



Bernie Hercock RIP

The ERWL and Enfield & Haringey AC lost a great supporter and servant when Bernie Hercock passed away on 25th February. Bernie's funeral will take place at 11.30am on 21st March at The Enfield Crematorium. A tribute to Bernie appears on page 3.

Weathered Off Unfortunately, the adverse weather conditions resulted in the third race of the 2018 series being called off. The next League fixture is the Cecil Gittins Memorial meeting at Gravesend on 14th April. It is too early to start making predictions, but currently the table stand as follows:

2018 League Tables after two fixtures

Ladies

1. 127/2 Helen Middleton
2. 124/2 Melanie Peddle
3. 109/2 Fiona Bishop
4. 102/2 Janice Bentley/Pearson
5. 100/2 Maddy Shott
6. 87/2 Anne Scurfield
7. 85/2 Leslie Morris
8. 83/2 Rachel Lawless
9. 83/2 Kathy Crilley ©
10. 59/1 Maureen Noel

Men

1. 139/2 David Crane
2. 136/2 George Wilkinson YAG
3. 132/2 Graham Chapman
4. 121/2 Stuart Bennett ©
5. 119/2 John Ralph
6. 115/2 David Kates ©
7. 113/2 Gary Smith ©
8. 107/2 Andrew Cox
9. 99/2 Arthur Thomson
10. 87/2 Peter Cassidy
11. 85/2 Tony Wilkinson
12. 80/2 Dave Ainsworth©
13. 70/1 Dave Annetts
14. 68/1 Ian Richards ©
15. 67/1 Malcolm Martin
16. 66/1 Sebastian Parris
17. 66/1 Martin Fisher ©
18. 63/1 Mark Culshaw
19. 61/1 John Hall
20. 61/1 Steve Allen

Team Table

- | | | |
|------------------|------------|--|
| 1. EHAC | 643 | 136 Wilkinson, 127 Middleton, 119 Ralph, 113 Smith, 99 Thomson, 49 Braverman |
| 2. Ilford AC' | 593 | 121 Bennett, 115 Kates, 102 B-Pearson, 87 Scurfield, 85 Morris, 83 Lawless |
| 3. Surrey WC | 442 | 139 Crane, 83 Crilley, 67MartinM, 53 Flint, 52 Lightman, 48Hoben |
| 4. Ilford AC 'B' | 332 | 80 Ainsworth, 66 Parris, 63 Culshaw, 46 Shurlock, 40 Barnbrook, 37 Trotter |
| 5. Belgrave H | 269 | 100 Shott, 61Hall, 59 Noel, 49 King |
| 6. Loughton AC | 266 | 124 Peddle, 55 Borgars, 87 Cassidy |

I'm sure that all connected with the ERWL would want to join me in Congratulating Margaret and Ken Livermore who on 22nd March will celebrate their Diamond Wedding Anniversary.

I'm also sure that the same people will want to wish Leaguer Callum Wilkinson and fellow England walkers Tom Bosworth, Emma Bridge, Welsh representatives Bethan Davies and Heather Lewis and Erika Kelly of the Isle of Man, every success in their Commonwealth Games endeavours on 8th April in Brisbane, Australia.

The 2018 ERWL April fixtures *Always check the enfieldleague.weebly.com website for last minute changes*

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14 th April	1pm	10km	Cecil Gittins Meeting (ERWL race 4 at Gravesend Cycle track 5/15km + Young age groups and Newcomer distances)
28 th April	11.30am	5 /3/1kms	London Inter-Clubs Challenge at Allianz Park 1km Young age groups and Newcomers

PLEASE NOTE

London Inter-Club Challenge. Because of the pressure on track time, there will be three distances: 5km with a time limit of 40 minutes. Almost every walker will know whether this standard is personally attainable, it equates to 23.00 for 3km). For walkers unable to attain this standard, times at 1km and 3km will be recorded and League points awarded.

