



Season's Greetings and Best Wishes for 2008 *to everyone connected with Enfield Walkers*

RWA National Ten

I can confirm that the UK/RWA 10 mile championship will be held in conjunction with our League race at Lee Valley Stadium on Saturday 16th February. Entries in advance will cost £4, on the day £5 and will cover entries to the *League*, UK/RWA 10 and County races. I shall be taking the entries and forms will be circulated at forthcoming events.

RWA Annual General Meeting

The Southern Area AGM held recently, attendance by anyone other than the officers was almost nil. The popular and respected Midland official Glyn Jones was elected President, an honour well deserved. Other officers elected, all unopposed were: *General Secretary* Peter Cassidy, *Treasurer* Bill Wright, *Chairman* Peter Markham, *Championships Secretary* Peter Marlow. I will supply the definitive list of committee chairman to anyone who would like it. All these posts are honorary. Life Memberships were unanimously bestowed to Brian Adams and Reg Wells.

There were also four rule changes that basically brought the RWA rule book into line with current changes in the country's evolving athletics structure. It is the uncertainty about the day to day funding for the RWA during this period of change, that the motion for a 50p entry fee levy was brought and which the meeting approved. I got the distinct feeling that these changes will inevitably lead to increased costs to all athletes whatever their discipline.

I am sure that Peter Cassidy will be pleased to supply copies of his and the Hon.Treasurer's reports.

Enfield League 2007 – Final Race

16th December

at Chigwell Row in conjunction with the Essex League Christmas fixture

I am grateful to Ilford AC and the Essex League for permitting us to join with them in their Christmas race and thus complete our 2007 series. I was unable to attend but understand from several sources that it was successful.

1 Scott Davis	(Ilford AC)	51.27	17 Sean Pender	(Enfield & HAC)	62.26
2 Trevor Jones	(Hillingdon AC)	52.02	18 Cath Duhig	(Ilford AC)	62.35 L3
3 Stephen Crane	(Ilford AC)	54.20	19 Maureen Noel	(Belgrave H)	62.47 L4
4 Phil Barnard	(Castle Point)	55.03	20 Ron Powell	(Enfield & HAC)	64.54
5 John Hall	(Belgrave H)	56.06	21 Fiona Bishop	(Aldershot F&D)	66.07 L5
6 Dave Kates	(Ilford AC))	56.19	22 Jon May	(Enfield & HAC)	66.31
7 Arthur Thomson	(Herts/Phoenix)	57.03	23 Brian Sturt	(Enfield & HAC)	67.23
8 Chelsea O'R-Hobbs	(Castle Point)	57.15 L1	24 Mick Barnbrook	(Ilford AC)	68.51
9 Dave Sharpe	(Ilford AC)	58.10	25 Bernie Hercock	(Enfield & HAC)	69.18
10 Mark Culshaw	(Belgrave H)	58.51	26 Dave Hoben	(Surrey WC)	72.29
11 Alan Ellam	(Enfield & HAC)	59.29	27 Les Hislop	(Ilford AC)	73.33
12 Olly Brown	(Ilford AC)	59.37	28 Fran Fernandez	(Loughton AC)	73.36 L6
13 Carl Lawton	(Belgrave H)	60.15	29 Peter Cassidy	(Loughton AC)	76.29
14 Paul King (M55)	(Belgrave H)	60.34	30 Phil Prashnar	(Loughton AC)	77.45
15 Anne Belchambers	(Hillingdon AC)	62.04 L2	31 Ken Livermore	(Enfield & HAC)	77.47
16 Mike Harran	(Surrey WC)	62.14			

Hope to see YOU on Saturday 5th January

for the first event of the 2008 League

followed by Mince Pies, Wine and the 2007 Presentations

five miles - 2pm start

Final 2007 Enfield League Tables

A record number of one hundred and fifty-three walkers (not counting under thirteens) took part in this year's *League*, surpassing the previous best of one hundred and thirty-six set in 2005. They registered five hundred and fifty-five performances and the average race turn out was forty-two.

