



(Newsheet of the Walking Section of Enfield & Haringey AC)

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who apologises for any errors and who welcomes contributions and comments for future issues

Latest League news at <http://enfieldleague.weebly.com>

Top Honour for Bernie

Congratulations to Bernie Hercock upon being elected as President of Enfield & Haringey AC. The *Spotlight on Bernie Hercock* which appeared in the Christmas issue of 2007 is reproduced on page 3.

The photograph was taken in 2012 and shows Bernie with The Mayor of Enfield, Councillor Kate Onolue at the Club's exhibition at Enfield Museum as part of the Borough's Olympic celebrations.

Yes! The runner on the exhibit is indeed a young Bernie Hercock.

Another Title for Gary

EHAC members Gary Smith and Pamela Abbott along with *Leaguers* John Hall, Steve Uttley, Dan Maskell and Maureen Noel competed in the Police & Civil Service championship at Cannon Hill Park, Birmingham on 23rd September. Gary Smith 60.49 won the Police championship, a title he has held before, the last occasion being in 1997, with Dan Maskell 62.36 finishing third, whilst in the CS championships John Hall 57.24 and Steve Uttley 58.59 filled the first and second positions. Among the guests in the race, Mark Culshaw clocked 59.11



The women's race over 5km Pamela Abbott although not in the medals set a pb of 34.45, but Maureen Noel 30.19, collected the silver medal. Race winner was Lynn Bradley (HMRC).

The Civil Service easily won the annual match against the Police for the Ryan Cup. The turnout of 18 men and 11 women was lower than in previous years, due to unforeseen personal injuries, duties preventing attendance and in one instance a major traffic incident on the M25 motorway which held up one athlete (who was not involved), but so much so, had no prospects of reaching the venue in time.

50 Not out for Jon May

On 16th October 1965 at Alperton, London, Jon May our handicapper and *League* compiler, in the colours of Preston Manor Grammar School recorded a top five finish in a Schools league 3 miles promoted by the Metropolitan Walking club. His time was around 25 minutes and he was invited to join the famous club, which he did. The 'Met' with the likes of Don Thompson and Tom Misson dominated the English distance scene, so it was no surprise that Jon had a leaning towards longer events. He did two Manchester to Blackpool walks finishing 3rd in the 1974 race. Jon competed several times in the Southern equivalent, the London to Brighton both being 50 miles plus. His highest position was 7th and he bettered 9 hours for the trip. Jon took part in eight Hastings to Brighton races where again he occupied a top finish in 7th place, was only a minute away from breaking 6 hours for the gruelling 38 miler and he beat the handicapper on no fewer than three occasions. He also competed in the Isle of Man 37.75 miles TT walk. Congratulations Jon!

89h Enfield Open Seven Miles

incorporating VAC & London Business Houses championships

Saturday 14th November 2015 at 1pm

QEII Playing Fields, Donkey Lane, Enfield EN1 3PL

Newcomers Novices 1, 2 or 3miles – Entry FREE and taken on the day

First Five Individual (Women/Men) * First 4 Teams (mixed 4 to score) * 4 Spot Prizes
Bob Clark Young Walker Award * Lol Dordoy Prize

2015 Winners: Grazina Narvilene 59.23 – Dominic King 50.53 – Team (4 to score mixed): Enfield & HAC

See attached Enfield Open 7 Supplement

The warm autumn sunshine created perfect conditions and Fransisco Reis, currently enjoying a rich vein of form led from start to finish. Fabian Deuter was content to be towed along by Malc Martin until the last quarter of the race when he opened up a decisive lead dragging the Surrey man to a 10km and 1 hour pb's. Eight walkers bettered their performances of 2014. Stephen Cartwright qualified for a 5 in the Hour badge