In spring-like conditions three dozen walkers turned out for this the second fixture of 2018. David Crane and George Wilkinson were soon opening a gap between themselves and the rest of the field, but the young Enfield athlete soon had to give ground to the Surrey man, who by the two mile marker had edged clear. Helen Middleton and Melanie Peddle continued their rivalry: in the first race Helen had a 24 second cushion and on this occasion it was only 14. Meanwhile, there was another tussle involving Stuart Bennett, John Ralph and Steve Allen, whilst the Ilford ladies in their second League race showed improvement. Clare Parkinson in her debut walking race displayed promise and was one of three to better the hour for the first time.

It was pleasing to see two Leaguers; Diana Braverman and Brian Boggenpoel, who for various reasons have been absent from the scene for a number of years.

Men

© = Centurion - *=pb

Women

5 miles

1. David Crane	(Surrey WC)	40.12	M40
2. George Wilkinson	(Enfield HAC)	*41.58	U17
3. Graham Chapman	(Headington RR)	45.09	M60
4. Martin Malcolm	(Surrey WC)	46.00	M60
5. Martin Fisher	(Redcar RWC)	47.15	M55
6. Stuart Bennett ©	(Ilford AC)	51.16	M55
7. John Ralph	(Enfield HAC)	51.20	M60
8. Steve Allen	(Barnet & DAC)	51.31	M60
9. Gary Smith ©	(Enfield HAC)	51.53	M60
10. David Kates ©	(Ilford AC)	52.14	M65
11. Andrew Cox	(Hillingdon AC)	53.53	M65
12. Chris Flint ©	(Surrey WC)	55.32	M70
13. Arthur Thomson	(Enfield HAC)	55.33	M80.
14. David Hoben	(Surrey WC)	58.41	M65
15. Tony Wilkinson	(unattached)	59.03	M55
16. Peter Cassidy	(Loughton AC)	60.30	M75
4 miles Dave Ainsworth ©	(Ilford AC)	57.30	M65
3 miles Ken Livermore ©	(Enfield HAC)	42.45	M85
1 mile Ken Bobbett	(Hillingdon AC)	10.40	M70

5 miles

1. Helen Middleton	(Enfield HAC)	48.18	w55
2. Melanie Peddle	(Loughton AC)	*48.32	w45
3. Fiona Bishop	(Woking AC)	53.37	w55
4. Noel Blatchford	(Abingdon AC)	54.19	w70
5. Clare Parkinson	(unattached)	*55.18	w60
6. Jan Bentey-Pearson	(Ilford AC)	*55.29	w55
7. Jo Miles	(Hillingdon AC)	57.09	w60
8. Geraldine Legon	(Bexley)	57.50	w55
9. Diana Braverman	(Enfield HAC)	58.00	w65
10. Kim Howard ©	(unattached)	59.08	w60
11. Anne Scurfield	(Ilford AC)	59.36	w60
12. Lesley Morris	(Ilford AC)	59.37	w55
13. Sue Clements ©	(Cambs/Col)	61.26	w60
4 miles Rachel Lawless	(Ilford AC)	47.32	w55
3 miles Kathy Crilley	(Surrey WC)	38.50	w70
2 miles Angela Martin	(Surrey WC)	23.04	w50
Maddy Shott	(Brelgrave H)		retired SW

There was a start-line period of applause in memory of Russell Vroobel, who passed away quite suddenly on Sunday 28th January this year.

Judges: Ray Pearce, Michael Croft, John Hall, Ron Wallwork, Pauline Wilson© - *Judges Runner:* Barbara Ralph

Recorders: Phil Welch, Pam Ficken©, Carl Lawton©, Daniel Spinks

Registration/Results: Margaret Livermore, Linda Spinks

Marshalls: Event Organiser: R.Wallwork©



Leaguer's in Action (Club name/L) = ERW Leaguer – if no club indicated the athlete is EHAC))

A little belated January performance was that of Sean Pender 2.08.45, who finished 4th as a guest in the **Leicester WC's 10 mile championship** on 14th January. The race winner was Hardeep Minhas in 99.55.