Well done and thank you to all the walkers, officials and supporters of the League!

There were no last minute shocks in the finishing positions of the three keenly contested competitions, with less than eighty points covering the top three ladies and sixty-two the leading four men. The anticipated close finish for the team title didn't materialise and Enfield retained the trophy they wrestled from Ilford last year with a hundred points to spare. The closest *League* finish was in 2004 between the same clubs and on that occasion Ilford got home by a mere twenty-five points. Two walkers contested all thirteen events, twenty-one did nine or more and thirty-nine managed to do six or more.

<i>Ladies</i>	
641/9	1. Anne Belchambers
586/9	2. Fiona Bishop
552/9	3. Maureen Noel
418/8	4. Chelsea O'Rawe/Hobbs
293/8	5. Sue Rey
291/5	6. Jill Eve
257/4	7. Diana Braverman
240/6	8. Pam Ficken
233/3	9. Betty Edlin
223/3	10. Cath Duhig
172/4	11. Jo Miles
162/5	12. Maureen Spelman

45 ladies have scored in the league

<i>Men</i>			
759/9	1. Phil Williams	565/8	13. Steve Uttley
743/9	2. Stephen Crane	558/8	14. Arthur Thomson
699/9	3. Phil Barnard	556/9	15. Ken Ballam
697/9	4. David Sharpe	553/8	16. Mark Culshaw
655/8	5. Nick Silvester	547/7	17. Steve Allen
652/9	6. Lol Dordoy	545/9	18. R.Powell
648/8	7. Trevor Jones	543/9	19. Mick Barnbrook
612/9	8. Amos Seddon	543/9	eq. Dave Kates
611/9	9. Andy Cox	523/9	21. Birnie Hercock
598/9	10. Jon May	479/8	22. Paul King
577/9	11. Brian Sturt	447/9	23. Peter Howard
574/9	12. Peter Crane	418/6	24. Jon Hall

108 men have scored in the league

Team

Enfield & H AC	3647	<i>759 Williams, 612 Seddon, 598 May, 577 Sturt, 556 Ballam, 545 Powell</i>
1. Ilford AC	3547	<i>697 Sharpe, 652 Dordoy, 565 Uttley, 547 Allen, 543 Barnbrook, 543 Kates</i>
2. Belgrave Harriers	2527	<i>553Culshaw, 552 Noel, 479 King, 451 Hall, 277 Lawton, 248 Fotheringham</i>
3. Surrey WC	2254	<i>743 Crane S, 574 Crane P, 305 Hoben, 240 Ficken, 208 Crane D, 184 Harran</i>
4. Enfield & H AC"B"	2190	<i>523 Hercock, 449 Howard, 378 Livermore, 293 Ellam, 292 Pender, 257 Braverman D,</i>
5. Hillingdon AC	2072	<i>648 Jones, 641 Belchambers, 611 Cox, 172 Miles</i>
6. Ilford AC"B"	1679	<i>386 O'Rawe, 301 Ainsworth, 300 Davis, 293 Browne, 203 Dobson, 196 Marshall</i>
7. Aldershot F & D	1628	<i>655 Silvester, 586 Bishop, 162 Spelman, 91 Richardson, 77 Davies, 57 Lewis</i>
8. Castle Point	1556	<i>699 Barnard, 418 O'R-Hobbs, 314 Cattano, 96 Kemp, 29 Bogenpoel</i>
9. Leicester WC	1389	<i>340 Wall, 293 Rey, 202 Oldfield, 291 Eve, 159 Stapleford, 104 Dunn</i>
10. Enfield & H AC"C"	1070	<i>244 Oliver, 243 Wallwork, 181 Braverman T, 154 Clements, 135 Queeney, 113 Garmston</i>
11. Ilford AC"C"	644	<i>132, Hinton, 116 Trotter, 112 Ryan, 101 Armstrong, 92 Ruddock, 91 King</i>
12. Herts/Phoenix	618	<i>558 Thomson, 60 Cross</i>
13. Steyning AC	577	<i>177 Ball J, 149 Penfold, 109 Ball C, 88 Stevens, 54 Emsley R</i>
14. Surrey WC"B"	495	<i>122, Flint, 93 Crane Sh, 89 Lightman, 87 Simmons, 72 Nihill, 32 Fenton</i>

A further thirteen teams have two or more walkers in the complete table and full list will be available at the 5th January fixture.

