

Race Walking Club

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REDCAR WALKER 55

• **Redcar Win Team Race at Bradford 35K on 31 May 2010**

The new course on Baildon Moor is very demanding but there is less traffic than on the old one so it is much safer than previously. A well organised event! Many thanks to Alan Brooks. Before any of you start to comment about slow times, just try the course!

1. PAUL EVENETT	REDCAR WC	3. 21. 30
2. ADRIAN EDWARDS	LANCASHIRE	3. 41. 17
3. RICHARD SPENCELEY	K-U-HULL	3. 46. 56
4. SIMON COX	I.O.M. VETS	3. 59. 43
5. JOHN PADDICK	REDCAR WC	4. 01. 10
6. TONY COLLINS	BIRCHFIELD	4. 02. 21
7. JOHN CONSTANDINOU	"	4. 04. 05
8. JOE HARDY	LANCASHIRE	4. 04. 28
9. MARK BYRNE	REDCAR WC	4. 06. 58
10. DAVID MANNING	BIRCHFIELD	4. 06. 59
11. STEVE ALLEN	BARNET AC	4. 10. 25
12. CATH DUHIG	RYSTON AC	4. 10. 40
13. DAVID CROMPTON	LANCASHIRE	4. 12. 30
14. ALISTAIR SHAND	YRWC	4. 21. 44
15. KAREN DAVIES	BIRCHFIELD	4. 40. 06
16. RICHARD COLE	YORK CIU	4. 44. 20
17. NORBERT WILL	N.I. VETS	4. 54. 05

SUPPORTING 15KM

1. KEITH FRENCH	YRWC	1. 36. 26
2. ASIM QUREISHI	BIRCHFIELD	1. 50. 18

- **Helen Starling does extremely well in the Chorley 15 miles**

Another demanding northern course and a typically gritty performance from Helen who finished in 2 hours 54 minutes and 59 seconds – well in contact with some of Lancashire's stalwart men.

- **Ben Wears meets Commonwealth Games Qualifying Standard**

In the EAA Race Walking Permit Competition on 20 June at Bedford, Ben Wears produced his second fastest ever 20k time to record exactly 89 minutes. He finished in 8th place in a strong/international field. He will not be selected for the Commonwealth Games because there were three other GB men in front of him. Ben is to be congratulated on getting down to this sort of time in a short time after a break and on quite light training.

Ben is now training hard for the national 10km at Coventry in September. We have a 16 seat minibus organised for this race and there is just ONE place left.

- **Redcar Walkers diversify and the club attracts even more new members in June and July**

1. **Kayleigh Edge** (age 17) walked in the Fulfordgate 10k and recorded 66-30. This is at least as quick as Johanna Jackson did for her first 10k at the same age! Kayleigh has a superb Category A technique.
2. **Dave Fereday** (070) walked the London Marathon in 4hr 27min and 50 seconds – much quicker than in 2009.
3. **Dave Fereday** completed the Isle of Man Parish Walk 85 miles in 23 hours and 3 minutes. This is a magnificent performance! No doubt Dave now has his eyes on a Centurion badge.
4. **Redcar Walkers perform well in the Redcar Half Marathon**
Taking the opportunity to showcase racewalking, six club members set out on the Redcar Half marathon and surprised many runners as there were hundreds of them behind us.

Karen Wears	2 hours 12 minutes 24 seconds
John Paddick	2 hours 12 minutes 42 seconds
Dave Jones	2 hours 20 minutes 06 seconds
Angela-Maria	2 hours 20 minutes 51 seconds
Laurayne	2 hours 25 minutes 04 seconds
Helen Starling	2 hours 25 minutes 04 seconds

Members will be interested to know that Dave Jones promised to walk at 11 minute pace to assist Helen. What did he do? He left Helen because she was walking too slowly. Who recorded 11 minute pace? Answer Helen.

