

**Redcar Race Walking Club**

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**REDCAR WALKER 27**

**1<sup>st</sup> NORTHERN WINTER LEAGUE – 10 KM - CLECKHEATON - 15<sup>TH</sup> OCTOBER**

We turned out five walkers for the first fixture. All of them did well, especially Ben who virtually had to walk solo. Very difficult to maintain top pace when there is nobody to walk with! Angela-Maria was more than happy with her first 10km time of 65-10. She said she found it hard work! Glen had the best start in the individual competition with 25 points followed by Anne with 19.

				HCAP	PTS
1.	B. WEARS	REDCAR	47.17	10	21
2.	P. EVENETT	YORK CIU	49.12	7	24
3.	G. BLYTHMAN	REDCAR	53.34	6	25
4.	D. JACKSON	YORK CIU	54.22	5	26
5.	M. BYRNE	"	57.33	4	27
6.	N. MYERS (F)	SHEFFIELD	57.40	1	30
7.	G. JACKSON	YORK CIU	58.34	9	22
8.	D. CROMPTON	LANCS	59.19	2	29
9.	M. BRAYSHAW	YORK CIU	59.28	3	28
10.	K. GOODWIN	"	61.24	11	20
11.	M. PRATT	SHEFFIELD	63.05	20	11
12.	A. IRVING (F)	REDCAR	63.55	12	19
13.	S.TYAS	YRWC	64.00	15	16
14.	K. FRENCH	YRWC	65.06	16	15
15.	A. PADDICK (F)	REDCAR	65.10	13	18
16.	J. PADDICK	"	65.11	21	10
17.	P. MORGAN	YORK CIU	65.27	17	14
18.	J. ERRINGTON	"	65.29	8	23
19.	W. JOHNSON	"	66.43	18	13
20.	P. CARROLL	YRWC	69.45	19	12
21.	M. NICHOLSON	HULL	76.22	14	17

22 STARTED

**BOYS 5KM**

1.	T. SOADY	HULL	31.03
2.	M. DUNCAN	"	31.05

## 2<sup>nd</sup> NORTHERN WINTER LEAGUE 10KM - SOUTH BANK, YORK - 6 NOVEMBER

We turned out more walkers than in the first race in a much bigger field. Congratulations to Jo and Ben on winning the championships. Angela-Maria continued to improve whilst Dave Jones just managed to avoid a PW. Zack did well to arrive at the end of his lap in 20<sup>th</sup> place. This is a great improvement on last year when he went off fast then couldn't keep up. Our best points gatherer this time was Angela-Maria.

				HCAP	PTS
1.	B. WEARS	REDCAR	47.46	14=	22
2.	P. EVERNETT	YORK C.I.U.	48.29	2	34
3.	J. JACKSON (F)	REDCAR	48.37	7	29
4.	D. BUTTERLEY	SPONDON	49.49	21	15
5.	R. MERSH (L)	SHEFFIELD	54.41	19	17
6.	K. GRANGER (L)	"	54.43	20	16
7.	G. BLYTHMAN	REDCAR	55.08	18	18
8.	D. JACKSON	YORK C.I.U.	55.15	9	27
9.	A. MALONE	"	55.18	1	35
10.	M. JACKSON	REDCAR	56.33	27	9
11.	G. JACKSON	YORK C.I.U.	57.44	3	33
12.	M. PRATT	SHEFFIELD	59.47	4	32
13.	M. BRAYSHAW	YORK C.I.U.	59.52	8	28
14.	N. MYERS (F)	SHEFFIELD	60.00	24	12
15.	K. GOODWIN	YORK C.I.U.	61.20	10	26
16.	M. BYRNE	"	61.59	29	7
17.	D. CROMPTON	LANCS W.C.	61.59	25	11
18.	J. GRAYSON	YORK C.I.U.	62.42	13	23
19.	A-M. PADDICK	REDCAR (F)	63.55	5=	31
20.	J. PADDICK	"	63.58	30	6
21.	K. FRENCH	Y.R.W.C.	64.24	11	25
22.	D. COLE	YORK C.I.U.	64.41	23	13
23.	A. IRVING (F)	REDCAR	65.03	22	14
24.	P. MORGAN	YORK C.I.U.	65.25	17	19
25.	A. BROOKS	Y.R.W.C.	65.49	16	20
26.	D. JONES	REDCAR	65.59	31	5
27.	J. ERRINGTON	YORK C.I.U.	66.16	14=	22
28.	W. JOHNSON	"	66.39	12	24
29.	B. NEWHILL	REDCAR	66.45	28	8
30.	B. ANGUS	YORK C.I.U.	69.55	5=	31
31.	J. BARKER	Y.R.W.C.	20.30	26	10
32.	P. CARROLL	Y.R.W.C.	22.00	32	4

### BOYS 4KM

1.	Z. WEARS	REDCAR	26.19
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### NORTHERN AREA CHAMPIONSHIP

#### LADIES

1.	J. JACKSON
2.	R. MERSH
3.	K. GRANGER

#### MEN

1.	B. WEARS
2.	P. EVERNETT
3.	D. BUTTERLEY

## **Redcar Race Walking Club - Autumn 2006 Championship - 2 Miles 8 November – Lindrick**

Many thanks to all who participated and a big welcome to Daniel Addison! Daniel has come to us via the GCSE lessons we gave at Bydales in October. He already has 13 marks out of 25 for this chosen aspect of his GCSE PE course and can conform to category A. He will need to get down to 16 minutes to score full marks for his practical. Please give him every encouragement. In January he will be walking one lap of the 10km at York and then hopefully move up to do 10km like Ben did.

