

Enfield Walker

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 01638 751869/randjwallwork@btinternet.com

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

May 2010
No Four

Bernie Hercock Bulletin

Following the completion of the Southern Vets League 2km at LVAC on Monday 10th May, to the horror of his fellow competitors Bernie Hercock collapsed with a cardiac arrest. The worst was feared, but fortunately medically qualified people were on hand and thanks to their efforts, he was breathing again by the time the paramedics arrived. He was transferred to North Middlesex Hospital by which time he was sufficiently recovered to speak.

Bernie's son (also called Bernie) has told me that the following day he was transferred to the London Heart Hospital and underwent tests and was sat up and quite chirpy when he visited him that evening. A decision about the necessity for a heart by-pass will be made when all the tests are analyzed.

He is in the Ward ACW, 2nd floor, London Heart Hospital, 16 Westmoorland Street, London W1.
His home address is 29 Albany Park Avenue, Enfield, Middlesex, EN3 5NT

The much liked and respected Bernie, a relative newcomer to race walking after a successful running career makes a massive contribution to the success of the *League* and I know that the legion of friends that he has in athletics will all be wishing him a speedy and full recovery.

I understand that EHAC web-master Geoffrey Harrold also suffered a cardiac arrest at LVAC only a week or so before Bernie. Geoff is making progress albeit slow, but I know that the walkers will join the rest of the club and his friends in wishing him too, a full recovery

Seven Days four events three pb's for Helen Helen Middleton set a pb for 20km in the national 20km championships on Sunday 11th April. Three days later she was in action again, this time it was over five miles in the VAC's midweek fixture at Battersea Park, where she was the first lady to finish in 45.30.

The following day she took part in a 5km swimathon. Many will know that Helen's main event used to be swimming, and to be told by a coach upon arrival at the pool "that she didn't look like a swimmer anymore", was a red rag to a bull and all the motivation she needed. She was timed at 1.26.40 which was a pb.

At the Don Valley Stadium on 17th April she won the Jeff Ford Ladies 10km in 54.41 for her third pb of a remarkable week.

EHAC Walkers in the County Championships The ladies collected two titles and along with them two pb's and two championship records; Helen Middleton the **Bedfordshire** in 16.18 and the club's latest recruit to race walking Angie Alstrachen, in her debut race won the **Suffolk** 3km in 20.12. There were second place medals for Norma Grimsey 20.12 in the **Middlesex**, Serena Queeney 21.15 in the **Suffolk** and Arthur Thomson 16.14 in the **Hertfordshire**. In the Middlesex race Sean Pender finished fourth in 17.41, Ron Powell fifth in 18.58 and Bernie Hercock sixth in 21.07.

Angie Alstrachen



More about County Championships – a Bright Future for Kent

With thirteen starters the Kent 3km championship was by far the largest of the southern championship fields. However, for me, the most relevant fact was that all but three of them were under twenty-one in stark contrast to all the other championships and gave a clear demonstration that race walking can be a young persons discipline. The standard too was first class as shown by Tom Bosworth's (20) 11.46 by far the fastest in the south, Jonathan Hobbs' (16) 14.26 and Liam Baldwin's (18) 14.37 efforts. Not to be outdone Kate Funnell (15) clocked a pb of 15.09 to get the better of Diane Bradley by two seconds, whilst Emily Symons (16) also pb'd with 15.43 as did Becky Collins (18) with 15.59. The times of the other youngsters were quite good too. Well done! to all involved with the flourishing Kent race walking set up.

The next *League* Fixture is on **Saturday 22nd May** at Lee Valley Athletic Centre
Hour Badge Meeting

Entries (because of track time) **no later than Monday 17th May**

To Ron Wallwork, Woodview, 35A Newmarket Road, Moulton Suffolk, CB8 8QP

Race Walking

2010 Enfield League

Fourth Fixture – LICC 3km Track

Copthall Stadium 24th April

It turned out to be *Ladies Day* at the first LICC meeting of the year. In ideal conditions Diane Bradley and Kelsey Howard completely demolished the LICC record of 15.49 set in 2004 at Battersea Park by Belgrave's V.Lauer.

Sue Barnett and Norma Grimsey also set personal bests as did Steve Allen.