Men

1. Fransisco Reis	(Southern V AC)	11.904	M50
2. Fabian Deuter	(Hillingdon AC)	10.966	M35
3. Malc Martin	(Surrey WC)	*10.945	M55
4. Steve Uttley	(Ilford AC)	10.295	M55
5. John Ralph	(EHAC)	10.259	M55
6. Gary Smith ©	(EHAC)	9.673	M55
7. Amos Seddon	(EHAC)	9.527	M70
8. Arthur Thomson	(EHAC)	9.489	M75
9. Ken Bobbett	(Hillingdon AC)	9.418	M70
10. Dave Kates ©	(Ilford AC)	9.131	M 65
11. Michael Harran	(Surrey WC)	9.117	M75
12. John Borgars	(Loughton AC)	9.099	M65
13. Sean Pender ©	(EHAC)	8.907	M60
14. Russell Vroobel	(Hillingdon AC)	8.705	M55
15. Stephen Cartwright	(Colchester)	8.614	M55
16. Malcolm Smith	(unattached)	8.331	M65
17. David Hoben	(Surrey WC)	8.214	M60
18. Jon May	(EHAC)	7.822	M60
19. Dave Ainsworth ©	(Ilford AC)	7.693	M65
20. Ken Livermore ©	(EHAC)	6.773	M80
21. Bernie Hercock	(EHAC)	6.773	M80

women

1. Maureen Noel	(Belgrave H)	9.704	w50
2. Helen Middleton	(EHAC)	9.526	w50
3. Anne Jones	(Steyning AC)	9.104	w60
4. Angela Martin	(Surrey WC)	*9.045	w50
5. Jo Miles	(Hillingdon AC)*	8.574	w55

© = Centurion * = personal best

Mile/Km conversions

1mile/1,609 - 2miles/3,218 - 3miles/4,828 - 4miles/6,477
5miles/8,045 - 6miles/9,656 - 7miles/11,265 - 8miles/12,872

Judges:

Peter Cassidy, M.Croft (Chief) Pauline Wilson

Timekeeper/Recorders:

Phil Welch, Pam Ficken, John Hall,
Trevor Jones Carl Lawton

Refreshments:

Margaret Livermore, Joan Wallwork

League tables after Nine Fixtures With two fixtures remaining, EHAC and Hillingdon AC look secure and there is a real tussle developing for the third place. There is still plenty to play for in the individual league with some walkers having races in hand. To date 43 women and 78 men representing 34 clubs have participated in this year's competition and have registered 345 performances

Ladies

1. 549/9	Helen Middleton
2. 445/7	Maureen Noel
3. 404/8	Jo Miles
4. 217/4	Lynn Jones
5. 214/4	Angela Martin
	214/5 Jenny Middleton
7. 213/4	Anne Jones
8. 211/4	Fiona Bishop
9. 207/3	Grazina Narviliene
10. 141/3	Diana Braverman

Men

1. 600/9	John Ralph	11. 365/7	Brian Bogenpoel
2. 571/8	Fabian Deuter	365/6	Mark Culshaw
3. 427/7	Dan Maskell	13. 364/6	Andrew Cox
4. 419/6	Steve Allen	14. 354/9	Dave Ainsworth©
5. 415/7	Arthur Thomson	15. 333/8	Jon May
6. 401/6	John Hall	16. 330/7	David Hoben
7. 390/6	Gary Smith ©	17. 326/6	Sean Pender ©
8. 371/6	Ken Bobbett	18. 306/6	Russell Vroobel
	371/6 Amos Seddon	19. 299/5	Shaun Lightman
10. 367/5	Fransisco Reis	20. 291/6	Ron Powell

