

Redcar Race Walking Club

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REDCAR WALKER 51

- **No Increase In Club Fees for 2010**

I am pleased to be able to report that many members believe that there is no reason to increase club membership fees for 2010. We normally set the fee level at the AGM but there is no possibility of planning for it yet because of the weather. SO FEES REMAIN AS FOR 2009.

Competitive Senior Walker	£12
Competitive Junior Walker/Student	£6
Social Walker	£6
Official	£6
Family Membership	£25

These are the rates that apply until the end of February. After that they increase by £5 to reflect the inconvenience of time spent sending out reminders. Please pay now either with cash or a cheque made out to Redcar RWC. If you wish to pay electronically please send me an e-mail to that effect and pay through the paypal account at the e-mail address shown above.

IF YOU DO NOT WISH TO CONTINUE YOUR MEMBERSHIP PLEASE LET ME KNOW.

- **Plans for Redcar RWC Fleeces**

A couple of years ago we raised money to purchase club tracksuits. This presented all of the normal problems relating to SIZE. We have now decided to provide Redcar RWC fleeces (FREE) to all club members who COMPETE at Picketts Lock in the National 10. This is so we can be seen to SWAMP the race with large numbers of walkers – reflecting our increasing membership!

I will contact all team members soon to ask for sizes.

- **Advanced Plans For The National 10 Miles – Picketts Lock**

The minibus is booked and most seats are now spoken for. Members will be charged £10 and the rest of the return fare will be met from club funds.

Vince Starling will drive and will compete in the 10 miles.

There are a further 16 seats distributed as follows:

Competitors: Angela-Maria Paddick, Helen Starling, Karen Wears, Laurayne Readman, John Paddick, Dave Jones, Ben Wears, Peter Jacklin, Chris Wears, Glen Blythman

Spectators: Anne Irving, Dennis Best, Jean Jones

HENCE, THERE ARE CURRENTLY 3 SEATS LEFT

If you want one of them please let me know.

Other members who will be entering and making their own way to the race will be Martin Fisher, Mark Byrne and Paul Evennett.

SO, CURRENT PLANS ARE TO ENTER 14

If your name does not appear in this list and want to go please let me know. Equally, if your name is currently shown against a seat and you are not going please let me know so that it can be re-allocated.

- **3rd NORTHERN AREA WINTER LEAGUE 10km
22nd NOVEMBER, 2009 - SOUTH BANK CLUB, YORK**
- **Redcar Walkers Score Maximum Points – Helen 30, Paul 29 and Mark 28**

Some of the others HAVE DONE BETTER!

				POS	PTS
1. P EVENETT	REDCAR RWC	46.47		2	29
2. C SCOTT	YRWC	57.09		5	26
3. A MALONE	YORK CIU	57.32		11	20
4. D JACKSON “		58.39	7	24	
5. A SHAND	YRWC	59.15		4	27
6. G JACKSON	YORK CIU	59.39		14	17
7. M BYRNE	REDCAR RWC	59.40		3	28
8. N ARMITAGE	YRWC	59.59		10	21
9. N DUNCAN	K-U-HULL	60.26		6	25
10. D CROMPTON	LANCS	61.24		9	22
11. J PADDICK	REDCAR RWC	63.19		13	18
12. AM PADDICK	“	63.55		18	13
13. R JACKSON	YRWC	63.59		17	14
14. J BYCROFT	YORK CIU	64.27		15	16
15. K FRENCH	YRWC	66.26		12	19
16. D JONES	REDCAR RWC	66.28		20	11
17. H STARLING	“	66.29		1	30
18. D COLE	YORK CIU	70.34		19	12
19. P CARROLL	YRWC	74.18		8	23
20. V STARLING	REDCAR R WC	76.23		16	15

