

**Bernie Hercocck** underwent a quadruple heart bypass surgery on Tuesday 24th May and was walking down the corridor three days later. He is expecting a pacemaker implant soon, after which he can look forward to being discharged. When I spoke with him he asked me to thank all the people who had visited him and sent him messages of goodwill and encouragement. He was overwhelmed and looks forward to being able to do it personally in the not too distant future.

**EHAC at BMAF 10km** The event took place at Oxford the day after the Badge races at LVAC and again it was very hot which made conditions extremely difficult for seventeen walkers who came under starters orders. Helen Middleton (W45) added to her collection of BMAF titles clocking 58.28, only twenty-eight seconds slower than her 10km split the previous day which clearly demonstrates that she has a high level of fitness and excellent recovery powers.

In the absence of her training companion Arthur Thomson, captain Ron Powell stepped up with 68.36 to extend the club's three year tenure of the M70 category, whilst Sue Barnett (W60) also collected gold with a 69.35 and Diana Braverman (W55) was a runner up with 71.50. Peter Howard (M65) who struggled with an injury persevered and finished in 76.16. *Leaguer's performances in this event appear in Results Round-up.*

----- League Fixtures six and seven are -----

## Moulton Community Walks 2010 **Five miles** 12<sup>th</sup> June at 2pm

open to  
Amblers, Ramblers, Health, Power and Race Walkers

**Junior distances** U 10's 500m – U 12's 1000m – U 15's 1500m

### **Memento's to all finishers**

*Special Badges for completing the 5 miles under an hour for the first time*

**Entries on the day - u 16 £2.00 - others £5.00 - But in advance if possible**

The **Kings Head** Public House on Bridge Street is the base for this year's event and **Registrations** will be taken and numbers issued from a marquee at the rear of the premises **from 12.30pm**. There will be a marquee for changing, but sadly no showering facilities.

**Refreshments** will be available at the Kings Head after the walks. *Donna and Tony the proprietors have arranged live music and a BarBQ to coincide with England's opening World cup match with the USA, which starts at 7pm. So feel free to walk, dance, gormandize and cheer on England.*

The new village hall is under construction so there is no parking there. The school car park (a 5 minute walk to the venue) will be open. **People are asked not to park on Bridge Street, The Street or Brookside, because this will impede walkers and create unwanted and unnecessary hazards.**

Directions to Newmarket are available on [www.moultonsuffolk.co.uk/](http://www.moultonsuffolk.co.uk/) or contact Ron Wallwork

"Woodview" 35A Newmarket Road, Moulton, Suffolk, CB8 8QP 01638 751869 or [ranjwallwork@btinternet.com](mailto:ranjwallwork@btinternet.com)

*Cheques should be made payable to: "Moulton Walks" Entry form from Ron Wallwork or www.SuffolkCountyAthleticAssociation*

**Bonus League points at this fixture**

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**Race Seven is on Saturday 19th June at Ashton's Track, Woodford**

**11.45<sub>pm</sub> start – Track 5km and Junior 1km**

*This race is part of the London Inter-Club Challenge Series*

## One Hour Badges Races

LVAC – 22nd May 2010

The BMAF 10km track championships the following day at Horspath, Oxford affected the turn out for this the fifth fixture of the year. Nevertheless two races were held; one with eleven walkers which included all the ladies and thirteen took part in the second. With the temperature around the mid twenty Celsius mark, conditions were very difficult.

It was pleasing to see so many volunteers turning up, which made the running of the event a doddle on the day.

Well done to everyone; walkers and officials alike!