Team

1. EHAC	2662	600 Ralph, 549 Middleton, 415 Thomson, 390 Smith, 371 Seddon, 333May
2. Hillingdon AC	2230	571 Deuter, 404 Miles, 371 Bobbett, 364 Cox, 306 Vroobel, 214 Middleton
3. Surrey WC	1754	427 Maskell, 330 Hoben, 299 Lightman, 272 Harran, 214 MartinA, 212 MartinM
4. Ilford AC	1748	365 Boggenpoel, 354 Ainsworth, 288 Kates, 280 Uttley, 248 Bennett, 213 Barnbrook
5. EHAC 'B'	1425	326 Pender, 291 Powell, 288 Hercock, 217 Jones, 159 Wilkinson, 144 Livermore
6. Belgrave H	1418	445 Noel, 401 Hall, 365 Culshaw, 207 Narviliene
7. Steyning AC	928	223 Penfold, 213 JonesA, 141 Stevens, 134 JonesT, 133 Ball, 84 Hales
8. Surrey WC 'B'	526	171 Flint, 115 Hannell, 154 Crane, 118 Crilley, 44 Campbell, 43 Delaney

Good conditions and some great racing with 21 of the 33 walkers finishing within a two minute period. Well done handicapper Jon May. *League* points are allocated on the scratch result.

Handicap Result	<i>H'cap</i>	Scratch Result
1. Dave Ainsworth(c)	00.00 65.27	1. Fransisco Reis (Southern VAC) 38.50 M55
2. Fabian Deuter	25.00 65.52	2. Fabian Deuter (Hillingdon AC) 40.52 M35
3. David Crane	25.00 66.17	3. David Crane (Surrey WC) 41.17 M35
4. Gary Smith (c)	18.15 66.20	4. Steve Uttley (Ilford AC) 45.37 M55
5. Helen Middleton	17.40 66.33 L1	5. John Ralph (Enfield HAC) 46.41 M55
6. Fransisco Reis	27.45 66.35	6. John Hall (Belgrave H) 46.58 M60
7. Peter Hannell	13.30 66.53	7. Mark Culshaw (Belgrave H) 47.45 M45
8. Ken Bobbett	16.40 66.56	8. Gary Smith (c) (Enfield HAC) 48.05 M55
9. Brian Bogenpoel	14.00 66.58	9. Helen Middleton (Enfield HAC) 48.53 w50 L1
10. Lynn Jones	14.20 67.00 L2	10. Maureen Noel (Belgrave H) 49.33 w50 L2
11. Shaun Lightman	16.20 67.18	11. Ken Bobbett (Hillingdon AC) 50.16 M70
12. Steve Uttley	21.45 67.22	12. Dan Maskell (Surrey WC) 50.40 M65
13. Fiona Bishop	13.45 67.25 L3	13. Shaun Lightman (Surrey WC) 50.58 M70
14. Mark Culshaw	19.45 67.30	14. Noel Blatchford (Abingdon) 51.36 w65 L3
15. David Kates (c)	15.45 67.36	15. Ron Penfold (Steyning AC) 51.41 M70
16. Noel Blatchford	16.00 67.36 L4	16. David Kates (c) (Ilford AC) 51.51 M65
17. Anne Jones	15.20 67.38 L5	17. Arthur Thomson (Enfield H AC) 52.04 M75
18. Sue Clements (c)	8.30 67.44 L6	18. Anne Jones (Steyning AC) 52.18 w55 L4
19. Jo Miles	13.00 67.47 L7	19. Sean Pender (c) (Enfield HAC) 52.35 M60
20. Ron Penfold	16.00 67.47	20. Lynn Jones (Enfield HAC) 52.40 w50 L5
21. John Ralph	21.15 67.56	John Borgars (Loughton AC) 52.40 M65
22. Sean Pender (c)	15.30 68.05	22. Brian Bogenpoel (Ilford AC) 52.58 M55
23. Maureen Noel	18.45 68.18 L8	23. Peter Hannell (Surrey WC) 53.23 M70
24. Jon May	9.00 68.56	24. Fiona Bishop (Woking AC) 53.40 w55 L6
25. John Hall	22.00 68.58	25. Michael Harran (Surrey WC) 53.42 M75
26. Dan Maskell	18.20 69.00	26. Jo Miles (Hillingdon AC) 54.47 w55 L7
27. Michael Harran	15.20 69.02	27. Russell Vroobel (Hillingdon AC) 56.40 M55
28. Arthur Thomson	17.00 69.04	28. David Delaney (Surrey WC) 56.45 M70
29. Russell Vroobel	13.00 69.40	29. David Hoben (Surrey WC) 58.18 M60
30. John Borgars	17.45 70.25	30. Sue Clements (c) (Cams & Col) 59.14 w60 L8
31. Jenny Middleton	10.00 70.27 L9	31. Jon May (Enfield H AC) 59.56 M60
32. Dave Hoben	13.00 71.10	32. Jenny Middleton (Hillingdon AC) 60.27 w45 L9
33. David Delaney	23.30 80.15	33. Dave Ainsworth (c) (Ilford AC) 65.27 M65