1. Diane Bradley	(Tonbridge AC)	15.22	w45
2. Kelsey Howard	(Tonbridge AC)	15.36	u17
3. Helen Middleton	(Enfield HAC)	16.24	w45
4. Anne Belchambers	(Steyning AC)	18.34	w55
5. Di Braverman	(Enfield HAC)	18.55	w55
6. Sue Barnett	(Enfield HAC)	19.11	w60
7. Norma Grimsey	(Enfield HAC)	20.05	w50

1. Fransico Reis	(Ilford AC)	14.24	M45
2. Trevor Jones	(Steyning AC)	15.04	M50
3. Steve Uttley	(Ilford AC)	15.16	M50
4. Steve Allen	(Barnet AC)	15.44	M50
5. Andrew Cox	(Hillingdon AC)	16.18	M55
6. John Ralph	(Chiltern H)	16.43	M50
7. Amos Seddon	(Enfield HAC)	17.06	M60
8. Michael Harran	(Surrey WC)	17.15	M70
9. Ken Bobbett	(Hillingdon AC)	17.24	M65
10. Sean Pender	(Enfield HAC)	17.27	M65
11. David Sharpe	(Ilford AC)	17.34	M55
12. Michael Hinton	(Ilford AC)	18.48	M55
13. Ron Powell	(Enfield HAC)	18.52	M70
14. Jon May	(Enfield HAC)	19.34	M55
15. Bernie Hercock	(Enfield HAC)	20.51	M70
16. David Ainsworth	(Ilford AC)	23.29	M60

2010 League Positions after Four Fixtures

The top two individual positions remain close with Kelsey Howard, Sue Barnett and Norma Grimsey moving into the ladies top ten. Andy Cox and club mate Ken Bobbett are among a number names appearing for the first time in this years leading twenty in the men's section.

In the team table, Ilford's 109 point lead over EHAC was cut to 60. Surrey with only one walker at Copthall was overtaken into third spot by Steyning and Tonbridge with only three walkers moved into eighth place.

Ladies

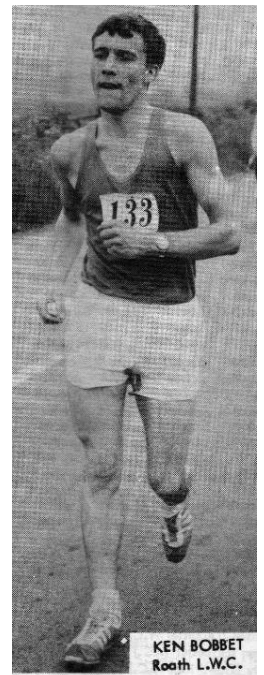
1. 242/4	Di Bradley
2. 230/4	Helen Middleton
3. 167/4	Anne Belchambers
4. 139/3	Maureen Noel
5. 128/3	Becky Collins
6. 110/3	Sue Barnett
7. 106/2	Kelsey Howard
8. 98/2	Norma Grimsey
9. 77/2	Fiona Bishop
10. 75/2	Jo Stringer

Men

1. 256/4	Trevor Jones	11. 145/3	Andrew Cox
2. 253/4	Fransico Reis	12. 143/3	Ken Bobbett
3. 245/4	Steve Uttley	13. 141/3	Peter Hannell
4. 191/4	David Sharpe	14. 129/2	Phil Barnard
5. 190/4	Sean Pender	15. 129/2	Nick Silvester
6. 181/4	John Ralph	16. 121/4	Bernie Hercock
7. 173/3	Steve Allen (Barnet)	17. 120/3	Oliver Browne
8. 166/3	John Hall	18. 117/2	Shaun Lightman
9. 155/3	Amos Seddon	19. 116/3	Peter Crane
10. 152/4	Ron Powell	20. 113/2	Arthur Thomson

Copies of the team tables will be available at the next *League Race*

Ken Bobbett who moved into the top dozen of the *League*. The photograph was taken by Jim Coomber in 1967 at a time when Ken was a force to be reckoned with. In that year he won the Welsh 10 miles championship in 74.39, finished fourth in the AAA seven miles in 53.16 and second in the Met Open 20km in 97.34.



National 20km Championship

I was on holiday, so unable to get along to Victoria Park on 11th April for the UKA/RWA national 20km championships, which on looking at the result appears to have been an exciting race. There was of course much at stake with places for the forthcoming Commonwealth Games on offer, providing that qualifying times 1.42.00 (women) and 1.29.00 (men) were achieved. Although the result sheet I saw didn't show the number of starters it did list three disqualifications, and looking at Mark Easton's photoblog of the race, there were at least three retirements as well, so the field numbered at least thirty-eight.