	Metres		miles/yds
<b>Women</b>			
1.	10289	Helen Middleton ( <i>Enfield H AC</i> )	W45 6m 0695
2.	9027	Angie Alstrachen( <i>Enfield H AC</i> )	W40 5m 1074
3.	8975	Fiona Bishop ( <i>Aldershot FD</i> )	W50 5m 1017
4.	8382	Norma Grimsey( <i>Enfield H AC</i> )	W50 5m 0369
5.	7977	Francoise Fernandez ( <i>Loughton AC</i> )	W55 4m 1686
<b>Men</b>			
1.	11344	Francisco Reis ( <i>Ilford AC</i> )	M45 7m 0089
2.	10849	Steve Uttley ( <i>Ilford AC</i> )	M50 6m 1307
3.	10229	Stephen Crane ( <i>Surrey WC</i> )	M30 6m 0629
4.	10103	Steve Allen ( <i>Barnet &amp; Dist AC</i> )	M50 6m 0491
5.	9839	Andy Cox ( <i>Hillingdon AC</i> )	M55 6m 0202
6.	9663	Sean Pender ( <i>Enfield H AC</i> )	M55 6m 0010
7.	9591	Amos Seddon ( <i>Enfield H AC</i> )	M65 5m 1691
8.	9419	Dave Sharpe ( <i>Ilford AC</i> )	M55 5m 1503
9.	9304	Gary MacDonald ( <i>Surrey WC</i> )	M50 5m 1377
10.	9282	Michael Hinton	M65 5m 1353
11.	9091	Olliver Brown ( <i>Ilford AC</i> )	M55 5m 1144
12.	8955	Peter Crane ( <i>Surrey WC</i> )	M65 5m 0995
13.	8861	Jon May ( <i>Enfield H AC</i> )	M55 5m 0893
14.	8723	David Delaney ( <i>Surrey WC</i> )	M65 5m 0742
15.	8403	Dave Hoben ( <i>Surrey WC</i> )	M55 5m 0392
16.	8400	Alan O'Rawe ( <i>Ilford AC</i> )	M65 5m 0388
17.	8188	Mick Barnbrook ( <i>Ilford AC</i> )	M65 5m 0156
18.	6659	Alan Flavell ( <i>Enfield H AC</i> )	M75 4m 0424
ret	5600	Nick Silvester ( <i>Aldershot FD</i> )	M50 3m 0846

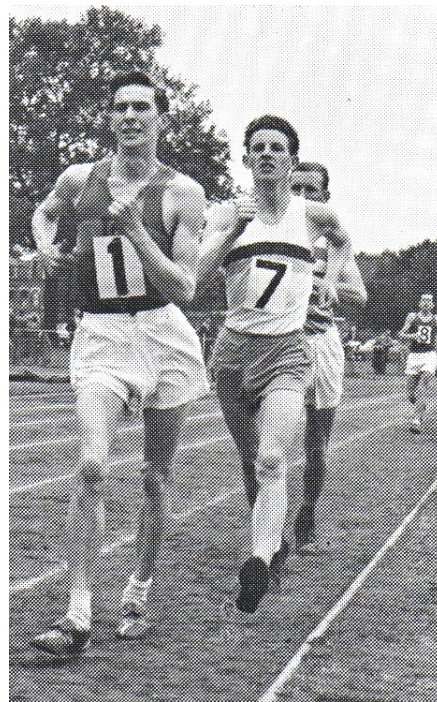
**Judges:** Mick Graham, Peter Cassidy, Michael Croft  
Ray Pearce, Pauline Wilson

**Timekeepers:** Martin Oliver,

**Recorders:** Alan Ellam, Pauline Kates, Carl Lawton  
Jon May, Paul Ray, Jimmy Rooke

**Water Station:** Peter Crane, Pam Ficken, David Kates

## The Race? The Venue?



*The first two walkers are Stan Vickers the 1958 European 20km champion and 1960 Olympic Bronze medalist of Belgrave Harriers followed by Colin Williams who was something of a track specialist in the late fifties and early sixties.*

*Is any reader able to assist with identifying the EVENT and the VENUE?*

Pupils in action at the **Suffolk Race Walking Master Class** held at the Newmarket Leisure Centre on Sunday 23rd May under the direction of Mick Graham



## Spotlight on Doug Fotheringham

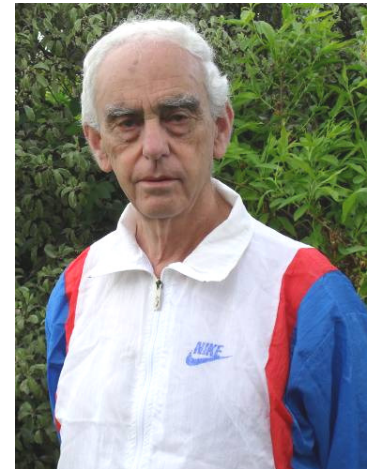
Doug who celebrated his eightieth birthday on 18th April has been an ever-present on the race walking scene for almost sixty years.