(c) = Centurion * = Pb

2.5 Mile

1. George Wilkinson	(Enfield HAC) 27.37 u15
2. Tony Wilkinson	(Moulton) 28.52 M50
3. Dave Stevens	(Steyning AC) 29.54 M75
4. Bernie Hercock	(Enfield HAC) 39.01 M75

Dave Ainsworth (centre) flanked (R) by Fabian Deuter, Sean Pender (who presented the awards) and David Crane and Helen Middleton (fastest lady)



Judges: Suzanne Beardsmore©, Peter Cassidy,

Michael Croft Pauline Wilson©

Timekeeper/Recorders: Phil Welch, Pam icken©, Carl Lawton©

Course/Marshalls: Peter Crane, Trevor Jones, Ken Livermore©, Ron Powell, Peter Ryan©

Dom King goes sub 4 hours

In the German championships held in Andernach on the same day as the yacht handicap, Centurion and Moulton Five winner Dominic King became the fourth UK walker to go under four hours for 50km. His time of 3.59.22 placed him third on the all-time list behind Chris Maddocks and Les Morton and was comfortably inside the Rio Olympics qualifying time of 4.02.00. From everyone connected with ERWL, Congratulations Dominic!

Spotlight on Bernie Hercock winner of the 2007 Ken Easlea Cup

Born 29th October 1936, Bernie started running when he was at school and joined Ponders End AC on 13th May 1953 as a sprinter and won the junior 100yards and placed third in the junior 220 and junior discus. In 1965 the club amalgamated with Enfield AC to form Borough of Enfield Harriers and twenty-four years later with Haringey to become Enfield & Haringey AC.

It was during his national service that Bernie switched from sprinting to longer distances representing his battalion at cross country running and track events over 880 yards. Bernie's first road race was the 1959, Westerham 10 miles in which he clocked 58.10 and following a two year apprenticeship at the road running game he bettered two hours, 1.59.30 over twenty miles when tackling Hayes, Kent open in 1962. In the same year he decided to have a go at the marathon, choosing the famous Poly Windsor to Chiswick event to make his debut. He recalls the thrill that the race was started by HM The Queen and Duke of Edinburgh in the private grounds of the castle. His time was 2.56.22.

After his flirt with the longer distances he concentrated on road and country, his real passion being road relays like the Leyton-Southend, London –Brighton and Bristol – Weston. Over the ensuing decade and a half, he got so wrapped up in his running that he found himself training six days a week, clocking up in excess of one hundred miles. All this hard work along with Bernie's obvious talent produced an impressive list of pb's: 5 miles 24.56, 6 miles 28.59, 10 miles 53.08, 20 miles 1.50.50, half marathon 71.21, 25km 1.26.31 and 2.26.31 in the Manchester Maxol marathon. In addition he won club track championships completed several of the Orion 15 miles cross country races where his best performance was third place, did the occasional longer event and even the Woodford – Southend 38 mile ultra-classic in 4.14.11.