Enfield & Haringey AC

2007 Walking Champions and Trophy Winners

3km tr, 26 th May – Lee Valley	Phil Williams	15.02	Amos Seddon	16.31	Ken Ballam	17.35
5 miles 10 th June – Moulton	Diana Braverman	54.56				
	Phil Williams	42.04	Amos Seddon	49.21	Ken Ballam	49.44
7 miles 10 th November – QE	Phil Williams	61.14	Amos Seddon	66.26	Alan Ellam	68.06
20km 25 th August – QE	Serena Queeney	2.36.48				
	Phil Williams	1.57.50	Jon May	2.12.19	Sean Pender	2.13.56
30km 30 th June – Sutton Park	Bernie Hercock	3.30.43				
Long distance	Sean Pender - Dutch 100km, Eindhoven 19/20 th May 15.03.54					

Trophy Winners

Norman Easlea Cup: Phil Williams
Best Walker

Oliver Cup: Peter Howard
Best Newcomer

Ken Easlea Cup: Bernie Hercock
Club Walker of the Year

George Brown Trophy Open Seven Novice – Not awarded

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.

Results Round Up

24th November Belgrave Open Seven – Wimbledon. The turn out of twenty-two was a little disappointing for this old classic in which Steyning's Jim Ball walked over a minute faster than he did at Enfield two weeks earlier to win comfortably from Trevor Jones and John Hall. Their times were 55.05, 59.39 and 62.44. Sean Pender 16th in 69.32, Ron Powell 19th in 72.11 and Bernie Hercock 21st in 80.11 carried the club colours and were fourth team. Maureen Noel of the home club was the only lady in the race and recorded 69.55. She is of course a *Leaguer* and others in the race were Dave Kates 62.56, Arthur Thomson 63.14, Mark Culshaw 65.22, Dave Sharpe 66.03, Steve Allen 67.37, Paul King 67.42 and Mike Hinton 67.45

1st December Surrey WC 5km – Monks Hill. It was pleasing to hear that there were over thirty starters in this event won by young Jon Hobbs of Ashford in 27.02. Bernie Hercock in his forty-first race of the year clocked 39.34. Pick of the *Leaguers* were: Mark Culshaw 5th 29.16 and Carl Lawton 6th in 29.43.

8th December Cambridge Winter League 5km – Bexley. This race was staged on the Saturday that was for many years the day of the Cambridge Open Seven and incorporated an Essex league fixture. *Leaguer* Nick Silvester led the twenty-five strong field home in 25.40 with youngsters Thomas Bosworth 25.47 and Jon Hobbs 26.29 showing good form. Ron Wallwork 34.04, Bernie Hercock 34.13 and Ken Livermore 37.35 finished a distant third team behind the Ilford AC and Surrey WC. squads which included several Enfield regulars: Stephen Crane 27.12, Dave Sharpe 28.48, Carl Lawton 29.10, Paul King 29.24, Mike Hinton 29.28, Lol Dordoy 31.49, Mick Barnbrook 32.53 and Dave Hoben 36.05 and Dave Ainsworth 36.53

The 2008 Enfield Walking League

The 2008 *League* will consist of twelve events and each will carry a minimum of sixty points. However, events with more than forty-five competitors will carry seventy. Points will be awarded in descending order, the winner being credited with the highest available. Double points will be awarded for the three opens and the 20km.

Category B conditions will cover all races, unless they are of county championship status or above and the **starting time** for all fixtures unless otherwise stated is **2pm**

The **entry fees** for all races will be **£4** although there may be additional fees for championships. There is no entry fee for walkers under the age of 16.

