

Redcar Race Walking Club

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REDCAR WALKER 25

- **What a superb day we all had at Saltburn – Nothing went wrong!**

What a wonderful day we had! More competitors than ever before, good weather and the biggest crowd of spectators that we have had in the history of the event! Continuous applause over the last 150 metres of a walking race is rare and to be treasured. The good atmosphere, with Norman Evans playing his heart out, persuaded spectators to stay to watch until the end. Their applause was generous and deserved by the athletes. As club membership nudges 30, we were delighted to receive enquiries from runners and spectators about training times and membership. Perhaps we ought to raise our membership target! I think it is called raising the bar. Thanks to all participants! You have persuaded me to carry on and organise it again in 2007. Do have a look at the Middlesbrough Gazette report on Saturday 26 August in 'Grass Roots'. A whole page devoted to race walking with plenty of pictures gives us a very good profile

Saltburn Victorian Races – Sunday 20 August 2006

Novice Walk – 2 miles

1.	Zack Wears	Redcar RWC	21-08
2.	Trevor Taylor (Guest)	Redcar RWC	21-22
3.	Chris Wears	Redcar RWC	21-29
4.	Graham Readman	Redcar	21-57
5.	Vince Starling	New Marske Harriers	22-26
6.	Alan Paddick	Bignall End	26-11
7.	Daniel Paddick	Bignall End	26-11

North of England AA Women's 5km Road Championship

1.	Johanna Jackson	Redcar RWC	23-35
2.	Sharon Gayter	Redcar RWC	26-07
3.	Anne Irving	Redcar RWC	32-10
4.	Angela-Maria Paddick	Redcar RWC	32-47
5.	Karen Wears	Redcar RWC	33-19
6.	Vicky Moore	City of Sheffield AC	36-17
7.	Laurayne Readman	Redcar RWC	36-28

Teams – Redcar RWC 'A' 6pts Redcar RWC 'B' 16 pts

Open 10km Sandblaster Run

1.	Andrew Pearson	Loftus AC	35-55
2.	Steven Readman	New Marske Harriers	36-48
3.	Dave Turner	Yorkshire RWC	38-44
4.	Ronald Gosling	New Marske Harriers	40-32
5.	Kevin Grainger	Darlington H	41-28
6.	Martin Murray	Unattached	41-32
7.	Steven Latimer	Unattached	43-13
8.	David Paley	Unattached	43-42
9.	David Jardin	Unattached	44-00
10.	Steven Maude	New Marske Harriers	44-04
11.	Ronnie Sherwood	New Marske Harriers	44-18
12.	Sue Laws	Derwentside AC	45-08
13.	Keith Atkinson	Unattached	45-18
14.	Geoff Gardner	Hartlepool Burn Road	45-37
15.	Sharon Gayter	New Marske Harriers	45-57
16.	Kenneth Low	Striders of Croydon	46-31
17.	Clive Summersgill	New Marske Harriers	48-29
18.	Ian Hewitson	Unattached	48-34
19.	Andrew Hart	New Marske Harriers	48-54
20.	Amanda Went	Middlesbrough AC	50-14
21.	Mike Durston	Unattached	51-29
22.	Kenny Blythman	Unattached	52-26
23.	John Walshaw	Redcar Running Club	53-53
24.	Patrick Parks	Redcar Running Club	54-08
25.	Brendan Boyle	Quakers Running Club	54-44
26.	Joanne Tonkin	Darlington Harriers	58-15
27.	Marian Codling	Thirsk & Sowerby AC	63-40
28.	Sue Boyle	Quakers Running Club	64-48
29.	Maggie Allison	Thirsk & Sowerby AC	65-42

