

Redcar Race Walking Club

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REDCAR WALKER 26

There is plenty of good news again so have a good read of this lot!

Dave Jones finishes second in the national 24 hour championship – 19/20 August

Many congratulations to Dave on this performance in the Isle of Man. He covered approximately 111 miles in the allotted 24 hours. It ought to be a new club record but at the moment it is not. For some reason, the RWA cannot produce an accurate result. Imagine competing for 24 hours only to learn at the end that 'there is a computer error'. I hope they all keep out of Dave's way. He is VERY angry and rightly so. What sheer incompetence!

We now have a result! 110.56 miles/177.93 km – **new club record**

Dave Jones finishes thirteenth in the Roubaix 28 Hours – 16/17 September

Again many congratulations to Dave. He was the highest placed walker in the England team by a huge margin and recorded 198.98 km which translates to 123.5 miles. I wonder why the French can produce a result sheet straight after the event but the RWA can't. Perhaps they have better computers, better operators, or just know how to organise events properly!

Late Summer 2006 Championship 13 September

Glen Blythman	15-07
Anne Irving	18-57
Angela-Maria Paddick	19-04
John Paddick	19-05
Peter Buckby	19-20
Dave Jones	19-45
Sharon Gayter	19-45
Karen Wears	19-46
Zack Wears	19-57
Chris Wears	21-21
Laurayne Readman	21-35
Graham Readman	21-47
Vince Starling	22-15
Sarah Jackson	22-21
Dennis Best	23-49
Lindsay Readman	24-12

An entry of sixteen competitors is excellent. Thank you all for your support. As you are all aware, Saltburn has paid for some really excellent medals to enable us to run one of these about every six weeks. Handicap medal winners this time were Graham Readman, Chris Wears and Angela-Maria. The date of the Autumn Championship will be Wednesday 25 October. The handicap is set!

National Championships at 10km – Earls Colne – 3 September

Two of our walkers participated and represented the club with distinction. Johanna easily defended her 10 km title in 51-24. This was around three minutes slower than last year but conditions were a lot warmer and much more difficult. She was well in front of the second placed walker but on two red cards. Ben was fourth on the road in the senior championship in 48-19. This was also much slower than anticipated. Johanna returned home with the winner's trophy and Ben was again awarded the trophy for the best technique in the entire competition, male or female. He also won a trophy for the best performance in 2006. This is presumably because he is now ranked in the world top 10 for age.

English Schools Championships 5km Track – Derby – 17 September

What an absolutely superb result! Ben smashed the national intermediate record of 22-15 by recording 21-49. He almost caught Nick Ball, the winner of the senior race, in the last lap. Nick had to hang on for dear life as Ben pushed hard to get within two seconds at the end. It is results like this that make Ben's coaches, Mandy Briggs and me, feel that the time we spend with him to be really worthwhile. Thank you Ben! The whole country will sit up and take notice of this seriously excellent performance.

New club record This ranks Ben at 5 in the UK for senior men!

Event cancellations

The northern 10km, which was to be held at Redcar on 29 October has been cancelled due to a clash with the GB squad at Leeds and lack of judges.

I have cancelled the coaching course that was to be held at Guisborough on 21 October because the large amount of previous interest has mostly evaporated.

New Coaching Arrangements

Since the Commonwealth Games, Maureen Jackson has taken over all Johanna's coaching. We all hope that this new arrangement is successful and moves Johanna to the next stage of international class.

Next fixtures

First Winter League 10km at Cleckheaton on Sunday 15 October

Second Winter League 10km at York on Sunday 5 November

Third Winter League 10 km at Redcar on Sunday 26 November

Fourth Winter League/Dick Hudson 8.4 miles on Sunday 10 December

WORK WITH SCHOOLS

You will all remember that we planned to offer race walking as an extra-curricular activity to local secondary schools to try to boost membership in the 14-16 age range. Well it has started! On 5 October I taught two groups of 24 pupils from Year 10 on the GCSE PE course for an hour each. Ben and Mandy came to help me. Practical activity followed theory. We have offered any interested pupils the opportunity to proceed to 10km as soon as they are ready and certainly before they leave school. Performances would stack up practical marks out of 25 towards their GCSE. Both sessions went very well and it would appear that we have quite a number of takers for next Wednesday's lunchtime session. Once we have secured technique we will arrange to get them onto the Lindrick circuit.

It must have been more than OK because the teachers said it was good and we have been invited to run the same session again next year.

Watch this space!

Sharon – It was fabulous!

Last but not least, I am delighted to report Sharon's record breaking attempt from Land's End to John O'Groats. She had a record of 13 days 10 hours 1 minute to beat. She **hammered it into oblivion** by being a massive 17 hours inside. What a performance! Despite a 'wobble' in the middle, Sharon rallied strongly and strode out into uncharted territory.

One wonders if Sharon will now contemplate the longest continuous footrace in the world. This is the Paris to Colmar where the distance to be walked is around 530km. I cannot imagine that Sharon would stop at the women's finish. She would want to carry on and beat all the men. Sharon – you are looking at around 2 days 17 hours for a win. You never know, Smokestack Jones might be prepared to pace you but please don't ask me!

Vital Meeting

After the Winter League Race at Cleckheaton, Russ Jackson will chair a meeting to map out the activities of Northern Walkers for 2007. Funding from the North of England AA has been withdrawn. I have no idea where we stand as a club as I am fairly sure that we will be in a different region from CIU, YRWC etc. Maybe all this will be clarified

Footnote

For the benefit of readers outside this club it is important to note that we aim 14/15 year olds or adults at 10km first. They know what the eventual challenge is from the outset. We don't do any stop-watch 'thrashes' over short distances. No kangaroos or creepers here! We start indoors and then aim for 2 miles on the road. We gradually increase the distance until they can walk around 6 miles in the hour. Their first races outside club 2 mile events would be 10km. They enter when they can do anywhere between 60 and 67 minutes. The **emphasis** is on **technique not pace**. Once the technique is secure THEN we let them speed up and do shorter events. I believe that there are too many top young UK walkers picking up red cards. Have they developed their technique sufficiently to support the pace they are trying to generate? Often, sadly, the answer is no!

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	21-49*	Derby	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
24HRS	M	D.Jones	177.93 km*	Isle of Man	2006
		* Denotes	Record	Awaiting	Ratification

Thank you,

Best Wishes to you all,

John Paddick

