

**Redcar Race Walking Club**

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**REDCAR WALKER 32**

- **Congratulations to Jo – Osaka**

Many congratulations to Jo on being selected to go to the World Championships in Osaka. Jo is the only walker to be selected by GB because she is the only one to have bettered the qualifying standard A or B. Jo's race will be on the 26<sup>th</sup> of this month so get your telly schedules sorted.

I can't help hinking back to one of Jo's first walking races. It was a 66 minute 10km on a windy/rainy day at Drighlington and experienced walkers said she would never get very far in the sport. Just shows how wrong they all were!

- **Welcome to Kayla and Matthew**

You will all be pleased to know that we have been joined on Wednesdays by Kayla Coonan and Matthew Johnson. Both are new walkers and 15 years of age. As usual we are taking them round our 2 mile circuit with a view to moving them up to 10km. No belting around tracks on stop watches here! Kayla is showing a very good technique and will follow our well trodden route to success if she maintains her present rate of progress. Matthew is already up to 4 miles and has walked a quicker 2 mile lap than Ben did at the same stage. Encouraging! Watch this space.

- **New Club Vests**

In response to continued demand, Dave Jones has bought 30 new club vests, male and female. They are all sizes small to extra large. If you want to buy one or try some on see Dave on Wednesdays. Don't dare take the extra extra large – they have my name on!

- **Race Night – 5<sup>th</sup> September**

Redcar Working Men's Club, Karen and Laurayne will be organising a race night (Camel racing, horse racing, dog racing etc) totally in aid of our club funds. It will be open to the general public and ought to raise a tidy sum for free issue track suits for our walkers and officials. Please do your best to attend. There is a limit on tickets because of the size of the hall – 250. Tickets including a pie and pea supper are £2 and available from Karen Wears.

As we want to buy real quality track suits, walkers and officials who attend will have priority in the issue of their kit if we cannot provide for everyone.

- **A big 'thank you'**

Thank you to all of the club members who took the time and trouble to support me in my last Blackpool 50 miles. I was very pleased to be able to sign off on a positive note after last year's DNF. Although my time was a PW I was still over the line ten minutes ahead of schedule. **Reformed** smokestack Jones will no doubt get the cup back for Redcar in 2008.

- **Glen moves up in the pecking order**

Bitten by a bird during a frenzied exchange! Unfortunately, however, not what you might imagine! While Glen was looking after me at Blackpool he was attacked by a swooping pigeon. Being surprised by its antics he tried to fend it off and fell over. Of course, when we heard about it we all fell about laughing. Still bears the scars!

- **Saltburn Sandblaster -19 August – Marine Hotel**

Graham Readman and Chris Wears have done a wonderful job in organising this year's event. Thank you very much. Thanks also to all members and friends who have volunteered to help on the day. Our entry will **definitely** be the best since we started seven years ago. The standard of awards and prizes is also the best ever. I'm glad that we decided upon a limit for the 10km!

Anyone entering for the 10km walk is invited (strongly urged) to warm up by acting as a guest in the novice walk just to encourage them but not to take awards – no extra cost

Programme – Novice walk 2 miles, 5 km open M/W and women's Northern Road Championship (Superb Women's Plaques for first three in Northern apart from other awards), 10 km walk and run (Quality goody bags, medals and prizes for teams of 4 and individuals)

Postal entries close on 11 August

You all have forms in a previous newsletter – please send them in now – we have been promised good walker support from other clubs

- **RECENT RESULT CHECK SO YOU ALL KNOW WHO HAS WON WHAT**

Jo wins National U23 5km track championship at Bedford in a PB and new club record of 22-38

Glen wins Civil Service 3km track championship in London

Glen wins 3km walk in athletics match – Civil Service v RAF v Middlesex AA

Guess who was second in the Blackpool 50 miles in 9 hours 20 minutes 38 seconds

Ben was unwell in the heat in the World Youth Games in Czech Republic and records DNF

Jo finishes 7<sup>th</sup> in the European U23 20km walk in Hungary – PB and new club record – 96min - 28

- **IT GOES ON WITH A STACK OF WINNERS LAST WEEKEND TOO**

Dave Jones finishes 3<sup>rd</sup> in the National 50km at Battersea in a PB – 5 hours 37 minutes 1 second

Jo was two streets ahead of the field in the AAA 5 km track walk in Manchester in a PB and new club record of 22-03

Ben was second in the men's 5km at the same venue in 22-11

**At Dunnington Gala we had:**

John Paddick 7<sup>th</sup> in 61-45 – third handicap prize  
Angela-Maria Paddick 8<sup>th</sup> in 62-34 PB – second handicap prize  
Karen Wears 11<sup>th</sup> in 64-01 – first handicap prize  
Anne Irving 13<sup>th</sup> in 66-49  
Laurayne Readman 15<sup>th</sup> in 69-12 – fifth handicap prize

Zack Wears was the winner of the U15 race – winner's medal

- **August 2007 Championship - 2 Miles**

**4 AUG 2007 - LINDRICK**

|                      |       |
|----------------------|-------|
| Ben Wears            | 13-30 |
| Glen Blythman        | 15-10 |
| Angela-Maria Paddick | 17-40 |
| Zack Wears           | 17-45 |
| Karen Wears          | 17-50 |
| John Paddick         | 17-52 |
| Dave Jones           | 18-31 |
| Peter Jacklin        | 18-50 |
| Matthew Johnson      | 19-55 |
| Daniel Addison       | 20-05 |
| Laurayne Readman     | 20-39 |
| Graham Readman       | 21-35 |
| Kayla Coonan         | 22-27 |
| Vince Starling       | 22-27 |
| Lindsey Readman      | 22-54 |
| Dennis Best          | 24-17 |

Handicap Medals

|                     |       |
|---------------------|-------|
| 1. Zack Wears       | 10-45 |
| 2. Karen Wears      | 12-50 |
| 3. Laurayne Readman | 13-09 |

- **THE LAST EVER FOWLER-DIXON STYLE AWARD**

At the AAA at Manchester on Sunday Ben was awarded the very last Fowler Dixon Style award there will ever be. These beautiful medals have been running for decades but they are rarely presented and only at AAA events. They are the most prized of race walking awards because they recognise a technique which is in a different class from all the other walk competitors male and female on that day. I have only ever won ONE Fowler Dixon medal. It was presented after the 2 miles at the British Games at White City London in 1962 when I was second or third in a race won by Ken Matthews. Ben may be the youngest ever recipient!

- **North of England Inter Counties Track Championships - Hull - 26 August**

If you want entry forms for the North of England walk championships to be held at this meeting please let me know. ALSO IF YOU WISH TO BE CONSIDERED FOR REPRESENTING THE NORTH EAST COUNTIES in these walks please let me know so that I can enter you on the proposal sheet. There are races for males and females at senior, junior, U17 and U15.

- **Footnote for Southern Readers**

We are pleased to note that during and after the National 50km at Battersea the Redcar Club was praised for its rapid improvement. Dave's drinking capacity was also mentioned with incredulity. However, you all need to know that he would have done much better than third if he had been able to consume his normal amount the evening before. After purchasing a pint of lager at £3-90 he decided he was being taken for a ride and switched to beer. He gave up entirely after pints of London Pride and Marston's Pedigree (always OK up here) were pulled flat. Perhaps you all ought to transfer to the north where we have real people, good beer and sensible prices. A pint of Samuel Smith's bitter has recently escalated in Redcar's Yorkshire Coble to £1-26.

- **Thank you all for your continued support – Good to see numbers going up all the time – and you all seem to be going quicker!**

Yours sincerely,

**JohnP - HonSec**