Team - New Marske Harriers 27 pts

Open 10km Sandblaster Walk

1.	Ben Wears	Redcar RWC	49-22
2.	Johanna Jackson	Redcar RWC	50-18
3.	Glen Blythman	Redcar RWC	55-05
4.	Mark Jackson	Redcar RWC	56-41
5.	Colin Scott	Yorkshire RWC	58-23
6.	John Paddick	Redcar RWC	62-16
7.	Peter Buckby	Redcar RWC	62-18
8.	Neil Armitage	Yorkshire RWC	62-29
9.	Steve Tyas	Yorkshire RWC	64-25
10.	Alan Brooks	Yorkshire RWC	68-28
11.	Peter Braney	Billingham Marsh House	69-20
12.	David Hobden	Surrey WC	70-20
13.	Ian Walker	Unattached	75-27

Teams – Redcar 10 pts

Yorkshire RWC 32 pts

• Good Results for Redcar RWC athletes in August

Johanna won the inter-area 3km track walk at Derby in 13-34

Glen was second in the Civil Service 3km track walk at Blackpool in a personal best of 14-33

Dave Jones was second in the 24 hours in the Isle of Man. We think the distance covered was around 111 miles, which would be a new club record – Confirmation awaited

Ben recorded 46-52 for 10km in his international in Germany. This qualifies him for any 10km international championship at U20 in 2007

- **Sharon Gayter – Record attempt – John O’Groats to Land’s End – NOW**

If you check Sharon’s website (just search for sharongayter) you will see how she is getting on. The record currently stands at 13 days 10 hours 1 minute. There is an online sponsorship form so please be generous.

- **Winter League Dates**

15 October – Whitcliffe Mount Sports Centre, Cleckheaton

5 November – South Bank Club, York

26 November – Redcar Cricket Club

10 December – Dick Hudson – Bradford

14 January – South Bank Club, York

11 February – Drighlington Cricket Club

Your best four results count in the individual and team competition. All races start at 11 a.m. except Dick Hudson, which is 1 p.m. Entry is £3 on the day, except for Dick Hudson, which is £6 in advance to cover pie and peas.

- **Northern 10km Road Championship – 29 October**

Ken Munro will organise this event for men and women in Locke Park, Redcar. If you have not had an entry form please ask – Entries close on 14 October – I need to know if you are going to enter so that I can enter any teams (three to count) by the same closing date – The club pays team fees.

- **Coaching Course Saturday 21 October**

I am offering to run a course on the coaching of race walking on Saturday 21 October at Laurence Jackson School, Guisborough from 9 a.m. to 12 noon. The course will run if there are 8 or more applications. The cost will be £5 payable to Sport England.

If you want to participate please let me know ASAP and at the latest by 7 October, when applications close. If I have 8 applications by that date I will prepare the materials. If not I will cancel.

This course is open to anyone. You don’t need to be a UKA coach. I will also accept applications from outside Redcar. Graham Hall will also advertise.

- Please do your best to support the club in the forthcoming Winter League series, and of course in the Championship race at Redcar.


REDCAR RACE WALKING CLUB RECORDS

3K T	F	J.Jackson	13-15	Birmingham	2006
5K T	F	J.Jackson	22-46	Manchester	2005
5K R	F	J.Jackson	23-35	Saltburn	2006
10K R	F	J.Jackson	48-37	Sheffield	2005
20K R	F	J.Jackson	1-41-00	Leamington	2006
25 M	F	S.Gayter	4-36-00	New Marske	2005
100M R	F	S.Gayter	22-41-08	Colchester	2004
3K T	M	B.Wears	12-45	Bedford	2006
5K T	M	B.Wears	22-43	Manchester	2006
5K R	M	B.Wears	22-10	Sheffield	2006
10K T	M				
10K R	M	B.Wears	46-07	Coventry	2006
10 M R	M	G.Blythman	1-29-23	York	2006
20K R	M	G.Blythman	1-48-38	Manchester	2005
25M	M	J.Paddick	4-23-13	New Marske	2005
50K R	M	J.Paddick	5-34-02	Bradford	2006
50M	M	J.Paddick	8-58-33	Blackpool	2004
100M	M	D.Jones	20-37-47	Kings Lynn	2005
	M	D.Jones	177.5 km	Bar-le-Duc	2005
		* Denotes	Record	Awaiting	Ratification

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any question**

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**any question
anything
anything at all !!!**


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Thank you,

Best Wishes to you all,

John Paddick