Twenty-year old Tom Bosworth (Tonbridge AC) was a clear winner in 91.06. Colchester Harriers with Dan King 92.52 second, Luke Finch 93.38 in third and Dominic King 93.48 in fourth, easily won the team title with 291 points. Tommy Taylor (Birchfield H) 94.52 and Scott Davis 96.17 (Ilford AC) were the only others to better 1.40.00. Current *League* leader Trevor Jones 112.26 occupied eighth place, one ahead of the club's outstanding veteran Arthur Thomson 114.51, whilst the other EHAC competitors were Sean Pender 127.14 in nineteenth, Ron Powell 137.33 in twenty-ninth and Bernie Hercock 149.23 in thirty-first.

League team leaders Ilford AC through Davis, Steve Uttley 122.50 fourteenth and Dave Kates 123.47 fifteenth took second place with 265 and Birchfield third with 246, only three points ahead of EHAC.

A dozen or so took part in the ladies event. Jo Jackson's winning time of 99.14 suggested that she took things easy as well she might, so large is the gap behind her. Nearly seven minutes adrift of her national record, she was still comfortably inside the qualifying standard for Dehli. Niobe Menendez (*Steyning AC*) 105:45 was second and Fiona McGorum (*Leicester WC*) 113:06 third. The *League's* leading lady Diane Bradley was fourth in 114.16 and Helen Middleton fifth in yet another pb of 120.06.

RWA Championship Secretary Peter Marlow writes about the event on the back page

Does Anyone Know? In the last issue Middlesex was shown as finishing third behind Warwickshire and Kent in Molly Barnet Inter-Counties 10km. My friend Ron Penfold has queried this because he understood that Sussex were in the first three. Can anyone with the official result clear this up please?

Results Round-up

Veterans AC Events - Helen Middleton 45.30 and Arthur Thomson 45.36 had a tremendous scrap to determine fourth and fifth places in the first of the summer's midweek races over **five miles** at Battersea Park on **13th April**. Sean Pender 50.16 in ninth, Jon May 57.35 in fifteenth and Bernie Hercock 60.06 in sixteenth were the other club walkers at the event. The overall winner was Mark Easton who dipped under forty minutes by twelve seconds. Francisco Reis 41.12 was second and Peter Ryan 43.06 third. In total twenty walkers took part.

The second race on **26th April** was the **VAC's 10km championship** incorporating the Herts, Middlesex and Surrey championships. Over the longer distance Arthur took his revenge over Helen. His time in fifth place overall, but first M70 was 55.52 to Helen's seventh overall first W45 57.22. The same club walkers also competed. Sean was eleventh in 61.00, Jon eighteenth in 66.28 and Bernie twenty-first in 77.48. Race winner was Olympian and Centurion Ian Richards M60 in a time of 48.54. Twenty-two walkers took part.

It was nice to read that in the **Milan May Day 20km** Jo Jackson finished third in 92.05, whilst in the men's event nineteen year old Belgravian Alex Wright made a breakthrough time-wise of 90.27 in twenty-sixth place. The young National 20km champion Tom Bosworth clocked 93.03 in thirty-first place, which whilst slower than his winning time at Victoria Park is encouraging and shows that he has a good level of fitness and technique on which to improve.

On the **Spring Bank Holiday Monday** two events took part in **Hertfordshire**. In the afternoon the **County 3km track championship** took place at Stevenage where Steve Allen (*Barnet*) retained his title in 15.36, some twenty seconds faster than his winning time last year, when he was a relative newcomer to the discipline. Arthur Thomson was second in 16.14, Helen Middleton (one of a number of guests who made up the seven strong field) finished third overall in 16.26 and Sue Barnett fourth with a pb of 19.02. Third in the Hertfordshire Championship was John Borgars in 20.01. The testing **Pednor open Five miles** was dominated by Francisco Reis in 42.04 who finished well clear of last year's winner Peter Ryan who clocked 43.26. Steve Uttley was third in 43.29. First club member home was Helen Middleton who was first lady in fourth overall with 45.38, followed by Arthur Thomson 45.44, Sean Pender 49.13 and Bernie Hercock 57.55. I understand that there were thirty or so walkers to finish.

In the **EVAC 2km** at Bedford on 5th May Helen set another pb of 10.48.