In the late seventies and early eighties with work and home commitments increasing and three accidents it was inevitable that his running career would taper off. He was knocked down by a car whilst training and although unconscious for several hours, was fortunate to get away with just severe bruising. Although he made a good recovery, he was never quite the same and gave up marathon running in 1983 when he finished outside 3 hours in the London race. He continued running regularly although the effects of back and hand injuries coupled with the *anno domini* factor, he reached the point where running was painful, even though he had cut down drastically the distances and frequency of his training.

Watching an *Enfield League* fixture reminded him of a four race affair he had had with race walking in his early twenties and after helping at subsequent races, decided on 9th October 2004 to turn out and have a go. The distance was just 5km which he found wasn't too painful and so a month later did the open seven. Since then he has become a regular, this year turning out to represent the club on a staggering forty-five occasions at distances from 2km to 50km. Bernie says that he is grateful to all the *League* people whose encouragement, advice and support has enabled him not only to pick up his athletic career, but look forward to continuing it. However, I know from personal experience that he is also a tireless behind the scenes worker for the club and the *League* and that those same people are grateful to him for his contribution to the *League's* success.

In more recent times, Bernie has had some serious health problems, but has overcome them and the tenacity that has enabled this is demonstrated by his determination to keep taking part and having his name in the ERWL results lists.

Mixed Fortunes for the Wilkinson's

Callum Wilkinson had hoped to end his 2015 campaign with the retention of his English Schools senior boys 5km walk title at the championships at Bedford on 19th September. However, it was not to be! The seven months of top class competition finally took its toll and he withdrew from the race shortly after the 3km mark.

Earlier in the day younger brother George narrowly missed a medal in the junior boys 3km walk, but had the satisfaction of setting a pb of 20.37.57

Callum was philosophical about the outcome of this race as well he might, after an exceptional year in which he competed on 19 occasions, winning ten times, including two under 20 national titles. Among the races he didn't win were podium finishes in three national senior championships and a top eight finish in the European junior championships, not to mention three national junior records. All in all, a significant step forward for the young Suffolk race walker.

Results Round up

The ***Jim Sharlott*** open 10km staged by Leicester WC at the Abbey Park on 6th September also incorporated the **BMAF 10km** road championships. Francisco Reis (M55) 49.07 was an easy winner of the race and his age group championship. John Hall (M65) 56.33 was 3rd overall and 2nd in his age category. Arthur Thomson (M75) 62.29, Shaun Lightman (M70) 64.21 and Maureen Noel (W50) triumphed in their respective age groups and Mark Culshaw (M45) was runner up in his. Seventeen men and four women participated.

It was a smaller field; seven men and three women who assembled one week later in Birmingham to contest the other **BMAF 10km championship**, this time on the track. Arthur Thomson 64.17, John Hall 56.51 and Fransisco 49.14 collected their respective gold medals, the latter being by far the quickest in the race. Steve Allen (M55) 56.45 who hadn't competed at Abbey Park, was second in the race and in his age group and Maureen Noel 67.04 was 3rd in hers. A disappointed Ron Powell got the red disk late on in the race.

In what must be the lowest turnout ever for the **SWC Gazette 4 miles** at Addiscombe on 27th September, Mark Easton won the event for the 16th time in 18 years in a time of 33.34. David Crane was second in 33.59 and Dan Maskell third in 41.32. Micky Harran (who had walked the previous day at Hemel Hempstead) 43.27, Geraldine Legon 43.53 and Peter Hannell 43.59 were the other competitors.

The British Athletics and the Race Walking Association Festival of Walking took place at Hillingdon on 5th October, with **A & B 50km championships** supported by races of varying distances. There were only four finishers (12 started) in the men's 50km championships all of whom had elected to contest the RWA cat B championship. Adrian Edwards was the winner in 5.39.26, Colin Vesty (Leics WC) 5.57.19 was second, followed by David Crompton 6.04.34 and Roy Gunnett 6.07.44. The winner and latter two were all of Lancashire WC and therefore took the team title. Sean Pender, Fransisco Reis and John Borgars were among the five that DNF'd and Steve Allen among the three who collected 3 red cards.

