

Redcar Race Walking Club

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REDCAR WALKER 35 – CHRISTMAS EDITION 2007

- **Please accept this newsletter as my best wishes for a very happy Christmas and prosperous New Year for 2008. Thank you all for your wonderful support over 2007. Dave Jones and I believe that the formation of Redcar RWC has been more than worthwhile and that we have had a very positive effect on our sport nationally and internationally.**
- **Here is a challenge for you all. In 2008, try to recruit at least one walker each. PLEASE!**
- **The following message about the National 50 km has now gone to walkers electronically all round the UK via Essex Walker. Many thanks to Ken Munro for his kind offer of sponsorship, to Dave Jones for getting the full support of Stockton Council and to Ian Gamble for securing financial assistance from SABIC pharmaceuticals UK.**
- **REDCAR RWC – NATIONAL 50KM ARRANGEMENTS**

We have purposely created a new dimension to these championships to bring them right up to date. They are sponsored by Ken Munro, Stockton Council and SABIC Petrochemicals UK and will rival anything you will find in the UK or on the continent.

The National 50km road walk championship will be held in Ropner Park, Stockton on Tees on Sunday 27 April starting at 11 a.m. The course, around splendidly restored parkland has **no cones, no sharp turns and has the potential for fast times**. The 50km is made up of approximately 42.7 laps of 1.17km on a good surface. There will be one official manned drink station at the main park gates.

We have arranged **top of the range changing and presentation facilities** at Fitness First, Yarm Road, Stockton on Tees. From 9 am, competitors may present themselves to Reception. They will be issued with an electronic tag and asked to sign the visitors' book. They will then go to the lounge to pick up their number and proceed to the 'state of the art' changing accommodation. The electronic tag will open one locker only so that bags may be left in perfect safety.

When competitors and officials are ready to go to the start they will use the **minibus shuttle service** that we have organised. Journey time is about 3 minutes. The minibus will run when required between 9-30 am and 10-45 am. When competitors and officials are ready to return the same shuttle will be available. Competitors will use their electronic tag to gain admission through the turnstile. They may shower (individual cubicles), use the jacuzzi, steam room or massage facilities but not gym equipment. They may then go to the lounge for free tea, coffee or soft drinks. A range of newspapers will be provided. The presentation will be held upstairs in the dance studio as soon as RWA officials have produced a full result sheet.

Please note that Fitness First security arrangements require all persons on the premises to sign in. We will provide the staff with a programme with all officials and competitors clearly named so they know who to expect.

Hotels are plentiful and reasonable. The Premier Travel Inn and Brewers Fayre is just opposite Fitness First and there are plenty of other hotels from £25 that you can access through the internet on the Smoothound site.

We are making an enormous effort to put on a first class event and to potentially attract more walkers for our club. Stockton Council will handle the publicity for us so you can expect plenty of interest and spectators. A PA system will keep them informed about competitors' progress, especially Stockton's 50km debutant, Glen Blythman.

If you require any other information please ask.

We know that you all think that the 'real people' up here all have flat caps, smoke Woodbines, keep ferrets in their trouser pockets and train whippets. We also have some good walkers!

- **Redcar RWC lead the Northern Winter League by a mile**

**SECOND NORTHERN AREA WINTER LEAGUE 10KM
5th NOVEMBER, 2007 – SOUTH BANK, YORK**

			HCAP	PTS
1. B. WEARS	REDCAR	48.26	9	22
2. P.EVENETT	YORK CIU	48.55	8	23
3. G. BLYTHMAN	REDCAR	53.02	6	25
4. D. JACKSON	YORK CIU	55.59	11	20
5. M. BYRNE	“	58.35	15	16
6. J. PADDICK	REDCAR	59.14	7	24
7. D. JONES	“	60.09	4	27
8. A.M. PADDICK (L)	“	60.17*	5	26
9. D. CROMPTON	LANCS WC	60.19	13	18
10. K. WEARS (L)	REDCAR	60.21*	2	29
11. N. ARMITAGE	YORKS RWC	62.56	14	17
12. J. ERRINGTON	YORK CIU	63.09	1	30
13. J. BYCROFT	“	64.27	10	21
14. A. IRVING (L)	REDCAR	64.27	3	28
15. K. FRENCH	YORKS RWC	67.01	12	19