More County Championships – How Leaguer's Got On

There were senior titles for Francisco Reis 14.14 and Maureen Noel 17.50 in the **Middlesex**. At Chelmsford in the **Essex** race Steve Uttley 15.09 took second with David Sharpe third in 18.13. Trevor Jones 15.07 and Anne Belchambers 18.37 placed second in their respective **Sussex** events, whilst Peter Hannell's 17.32 were good enough to win the **Surrey** championship. For **Herts** see previous paragraph.

Even More County Championships – County Champions not mentioned above

Essex titles went to Daniel King in a swift 12.45 and to Linda Mountford 20.59. Winner of the **Suffolk** championship was former Scottish international David Buchanan in 17.42. The **Norfolk** championships were held in conjunction with the Suffolk at Ipswich and Cath Duhig with 18.24 won easily from Sue Smith 22.27. The **Sussex** and **Surrey** championship was a combined event. Ian Richards 13.57 and Sarah Sowerby 16.34 were the successful Sussex walkers and Surrey's lady champion was Estle Viljoen in 15.15.

Would You be Interested? In a week long **training break** at Calella, near Barcelona sometime during the month between the **Pat Fury Five** on 2nd October and the **Club Open Seven** on 6th November. The final cost will depend on the size of the party. **If you are - kindly let Ron Wallwork know as soon as possible**

Well on the Mend

Peter Cassidy who is a regular attendee at *League* events was rushed into hospital two days before the National 20km with gall stones. His stay there lasted three weeks. He is now recovering and has resumed officiating duties.

I have been requested to make it known that there is no truth in the rumour that his recovery has in any way, or is being hampered by worry and concern about not being on hand to collect the *Enfield League* levies. We look forward to paying them over soon!

Happy Birthday Doug Doug Fotheringham who has been an ever present on the walking scene since his first race back the early fifties celebrated his eightieth birthday last month and will be featured in the next issue.

Sudbury Five fun Walk

Thanks to those who were able to support the Sudbury Five Fun Walk on Good Friday.

The result appeared in the last issue. The walk was restricted to two hundred and a number of race walkers had their entries returned because the limit was reached well in advance of the event's closing date.

L to R: Bernie Hercock, Amos Seddon, Helen Middleton, David Sharpe (obscured), Richard Emsley, Sue Smith, Jenny Mann and Serena Queeney



From the RWA Hon Championships Secretary

The National 20km Championships at Victoria Park was another great occasion for the sport when more than 100 walkers gathered with various goals and various results!

At the top of the pecking order, the men's race was won by young Tom Bosworth in a shade over 90 minutes although most of the spectators present felt he would have gone sub 89 and achieved the qualifying time for the Commonwealth Games had it not been for the unhelpful strong winds.

Six men under 96.20 and nine club teams finishing was a welcome return to a high quality result sheet.

Jo Jackson continued her relentless drive towards world class with a classy and relaxed 99.14 victory in the women's race to ensure her selection for both the World Cup and Commonwealth Games later this year. She followed this up with a magnificent third place at the IAAF Challenge in Sesto San Giovanni , the first Briton to ever reach the podium of an IAAF Challenge event.

The 20km championships were combined with the YAG Championships and is certainly the way to go forward in the future and it was interesting to note that there were two non English victors in the YAG races, one from the Isle of Man and one from Northern Ireland .

The event received outstanding support from both the UKA and England Athletics media departments with both organisations giving the pre and post event coverage top billing. A sponsor also provided t-shirts on the day which were welcomed by all who took part. One of the most interesting stats from the championships was that there was more than 1 million metres walked on the day! (1,165,850m to be exact!)

June sees the turn of England to host the annual so called small nation's match which will be contested by England , Ireland , Belgium , Netherlands , Switzerland and Denmark. The event, which has an EAA Permit will take place in Bedford on June 20th and includes a final Commonwealth Games trial and is of crucial importance for the development of the senior walkers for the future of the sport in England. In an exciting addition, the junior 10km races will take place on the track as part of the UK Junior/U23 Championships.

The rescheduled National and International 50kms will take place in London on October 20th along with supporting events.

Finally, as part of the big build up to London 2012, the 2011 National Championships will be on the Olympic Course in the Mall which will certainly be one to tell the grandchildren about.

Only 11 months of training left.....

Peter Marlow

R.I.P. The Reverend David Christie-Murray (SWC & The Centurions) a former winner of the Enfield Open 7 Miles Walk has died at the age of 96. He scored two war-time victories in 1940 and 41 with times of 55.25 and 55.05 and attended the open at Donkey Lane three or four years ago.