

**Redcar Race Walking Club**

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**REDCAR WALKER 39 – MORE SUPERB NEWS!**

- **JOHANNA AND BEN IN RECORD – BREAKING FORM ON BANK HOLIDAY WEEKEND**
- **Johanna smashes the inter-county record for 3km on the track**

Despite quite appalling conditions that caused the pole vault to be cancelled, Jo stuck to her race plan and recorded a terrific 12-41 for 3km at Bedford. This was Jo's fourth consecutive win for the North East Counties and I am told the judges thought that she walked well. She was soon well away from all other female opposition, passed Mark Williams, the second man, at half way and then started to close on Dan King who was only 13 seconds in front at the end. The 12-41 was a championship best performance and beats the UK female record.

- **Ben smashes the Bradford to Ilkley 14.5 miles record**

Under strict instructions to walk well within himself and do his Sunday slow walk in this race, Ben moved confidently away from all opposition and strolled to Ilkley Lido alone around a mile in front of the next walker. His technique was again impeccable and he took around 8 minutes off the record to come home in 1 hour 52 min 18. He is convinced that he could easily take another big chunk off this time if he was allowed to go quicker.

Redcar easily won the team race from CIU with Ben Wears 1, Martin Fisher 4, and Glen Blythman 5. Peter Jacklin was 10<sup>th</sup>, I was 8<sup>th</sup> and Dave Jones 9<sup>th</sup> but we were not needed on this occasion. If Dave Jones ever complains to you that he has a bad injury just ignore him. He said this just before the start but he was away like a rocket at the start, was almost out of sight by 4 miles, and it took me the best part of 2 hours to catch him!

- **Leamington Results**

When we thought that there could not possibly be any more top performances the young stars of our club obviously thought otherwise. Johanna triumphed in the women's 20km in 92-40 against a good class international field. She is obviously in good shape for Beijing. Jo controlled the race from the gun and was pleased to have produced another good result before heading off to the Olympics. She is the first home winner in the Leamington Grand Prix – Well done – Special performance!

Ben produced another season's best with a really classy 10km in 44-20, only 4 seconds outside his PB. Zack won the U13 2 km in 11-21, which was a PB and so qualifies for a club achievement award.

Finally, what about Adam Wears? After around 10 training sessions over a total of no more than 30 miles he produced an outstanding 55-09 for his race walking debut in the 10km. What a talent! To put this into context, all other club debuts at 10km, including Ben Wears, Johanna Jackson and Glen Blythman, have all been over an hour.

- **New members really start to make a difference to our strength in depth.**

Martin Fisher did us a power of good in the 50k, helping us to finish second team in the national. His next race in Redcar colours will be the 50 miles at Blackpool. Martin is a good class walker at all distances from 10km (53 minutes) to the 100 miles. Adam Wears walked 55 minutes at his first attempt at 10km and soon he will be old enough to do 20km also.

We can now turn out teams at all distances for men and a women's team up to 20km.

- **Blackpool 50 miles**

The distance team wishes to recognise and thank members for their promised support. We will have a team of 3 in the 50 miles, Dave Jones, Martin Fisher and Peter Jacklin and in addition a further 17 helpers or officials. It looks as if we are becoming a big club! I wonder how many other clubs will have 20 members at Blackpool either racing, officiating, helping with drinks or just encouraging.

- **Power of 10 watches**

Are we being wound up or do these red watches actually exist? We understand that if you are in the Power of 10 or if you coach someone in the Power of 10 you qualify for some sort of red watch from England Athletics – Not sure what sort of watches they are supposed to be.

Probably all other events qualify but not walkers! Dave and I were in the Power of 10 last year for 50k, Ben is now in the Power of 10 for 20k, and I coach Ben so should qualify for a second one. None of us has had a watch!

Does anyone know anything about this? Is it that Royal Mail is taking a long time delivering or that they have been nicked on the long journey to Teesside?

- **England Athletics Database**

If the organisation of the watches is anything like the England Athletics registration scheme then we may all have to wait for ever. You will all be interested to know that I submitted all of our membership details, an A4 sheet for every member, as required and by the due date. What has appeared on the England Athletics public portal bears only a passing similarity to the details I submitted. Four members on the database I have never heard of! Most dates of election to the club are wrong as are some dates of birth.

- **Power of 10 Tyre-pulling**

If you go onto our website [www.redcarracewalkingclub.com](http://www.redcarracewalkingclub.com), you will be able to see first hand some **real** training taking place. However, this comes with a health warning. If you have never tried tyre-pulling with a straight leg please don't do it without advice. It is not as easy as it looks and you might do yourself some damage. I will submit my time to Power of 10 when I have done a 10km. Are there any challengers?

Now, to all those who thought the tyre-pulling was a joke – What price the club camel? We know that Birchfield were disappointed that we had not brought it to the 50k at Stockton because they said so. Others were asking about it too. We were sorry to disappoint but must point out that camels are not very good in traffic on de-restricted tarmac roads. Transport costs from South Gare Lighthouse to Ropner Park would have been prohibitive. However, worry not – photographic evidence of our camel will soon also appear on the website!

- **Welcome to our visitors**

Paul Evennett (York CIU) comes to Redcar some weekends for technical training in an effort to sort out his action once and for all. With Mark Byrne he joins our serious distance sessions. It takes a lot of 'bottle' to ask for help in this way. His target over the next few months is no red cards. Things are looking good. He has been given many complimentary comments at the Bradford to Ilkley and at Leamington. Incredible improvement the judges say. Paul knows that there is still much to learn but he must be complimented on making the effort to seek advice so that reds can be eliminated – and of course he will eventually go quicker than previously because he will be more efficient.

Any walkers from other clubs would be more than welcome to join us on our organised sessions. Whether you are looking for technical advice or whether you are here on holiday just get in touch. The organised sessions are normally very well attended so you would be amongst friends and there is plenty of banter.

- **Forthcoming Fixtures**

- **21/22 June – AAA Junior Track Championships – Bedford**
- **12/13 July – UK T & F – Birmingham**
- **12 July Blackpool 50 miles and National Veteran 50km**
- **26 July – Dunnington Gala 10km – See me for forms**

This is a really good family day out with plenty to do at the gala and plenty of prizes for the walk. Half a dozen of us went last year and we can guarantee that you would enjoy it.

- **9/10 August – AAA U15/U17 – Birmingham**
- **10 August – Northern Inter Area – Derby**
- **17 August – Saltburn including Northern 5km women – See Graham Readman or Chris Wears for forms**
- **24 August – Northern Track Walk and YAG Championships - Hull**

- **31 August - Northern 10 Km women and men – Thornton-le-Clay**

Yours sincerely – JohnP (Hon Sec)