

**Redcar Race Walking Club**

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**REDCAR WALKER 44**

- **NATIONAL 50K NOW ON A FASTER COURSE**

Final preparations are under way for making the 50k course at Ropner Park, Stockton-on-Tees **much faster** than in 2008. We are in the process of shortening the lap to take out the slight rise (Southerners thought it was a hill!). We think that this will make the race around 5 minutes quicker. The lap distance appears to be around 1095 metres so competitors will do around 45.7 laps with the start close to where it was in 2008. Final measurements are currently in hand. The park toilet is now on the course.

We expect Stockton Council to approve the alterations later this week.

Arrangements are the same as in 2008. Changing is at Fitness First, Yarm Road, Stockton-on-Tees and there will be a free minibus shuttle service to the park and back whenever competitors need it. Coming from the south or midlands take the A19 towards Middlesbrough then the A66 towards Stockton and Darlington. Ignore the first slip road for A135 Stockton and Ingleby Barwick. Leave on the A135 Yarm when you have passed Visqueen on your right. Go down the slip road to the roundabout. You will see the Premier Inn on your left and Fitness First almost in front of you next to Carter Steels.

- **You will find an entry form for THE NATIONAL 50k at the end of this newsletter**

- **NEW RECORDS FOR JOHANNA OVER 5KM**

Many congratulations to Johanna for re-writing the record books again, this time for 5km on the track. On 7 February in Queensland Jo returned 21-01 for a new personal best, new club record and new UK record. A week later she lowered all these records with 20-47. Times like these should mean 20km in well under 90 minutes later in the season.

- **REDCAR STAR IN THE NATIONAL 10 MILES AT PICKETT'S LOCK**

A week after Johanna's record breaking performances over 5km, the Redcar men's and women's teams went 'pot hunting' with success in London. In the National 10 miles, Ben won his first senior title at the age of 18 in the super time of 70-22. He was followed home by Paul Evennett in 7<sup>th</sup> in 79-33. Mark Byrne anchored the team in with 21<sup>st</sup> place in 95-18. This performance ensured second place medals but the women went one better. Angela- Maria 6<sup>th</sup> in 98-54, Karen Wears 9<sup>th</sup> in 101-17 and Laurayne Readman 10<sup>th</sup> in 107-27 won the team race to take the national title AND WITHOUT ANY RED CARDS! Perhaps they do listen to the club coach after all! OCCASIONALLY!

- **MORE REDCAR SUCCESS IN LUGANO on 8<sup>th</sup> March**
- **Johanna lowers her PB, the national record and club record to 91-16 for 20km road to take first place – This is getting very close to top world class!**
- **Ben lowers his PB and club record to 43-11 in finishing second in the junior 10km – This took over a minute off his previous best and no red cards!**
- **Paul Evennett finished 30<sup>th</sup> in the 20km with the good time of 96-07 and with no red cards – A good basis for the National 50km!**
- **REDCAR WIN THE NORTHERN 10 MILES AND NORTHERN 20KM**
- In the 10 miles the team was Glen Blytyhman in first place with Mark Byrne 4<sup>th</sup> and me fifth
- Laurayne Readman won the women's 10 miles followed by Helen Starling
- In the 20km the team was Paul Evennett, first, Mark Byrne, second, and Dave Jones 7<sup>th</sup>
- Helen Starling won the women's race
- **BEN SCORCHES ROUND THE MOLLY BARNETT 10KM IN A NEW PB**
- **41-57 for 10km is not bad at all! In fact he sounded surprised he had done it.**
- Ben finished second in the 10km to record this superb time even though he was competing with a heavy cold. It was a new PB and new club record by more than a minute. Again, no red cards and compliments on a smooth walking action.
- We have been concentrating on technique again recently so that Ben can walk fluently and turn on full power without any fear of attracting the judges' attention. Mileage is still very low so we have another option if in the future we are not getting to 40 minutes.
- **JOHANNA GETS A CLUB RECORD SHE DOESN'T WANT**

- In Portugal, last weekend Johanna became the first registered Redcar walker to get DQ. This was in the 20km at Rio Maior where she apparently picked up four red cards. No more details are to hand. Hopefully, Jo and her coach, Maureen Jackson, will quickly be able to identify the causes of the red cards and eliminate the faults before she competes again.
- **REDCAR SHORTS**
- JP forgot his club vest in the Northern 10 and had to get permission to walk in the club's 'away' strip – blue T-shirt!
- Peter Jacklin forgot to put his clock forward and was in such a rush to get to training that he put his shorts on the wrong way round and did 20 miles in some considerable discomfort.
- Ben Wears still can't believe that he still doesn't qualify to be called a 'class act'.
- Laurayne wants you all to know that she has just done another PB for 5K. I hope to present her medal at Sheffield.

**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](http://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***

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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 \_\_\_\_\_