

**Redcar Race Walking Club**

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**REDCAR WALKER 50**

- **REDCAR RWC PLANS TO MOVE UP TO THE NEXT LEVEL IN 2010**

For 2010, Redcar RWC members have decided to move up to the next level in terms of competition. As we now have over 40 members and more than 20 walkers registered with England Athletics as competitive athletes we have decided that it is high time that we made a serious attempt to **COMPETE IN ALL SENIOR NATIONALS**, male and female. The current plan is to organise teams for the 10km, 10 miles, 20km and 50km. The teams and their supporters will travel in a 16 seat minibus. We will charge all travellers £10 each and put the rest in from club funds. The first two events will be the national 10 miles and national 20km, both in the south, where we can easily enter strong male and female teams.

- **REDCAR RWC WILL HOLD ITS FIRST CLUB CHAMPIONSHIPS IN 2010**

We have never yet attempted to hold any club championships but we will do this in 2010. The championship distances will be 5km, 10km, 10 miles, 20km and possibly 20 miles. There may be more seasonal 5km championships as these are ideal for our younger and less experienced walkers (and those who are not fit!). We will give awards for these championships and there will be a handicap. If any of you are feeling generous, what about a trophy or two? This, of course, is all new for us because we have no club trophies at all.

- **REDCAR RWC TO PRESENT THE JONATHAN EDWARDS TROPHY**

Dave Jones has proposed that we should purchase a special club cup to be called the 'Jonathan Edwards' trophy. It will be presented to the first club member to get DQ for three red CONTACT cards. **Hop, skip and jump** - It will be held by that member until another club member qualifies for it. This might concentrate certain members' minds!

- **NORTHERN AREA RWA SHOOT THEMSELVES IN THE FOOT**

The Northern Area RWA has decided that in its 10 miles and 20km championships the women will start 10 minutes behind the men. All that this means is that, if they were to enter, our slower women would walk on their own for the entire race. The prospect of walking alone in unfamiliar surroundings is completely unacceptable to them. They cannot see how they would possibly get any enjoyment out of it, not to mention the safety angle so they will not be entering. As we race and travel as a mixed team, it is unlikely that many of our men would go either. We will, of course,

ensure that members have details of how to enter these championships if they wish to participate but we will be making no effort to raise teams. There are enough good races to attend across the country where men and women set off together. These are the ones we will be attending.

- **1st WINTER LEAGUE – 10 KM CLECKHEATON – 12TH OCTOBER 2009**

Even though we could only raise half a team we still scored good points. Yorkshire RWC lead by 104 to Redcar's 98 but in the words of the famous Vince, 'We'll torture them all when they come to Redcar for the second fixture'. There were good PBs for Karen – under 57 for the first time – and Laurayne – under 67 for the first time – and in very small letters – club coach avoids PW!

			POS	PTS	
1.	P EVENNETT	REDCAR RWC	48.12	7	24
2.	K WEARS (L)	REDCAR R WC	56.57	2	29
3.	T MALONE	YORK CIU	58.23	12	19
4.	D CROMPTON	LANCS WC	59.56	4	27
5.	A SHAND	YORKS RWC	59.56	3	28
6.	AM PADDICK (L)	REDCAR RWC	61.35	9	22
7.	M BYRNE	REDCAR RWC	63.19	14	17
8.	R JACKSON	YORKS RWC	63.21	10	21
9.	J BYCROFT	YORK CIU	63.29	5	26
10.	J PADDICK	REDCAR RWC	64.33	11	20
11.	L READMAN (L)	REDCAR RWC	66.37	8	23
12.	K FRENCH	YORKS RWC	66.38	6	25
13.	P CARROLL	YORKS RWC	73.15	1	30
14.	J BARKER	YORKS RWC	74.10	13	18

- **2nd WINTER LEAGUE - 10KM – REDCAR – 1<sup>ST</sup> NOVEMBER 2009**

On an absolutely horrendous Sunday morning our women scored good points whilst several of the men took one look at the weather and declined the opportunity to show how they could cope with the conditions. Weaker sex! Bunkum! Walking into a gale with hail and heavy rain on the outward 5k it was obvious that times would be affected. Paul came in 4 minutes down, followed by Karen also 4 minutes down. Laurayne beat Keith French with a final sprint AGAIN!