YOUTHS 7KM

1. B WOOLLISS K-U-HULL 42.05

A good turnout, at this popular venue. The well liked York CIU, and South Bank club stalwart, Wally Johnson, who suffered a heart attack on this very course a

few weeks ago, from which he is now happily recovering, was on many minds. Medical opinion, I hear, was that his high general fitness saved him. We all hope to see him again soon. Alan Brooks

- **4TH NORTHERN AREA WINTER LEAGUE
THORNTON-LE-CLAY, YORK 6TH DEC 2009
APPROX. 9KM**

- **This Time Karen Scores a Maximum**

1. P EVENNETT	YORK CIU	41.19	5	26
2. K WEARS (L)	REDCAR	48.35	1	30
3. A MALONE	YORK CIU	50.15	6	25
4. A SHAND	YORKS RWC	50.52	3	28
5. D COLE	YORK CIU	57.41	2	29
6. L READMAN (L)	REDCAR	58.05	7	30
7. P CARROLL	YORKS RWC	61.11	4	24

‘A Tale of Two Entries’

A field depleted by holidays, and other commitments, lined up to race over a 1km leg (measured by wheel) five times, out and back, the turn denoted by a farmers gate. Shortly later, as Paul Evennett reached the ‘2km’ turn with a split well within world best schedule, the timekeeper began to wonder if things had gone awry. An impromptu decision was made to increase the legs to six, but the course was still well short. What could have gone wrong? Yes, it was the wrong gate! Prior to the start, it had been noticed that Phil Carroll was missing from the start line. He had a good excuse, having been locked in the venue. It was that sort of day! A quick call to Carol Vorderman helped to adjust the handicap. Alan Brooks

- **WINTER LEAGUE STANDINGS**

This all means that Redcar RWC is well in front of anyone else. We just need some good performances from our ‘key players’ in the final fixture. These are Paul Evennett, Karen Wears, Laurayne Readman and Mark Byrne with JP ‘backing up’. Alan Brooks has confirmed that it is still 4 races to count.

- **REDCAR WALKERS NOT DEFEATED BY THE WEATHER**

Although the Winter League race at Redcar has been cancelled due to bad weather, many members have made a supreme effort to keep fit. SOME OF US HAVE NOT LOST A SESSION. Much of our training has been on the beach when the conditions on the pavements have been too dangerous. A perfect surface is often produced by the tide but occasionally we have found that miles of soft sand have been very demanding. I am delighted to report that Laurayne has learnt to train on ice (without wellies.) We hear that Paul Evennett and Martin Fisher were both out on Christmas Day. Glen Blythman kept a tradition going by training in Redcar on New Year’s Day in very cold and miserable conditions for the third or fourth year running. OTHERS WERE UNABLE TO MAKE IT!

- **CHRISTMAS RAFFLE MAKES £65**

Many thanks are due again to Laurayne and Karen for organising such a super Christmas ‘do’ at Redcar Racecourse. Many members attended and

really enjoyed themselves. The raffle was super too and raised £65 towards the Picketts Lock trip. We would like to thank all members who DONATED. If you FORGOT perhaps you will remember next year!

- **FORTHCOMING FIXTURES**

7 February (Sunday) Final Winter League – Drighlington

20 February – National 10 miles – Picketts Lock

14 March – Northern 10 miles – Thornton-le-Clay

27 March – Northern 20k – Simister

11 April – National 20k – Victoria Park

17 April – Jeff Ford and Northern 10k – Sheffield

- We will be definitely attending the two nationals where men and women start together. Few members are interested in the Northern 10 miles or 20k where they intend to start the women 10 minutes after the men. I will not be doing my normal job of raising teams for the northern events for the same reason but if you do want to go please let me know so that I can give you the entry details.
- ALL THE BEST FOR THE NEW YEAR. PLEASE SEND ME YOUR SUBSCRIPTIONS ASAP AND CHECK THE LIST FOR THE NATIONAL 10 TO BE SURE THAT IT REPRESENTS WHAT YOU WANT TO DO.

John Paddick (Hon Sec)