The day after the second League race (18th February) six athletes contested the **SCVAC/VAC indoor championships** over 3km. M50 David Annettes (North Herts) 14.44 was a clear winner ahead of M60 Malcolm Martin (SWC/L) 16.37 who got the better of a close encounter with M65 John Hall (BelgraveH/L) 16.39 and the other *Leaguer* in the race M75 Peter Hannell (SWC/L) clocked 22.24. Malcolm, John and Peter all won their respective age categories.

Bernie Hercock RIP

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. After that he had the walking bug and in 2009 turned out to represent the club on a staggering forty-five occasions at distances from 2km to 50km.

He turned out regularly until the 89th Enfield Open in 2015, which was amazing in view of the fact that he had a cardiac arrest in May 2010 at the end of a Southern Vets 2km at LVAC, where fortunately, two of his fellow competitors were GP's and probably saved his life and he was diagnosed with cancer three years later.

He often told me, that he felt so grateful to all the *League* people whose encouragement, advice and support enabled him to pick up his athletics career for a spell and later on, help him through the dark days.

He was also a tireless behind the scenes worker for the club and the *League* and in recent year his generosity has been immense; the success of the 90th Enfield Open and re-union and the 2012 and 2017 Friendship Walks, just three of many instances where his input was the key factor in their success.

As a fellow athlete, official and friend he will be sorely missed.

Condolences to sons Bernie and Steve, grandsons Daniel and Michael, great grandson Ethan, daughter in laws Sarah and Cat and his sister Audrey.

Ron Wallwork

The photograph was taken in 2012 and shows Bernie with the then Mayor of Enfield, Councillor Kate Onolue at the Club's exhibition at Enfield Museum as part of the Borough's Olympic celebrations. And yes, that is Bernie on the poster behind.



Tributes to Bernie

I'm so very sorry to hear that.

Thanks for letting me know. I was very fond of Bernie and have happy memories of racing against him.

I'd be grateful for the funeral details when they are available

Norma Grimsey

I'm very sorry to hear this; Bernie was a lovely gentle man with a quiet enthusiasm for walking and always an encouraging word for everyone. He will be sorely missed.

Pamela Abbott

That is very sad news indeed to learn of Bernie Hercock's passing. May he rest in peace.

He was a very friendly man whom I got to know through Race Walking Events and in conversations with him, his passion for the sport.

He will be sadly missed.

Glyn Jones.

Sorry to hear of Bernie's passing.

He had gallantly battled his illness over the last couple of years and will be missed by many of us.

I will endeavour to attend the funeral.

In sympathy –

Carl Lawton © on behalf of Belgrave.

Thank you for informing me about Bernie so very sad to hear. I would like to pay my respects so do let me know when his funeral is.

Angie Underdown ©

Thanks for information Ron. He fought hard. I took him up to hospital in London a couple of times and occasionally saw him locally when he was out walking to keep himself as fit as possible.

John Hall

That's very sad news. I always admired Bernie's determination not to give up, even when he was down to doing one lap at Donkey Lane or Lee Valley very slowly. He always seemed pleased to get along to your events and see his walking friends. We'll miss his cheerful presence.

Peter Cassidy.

Thank you for letting me know. It is a sad day. Bernie was a lovely generous man who will be missed

Helen Middleton

I am very sad that Bernie has died. He was a lovely man, we always exchanged some friendly, supportive words and I shall miss him at Enfield

Sue Clements ©

Thank you, Ron. Very sorry to hear this as Bernie was a lovely man. Condolences to his family.

Cath Duhig ©

I was so sorry to hear about Bernie. He fought his illness so bravely.

Pam Ficken ©

That's very sad news, Ron. My condolences to his family. Please keep me informed of his funeral arrangements.

Mark Culshaw

That is so sad. Bernie was such a lovely man. The last time I saw him was at Moulton when Sarnia came over.

