.

For the main event we had two Luton vans loaned to us by Brian Dale and Daughter, and two minibuses hired from Community Transport (a community-based charity that provides transport).

Thank you to all who volunteered as part of the transport and logistics team. A special thank you to Madeleine Watson, who carried out the role of transport co-ordinator during the event with great fortitude and calmness, but also for getting me involved last year - it has been an interesting challenge, and now I should start doing some of these long distance walks!

VEHICLES

2 x Luton vans; 2 x 17 seat minibuses;
4 x private cars (one used extensively, the others for single recoveries)
1 x fridge van – only used for transport outside the live event times.

JOURNEYS

Vans

Planned - 12 Completed – 12 (one aborted, two added and two not needed)

Minibus 1

6 shuttles trips to Yardley Wood Station to pick up pre-start
13 recovery trips and a final shuttle to Yardley Wood Station

Minibus 2

7 recovery trips.

DRIVERS

3 van drivers, with one reserve plus 4 drivers' mates.
7 minibus drivers with 5 reserves – 8 drivers were used.
There were a total of 9 drivers' mates used.

Rupert Connolly – Transport Co-ordinator

Organiser's Walk

Having been engaged in our organisational roles on both the marshals' walk and main event, it had been intended that both Dave Powell and I would attempt the route on a separate occasion – but unfortunately Dave had to withdraw due to illness, so I was left as the only one tackling it over the August Bank Holiday weekend (thus changing the position of the apostrophe in "organiser's walk"). The stipulation that such an attempt must take place no later than three months after the main event was something of a handicap: the compression of the organisational process into a much shorter timescale than usual had forced me to suspend my own walking plans for most of a year beforehand - so I could only start training once it had finished, and had those three months in which to endeavour to get myself from a standing start to the level of fitness required for a 100.



There had been little rain in the area for two weeks before my attempt - but unlike on the main event, that hadn't been enough to dry out the paths after the torrential rain earlier in the "summer", so underfoot conditions more closely resembled those experienced by entrants on the marshals' walk. A few aspects of the route had changed since the main event – some in my favour (the fallen trees in the wood between Snitterfield and Norton Lindsey had been cleared), some decidedly not (the first/last bridge on the route, already damaged when I recced it in July, had now been removed completely, with a fence base left as a stepping stone

across Haunch Brook instead) – and paths overgrown with nettles were a regular hazard. The weather during the walk itself was changeable: on Saturday afternoon I was switching between my sunhat (yes, that one) and waterproofs at regular intervals, before it settled down to cool and dry later.

Since I usually end up miles behind everyone else anyway, walking by myself for much of the time was no different from a normal challenge event (and not having had hundreds of other people go ahead of me probably improved the chances of wildlife sightings – two herons on the Stratford Canal and two roe deer later on), but I did rather miss the checkpoint catering - surviving instead on my own combination of Marmite sandwiches, bananas and cereal bars - and I expect the fine folk of Challenge First Aid who tended to entrants on the main event would have done a far better job of treating my manky feet than I managed myself. Sticking a few plasters on and hoping for the best, I tried to continue beyond Warwick, but it became clear that I wasn't going to make it as far as Kenilworth and I stopped at the Saxon Mill, having covered 58 miles in a few minutes over 24 hours.

I appreciated the support from the "dot watchers" on the Facebook group. Many thanks to Jeff Stevens, who acted as my checkpoints; Terry Muckell, who kept me company during the night section; and Simon Pipe, who, after seeing me on a social walk last year, convinced me that I needed to consult a podiatrist about my limp (that was the walk which provided much of the footage for the preview videos, and the later sections in particular show how bad it was) – which I should have done years ago, and without which I certainly wouldn't have been in a position to walk 50+ miles!

Michael Jones

Acknowledgements

One of the great things about the Hundred is that, as soon as one person has an idea, others dive in to help. People who didn't previously know me messaged me out of the blue asking to join the committee; others tracked me down at the AGM, or in one case in the middle of the Corvedale Cake Walk, to offer their group's services running a checkpoint.

We hope that all those who marshalled over the weekends of both the marshals' walk and main event have been acknowledged in the preceding pages; if we have missed anyone we sincerely apologise. We would also like to thank the following for their help, both during the planning process and the event itself:

All the caretakers, booking secretaries and committees of the **checkpoint venues**, who went out of their way to accommodate us even when the shifting HQs left us asking to change the hire hours several times; several of them agreed to waive their usual hire rules in order to allow us to use the buildings at night. In particular, **James Preston** of Birmingham Moseley RFC was unfailingly helpful; we contacted him frequently in the lead-up to the event asking if we could have something or other else, and the answer was almost always yes. There were various other venues which had also been happy to accommodate us, but which we ended up not using due to the route changes.