5. **Matthew Wills** has joined Redcar and is showing good form on the Lindrick Road and Stray Café courses. He has just qualified for his first club medal for recording 21-36 for 2 miles. (You have to get under 22 and be observed walking properly)
6. **Dave Learoyd** is giving race walking a go after a good quality running career with New Marske Harriers. He is also showing good form. He has also won a club medal for 21-51 for 2 miles.
7. **Ken Munro** has very generously provided the club with two magnificent trophies for our first ever club championships to be held in 2011. There will be an event for men and women at Ropner Park with a handicap on a date to be decided.
8. **Redcar Walkers raise money for charity.** Dave Jones, Harry and Yvonne Gamble-Thompson, Helen Starling, Chris Wears, Jean Jones, Karen Wears and Laurayne Readman raised £127 for the Motor Neurone Disease Association by walking with others from Marske Village Square to Redcar Boating Lake and back
9. **Club Camel** has now been officially named 'Straight leg'.
10. **Club Teddy Bear** has been named 'Lifeboat Larry – many thanks to Laurayne and Karen for organising this and the camel competition. Angela-Maria, the winner of the teddy has declined Dave Jones' offer to teach it to race walk.

11. Karen Wears 'enjoys' long distance training

Karen has been training hard for the 30k with 'you know who'. Her first 18 mile session was from the Stray Café to South Gare Lighthouse on the road, back down the beach to the Mungle Jungle and then round again. Karen said she was enjoying her training until it rained heavily and she got covered from head to foot in filthy muddy water scooped up by a lorry. Very funny it was too!

12. Ben Wears finishes third in the fathers' race

Having watched Jordan, our youngest member, do extremely well to win all his races at his school sports, Ben thought he was a cert to win the father's race. In the event he was beaten into third place by an 89 year old grandfather who declined a rematch. Ben says he tripped in a rabbit hole! Who believes that?

13. Paul Cocoran will soon be walking Hadrian's Wall carrying a kitchen sink

Paul's previous regiment, The Rifles, is hoping to raise £1million to help look after injured soldiers. Paul is to be sponsored by B&Q and others to walk the entire length of Hadrian's Wall carrying a B&Q Kitchen sink. The charity is called 'Care for Casualties' so please look it up on the internet and sponsor Paul if you have not already done so. Paul aims to walk 42 miles with sink each day and eat 'on the hoof'.

14. So who are all these new walkers that none of you have ever heard of?

They have all been recruited in the last few months so the club is now up to its largest ever membership at 39. They are all keen to walk in the Winter League. Kayleigh will do the National 10k as well. Others are still learning to do 'straight leg'.

Forthcoming fixtures

- | | | |
|--------------------|---|------------------|
| 14 August | National Veterans 30k – Coventry | 6 entered |
| 22 August | Saltburn Sandblaster 10k and novice race | |
| 28 August | Northern Track Championships, Hull – Male and female – all age groups for younger walkers too – I have entry forms | |
| 11 Sept | National 10k Men and Women – Coventry – 16 seat minibus has one spare place | |
| 10 October | Winter League 1 – Cleckheaton | |
| 31 October | Winter League 2 – Redcar | |
| 21 November | Winter League 3 – South Bank | |

I understand from Ben Wears that Luke Finch will be visiting our club in August. I wonder how he will cope on the sand or in the bull field!

Thanks for your continued support and good humour.

PLEASE SEND ME OR GIVE ME YOUR SALTBURN ENTRY ASAP

Yours sincerely,

JohnP (Hon. Sec.)

SALTBURN SANDBLASTER ROAD WALK

Distance 10km (Flat, fast, tarmac and measured with surveyor's wheel)

Sunday 22 August 2010

Organised by Redcar Race Walking Club as part of Saltburn Victorian Festival

Sponsored by Marske, New Marske and Saltburn Parish Council and Ken Munro

Under UK Athletics rules: *Permit applied for*_____

12 noon – Novice Walk 2 miles category B

1:15 p.m. – Open 10km Walk Category B

1:15 p.m. – Open 10km Run

All events are open to Men and Women

All events start from the Marine Hotel, Marine Parade.

Substantial prize lists for all races, including team races for **FOUR** counters in 'opens' *male, female or mixed and for the best dressed COMPETING 'Victorian'*

Commemorative award to all finishers in all races

Closing date for postal entries: Saturday 14 **August - entries on the day £2.00 extra!**

Entry Form for Saltburn Sandblaster 10km walk or 2 mile Novice Walk

First name_____

_____ Surname_____

Age on race day_____

Event entered _____

Address_____

Affiliated Club_____ Contact tel No_____

Entries: £7.50 per person for the 10k and £2 for the novice walk
Cheques to Redcar Race Walking Club

John Paddick, 160, West Dyke Road, Redcar, TS10 1JN - TEL: 01642 489728

I am an amateur as defined by the rules of UK Athletics. I agree that the race organisers will not be held responsible for any injury or illness however caused.

Signed_____

Date_____