Maureen Noel won her eighth national 50km title in a time of 5.55.00 walking 6 minutes faster than in 2014. In the supporting 20km race Malc Martin set a pb of 1.55.46 and finished runner-up, whilst wife Angela 2.22.53 finished 7th in the ladies race which was won by Jo Atkinson in 93.43. EHAC's recent addition to its ranks Lynn Jones clocked 71.03 in the 10km event.

Forty-seven walkers were in action at Sutcliffe Park, London on 17th October for the **Cambridge Harriers Open Walks** which incorporated the England vs Ireland Junior match for the **Nihill Shield**. Luc Legon 50.41 was first in the 10km with Irishman Joe Mooney just over 20 seconds adrift and Emma Achurch 52.41 the next to finish. *Leaguers* also in action were Shaun Lightman 63.34, Paul King 69.04, Anne Jones 65.24, Angela Martin 67.05 and Geraldine Legon 72.13. There was plenty of talent on show from the 27 under 17's who took part at varying distances, none more so than an impressive 5km victory from Chris Snook in 23.25. It was a pity that Paul Nihill wasn't able to be there to present the Shield to the English walkers who scored a convincing win.

Ian Richards 50.17 won the **Steining Open Country 10km walk** on 24th October 46 seconds faster than the previous year. Making it a clean sweep for the promoting club he was followed home by Sophie Hales (*Enfield 7 winner 10 years ago*) 53.14 and Jim Ball 57.23. Dan Maskell 63.58, Shaun Lightman 65.39, Anne Jones 65.41, Sean Pender 66.02, Micky Harran 66.37, Fiona Bishop 66.51, Jo Miles 69.45 and David Hoben 72.20 were among the 17 starters.

Pamela Abbott's 100 Park Run (Walk) An impressive array of race walkers from near and far turned out to walk (and in one case run) at the Cambridge parkrun on 3rd October to celebrate Pamela Abbott's 100th parkrun. Callum Wilkinson home from university in Leeds to receive an award the night before, not wishing to risk injury by walking on the rather uneven surface did the run and finished in an impressive second place overall.

Richard McChesney just back from setting a new NZ record for race walking 205km in 28 hrs, walked his 273rd parkrun in his 101st different park. John Borgars and John Hall gave a fine demonstration of race walking and finished in the middle of the field of runners. Mark Culshaw alternated between speeding ahead and lying in wait so that he could capture in photos and video the slower gang of walkers keeping Pamela company.

Cambridge race walkers Sue Clements, Joyce Crawford, Sheena Almqvist, Mike Horscroft and Kay White were joined by around 10 park-runners trying race walking for the first time. Ron Wallwork cheered everyone on from the side-lines and his Commonwealth medal earned him a shout out from the run director in the pre run briefing. Afterwards much cake was eaten and a fun time had by all.



L to R: John Hall, Richard McChesney, Mark Culshaw, Pamela Abbott, Sue Clements and Joyce Crawford.

The final ERWL fixture of 2015 is

1pm on Saturday 29th November 2014

The HILLINGDON OPEN 10km - Hayes Cycle Circuit, HILLINGDON, UB4 0LP

RWA Southern Area AGM

Your chance to have a say, and to elect those you wish to take our sport forward over the coming year.

It's on **Monday 9th November (7.15pm)**
at the Civil Service Club, 13-15 Great Scotland Yard, **SW1A 2HJ**.

It's open to all walkers in the South. Nearest Tube Stations : Embankment & Charing Cross. Nearest BR Station; Charing Cross. Great Scotland Yard is a short road running from Whitehall (Trafalgar Square End) to Northumberland Avenue.

The Civil Service Club offers reasonably priced meals/drinks if you come early. The AGM is at 7.15pm - There's a Southern Area Committee meeting from 6.30pm-to-7.15pm, at which AGM attenders are welcome to enter the Committee Room to observe how your Committee conducts its business.