Birmingham City Council, Worcestershire County Council, the Canal and River Trust, Stratford-upon-Avon District Council, Warwickshire Wildlife Trust, Warwick District Council, the University of Warwick and Coventry City Council gave us permission for the route to use their land.

Local voluntary groups – **Alvechurch Village Society; Redditch, Stratford and Solihull Ramblers; Shakespeare's Avon Way; the Millennium Way; Kenilworth Footpath Preservation Group; A Coventry Way Association;** and the **Heart of England Way Association** – maintain the footpaths in the area. Without their work the route would have been a lot more hazardous: some extremely dodgy stiles were replaced, and overgrown paths cleared, shortly before the event. The **University of Warwick** also repaired a stile on their campus, and the **Canal and River Trust** surfaced a section of the Grand Union Canal towpath which had previously been particularly slippery.

The **local landowners and residents** whom we notified that the event would be passing through were universally supportive of it (if in some cases bemused that anyone could be crazy enough to attempt to walk 100 miles). One even asked if it would be passing his house again next year!

Richard Weremiuk of Track Trail set up the trackers, answered our various queries about them and offered extra services, as well as overseeing proceedings during the weekend itself. The tracking system proved invaluable both in the general running of the event – enabling checkpoint teams to tell in advance when they would be busy – and in locating lost entrants: on the marshals' walk, one who had to retire in between checkpoints was unsure of his location, but his tracker enabled one of the transport team to find him.

No Hundred is organised completely from scratch, but builds on the work of others who have done the job before. Among members of previous organising committees, **Janet Pitt-Lewis, David Morgan, Graham Smith, Michael Headley, Bill Milbourne, Tony Willey, Aaron Hookway, Adrian Gosling and Peter Poppy** were happy to share their acquired wisdom.

On top of his committee role, **Dave Powell** also gave the event free use of his firm's removal vans, along with much of his own equipment.

David Findel-Hawkins, Merrian Lancaster, David and Linda Hood, Kevin Pearson, Keith Warman and Neil Bromley tested out the draft route description and provided feedback which was incorporated into the final version. **Keith** gave further help in the last few days before the event, having identified that there were new roadworks close to the route and checking that they did not block it.

In his role as 100s Recorder, **Keith** supplied data on past 100s which aided us in the planning of the event; notified us of those entrants who would be aiming for awards for 10, 20 or 30 completions; and provided the statistics mentioned in the pre-start speech.

Kevin Pearson also gave us considerable help with mapping and GPX files, and has assembled this report.

The **LDWA IT team** helped set up the website and committee member email addresses.

John Whitworth did the necessary liaison work with local police forces.

As well as his work with the media team over the event itself, **Simon Pipe** put together two excellent preview videos.

The **organisers of the Grand Union Canal Race** worked with us to ensure that entrants on both events were aware that the other was taking place and the two could coexist harmoniously.

Raye Powell is never to be seen at an event itself, but is always heavily involved in the catering preparation – a considerable proportion of what was served at HQ was her creation.

Luton Town FC did us a favour by beating Coventry City in the Championship play-off final, saving entrants from having to battle their way through crowds of celebrating Coventry fans when they reached the city centre on Sunday!

Thanks above all go to the **event committee**. Some members do not appear in the main list because they stood down before the event, but made valuable contributions in the earlier stages: **Robin Richmond** in particular did excellent work as treasurer for most of the duration of the planning process, while **Janet Pitt-Lewis, Dave Pettifer, Julie Welch, David Adams** and **Pam Manning** were also members for part of it. Those who remained to the end weathered the storm of the last few months to ensure everything was ready and the event ran smoothly. The work of some members was obvious to entrants: the route, description of it and the reflective markers which aided night navigation – all universally appreciated – were all down to **Anne Wade** as route co-ordinator, while the efforts of the catering team also met with approval. Other roles are more “behind the scenes”, but no less crucial – entrants might not see the work which goes into co-ordinating transport during the event, but they would certainly notice if there was no food at the checkpoints, or if they had to retire and there was no minibus back to HQ. All of them have poured their heart and soul into the event, and it could not have happened without them.

