

Redcar Race Walking Club

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REDCAR WALKER 53

- **PAUL EVENNETT WINS NORTHERN 10MILES and 20K**

Many congratulations to Paul for easily winning both road championships. His time in the 10 miles was 79-48 and in the 20K he recorded a PB of around 95-20. Congratulations also to Mark Byrne who picked up the bronze medal in the 10 miles.

- **WE WARMLY WELCOME TWO MORE NEW MEMBERS**

Paul Corcoran has joined the Wednesday and Saturday groups and is showing good speed on the Lindrick Road course. He is now up to 10 miles and will soon make a start on races – B category to begin with. Paul will eventually race at all distances from 10K to 24 hours. He has already walked 100 miles in under 24 hours when he was in the army **carrying a 50 pound pack and a rifle.**

It will be interesting to see whether he or Dave Jones will prevail in the forthcoming 100 miles. Martin Fisher also needs to take note! What about a new club record?

Dave Fereday has been out with the Monday group to improve his technique. He will be walking the London marathon in a Redcar vest and should go under 5-30. His main target this year is the 85 miles Parish Walk in the Isle of Man. Perhaps, when he has done these two races he will become another real challenger to Dave Jones in the 100 miles.

- **WE ALSO WELCOME SEVERAL NEW WALKERS TO OUR GROUPS**

Several other walkers have recently made arrangements to join training sessions so we may be about to recruit strongly again. This increased activity is down to Glen's excellent website.

Kayleigh Rochelle-Edge has been out with the Saturday group. Her first lap of Lindrick was around 22 minutes and the second under 20 minutes. She has an excellent technique for a beginner and will soon be challenging for a place in our senior ladies' team at 10KM so watch out! Kayleigh is an accomplished runner so she knows what training and effort is all about.

Welcome also to **Sue and Jennifer Parten** who have made a good start with the Monday group.

Have YOU recruited YOUR new walker for 2010 yet?

- **MEMBERS' MEETING IN MAY**

There will be a club meeting at Redcar Cricket Club at 7-30 pm on Monday 10 May.

Agenda

Apologies for absence

Formal acceptance of new members – Paul Cocoran and Dave Fereday

Progress with purchase and distribution of club fleeces

Decision on distribution of entry forms for Saltburn

Approval of secretary's expenses – postage, purchase of medals, trophy engraving, England Athletics registration fees, website fees etc

Decision on action to be taken in respect of the two members who have not paid their membership fees for 2010

Decision on whether to hold club championships 5K, 10K, 20K, 20 miles

AOB – to be lodged with Hon Sec at least five days before the meeting

- **CONGRATULATIONS TO LAURAYNE AND KAREN ON THE SUCCESS OF THE EASTER RAFFLE**

The total is well over £100 for club funds, which really is a superb result. Karen and Laurayne wish to thank members who donated eggs and all those who bought tickets.

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|--------------------|---|
| 1. Dudley Duck | Mrs Dorothy Campbell – Laurayne's neighbour |
| 2. Alan | Pauline's Alan |
| 3. George Readman | Graham's Dad |
| 4. Tony Livingston | New Marske Harriers |
| 5. Linda Ashworth | Monday Group |
| 6. Yvonne | Stray Café |
| 7. Adam Wears | Ben's brother |
| 8. Pam Best | New Marske Harriers |
| 9. Jan | Club friend |

Mrs Campbell kindly re-donated Dudley for a second raffle which Angela-Maria won.

- **REDCAR RWC IS UP FOR A GAZETTE AWARD**

Some months ago I made a submission for the Evening Gazette 'Team of the Year' award. We are in the last competing against ALL other sports teams on Teesside. If we win it will be worth £500. The presentation night is 20 May. If you wish to attend and don't know how to get tickets please let me know.

- **FORTHCOMING FIXTURES**

15 May – Sutton Macclesfield 20K

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

13 June – Redcar Half Marathon

20 June – U20/23 UKA Track Championships - Bedford

26 June – Allen Trophy 15 miles – Chorley

24 July – Dunnington Gala 10K – York

14 August – Nat Veterans' 30k and Open 30k/10k – Coventry

Several of us intend to make the trip to join up with Lancashire Walking Club for their 20K championship at Macclesfield. We always get a genuinely good welcome in Lancashire so I am looking forward to the event. It may interest club members to know that it is a fast course on which I did my PB for 10 miles in 1962. Even Ben has so far failed to beat 69-10. Members will also be interested to know that the Ex-Servicemen's Club where we change still has the racewalking photos around the walls that were there in 1962.

- **GOOD REDCAR PERFORMANCES AT SHEFFIELD on 18 April**

We had eight walkers in the 10km and all of them produced good times. First home was Ben Wears (now training hard again) in 44-39. Second was Paul Evennett in a personal best of 45-27. Fourth man was Glen Blythman in 57-20. Fifth was Mark Byrne in 59-07 and I was eighth in 61-40 (avoids another PW). Karen Wears was second in the women's 10km in 57-45 (with a bad foot). Angela-Maria was third in 59-06 and Laurayne Readman produced a monster PB to finish fourth in 65-01.

The week before this Helen Starling produced a superb 8 minute PB for 20km to record 2 hr 21 min 29 sec in the National 20km in Victoria Park, London. Mark Byrne finished in just over 2 hours (results not to hand). Ben Wears walked as far as he had intended after his LONG LONG lay-off and, very unusually now, Paul Evennett suffered his first DQ for ages and ages.

- **WHOSE FAULT WAS IT?**

A few weeks ago on a very wet and cold Sunday, Ben turned up for training in vest, shorts and a brand new pair of race walking shoes. Woods laps through chewed up mud was the agenda for the 15 mile session. After whinging about being cold and wet, Ben discovered that his brand new white trainers had turned a mottled black/brown colour. I thought it was funny. When he got home he left them out for his mum to wash. (Why he can't do this himself is a mystery). After the first washing machine effort he was still complaining that they were far from pristine. Karen put them in again and gave them more welly but now he is complaining that they are too small.

Ben says it is my fault for going in the woods on a wet day
He also says it is his mum's fault that the shoes are too small
I say that he should choose old footwear for a wet day and that he should clean his own shoes

Who is right?

Best wishes to you all and thanks for your support

JohnP

PS – He has just got his own back this afternoon. After we did the one mile warm up we did the 6 miles multi-terrain 'bull field' route. Then he suggested that for a change we might do a much longer cross-country route across the fields to Tockett's Mill. It turned out to be a further 9 miles of stiles, steps and serious climbing. As we approached the end of 16 fairly horrific miles I still would not give in. Ben said, 'Now I've got my own back for the shoes – I still feel good and could easily go round again. OK Ben, twice round that lot is 32 miles – Will be delighted to include you in the Redcar 50km team for 2011.

Ben would like to know how the club co-founder, Dave Jones, would cope with what we've just done. He chose the flat this week! Dare you risk a go at this Dave? Three bull fields or ten Lindricks would be tame compared to this lot.