Jayne LeNoury

I'm really sorry to hear that, this is very sad news. He was an incredible marathon runner. I'm really pleased he was honoured with the role of Enfield president. I will miss his company and the conversations we had.

Dave Hoben

I am very sorry to hear than Ron, RIP Bernie.

Steve Whelan

A real gentleman and he bore his illness with dignity and it is very sad but probably a relief. RIP,

Chris Flint ©

Bernie was a great supporter of race walking and turned up at the Enfield races when he was obviously so unwell. He was a good kind man and will be missed by all who knew him.

Kathy Crilley ©

Leaguer's in Action *continued*

Callum Wilkinson (EHAC) put the disappointment of a dq in the national indoor championships at Birmingham on 18th February quickly aside a week later, when in the **Glasgow International** indoor meeting he added yet another national u23 record to his tally. It was his own indoor 3km time which he shaved by more than 20 seconds when clocking 10.52.77 in second place behind Tom Bosworth (Tonbridge AC) who set a world best 10.30.28.

The **Masters Indoor Inter-Area** match was staged at LVAC on 4th March over 2km. At press time I hadn't got the full result, but I know that Malcolm Martin (Surrey WC/L) 10.39 won a closely fought race with Chris Hobbs (Ashford AC) and that Angela Martin (Surrey WC/L) clocked 14.02.

Dear BMAF Walkers/Supporters

Be sure to support the BMAF championships listed below. Here is the link to the relevant bit of the website for entries: <http://bmaf.org.uk/fixtures/#Nat>

- Sunday 3rd June - 10,000m track walk, Horspath, Oxford
- Sunday 17th June - 5k road at Horwich
- Saturday 30th June - 10k road at Leicester (Jim Sharlott meeting)
- 20k road - yet to be agreed: possibly July, Coventry

As I have been assisting Ian Richards with BMAF championships for some time, since standing down from the Executive, I propose to give up this role no later than the AGM in August. If you are interested in taking this on, please me or Ian know. I would be pleased to explain the role to anyone who is interested.

Best wishes – John Hall. 020 8292 3627

Veterans Athletic Club

Cecil Gittins Memorial Meeting Incorporating The Enfield League *RWA Race Permit No. RWA8038-1;*
www.vetsac.org.uk

Accurately measured course Rules: Judging based on no loss of contact with ground (Category 'B') Course 2.5k/5k/10k/15k mile road race on cycle track adjacent to A2 near Gravesend Race HQ: Cyclopark, The Tollgate, Watling Street, Gravesend, Kent, DA11 7NP Facilities: Café, changing, toilets and showers. Parking: £1 per car Entry Fees:

In advance preferred: Seniors, U20 and over £5; Juniors U17 and under £2.50 Entries before 12:30 on day an additional £2. Entries in advance would count as cheque or SMS or e-mail received by 17:30 Friday 13 April By post to: David Hoben, 215 Turnpike Link, Croydon CR0 5NW. Cheques payable to 'Veterans AC'.

Numbers: Race numbers can be collected at Registration on race day between 12:00 and 12:45pm. The Enfield League will be over a distance of 10k, those proceeding to 15k will have a 10k time recorded additionally, all entrants competing 10k and over are automatically enrolled in the Enfield League Enquiries: To David Hoben, walks@vetsac.org.uk or 07507158605

ENTRY FORM: PLEASE PRINT DETAILS

Surname: Forename: Male: ... Female:

Age (on race day): Date of Birth: Club/Team:

..... Address:

Town: Postcode: Tel no.:

..... Email address: Or mobile phone no

I declare that I will abide by the rules of UK Athletics rules and of the Event. I understand that I participate in this event at my own risk and that the organisers and officials will not be responsible for any accident injury, loss or damage sustained by me prior to, during or after the event. I agree that my personal details can be used only to contact me in relation to activities organised by Veterans AC and will not be passed to any third party, that audio device headphones must not be used, and dogs are not permitted in the race.

Signed: Date: Race no. (office use only).....
(Parent or guardian if under 18 years of age)