Born and brought up in Lincolnshire, Doug joined the Metropolitan Police in 1950 and had his first race a year later in 1951 and has raced in every one of the fifty-nine years since.

He reached the rank of Inspector in a police career that spanned thirty-five years and was a stalwart of the Metropolitan Police Athletic Association as a competitor and as administrator, serving as the Association's Honorary Race Walking Secretary for ten years.

However, most connected with the sport will associate him with Belgrave Harriers whose famous claret and gold colours he has worn with pride since joining the club in 1953. His first race in those famous colours was probably on 19<sup>th</sup> September in the MPAAA Novice six mile race where he finished twelfth in 58.16.

Doug described by a colleague as a solid reliable clubman, trained and rubbed shoulders with some of the great Belgravians in the halcyon days of the fifties and sixties when they dominated the domestic scene and produced a number of internationals. In most clubs he would have surely collected a national team medal or two.



In 1981 he established himself as a major force in Veteran athletics when capturing two gold medals at the World championships staged in New Zealand. He retired from international competition in 2007, but in the intervening twenty-six years amassed thirty-five medals; seven gold at world championships and five at European championships. The statistics also show another seven silver and bronze at world level, along with nine silver and four bronze in European events.

He is a regular supporter of the *Enfield League* and on behalf of everyone connected with it; I congratulate him on reaching his eightieth birthday and his wonderful contribution to the sport, which we all anticipate will continue for many years to come.

*Doug's wife Maureen who is often to be seen at League events recently underwent a partial knee replacement operation and I'm sure that all will join me in wishing her a speedy recovery*

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**2010 League Positions after Five Fixtures** Of the one hundred and one participants in this years *League* thirty-three are women. Representatives from twenty-seven clubs make up thirty-three teams. The next fixture carries bonus points, so could be crucial in both individual and team competitions

### Ladies

1. 288/5 Helen Middleton
2. 242/4 Diane Bradley
3. 167/4 Anne Belchambers
4. 139/4 Norma Grimsey
5. 139/3 Maureen Noel
6. 128/3 Becky Collins
7. 124/4 Fiona Bishop
8. 110/3 Sue Barnett
9. 106/2 Kelsey Howard
10. 75/2 Jo Stringer

### Men

1. 313/5 Francisco Reis
2. 304/5 Steve Uttley
3. 256/4 Trevor Jones
4. 244/5 Sean Pender
5. 243/5 David Sharpe
6. 229/4 Steve Allen (*Barnet*)
7. 208/4 Amos Seddon
8. 200/4 Andrew Cox
9. 181/4 John Ralph
10. 169/4 Oliver Browne
11. 166/3 Nick Silvester
12. 166/3 John Hall
13. 162/4 Peter Crane
14. 156/4 Steve Crane
15. 152/4 Ron Powell
16. 145/4 Jon May
17. 143/3 Ken Bobbett
18. 141/3 Peter Hannell
19. 133/3 Michael Hinton
20. 132/4 David Hoben

### Team

1. Ilford AC **1291** 313 Reis, 304 Uttley, 243 Sharp, 169 Browne, 133 Hinton, 129 Barnard
2. Enfield & H AC **1176** 288 Middleton, 244 Pender, 208 Seddon, 152 Powell, 145 May, 139 Grimsey
3. Surrey WC **839** 162 CraneP, 156 CraneS, 141 Hannell, 132 Hoben, 131 MacDonald 117 Lightman,
4. Steyning **696** 256 Jones, 167 Belchambers, 80 Stone, 73 Ball, 64 Emsley, 56 Penfold
5. Enfield & H AC'B' **555** 121 Hercock, 113 Thomson, 110 Barnett, 99 Ellam, 64 Howard, 48 Alstrachen
6. Aldershot F & D **543** 166 Silvester, 124 Bishop, 75 Stringer, 73 Lewis, 62 Snook,, 43 Davies,
7. Belgrave H **450** 166 Hall, 139 Noel, 95 King, 50 Fotheringham
8. Tonbridge AC **398** 242 Bradley, 106 Howard, 50 Rukin
9. Ilford AC'B' **382** 79 Davis, 75 O'Rawe, 67 Ryan, 63 Ainsworth, 58 Kates, 40 Barnbrook
10. Hillingdon AC **365** 200 Cox, 143 Bobbett, 22 Miles

**Further news about the Informal Training Week in Spain** I now have confirmation that half board at the \*\*\**plus* VOLGA Hotel, Calella, based on double room sharing will cost E30 per person per night. The likely dates are 5/6 to 12/13 October and the simplest way to organise the week, would be for people to book the hotel through me and make their own travel arrangements. This would of course not prevent groups travelling together. Let me know what you think.