				POS	PTS
1.	P EVENNETT	REDCAR RWC	51.11	8	23
2.	K WEARS (L)	REDCAR RWC	59.57	4	27
3.	A-M PADDICK (L)	REDCAR RWC	62.28	10	21
4.	A SHAND	YORKS RWC	62.32	5	26
5.	J PADDICK	REDCAR RWC	64.18	9	22
6.	J BYCROFT	YORK CIU	64.54	2=	29
7.	M BYRNE	REDCAR RWC	65.04	11	20
8.	L REDMAN (L)	REDCAR RWC	67.24	2=	29
9.	K FRENCH	YORKS RWC	67.25	1	30
10.	D COLE	YORK CIU	68.53	7	24
11.	E SYSON (L)	REDCAR RWC	69.03	6	25
12.	V STARLING	REDCAR RWC	77.13	12	19

So its all change now. Redcar lead the league by a street! Individual leaders are Karen Wears 56, Jed Bycroft 55, Keith French 55, Alex Shand 54, Laurayne Readman 52 – Remember you need to get 4 races in!

- **GET YOUR CAMERAS OUT – PETER IS ABOUT**

You will all be delighted to know that Peter Jacklin is training again. His six months of holidays appear to have finished. You may be lucky enough to get sight of him on Lindrick if you get on with it before he disappears again. We must all be in the wrong job. The rest of us only get a few days if we get any at all. Contrary to all reports, Peter wasn't running in the woods the other day – he was 'just relaxing' as he walked down hill!

- **DAVE JONES IS OUT AND ABOUT AGAIN TOO**

I am delighted to report that the club's co-founder is still active. After a long spell of injury, Dave is training with us again. The last we heard of him he had got lost on a bike ride after 'dropping' the local wheelers team. Dave – welcome back!

- **COMPETITION RESULTS**

In the last edition I asked you all for suggestions about what Laurayne might have been saying to Helen in the photo – These are the entries:

- That number 73 bus has saved us some time.
- Has anyone seen Barbie?
- This is a breeze Helen, shall we go round again?
- Did you remember to put the glass in Emma's Vaseline?
- Did you try those body butters?
- I can't understand why they all call me Sindy.
- Where on earth is banana man?
- That's brilliant!!! Not only have we passed a walker, we've passed a car as well.
- I hope it isn't going to rain. I'm not wearing waterproof mascara.
- Helen is taking this so seriously and I've had half a bottle of wine before we started.
- It's a pity Keith French isn't here to pace me!

There were also a couple that I decided not to print!

The winner is Graham Readman for number 10 on this list. Prize to be presented at a suitable occasion.

- **CHRISTMAS SOCIAL EVENING**

Laurayne and Karen have asked me to remind you that the Christmas Social will be at Redcar Racecourse on Friday 11 December. Deposits of £10 a person are due so that the venue can be booked ASAP. They have also asked me to say that donations to the hamper will be greatly appreciated – AGAIN ASAP please.

- **FORTHCOMING FIXTURES:**

**Winter Leagues are:**

**22 Nov York,**

**6 Dec Thornton-le-Clay,**

**10 Jan Redcar,**

**7 Feb Drighlington**

**We will also be supporting:**

**20 Feb National 10 miles at Pickett's Lock – Minibus**

**11 April National 20k at Victoria Park – Minibus**

**Midland 30k at Coventry in the Summer**

If you want to enter for the Northern 10 miles at Thornton-le-Clay on 14 March or the Northern 20k at Simister on 27 March please let me know so I can give you an entry form and the address to send it to. None of our women want to do these races (see above) and few if any of the men (also see above) so I will not be doing my normal job of raising teams and sending off entry fees. You will need to enter yourselves if you want to go. I will, of course, organise teams in the usual way for all races on our target list.

Thank you for your continued support and the sense of **FUN** that you bring to our sport.

Best wishes,

John Paddick (Hon. Sec.)