The **League awards** will be presented at the first fixture of 2009 to individuals and teams of six along with *Leaguer T-shirts* to walkers who have competed in nine events. *NB Leaguer T-shirts can be purchased by walkers who have contested six races in a competition year.* **Handicap** awards of £20, £15 and £10 will be made in races other than the Opens and will be presented at the fixture following the one at which they were won. In events such as the Opens and championships **Spot Prizes** may be substituted for handicap awards. Only walkers who have completed two races within the past twelve months qualify for a handicap mark.

2008 Enfield League Fixtures – all are Saturday events

(subject to events and fixtures yet unknown) **Walkers wishing to do shorter distances than those advertised are Welcome to do so**

5 th January	2pm	5m and Presentation of 2007 Awards - Queen Elizabeth Stadium, Donkey Lane, Enfield
16 th February	2pm	10m - Lee Valley Stadium, Pickets Lock incorporating UK/RWA, Essex, Herts, Middlesex and Suffolk championships
15 th March	2pm	5m Pat Furey Open Meeting - Queen Elizabeth Stadium, Donkey Lane, Enfield
12 th April	2pm	Promote Race Walking Day 3km - Newcomers Mile + 30 min Parlauf QE Stadium, Donkey Lane, Enfield. <i>(3k to incorporate Enfield & H Club championship)</i>
17 th May	2pm	5 mile - Queen Elizabeth Stadium, Donkey Lane, Enfield
14 th June	2pm	5m Moulton Open Community Walks – Moulton, Newmarket, Suffolk
5 th July	2pm	5m/10km - Queen Elizabeth Stadium, Donkey Lane, Enfield <i>(possibly BMAF championship)</i>
26 th July	2pm	5 mile - Queen Elizabeth Stadium, Donkey Lane, Enfield
9 th August	12 noon	20km - QE Stadium, Donkey Lane, Enfield
13 th September	2pm	One Hour Badge Races – Lee Valley Stadium, Pickets Lock
11 th October	2pm	5km - Queen Elizabeth Stadium, Donkey Lane, Enfield
8 th November	2pm	82nd Enfield Open Seven - Queen Elizabeth Stadium, Donkey Lane, Enfield

Malcolm Brown of Newmarket, who was a regular at *League* races until last year has been in touch to send his best wishes to everyone and hopes to resume activities soon, whilst **Gary MacDonald** called me to let me know that he had raced a number of Veteran events prior to turning out at Enfield and therefore was not a complete novice.

Ultra distance walkers are welcome at the Crawley A.I.M. six and twelve hour track races at the K2 Leisure Centre, Crawley on **29th March**. The event under UKA rules could be a useful early season work-out, for anyone intending to do the distance events next year. Anyone wanting more details can either contact pamstorey@tiscali.co.uk or call her on 01342 717222. The entry forms states that entry priority will be given to competitors who supply a lap-scorer.

Nick Silvester sent in this report about **Informal Southern Training Day – 25th November**: What started off as merely the intention for a few athletes from Castle Point and AFD to have a combined Sunday morning turned into a very successful training day, superbly hosted by Peter Selby and Tonbridge AC with over twenty athletes of all ages and ability taking part, ably supervised by a number of coaches.

The three hour session covered all aspects from a 2k work out to stretches and intervals with a relay to finish it all off. There was a run for those who wanted to warm down, but only the adults took part as the youngsters were too busy tucking into the bon repas provided by Mrs Baldwin and Symons.

Other Events to Support if You Can

Surrey Walking Club's open 10km on **Saturday 12th January** at Monks Hill incorporates the SRWA championship. Open entries taken on the day, whilst championship ones should be sent to N.Carmody 41 Herbert Road, Bexley, Kent, DA7 4QF before 7th January with £5.

The first LPR 9km handicap of the year takes place at Blackheath on **Sunday 20th January** with an 11.30am start
26th January is the date for Steyning AC's annual Open 15km from their clubhouse in the town centre.