### ***Matters Arising from previous issues***

The mystery walkers on the back page of the **March** issue were Arthur Thomson and Mal Blyth

Ron Penfold who raised the Inter-County team result query in the **May** issue, got in touch to say that we were both correct, because Sussex were third in the men's team race and Middlesex were third in the men's overall category. Ex-walker and now nationally recognised endurance event official Joe Mower pointed me in the direction of the UKCAU web-site which confirmed this as did the most recent copy of Race Walking Record.

### ***Results Round Up***

So far as the walking fraternity was concerned, Bernie Hercock's cardiac arrest after 2km race dominated matters at the first of the season's **SCVAC Herts & N.Middlesex League** meetings at LVAC on Monday 10th May. Helen Middleton 10.46 (pb) and Norma Grimsey 13.01 led home the eight ladies with Barbara Edlin fourth in 13.48. Sean Pender 11.27, Brian Sturt 13.21 and Bernie 13.49 scored for the club behind Fransisco Reis 9.17, Steve Uttley 9.52 and Steve Allen 10.13. John Borgars 12.41 was the only other *Leaguer* in the race

Ian Richards scored his second win in the **2010 Vets AC Series** being staged at Battersea Park throughout the summer. The distance on 11th May was five miles and Ian's time was 40.32. Peter Ryan 42.20 and Shaun Lightman 44.03 were second and third. Helen Middleton 45.07, Sean Pender 48.49 and Ron Powell 53.35 were the Club walkers with Bernie Hercock a notable absentee among the eighteen starters, all but two of which bettered the hour.

**Essex** walking plummeted to what was probably an all-time low when its **10km championship** on 16th May attracted only two entries. Without the five guests it would have looked even worse. An unwell Fransisco Reis won in 51.40 from one of the county's walking stalwarts Steve Uttley 53.28 and Steve Allen (*Barnet*) 55.27. Setting a track pb of 57.07 Helen Middleton was fourth and behind her was Sean Pender 61.54 and second Essex finisher David Sharpe 64.22. There was one disqualification.

*Trevor Jones* (M50) 55.32 was the overall winner in the **BMAF 10km track championship** held at Oxford on Sunday 23rd May. Other *Leaguer's* performances were; *Barnet's* Steve Allen (M50) 59.38 (58.42 10k split at LVAC the day before), *Ron Penfold* (M65) recovering from injury, 61.01, Shaun Lightman (M65) 62.30, Peter Hannell (M65) 63.16, Ken Bobbett (M65) 65.46, *Anne Belchambers* (W55) 67.41, Fiona Bishop (W50) 72.27. *Names in italics are category winners.*

Twenty four walkers representing fourteen counties took part in the **CAU inter-counties** track and field championships which took place at Bedford on 31st May. Looking at the result, it seems to have been a good day for race walking; good fields and plenty of young walkers. Jo Jackson (North East) and Alex Wright (Surrey) were the individual winners of the 3km events with times of 12.57 and 11.38 respectively. The full result will appear in Race Walking Record, RaceWalkUK and UKCAU. The highest placed *Leaguer's* were; fourth Diane Bradley (Kent) 15.31 and eighth Fransisco Ries (Middlesex) 13.58. For the club Helen Middleton (Bedfordshire) was eighth in 16.25 and Arthur Thomson (Herts) twelfth in 15.46.

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### ***A Grand Day Out says Alan Flavell***

Dear Ron, In respect of the Badge races, as Wallace and Grommet would say," What a grand day out! "It was great to meet you all again after a long time away.-The boy is back! Just to finish an event is a personal win. See you at Moulton. In addition, thanks for the speedy circulation of the result.

Yours sincerely, Alan Flavell

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***A Special Event*** takes place on **Saturday 3rd July** at The Redbridge Cycling Centre, Forest Road, Hainault, Essex, IG6 3HP. It is the

***500th Essex League Race***  
*The distance is 5km and the start time is 2.30pm*

A large field is expected including many past participants - If you possibly can, be there as a walker or as a supporter for what is sure to be a memorable afternoon.