

Redcar Race Walking Club

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REDCAR WALKER 48

Plenty of good new again as we go from strength to strength!

- **Mark Byrne – Winner at Dunnington Gala**

Mark walked a very brisk 57-45 for the 10k to win and hold off Tony Bell of Lancashire Walking Club who finished THREE seconds behind. This was a good result for Mark who had had some recent disappointments. There were 11 finishers.

- **Saltburn Sandblaster – A great success AGAIN**

Many thanks to Graham Readman and his band of helpers for another super edition of the annual SANDBLASTER – There were more walkers and runners this year and we were congratulated by many of the competitors for putting on exactly what they were looking for. Paul walked an impressive 47-33 while Karen produced a two minute PB to get under 56. Emma showed excellent form by winning the novice race and then competing in the 10k. Bev was impressive in the novice walk too.

Novice Walk – 2 miles

1. Emma Syson	17-33
2. Bev Gamble-Thompson	17-58
3. Helen Starling (G)	17-58
4. Dave Jones (G)	18-00
5. Trevor Taylor (G)	18-28
6. Vince Starling (G)	18-40
7. Linda Ashworth	20-48
8. John Paddick (G)	20-48
9. Joan Taylor	21-09
10. Angela-Maria Paddick (G)	21-09
11. Dave Ashworth	21-28

All Redcar RWC – G signifies Guest Walker

Open 10km Walk

1. Paul Evennett	Redcar RWC	47-33
2. Adam Wears	Redcar RWC	56-40
3. Karen Wears	Redcar RWC	57-35
4. Mark Byrne	Redcar RWC	59-58
5. Angela-Maria Paddick	Redcar RWC	62-33
6. Jed Bycroft	York CIU	62-58

7. Dave Jones	Redcar RWC	64-07
8. Chris Wears	Redcar RWC	67-47
9. Zack Wears (G)	Redcar RWC	68-08
10. Emma Syson	Redcar RWC	68-24
11. Peter Braney	Billingham Marsh House	68-44
12. Laurayne Readman	Redcar RWC	70-13
13. Helen Starling	Redcar RWC	70-13
14. Vince Starling	Redcar RWC	76-46
15. Wally Johnson	York CIU	76-46

Wind worsened times by around TWO minutes

Team of 4 entered by closing date – Redcar RWC

Redcar turned out a total of 18 walkers – a record – thank you

Others are on holiday or **RESTING**

Open 10km Run

1. Gary Grounds	Billingham Marsh House	35-15
2. Mark Gamble-Thompson	New Marske Harriers	35-20
3. Jonathan Skidmore	NYMAC	35-31
4. Andy Smith	Unattached	39-10
5. Kevin Knight	Durham City	39-57
6. David Jordan	Elswick Harriers	40-10
7. Ian Hayden	Aurora	40-25
8. Erica Johnson	Swaledale RR	40-28
9. David Paley	Unattached	42-07
10. Mark Behrns	NYMAC	43-02
11. Brian Allen	New Marske Harriers	44-15
12. Gary O'Brien	Unattached	45-04
13. Eddie Meehan	NYMAC	45-07
14. Jimmy McGhee	Billingham Marsh House	45-13
15. Ian Thompson	Unattached	45-27
16. Ian Welch	Redcar Running Club	46-27
17. Dave Williams	NYPAC	47-12
18. John Stephenson	Crook & Dist	47-14
19. Andrew Hart	New Marske Harriers	47-25
20. Jane Wistow	Hartlepool Burn Road	47-49
21. John Rymer	New Marske Harriers	48-05
22. Stephen Maude	New Marske Harriers	50-14
23. Trish Kay	Newton Aycliffe	51-00
24. David Miller	Unattached	51-06
25. Patrick Parks	Redcar Running Club	51-17
26. David Whitmore	South Shields	52-08
27. Paul South	Unattached	53-33
28. Bozena Stansfield	Unattached	53-34
29. Mark Truran	Unattached	53-48
30. Michelle Bytheway	Redcar Running Club	55-31
31. Nicola Pearson	Swaledale RR	56-48
32. John Walshaw	Redcar Running Club	58-23
33. Glenys Nutter	Swaledale RR	72-58

Team of 4 – Entered by closing date New Marske Harriers

- **Redcar win National Veterans' Title and pick up NINE medals**

Our trip to Coventry to race against different opposition than normal was a success. In a VERY strictly judged race, Redcar came out on top by a huge margin in the team race. The Leicester was eliminated when their leading walker was DQ and the Birchfield team suffered TWO DQ but still closed in.