BOYS & GIRLS 4KM

1. GABRIELLE TERRY	HULL	23.22
2. ZACK WEARS	REDCAR	24.01
3. KAYLA COONAN	REDCAR	28.45

**THIRD NORTHERN AREA WINTER LEAGUE 10KM
REDCAR – 25th NOVEMBER 2007**

			HCAP	PTS
1. J. JACKSON (L)	REDCA R	48.39	8	23
2. P. EVENNETT	YORK CIU	48.44	4=	27
3. C. SCOTT	YORKS RWC	56.51	11	20
4. M. BYRNE	YORK CIU	58.19	6	25
5. J. PADDICK	REDCAR	59.56	7	24
6. N. ARMITAGE	YORKS RWC	61.37	2	29
7. AM. PADDICK (L)	REDCAR	62.13	10	21
8. T. BYCROFT	YORK CIU	64.14	4=	27
9. A. BROOKS	YORKS RWC	65.14	3	28
10. A.IRVING (L)	REDCAR	65.15	9	22
11. K.FRENCH	YORKS RWC	65.20	1	30

BOYS & GIRLS 5KM

1. ZACK WEARS	REDCAR	30.15*
2. MATTHEW JOHNSON	“	31.56*
3. KAYLA COONAN	“	35.02*
4. TREVOR TAYLOR	“	37.58

- DENOTES PB

- **Redcar RWC were runners up in the Middlesbrough Gazette 'Team of the year' category**

Twelve members and guests attended the splendid Gazette Awards earlier this month. We got to the last three in the 'Team of the Year' category in the Prestige Awards section. Treasurer Jones was visibly twitching as they read out the three finalists' submissions because he knew it would be £500 or just a framed certificate. Sorry Dave we'll have to put you through it again in 2008! At least we got our mugshots in the press again.

- **Christmas Meal**

For members, friends and family, this will be at 7-30 pm at the Mermaid in Marske on Friday 28 December. Please give numbers to Karen 288133 or Laurayne 480504 ASAP now because they need to book a table/tables.

- **CLUB AWARDS**

We have decided to give club medals to members for a PB or a personal best time on the Lindrick loop. The PB must be set in a race and the Lindrick performance must be validated by a recognised judge – just let us know when you are going to make an attempt.

Recent awards are:

Matthew Johnson – age 15 - walked just over 63 min for 10km – first attempt
Kayla Coonan – age 16 – walked 35-02 for 5km – first attempt
Karen Wears – walked just over 60 min for 10km – second attempt
Angela-Maria Paddick – walked 60-11 for 10km – PB
Dave Jones – walked 5-37-01 for 50km in the National – PB
Zack Wears – age 11 – walked 30-15 for 5km - PB
Glen Blythman – walked 51-37 for 10km – PB

If you think you might qualify for an award please let me know

- **Forthcoming Fixtures**
- January 13 – Winter League 5 – York
- February 10 – Winter League 6 – Drighlington
- March 9 – Northern 10 Miles – Thornton-le-Clay
- March 15 – Northern 20km – Simister
- April 19 – Sheffield Fixture – All distances
- April 27 – You know what!

Footnote

You will all be pleased to know that the arrangements for the 50km that we have circulated electronically to the Midlands and South have provoked a very favourable early response. 'Very professional' and 'Exciting' are two of the first quotes.

When we receive questions we will publish the responses on our website. We will also publish the race programme there a week before the event.

Dinosaurs please note we are now in the 21st century not the 18th! Race walking will only command popular interest if it is regarded as up to date. This applies particularly to the potential interest of teenagers.

Yours sincerely,

JohnP - HonSec