

Redcar Race Walking Club

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REDCAR WALKER 43

- **You will find an entry form for THE NATIONAL 50k at the end of this newsletter**
- **Welcome to our new members**

We extend a warm welcome to our new members – Denise Morton, Linda Ashworth, and our youngest member Jordan Wears, who is only 7 years old but very quick! – There are several others who might join so watch this space.

- **Paul and Mark are cleared by England Athletics to represent Redcar**

We are delighted to report that Paul Evennett and Mark Byrne have been cleared by England Athletics to represent Redcar RWC from 1 Jan 09. They have joined us so that they can be part of teams entering national championships.

- **Ben and Paul perform well in the Dublin 30k**

Just before Christmas, Paul and Ben went off to Dublin for the 30k. Both were very happy with their performances as they recorded fast times in a strong international field and had no cautions or red cards. Ben came home fourth in 2-28 while Paul was eighth in 2-39. Hence, we are expecting Paul to record a time around 4-30 in the national in April. Ben's debut at 50k will come a little later and he will not be aiming for the B standard.

- **4th NORTHERN AREA WINTER LEAGUE, SOUTH BANK, YORK 11TH JAN**

Karen won the handicap and Helen walked a four minute PB. Redcar made up half of the field.

			HCAP	PTS	
1.	B. WEARS	REDCAR	46.35	12	19
2.	P. EVENETT	REDCAR	48.53	7	24
3.	C. SCOTT	YORKS RWC	56.49	10	21
4.	D. JACKSON	YORK CIU	57.47	9	22
5.	AM. PADDICK (L)	REDCAR	59.59	8	23
6.	N. ARMITAGE	YORKS RWC	60.24	4	27
7.	K. WEARS (L)	REDCAR	60.37	1	30
8.	M. BYRNE	REDCAR	61.15	17	14

9. A. SHAND	YORKS RWC	61.23	3	28
10. J. PADDICK	REDCAR	61.59	11	20
11. D. COLE	YORK CIU	66.14	2	29
12. J. BYCROFT	YORK CIU	66.20	15	16
13. L. READMAN (L)	REDCAR	68.15	13	18
14. H. STARLING (L)	REDCAR	68.29	5	26
15. P. JACKLIN	REDCAR	68.29	16	15
16. W. JOHNSON	YORK CIU	71.05	6	25
17. B. ANGUS	YORK CIU	72.24	14	17

- **Redcar – The success story** – So what makes our club stand out from all others? Unlike other club publications, we don't look backwards. We can't because we have only been in operation for five years. Read the paragraphs below and then you will start to understand what goes on up here. We can also do straight leg!
- **Training Sessions** – I am pleased to report increasing numbers at all organised training sessions. The long training on Sunday often attracts as many as 13 or more walkers as does Wednesday. The Monday morning session is also becoming more popular as we are gradually taking over the Stray café between 11 am and 12 noon. Saturday morning remains quite sparse because those intending to come can't get themselves out of bed in time. If the cap fits wear it! Certain walkers please note! You may get named next time.
- **Helen's Challenge** – At a recent Monday session we were talking about Helen's next targets. We quite thought she meant Peter and Laurayne. However, Helen made it perfectly clear that any walker in a red vest was a potential challenge for the future. This includes Angela-Maria, Karen, Dave and me. I'm not sure whether it includes Jo and Ben. Just watch out all of you!
- **Quality Runner** – We note with interest that the international race walking squad has now been extended so that it can convert quality RUNNERS to our sport. Helen is a former YORKSHIRE 10km road RUN champion with immense potential as a walker (because she trains with us, TAKES NOTE OF WHAT THE CLUB COACH TELLS HER TO DO, and enjoys a joke or two). Perhaps she qualifies for another of these 'inclusive' places in the international set up! We await the enquiries, call up and lottery funding (We will spend it at Blackpool in June after the 50 miles)!
- **Wisdom** – Before you read this remember that Harry Gamble-Thompson, Helen's Dad, was also a quality runner. He previously held the world record for the marathon for M60. On training and race preparation, Harry says that there is a strong correlation with saving money for the future. He says you can't expect to put £5 a day into the bank for a week and then get £50 out at the weekend - i.e. You can only perform in a race in relation to what you put in during the weeks prior to it.
- **The Club's Real Walkers** – A month or so ago, one of our Monday attendees said that it was a shame that the club's REAL walkers could not attend her session. That was exactly the terminology used. Clearly, Karen, Laurayne, Angela-Maria and I don't come into this category because we are almost fixtures in the cafe. However, I am delighted to report that her wish was granted in the Christmas holiday period when Peter Jacklin (Hero Peter) and

Dave Jones (Former Smokestack) appeared at the café to entertain and strut their stuff on the tarmac!

