

**Redcar Race Walking Club**

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**REDCAR WALKER 45**

• **NATIONAL 50KM IS A SUCCESS AGAIN**

He really **SHOULD** be involved in the organisation of the London Olympics! Dave Jones repeated his flawless organisation of 2008 to deliver another truly remarkable 50km in Ropner Park, Stockton-on-Tees last month. Twenty or so walkers faced the starter and set off on a flatter, faster course than in the 2008 edition. Lap counting was perfect and all aspects of Dave's organisation were second to none. Even the hole in the tarmac had been repaired prior to the race.

Perhaps we ought to loan him out on a consultancy basis so budding race organisers can learn from him. It would be on a fixed fee and expenses basis – no duck ponds, moats or non-existent mortgages for Dave – a crate of old peculiar and a tank of diesel would do fine. No more Woodbines please!

Redcar won the team race with Paul Evennett second in a fine new club record. Martin Fisher was sixth and JP was seventh to anchor the team in. This was Redcar's first 50K RWA team win and we are delighted with the result. It was the first time that Paul had finished a 50k and JP was rewarded with a superb new personal worst. Paul will now undoubtedly go much quicker in the future, now that he has this valuable experience under his belt. Around 4-30 must be 'on'.

**MEN**

|    |                   |            |         |
|----|-------------------|------------|---------|
| 1  | Scott Davis       | Ilford     | 4-30-28 |
| 2  | Christer Svensson | Sweden     | 4-47-28 |
| 3  | Paul Evennett     | Redcar     | 4-51-39 |
| 4  | Trevor Jones      | Steyning   | 5-03-04 |
| 5  | John Hall         | Belgrave   | 5-39-22 |
| 6  | Martin Fisher     | Redcar     | 5-40-22 |
| 7  | John Paddick      | Redcar     | 5-44-52 |
| 8  | Paul King         | Belgrave   | 5-54-40 |
| 9  | John Constandinou | Birchfield | 5-58-34 |
| 10 | Chris Flint       | London Vid | 6-03-48 |

Teams Redcar 297 and Belgrave 189

|    |            |           |
|----|------------|-----------|
| DQ | Mark Wall  | Leicester |
|    | Dave Jones | Redcar    |
|    | Mark Byrne | Redcar    |

|     |               |            |
|-----|---------------|------------|
| DNF | Mark Culshaw  | Belgrave   |
|     | Steve Arnold  | Nuneaton   |
|     | Neale Smith   | Nuneaton   |
|     | Andy Cox      | Hillingdon |
|     | Stephen Crane | Surrey     |
|     | Peter Jacklin | Redcar     |

#### WOMEN

|   |              |           |                                |
|---|--------------|-----------|--------------------------------|
| 1 | Maureen Noel | Belgrave  | 6-07-26                        |
| 2 | Sue Rey      | Leicester | 6-09-13 ( Classified at 45.7K) |

- **HAVE YOU EVER HAD YOUR BUM SMACKED DURING A RACE?**

Apparently, Scott Davis only had a jumping boy to contend with as he hammered his way to yet another title. Towards the end of the 50K I was pursued by a group of young women who were trying to smack me on the bum each time I went past. As this was happening at the same point on each lap, I eventually had to ask Bob Dobson to 'shepherd' me through the problem area on the last lap as the group was growing and I was beginning to fear what might happen next in full view of the public. Perhaps I should have reported this to the referee so he could have dealt with it. Is it too late? They were all around 25!

- **NO STOCKTON-ON-TEES 50K FOR 2010**

Redcar members have decided not to hold the 50K in 2010. There are two reasons for this. Firstly, it costs the club a lot of money. An entry of almost 40 this year as we had last time would have made an enormous difference as we keep the entry fees! Secondly, we feel that the circuit is too short for 50K and we don't currently have an alternative venue. We will look round for other venues and maybe in the future offer to put on the 20K. Meanwhile, thanks to everyone who has supported us.

- **REDCAR WIN THE TEBBS LLOYD-JOHNSON TROPHY**

This trophy is awarded each year for the club that gathers the most points in races of 50 km and above. In 2008, Redcar won the National 100 miles, the Blackpool 50 miles, the National Veterans' 50km and second place in the National 50K. These were the races that secured the trophy.

For those of you who don't know, Tebbs Lloyd-Johnson won the silver medal in the 50km in the London Olympics of 1948. He is still the oldest ever medal winner in a track and field event since the start of the Olympics. I have fond memories of racing against him in the Leicester Mercury 20 miles where he was still close to 3 hours aged around 60.

- **DAVE JONES WINS THE CYRIL EVANS LONG DISTANCE TROPHY**

For clocking up more points than anyone else in events over 50K, Dave Jones won this prestigious trophy for 2008. The results counted were the national 100 miles, the Blackpool 50 miles and the national 50K. I am fairly certain that this is around Dave's third winning series.

- **BEN WEARS SMASHES TWO CLUB RECORDS**

In finishing second to Luke Finch, Ben Wears sliced an enormous amount off his own club record for 10km in the Molly Barnett race at Coventry. 41-57 is a time that many RUNNERS would be proud to record. Ben's time puts him only 10 seconds behind the all time national junior record for this distance. What a superb performance!