Michael Jones – EBB 100 - Event Chief Organiser

External Media Coverage

Here are a few local press stories about the event and the people taking part:

Coventry Telegraph - [500 walkers and runners across Coventry and Warwickshire](#)

Fenland Citizen - [March members pushed to the limit with endurance events](#)

Isle of Wight Observer - [Octogenarians finish final 100-mile walk](#)

Photo Acknowledgements

Most of the photographs in this publication are courtesy of the LDWA Media Unit (**David Morgan, Simon Pipe, Matt Parker, Andy Todd**)

We would also like to thank other individuals for allowing their pictures to be used:

[Gloria Francis](#); [Gavin Fuller](#); [Nick Ham](#); [Michael Jones](#); [Claire Maxted](#)

LDWA 100s Co-ordinator Report

An amazing weekend! The sun showed the West Midlands scenery at its best, there were smiles on the faces of my 100 friends.... and a few blisters. I wonder if any of you saw the ghost of my teenage self as you walked past the scenes of my misspent youth in Coventry city centre?

Commiserations to those who didn't finish, but you walked further than most people dream of and you were there, involved in the weekend. Congratulations to those who completed, whether it was their first or 41st - there were some humbling achievements, but all 100s are special.

Obviously the walkers are at the centre of it, but our LDWA 100 is a unique collaboration between entrants, helpers and supporters (those actually present in the flesh and those dot watching at home). I hope that you all have happy memories that override the pain, in the case of the entrants, and the many, many hours of planning, in the case of the organisers and helpers. An enormous thank you to you all.

The inner warm glow should last until it is time to start thinking about the Speyside 100 next year - hope to see you there. (It is just a bit of a shame that Coventry didn't win the play-off final that weekend....)

Sara Dyer – LDWA 100s Co-ordinator



Our mascots were keen to be a part of the action too. Here they are at the Beacon Hill Toposcope

Personal Reflections – Michael Jones

I was 32 when I had the idea for what would become the Elephant, Bear and Bull 100; 37 when the event took place. It has occupied 13.5% of my time on this planet, and it feels like a lot more than that; if I think hard enough I can just about recall a time when my life was not dominated by route checking, answering email queries, preparing papers for committee meetings, and the soul-destroying piles of bureaucracy required to obtain a local council's permission to do anything – but it seems a very long time ago. The event has consumed most of my waking hours for five years, and often haunted my dreams too.

In many ways I was the least qualified person in the LDWA to undertake such a project - although I had marshalled on challenge events before, I had never been involved in organising one; being the lead organiser of a Hundred in a completely new area, and without the involvement of a local group committee which would usually be expected, was probably not the best place to start. On top of that, for most of the process I didn't even live in the region (I did move back closer to the event). All I had in my favour was a bit of experience in organising other events, and a general determination to get things done – particularly if other people thought they couldn't be.

I was lucky to have committee members who were dedicated to the success of the event, and with skill sets which made them perfect for their roles: Anne's intimate knowledge of the area; Dave, Lesley, Jane and Ken's extensive experience of catering on challenge events, Rupert and Madeleine's organisational skills. Between them they had some strong opinions, which were not always the same ones; I had to do my best to resolve any disagreements and get everyone pulling in the same direction – I'll leave it to them to judge how well I succeeded.

For much of the planning process the number of committee members trod the fine line between “just about enough to keep the event on the road” and “definitely not enough”. Some of the vacancies which arose took a considerable time to fill, and in the meantime the workload of the unfilled position had to be assigned to others instead; I had to get involved with just about every aspect of the event at one point or another, including a few tasks that I'd never envisaged might be required – like buying a house number and sticking it to the bridge where walkers had to leave the Grand Union Canal towpath, because the existing number was positioned so as to be invisible to someone approaching it. One awkward moment arose when I was doing something unrelated on a Saturday morning (a rarity in the last few months before the event), before heading off for some path clearance work later: I hadn't been expecting to have my

bag searched, and was forced to explain why it contained a pair of secateurs and a pruning saw. Whoops!

I'll be glad of the newly acquired free time – and will have plenty of things to fill it with, that I haven't done for the last five years – but in a strange way I'm going to miss the EBB: it's been a part of my life for so long that there's a certain sense of loss in seeing it go. I'll still be able to see the mock castle on Beacon Hill from my back garden, but I'll never look at it in quite the same way again.

Michael Jones – EBB 100 - Event Chief Organiser



The special "Power" button at the final checkpoint

ELEPHANT BEAR & BULL 100



100.7 MILES

27TH TO 29TH MAY 2023



Michael Jones

Michael Jones EBB 100 Organiser



THE 50th 100 OF THE LONG DISTANCE WALKERS ASSOCIATION