M.C.A.A./M.A.R.W.

MIDLAND 30KM CHAMPIONSHIPS(MEN)

INC.B.M.A.F. 30KM CHAMPIONSHIPS (MEN/WOMEN)

Science Park, Warwick University, Coventry.

Saturday 22nd.August 2009.

<u>Pos.</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	
1.	Paul Evenett	Redcar RWC	2.46.21	1 st O40
2.	Steve Arnold	Nuneaton	3.03.00	1 st O45
3.	Chris Berwick	Leicester W.C.	3.08.12	
4.	John Paddick	Redcar RWC	3.21.24	1 st O65
5.	Mark Byrne	Redcar RWC	3.24.22	2 nd O45
6.	Dave Jones	Redcar RWC	3.27.02	1 st O60
7.	Tony Collins	Birchfield	3.28.30	2 nd O65
8.	Sean Pender	Enfield & H	3.33.07	1 st O55
9.	Steve Allen	Barnet & Dist.	3.34.52	1 st O50
10.	John Constandinou	Birchfield	3.34.53	1 st O35
11.	Gary McDonald	Surrey W.C.	3.36.30	2 nd O50
12.	Colin Vesty	Leicester W.C.	3.39.46	2 nd O40
13.	John Payn	Lancashire	3.48.11	1 st O75
14.	Eric Horwill	D.A.S.H.	3.59.18	2 nd O75
15.	Vincent Starling	Redcar RWC	4.03.29	3 rd O45
16.	Julian Barnett	Birchfield	4.06.57	4 th O45
17.	Will Norbet	N.I. MAA	4.11.01	1 st O70

3 DQ

1 DNF

Women's BMAF 30km Championships

1.	Maureen Noel	Belgrave H.	3.25.10	(W45)
2.	Fiona Bishop	Woking A.C.	3.40.24	(W50)
3.	Helen Starling	Redcar RWC	3.50.11	(W45)
4.	Karen Davies	Birchfield	3.55.06	(W45)

B.M.A.F. Team Results. (Men)

1st. Redcar RWC – 9hrs 30mins 07secs
(Evenett, Paddick, Byrne)

2nd. Birchfield Harriers – 11hrs 10mins 20secs
(Collins, Constandinou, Barnett)

- **Dave Jones – The perfect walker**

You will all be delighted to know that Dave Jones managed to get round at Coventry with NO REDS. This is, of course, a great improvement on his DQ in the National 50k. Dave was the ONLY Redcar walker not to get a red as the judges really made their presence felt. He has been going on about thi

ever since because it made him so happy. Perhaps he should offer his services to the GB team so that some of them can find out how to convert DQ to no reds!

FIXTURES THAT WE WILL BE SUPPORTING

26 Sept – Saturday – Inter-Area Track walks – Doncaster

This incorporates the NARWA Championships for these age groups

Ken Munro is organising this

12-45	5k	Boys U17/20
1-15	3k	Boys U15
1-40	5k	Girls U17/20/Senior Women
2-35	2k	Boys/Girls U13
2-55	10k	Senior Men
4-00	3k	Girls U15
4-30		Presentation of Awards

- **Winter League Races**

11 October	Cleckheaton
1 November	Redcar
22 November	York
6 December	Dick Hudson (Provisional)
10 January	Redcar
7 February	Drighlington

- **CLUB MEETING MONDAY 5 OCTOBER AT REDCAR CRICKET CLUB
7-30 p.m.**

Best wishes to you all and thank you for your continued support.

John Paddick (Hon. Sec)

