

Redcar Race Walking Club

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- **Please note that the next club meeting is to be held at Redcar Cricket Club on Tuesday 6 November starting at 7-30 p.m.**

Agenda is below

- **Dave cracks 200km barrier again at Roubaix**

In The Roubaix 28 hours, Dave Jones was first in for GBR covering just over 200km. This is a superb result in top world class distance walking. Don't take any notice of the official result of 197km as they have got it wrong – AGAIN. Dave was 14th overall and qualified for the prologue (300km) to the Paris to Colmar (450km) to be held in 2008. There is serious money on offer here to the winner. It used to be around 25 grand so it is probably more now. Perhaps the lure of the lucre will persuade Dave to go above 35 miles a week in training.

- **Glen produces a 10km PB in the Civil Service Championships**

Now he is showing a glimpse of the sort of performance we have all expected for a long time. Glen has the undoubted potential to perform at the highest level. His third place time of 51-37 took around a minute from his PB. 49-30 remains his current INTERIM target. Onwards and upwards to 2012 Glen!

- **Redcar RWC to host National 50km**

The open 50 km category A race that Dave Jones is organising in Ropner Park, Stockton-on-Tees on Sunday 27 April has now been confirmed as the National 50km championship. So after only a few short years Redcar RWC has succeeded in bringing the whole country's best 50km walkers to Teesside. Details about this event will be posted on our website in plenty of time so book your hotels now! The race will be held over a fast 1.17km circuit – no cones and no sharp bends. We also think that this course would produce very quick 20km times so watch this space.

Perhaps we will be able to get the southern and midland walkers to accept a tyre-dragging challenge on the beach in the evening after the presentation. After all, they would be on the spot and travel distance could not be an excuse! Redcar will take on all-comers – three to count. Remember its 3.5 miles with a 155X13 wheel and tyre. You MUST be at least 11 stone and an hour is a very good time on sand.

- **Prestigious UK Athletics Award for Redcar RWC**

At the recent awards evening hosted by UK Athletics North East, Redcar RWC won the 2007 trophy for best 'off-track' club in the region. This put us in front of all the fell-running, cross-country and road running teams in the region. The other three categories were won by Gateshead Harriers so we were in good company. Our submission now goes forward to be considered for a UK national award.

- **North of England AA 10 km Championships – Redcar Seafront
Sunday 7 October 2007**

Redcar romped home in these championships held in good conditions on the Seafront. It was damp but there was little wind. We had the individual winners in both races and won both team races. Matthew Johnson (age 15) returned a good 63-19 in his first race while Karen Wears (a bit older) did a five minute PB to go under the hour and Angela- Maria (still very young) did a two minute PB to go just over the hour. Laurayne (also still very young) also did an official PB for 5km.

Men

1. Ben Wears	Redcar RWC	47-32
2. Paul Evennett	York CIU	47-58
3. Dwane Butterley	Spondon RWC	49-11
4. Glen Blythman	Redcar RWC	51-50
5. Mark Jackson	Redcar RWC	56-19
6. Mark Pratt	City of Sheffield AC	58-18
7. Mark Byrne	York CIU	59-04
8. Matthew Johnson	Redcar RWC	63-19
9. John Paddick	Redcar RWC	63-22
10. John Errington	York CIU	64-59

Team Redcar RWC – Second York CIU

Women

1. Johanna Jackson	Redcar RWC	49-43
2. Karen Wears	Redcar RWC	59-07
3. Natalie Myers	City of Sheffield AC	59-48
4. Angela-Maria Paddick	Redcar RWC	60-11
5. Anne Irving	Redcar RWC	63-50

Team Redcar RWC

Supporting 5km

1. Zak Wears	Redcar RWC	31-15
2. Laurayne Readman	Redcar RWC	34-15

1st NORTHERN WINTER LEAGUE – 10 KM CLECKHEATON

A very poor turn out in this usually well-supported fixture resulted in Redcar winning all the medals and leading by a street in the series. Wonder what happened to CIU – the holders! Rivalry is now producing faster times now that Dave Jones, Karen Wears, Angela-Maria Paddick and JohnP are all capable of under the hour!

				HCAP	PTS
1.	G. BLYTHMAN	REDCAR	53.16	4	27
2.	B. WEARS	"	53.17	9	22
3.	J. PADDICK	"	59.20	2	29
4.	D. JONES	"	59.27	1	30
5.	R. JACKSON	YORKS RWC	60.19	5	26
6.	D. CROMPTON	LANCS WC	60.45	6	25
7.	AM. PADDICK (L)	REDCAR	60.55	3	28
8.	A. IRVING (L)	"	67.01	7	24
9.	K. FRENCH	YORKS RWC	69.01	9	22
10.	M. NICHOLSON	HULL	DNF		

JUNIOR 5KM

1.	Z. WEARS	REDCAR	31.37
2.	G. TERRY (L)	HULL	31.41

• Competition for non club members

This competition is not open to club members, their families or friends. Answers to the following should be sent in on a postcard by 1 December 2007 quoting the reference MAD 1.

1. Whose walking photograph from the Middlesbrough Gazette is currently on display in the Yorkshire Coble Public House?
2. Who cannot train at the moment because she is injured after falling down a hole after a night out on the tiles?
3. Who has just announced that he will train with bare legs all through the winter?
4. Who recently refused to be nominated for a 2007 Gazette award?
5. Who has recently stopped smoking in an effort to improve on his Power of 10 ranking?

These are five different Redcar walkers, all of whom appear in John Constantinou's national ranking lists. There will be a special award for the first correct entry received.

- **FIXTURES**

- October 14 – Winter League 1 – Cleckheaton
- November 4 – Winter League 2 – York
- November 25 – Winter League 3 – Redcar
- December 9 – Winter League 4 (Dick Hudson) – Bradford
- January 13 – Winter League 5 – York
- February 10 – Winter League 6 – Drighlington

All Winter League races except the Dick Hudson start at 11 am and you pay £3 on the day – Most are suitable for novice walkers to do part of the course.

The Dick Hudson starts at 1 pm and the entry fee in advance is £6 to cover pie and peas.

- **Next club members' meeting – Tuesday 6 November – 7-30 p.m. at the Cricket Club**

AGENDA

Apologies for absence

Chairman's introductory remarks

**Official acceptance of new members
(Kayla Coonan and Matthew Johnson)**

Report on Saltburn Races – Chris Wears

Report on Northern 10km Championship – Graham Readman

Progress on 50km National – Dave Jones

Current financial position – Dave Jones

Representative of the Club for Northern RWA – Ken Munro

Representative(s) of club for RWA committees – Ken Munro

AOB – None submitted

Yours sincerely,

JohnP - HonSec