- **Very Keen Athletes** – So, there was very little action on New Year's Day. Only the club's very keen athletes ventured onto the tarmac on the first day of 2009 – There were THREE – Guess who! They were probably only there in Ropner Park because they had spent all their Lottery Funding on Old Peculiar or similar and had nothing better to do. Saddos!
- **Recruitment Drive** – You will all be pleased to know that I have just been into 'The Lobster' to try to persuade the landlady, Trish, to have another go at race walking. I am hoping that she will appear on a Monday session in the not too far distant future. So what are YOU doing to recruit YOUR new member? We ONLY went up from 30 to 40 members last year so some of you failed to recruit even ONE newcomer.
- **Club Camel** – We often get enquiries about our club camel. To remind you all, this is the animal that Dennis has to mount to judge our sandwalking competitions on the beach. We are pleased to report that he is fit and well. You can see him on my last tyre-pulling demonstration photo on club website. We need a name for him so have you any suggestions?
- **Decisions taken at the AGM**
- Officers for 2009 remain as they were in 2008

President	Vera Baird MP
Chairman	Dennis Best
Hon Sec	JohnP
Treasurer	Dave Jones
Webmaster	Glen Blythman
Recruitment Manager	Peter Jacklin
50k Organiser	Dave Jones
Saltburn Organiser	Graham Readman
Minutes Secretary	Graham Readman
Social Team	Laurayne Readman and Karen Wears

- Dave Jones has bought a silver trophy on E-bay. Members will decide what it is to be used for at the next meeting.
- Club members are all invited to Sunderland Dogs on 1 May.
- For those members who we see regularly, Laurayne will operate a birthday card fund. She will also ask for donations for SPECIAL birthdays e.g. 40, 50, 21 etc
- **Next Club Meeting – Monday 2 March at the Cricket Club – 7-30pm**
- **Forthcoming Fixtures**

8 Feb	Last Winter League	Drighlington
21 Feb	National 10 Miles (M/W)	London
28 Feb	Manx 20km	

8 Mar	Northern 10 Miles (M/W)	Thornton-Le-Clay
21 Mar	Northern 20km (M/W)	Simister
12 Apr	National 20km & Junior 10km	Simister
19 Apr	Jeff Ford Meeting	Sheffield
26 Apr	National 50km (M/W)	Stockton-on-Tees

- **PLEASE NOTE THAT YOU WILL SOON ALL GET YOUR MEMBERSHIP CERTIFICATE FOR 2009**
- **PLEASE ALSO NOTE THAT I HAVE RECENTLY PICKED UP A LOT OF WORK CONTRACTS – I WILL BE AROUND AS USUAL AT WEEKENDS BUT DURING THE WEEK I WILL OFTEN BE MISSING FROM TRAINING**

Yours sincerely – JohnP (Hon Sec)

50k entry form below

REDCAR RACE WALKING CLUB PRESENTS

THE NATIONAL 50 KM ROAD WALK
(Including RWA and UK Championships)

Sponsored by Ken Munro

11 a.m. Sunday 26 April 2009

RWA Permit 17/08/40

Race Circuit is in Ropner Park, Stockton-on-Tees

The first class changing and presentation facilities are at Fitness First, Yarm Road, Stockton-on-Tees, TS18 3SF. A free minibus shuttle service will operate throughout the proceedings

Entries close on Monday 13 April – Late entries or entries without fees or forms will not be accepted – Your entry will be acknowledged by e-mail – Visit www.redcarracewalkingclub.com for further details about the event

The Northern 50km Championship will be held in conjunction with this event. Walkers who wish to enter MUST enter the National 50km and then submit an entry to Mick Hague on the correct form. Further details are available from Russ Jackson on 01673 861208

Entry Form: National 50 Km Walk Championships – Male and Female

First Name _____ Age _____

Surname _____ Tel _____

Address _____

Affiliated Club _____

E-mail: _____

Individual Entries £10.00 – There are no team fees - Cheques to Redcar Race Walking Club – Dave Jones, 11, Lavender Court, Marske by the Sea, Cleveland, TS11 7BZ

I am an amateur as defined by the rules of UK Athletics. I agree that the race organisers will not be held responsible for any loss, injury or illness however caused.

Signed _____ Date _____