Then he went on to break the 5K record at Sheffield. On his own from the gun, Ben stormed round the difficult circuit to record 21-16 for first place, well inside his own club record for the distance. This was another superb performance. Importantly, he looked comfortable, assured and safe in terms of technique.

- **PAUL EVENNETT WINS A BRONZE MEDAL IN THE NATIONAL 20K**

Walking under instruction to take things easy before the national 50k at Ropner Park two weeks later, Paul was rewarded with a well-earned bronze medal at Shrewsbury. He was to go one better in just 14 days time.

- **REDCAR PICK UP FIRST DQs**

We had prided ourselves on not having had any DQs since the inception of the club around five years ago. Then it all happened at once! Johanna in Portugal, Dave Jones at Stockton, Mark Byrne at Stockton and Sheffield, and Ben Wears at Shrewsbury and Metz. I hope we can manage to eliminate any faults over the next few weeks. I am indebted to Peter Marlow who took the time and trouble to phone me after the 20K to offer advice.

- **WELCOME TO OUR NEW MEMBERS**

I am delighted to report that our membership is continuing to grow and has now reached 40. This time we welcome Bev Gamble-Thompson, Joan Taylor and Emma Syson. Bev is a former runner and walks with a very fluent action. Joan is the wife of Trevor Taylor, the first organiser of the Saltburn Sandblaster. Joan often joins our Monday morning group. Emma is seriously quick and already up to 10km after only 4 weeks. Winter League walkers **WATCH IT!**

- **RECORD ATTENDANCE AT A TRAINING SESSION**

It gives me great pleasure to report that 19 walkers appeared for the Easter Monday Bank Holiday session. This is the biggest turn out of club members at any training session. We even had some 'real' walkers like Dave Jones taking a break from work to join in. We quite frequently have a dozen or so walkers at organised sessions but the 19 was quite unusual – more than some promoters get in races!

- **LAURAYNE WINS A BAG**

Laurayne went to the Hartlepool Burn Road 5 miles to put our Sandblaster forms out on cars and took part in the run while she was there. Finishers received a yellow plastic bag with no contents. Laurayne prefers medals or mugs so the bag was quite unwelcome. We have suggested that she should put all of her mugs and medals in the bag and have it framed! If you see Laurayne in the near future please ask about the bag as she is still keen to talk about it.

- **JOHANNA LEAVES REDCAR RWC**

Johanna Jackson has resigned from our club with effect from the 26 May 2009. We wish her all the best for the future and hope that her success in our sport continues.

- **SALTBURN SANDBLASTER 2009**

This will be the 10<sup>th</sup> year that we have organised this popular event. Advertising is going well and entries have already started to come in. Redcar hope to turn out 20 walkers for these races so if you would like to join the 'real' people up north for a few hours you are guaranteed a genuine welcome. You will be even more welcome if you race in Victorian attire! For men it is boots, long socks,  $\frac{3}{4}$  trousers, grandad shirt, necktie and cap. I have these items from the last time I did this so I could loan them out. There is a special prize for anyone attired as above or with a female version beating the hour **WALKING**. The boots are compulsory. We don't count trainer shod athletes in this section.

Come to the club that makes racewalking **FUN**.

**SALTBURN SANDBLASTER ROAD WALK**  
**Distance 10km (Flat, fast, tarmac and measured with surveyor's wheel)**

**Sunday 16 August 2009**

*Organised by Redcar Race Walking Club as part of Saltburn Victorian Festival*

*Sponsored by Marske, New Marske and Saltburn Parish Council and Ken Munro*

Under UK Athletics rules: *Permit RWA 17/09/51*

**12 noon – Novice Walk 2 miles category B**

**12:30 p.m. – N of E AA Women's 5km Championship Category A**

**12:30 p.m. – Open 5km Walk Category A**

**1:15 p.m. – Open 10km Walk Category B**

**1:15 p.m. – Open 10km Run**

**All events except N of E Championship are open to Men and Women**

*All events start from the Marine Hotel, Marine Parade, Saltburn  
Registration will be open for distribution of numbers from 11 a.m.*

**Substantial prize lists** *for all races, including team races for FOUR counters in 'opens' male, female or mixed and for the best dressed COMPETING 'Victorian' Commemorative award to all finishers in all races*

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Closing date for postal entries: Saturday 8 **August - entries on the day £2.00 extra!**

**Entry Form for Saltburn Victorian Open 5km walk, N of E 5km women's Championship, 10km walk or 2 mile Novice Walk**

First name \_\_\_\_\_

\_\_\_\_\_ Surname \_\_\_\_\_

Age on race day \_\_\_\_\_

Event(s) entered \_\_\_\_\_

Address \_\_\_\_\_

Affiliated Club \_\_\_\_\_ Contact tel No \_\_\_\_\_

Entries: £5 per person (affiliated) per event, £2 extra for non-affiliated athletes. Cheques to Redcar Race Walking Club

John Paddick, 160, West Dyke Road, Redcar, TS10 1JN - TEL: 01642 489728

**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 injury or illness however caused.**