Ben Wears	15-28
Sharon Gayter	17-37
John Paddick	18-35
Dave Jones	18-59
Karen Wears	19-46
Angela-Maria Paddick	19-59
Chris Wears	21-09
Graham Readman	21-40
<b>Daniel Addison</b>	<b>21-52</b>
Vince Starling	21-57
Zack Wears	22-00
Laurayne Readman	22-31
Dennis Best	23-28

Handicap medal winners were Sharon, Dave and Vince.

### **Championship Fixtures 2007**

Dates agreed are as follows:

Yorkshire 10km	York	Sunday 25 August
Northern 10 miles M/W	Thornton-le-Clay	Sunday 11 March
Northern 20km M/W	Simister	Saturday 24 March
Northern 50km M	Thornton-le-Clay	Sunday 29 April
Northern 5km W	Saltburn	Sunday 18 August
Northern 10km M/W	Redcar	Sunday 7 October

### **Club Meeting**

The next club meeting will be on Tuesday 12 December at 7-30 p.m. at Redcar Cricket Club – The purpose will be to check on club funds and stock in hand – also to determine club fees for 2007 in the light of the new affiliation charges from UKA. If you have any business to discuss please let me know BEFORE the meeting so it can be put on the agenda. When agreed, fees are payable on 1 January 2007. In accordance with club rules, any fees remaining unpaid at 1 March 2007 will be subject to a £5 surcharge.

The AGM will be in January or February 2007

## **SAND WALKING (REDCAR - UK CENTRE OF EXCELLENCE)**

It must by now be apparent that the future of **world race walking** will be on the sand. (Good Soundbite) Here we have no problems with Police, Risk Assessments, Judging, Traffic, Straight-leg runners or Creepers. We are in the process of applying for lottery funding to build a club house, fitness room, indoor sand walking arena and sauna. Initial encouragement from the selection panel has indicated that as we are far more unconventional than the usual type of UK Athletics bid we are far more likely to succeed. In fact we may be allocated their funding.

You will all (especially readers from the south i.e. Essex, Sheffield and Bradford) be delighted to learn that the sand walking season is now in full swing. Strong performances from Glen and Angela-Maria suggest that fast times will soon be recorded for our competition distances.

In response to popular request, we have decided to open up membership of our sand walking section to a wider public. Dennis Best is the executive manager of this area and he will be pleased to help you. All you have to do is to get an application form from me and send it to Dennis asking for a date for your trail. You must make it clear on your form whether you want to try the 7 miles from Leo's to South Gare Lighthouse and back travelling light or the 3.5 miles dragging a car wheel and tyre from the Lighthouse to Leo's.

Standards for both are the same	70 minutes – Grade 3 Certificate
	65 minutes – Grade 2 Certificate
	58 minutes – Grade 1 Certificate

Category is a strict A – straight leg and contact. There are no warnings or DQ board. For the 3.5 miles we will supply a wheel and tyre in proportion to your weight. If you are very weak and scrawny we would only expect you to pull a wheel and tyre from a mini. However, I do wish to be clear at this stage that the circulating rumour that you have to consume 6 pints of Old Peculiar half an hour before your trial is completely untrue.

It is EIGHT!

Dennis will consult the tide tables and suggest three weekend dates/times for you. To qualify for your trial ASAP please send the completed form and registration fee of £25 to him. A crate of Scrumpy Jack to help to defray his expenses would almost certainly get you to the top of the list (Greasing the palm). Club rules allow you ONE attempt only. If you are successful you get your Grade Certificate and a Certificate of Life Membership. Really good performances would qualify for a percentage of the collection that we would take from the large crowds of spectators that gather on these occasions.

I'm sorry that the entry fee has to be quite high. This is because there are extra expenses connected with our very precise judging system. No 'three runs and out' here! We monitor our events electronically by satellite using the telescopic/video equipment in the Coast Guard Station. You would be informed immediately of any DQ by the official accompanying you on our club camel.

We look forward to hearing from you.

**Footnote**

Glen wishes to thank all members who have expressed concern about his recent absences from training. He is pleased to be able to inform you all that he is only **hibernating** because it is cold. He is training hard for his 50km debut using the Don Thompson method.

**Finally**

I hope to see you all at the 10km at Redcar Cricket Club on Sunday – Start 11 a.m. If you just want to do 5km to Bydales we can arrange it for you.

**Best wishes - JohnP**