

Redcar Race Walking Club

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REDCAR WALKER 37 – NATIONAL 50 KM UPDATE

- **National 50 Km – Ropner Park – Stockton-on-Tees – April 27 at 11 a.m.**

I am delighted to be able to report that everything is in place for the 50km. Dave Jones, the event organiser, is very pleased with the size of the entry. 35 walkers entered for the national 50km appears to be much more than the norm for this event. If you want to view the programme just go to our website.

All we need now is some good weather so that the biggest day in the club's history really produces a pleasant experience for everyone involved.

WE WANT TO SAY A HUGE THANK YOU TO ALL OF THE CLUB MEMBERS AND FRIENDS WHO HAVE VOLUNTEERED TO HELP ON THE DAY. The level of support is absolutely superb. Please remember if you are helping there will be a packed lunch provided for you.

The race HQ is at Fitness First, Yarm Road, Stockton-on-Tees TS18 3SF. From the A19 take the A66. Come off on the A135 to Yarm. Go down the slip road and turn left. Then turn almost immediately right to cross the dual carriageway. Fitness First is in front of you.

Congratulations Dave – it all looks very good – but PLEASE don't get stones in your shoes on the day!

- **Jo and Ben to race in the IAAF World Cup in less than three weeks**

There are four walkers in the GB team for the World Cup in Russia. They are the King twins from Colchester and Johanna Jackson and Ben Wears of Redcar.

Jo and Ben appear to be on top form as the big race approaches. Both set new club records at the Jeff Ford meeting at Sheffield last weekend. Ben recorded 21-32 for a new 5km road record and Jo produced 44-52 to set a new record at 10km.

We wish all four the best of luck and we hope that they can really get amongst the top performers.

- **More PBs at the Jeff Ford meeting**

The strength of a club is not just determined by its top performers. We are delighted to report that several other club members recorded excellent results at the same meeting. Angela-Maria did 28-42 to take a minute off her PB. Karen also set a PB with 29-37 as did Laurayne with 33-09.

Zack Wears duly won the 2 km U13 event in really good style while Peter did well to record 66-17 in the 10km.

- **Club Achievement Medals**

We give achievement medals to any member producing a PB or new club record.

Walkers qualifying for these medals are

Johanna (2) 20 km in 91-40 and 10 km in 44-52

Ben 5 km in 21-32

Angela-Maria 5 km in 28-42

Karen 5 km in 29-37

Laurayne 5 km in 33-09

Some of these awards have already been made. Others will be made ASAP.

- **Ben wins two more championships with ease**

On a very cold and horrible day on 15 March, Ben duly won the Northern 20km Championship by beating the holder, Paul Evennett of York CIU. After strolling the first 15 km and sharing the lead, Ben really put the pedal down over the last 5km covering them in sub 23 minutes. His final time was 96+ minutes for an easy win. Glen was 3rd, I was 6th and Dave was 7th so we won the team race for Redcar. Ben followed that a fortnight later by also winning the RWA U20 10km by a huge margin in 45+ minutes. It is interesting to note that his 92+ minutes in the Isle of Man would have easily won the RWA senior 20km title.

- **Ben goes to Spain at the invitation of the Irish National team**

So impressed were they by Ben's debut 20km in 92+ minutes that the Irish National team invited him to join them on their training session in Spain – Main features of a very eventful trip were:

- Training cut short after being chased by wolves in the mountains
- Opportunity to train with top walkers from Spain, Poland and Ireland
- Concentrated assistance with technique
- Instant success at cross country skiing – they couldn't believe he just did it!
- Great interest in his training programme – they wanted to know how he can produce 92 minutes for 20km on 35+ miles a week

- **Johanna does well to finish in Portugal**

In a smallish field of 23, Jo finished in 18th place to record 101+ minutes for 20km. She was unwell during the race and so did very well to complete it. I don't have any more details but I am glad to report that Jo is now OK.

- **Meeting with Cleveland Schools Athletics Association**

I have been invited to the next meeting to be held on Monday evening at 7 p.m. with a view to working out a way forward to recruit more race walkers from local schools and to prepare them for the English Schools Championships.

If any of you would like to attend please let me know. Please remember that before you can work with school children you must be able to produce a valid enhanced CRB check certificate.

- **Organised Training Sessions**

Monday 10-30 a.m. Stray Café – 5km followed by Cappuccinos

Wednesday 6-00 p.m. Church Hall – New Marske – 6 miles

Saturday 9-20 a.m. Church Hall – New Marske – 10 miles

Sunday 1-30 p.m. Lindricks, Woods Laps, Beach Laps or Ropner Park
12-20 miles

Before attending it is always a good idea to check that we will be there.

- **Billy Newhill sends his best wishes**

We have not seen Billy for some time because he has been ill. He hopes to spectate at the 50km – He sends his best wishes to you all and hopes to see you soon.

- **They are all coming to see the club camel!**

When we went to Sheffield last weekend it soon became clear that part of the attraction of the 50km is the possibility of seeing the club camel. Several walkers have enquired about it.

Please be quite clear that Dennis will only get the camel out if we receive a valid challenge for tyre dragging from South Gare Lighthouse to Leo's – a distance of 4 miles only with a 165X13 wheel and tyre – tyre to be dragged with wheel nut holes uppermost so that sand collects underneath and makes pulling more difficult – a good time is 60 minutes. You are not allowed to start if you are under 11 stone as we have to comply with EEC and local Health & Safety regulations which prohibit smaller humans from engaging in this type of activity in case they get hurt!

Dennis (camel keeper) is the judge/umpire/referee and has to ride the animal to ensure that straight leg is maintained and that wheels are dragged properly. There are vehicular restrictions on the sands so this it has to be a horse or a camel.

Why not come to sunny Redcar and go home with a sandwalking certificate?

- **Forthcoming Fixtures**
- **4 May – RWA YAG Championships – Victoria Park**
- **10-11 May – World Cup – Russia**
- **CIU League starts in April/May**
- **26 May – Bradford Whit Walk – 14.5 miles to Ilkley Lido**
- **21/22 June – AAA Junior Track Championships – Bedford**
- **12/13 July – UK T & F – Birmingham**
- **26 July – Dunnington Gala 10km**
- **9/10 August – AAA U15/U17 – Birmingham**
- **10 August – Northern Inter Area – Derby**
- **17 August – Saltburn including Northern 5km women**
- **24 August – Northern 10 Km – Thornton-le-Clay**

No more until after the 50km and Russia

Yours sincerely – JohnP (Hon Sec)