

**Redcar Race Walking Club**

**160 West Dyke Road  
Redcar  
Cleveland  
TS10 1JN**

**E-mail:** [paddick@westdyke.freeserve.co.uk](mailto:paddick@westdyke.freeserve.co.uk)

**Website:**  
[www.redcarracewalkingclub.com](http://www.redcarracewalkingclub.com)

**Tel 01642 489728**

**REDCAR WALKER 52**

- **REDCAR MEMBERS INCREASE AGAIN**

Many thanks for sending in your club subscriptions – There are only two individuals' fees outstanding so membership stands at 34 actually paid – This is an increase on the same time in 2009 when we stood at 30. It all seems very good as we enter our sixth year of operation, especially as we started out with only FIVE members. There are more waiting to join!

**JUST THINK IF YOU COULD ALL RECRUIT ONE IN THE NEXT YEAR!**

**I KNOW I WILL – EVEN IF I HAVE TO RESORT TO ACCOSTING LIKELY LOOKING WOMEN IN THE STREET! Members will verify that I actually do this!**

- **MORE EGGS PLEASE**

Laurayne and Karen are running an Easter raffle. The idea is that you **give** them an Easter Egg and then **buy** raffle tickets so you can win **MANY** Easter eggs. If you have not yet bought a ticket or donated an egg - ASAP please **so they don't think you are IGNORING them**. If any walkers or friends (Not in Redcar RWC) want to buy tickets just send me £1 via paypal to my e-mail – we will allocate you a number by e-mail.

- **THE HARTLEPOOL BAGS RACE**

On Sunday 28 March our RWA/UKA Winning Women's team will be **RUNNING** (Yes they do this as well and they are good) in the Hartlepool Burn Road 5 Miles. **THEY** call it the **BAGS** race. Just to show interest you might enquire who or what the bags are.

- **BEN WEARS TO GO IN A TRIATHLON**

I understand that a mate of Ben's, who competes in triathlons, said that if Ben did one he would finish last or almost last. Red rag to a bull, of course! I may be wrong but I think I understood it was to be 1500m swim, 10km run and then 15 km on the bike. He must be serious because his helmet has arrived.

- **FINAL NORTHERN WINTER LEAGUE 10KM  
8TH FEB. 2010, ADWALTON MOOR, DRIGHLINGTON**

**REDCAR WON THE TEAM IN THE LEAGUE AND ALSO HAD THE FIRST TWO OVERALL INDIVIDUALS**

			H/P	PTS	
1.	P. EVENNETT	REDCAR RWC	47.29	1	30
2.	K. WEARS(L)	REDCAR RWC	57.08	8	23
3.	G. JACKSON	YORK CIU	58.16	3	28
4.	A. MALONE	YORK CIU	58.52	6	25
5.	D. JACKSON	YORK CIU	59.05	7	24
6.	A. SHAND	YRWC	59.31	10	21
7.	D. CROMPTON	LANCS WC	60.28	5	26
8.	M. BYRNE	REDCAR RWC	61.22	11	20
9.	A.M. PADDICK(L)	REDCAR RWC	62.03	12	19
10.	J. PADDICK	REDCAR RWC	64.48	13	18
11.	J. BYCROFT	YORK CIU	66.31	14	17
12.	L. READMAN(L)	REDCAR	67.26	4	26
13.	D. COLE	YORK CIU	67.26	2	29
14.	P. CARROLL	YRWC	74.50	9	22

**OVERALL LEAGUE RESULT**

K. WEARS	REDCAR RWC	109 Pts
P. EVENNETT	REDCAR RWC	109 Pts
A. SHAND	YRWC	109 PTS

**TEAMS**

REDCAR RWC	406 Pts
YRWC	286 Pts

Many thanks to all of our members for supporting these fixtures and for putting up such superb performances –

- **NATIONAL 10 MILES at Picketts Lock, North London**

As intended, many of us made the long journey south in Vince's minibus. It was a superb day and Vince should be congratulated in keeping to schedule and getting us there in time to chill out and warm up.

It was well worth going because our women retained their national title and the men were fourth.

Redcar Results

Men

5	Paul Evennett	78-00	
22	Martin Fisher	100-50	
23	Mark Byrne	101-07	
32	John Paddick	105-11	PW
35	Dave Jones	108-33	PW

#### Women

4	Karen Wears	95-50	PB + Club Medal
5	Angela-Maria Paddick	101-02	
9	Laurayne Readman	109-58	
10	Helen Starling	111-29	PB + Club Medal

There were two PBs from Karen and Helen, and two magnificent PWs from Dave and me.

- **COMMENTS MADE TO US AT PICKETT'S LOCK**
- **Redcar walked superbly only picking up two red cards out of 58 issued.**
- **What an improvement in Paul Evennett – has changed from a fit jogger to a very good walker.**
- **Karen caught the eye too – future international when she reaches her potential.**
- **Redcar is the fastest growing club in the UK.**
- **Of course, they had to mention beer again after all we've said about anything south of Sheffield being of poor quality. They say that it IS possible to get good beer in the south – apparently some pubs have draught Guinness! I rest my case again if that's the best they can do!**

Our victorious women's team had heard about these drink problems so they celebrated with champagne during the presentation – AGAIN! Nobody else seemed to be doing this sort of thing. Do others find race walking FUN or are they all deadly serious?

- **REDCAR WIN THE SPARTA TROPHY**

Redcar RWC was presented with the Sparta Trophy for the most improved UK club in 2009. It is interesting to note (or maybe not) that I was also in the Royal Sutton team that won it in 1965 – the first time it was presented.

- **FUTURE CONTRIBUTIONS**

As Redcar walkers almost never make any response to newsletters, (maybe they can't read it) I would value contributions from elsewhere. No really serious stuff please! We prefer jokes and funny stories.

- **WHAT ABOUT HELPING KEN?**

Ken Munro will be putting on the National 50k in Ropner Park on 25 April on behalf of the RWA. If anyone wishes to assist him please let me know by e-mail.

- **AN APOLOGY TO HERO PETER**

I had intended to include a photo of Peter Jacklin being congratulated by Peter Marlow for his superb performance in arranging the red blobs on the DQ board at Picketts Lock. Unfortunately the members who were charged with recording this magnificent event for posterity have failed to produce!

- **FORTHCOMING FIXTURES**

**27 March – Northern 20K – Simister**

**28 March – Hartlepool BAGS race**

**11 April – National 20K – Victoria Park**

**17 April – Jeff Ford Meeting and Northern 10K – Sheffield**

**25 April – National 50K – Stockton-on-Tees**

**31 May – Bradford 35K/15K – Baildon Moor**

**13 June – Redcar Half Marathon**

**26 June – Allen Trophy 15 miles – Chorley**

**24 July – Dunnington Gala 10K - York**

Remember, one more member each in the next 12 months – Some of you failed miserably last time!

John Paddick (Hon Sec)