

Redcar Race Walking Club

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It seems a long time since we were all watching Jo scorching through pouring rain at the Olympics but there has been such a lot of other good news that I have held this newsletter a little longer than normal so that I could report it to you all.

Firstly, we extend a big welcome to our new members, Marion and Peter Fawkes from North Shields, and John Dobson from Redcar. Marion is a former UK international and Peter has joined as a helper. John works on the rigs but joins us when he can on the Monday session. This brings our steadily increasing membership to 34. Have YOU recruited YOUR member for 2008 yet?

- **Jo walks out of her shoes in Beijing for another British Record**

To return a time of 91-33 in pouring rain takes some doing, especially if you have to cope with two red cards by 12k. However, Jo was justifiably delighted to get through with another superb UK record. It was a fast race from the outset and a pleasure to watch on a foreign channel which showed all the competitors several times. We all hope that this will be the foundation for a much higher finish for Jo in the London Olympics in four years time.

Jo has said that she will make a contribution to a future newsletter.

- **Team win for Redcar in the National 100**

Many congratulations to Dave Jones and Martin Fisher for producing Redcar's first ever National team win. Dave finished third in less than 22 hours with Martin coming home in under 23 hours. Conditions during the night were appalling with torrential rain that accounted for many fancied competitors. There was also a long period of floodlight failure to add to the problems. Hard as nails they both are so probably the conditions suited them more than some of the others. Remember Dave has never ever quit. How many others can say that?

- **Annual Saltburn Sandblaster Races are enjoyed by all**

Soon after Dave and Martin finished their 400 circuits of the track, the rest of us descended on Saltburn for more manageable distances. Helen Starling (Redcar) showed good style to win the novice award, Angela-Maria held her Northern title in a new PB of 28-38 and Ben, just back from holiday, strolled round the 10k in just over 45 minutes. The new organisers, Graham Readman and Chris Wears are to be congratulated on a well-organised and enjoyable promotion.

- **More medals for Redcar in the Northern Track Championships at Hull**

Ben won the senior men's 5km in superb style in around 22-30 after cruising round the first km in 4-03. Not to be outdone, his brother Adam easily won the gold medal in the U17 3Km. Zack had the biggest challenge in the U15 2.5km because he is only 11 and was racing in an age group higher than his own. His silver medal was a super achievement. Three medals and no cautions or warnings indicate the standard that these brothers set for each other.

- **Northern Area RWA 10Km Road Championships**

Thornton-le-Clay Sunday 31 August 2008

Congratulations to Angela-Maria and Laurayne for producing monster PBs. It was Angela-Maria's first walk under the hour. Dave Jones anchored the men's team in successfully only a short time after his hundred miles. How on earth does he do it?

Men

1.	B. Wears	Redcar RWC	45-50
2.	D. Butterley	Spondon RWC	53-18
3.	D.Jackson	York CIU	55-14
4.	M. Byrne	York CIU	56-34
5.	J. Paddick	Redcar RWC	58-59
6.	D. Jones	RedcarRWC	60-45
7.	G. Bycroft	York CIU	61-49
8.	J. Errington	York CIU	64-12
9.	K. French	YRWC	64-38
10.	R. Cole	York CIU	66-24
11.	P.Jacklin	Redcar RWC	66-30

Team Redcar

Women

1.	Angela-Maria Paddick	Redcar RWC	58-34
2.	Laurayne Readman	Redcar RWC	67-10
3.	Anne Irving	Redcar RWC	69-32

Team Redcar

- **JP Gets to OAP Status – Still Walking**

- **Many thanks** to all of you for making my 65th birthday such a special and memorable occasion. You went to an immense amount of trouble and I do really appreciate it. Thank you for all the cards, the booze, the presents and the singing. An additional super present was watching and being unable to catch Angela-Maria as she produced her sub-60 PB. She absolutely thrashed me even though I walked my fastest for four years.

- **British Rail Successfully Demolishes Dreams of a National Team Win**

With strong teams entered in both men's and women's events hopes were high that one of them might win national medals in the 10km. The last two team members to set off for London were Angela-Maria and me on the 8 a.m. departure from Darlington. We know that leaves on the lines or the wrong sort of snow cause problems but September was unlikely to produce either of these. What we didn't realise was that British Rail does not do rain. We set off on time and journeyed slowly for about a mile before coming to a dead stand for 10 minutes. Sure enough the dreaded announcement came. We were to return to Darlington because the line was closed due to the heavy rain and our train was to be cancelled. Brilliant! Two key players wiped out at a stroke!

So it was left to Ben and Jo to keep the Redcar flag flying. Ben recorded a fraction over 45 minutes for second while Jo retained her title in 45-20.

- **Good Performances at the English Schools Championships**

Ben won his 5km without challenge in 21-32, a good PB and new club record, while Adam finished third in the Intermediate race with 26-30. In the same event, Matthew recorded 33 minutes exactly. These two will both pull on UK vests if they train hard in the future.

- **Dave Jones is happy with his performance in his fifth Roubaix**

Dave recorded just over 190km in his fifth Roubaix 28 hours. He was happy with this as he was the first UK walker to finish in 18th place. The race started in agreeable temperatures but during the night he had to use gloves and jacket to cope with the low of 2 degrees. Conditions again changed wildly so he found himself sweating buckets in 26 degrees by the following afternoon. Four shoe changes were necessary to get through and with over 3 hours to go it looked as if he could not finish because of a bad foot injury. Dave knew that if he stopped for too long he would get DQ because walkers have to make continuous progress. You can't stop for a kip for an hour! However, all was well by the end as he was still walking. A lesser man would have rapped in long before the end.

- **NOW WE ARE GOING TO THE DOGS**

- Greyhounds of course, or are they Whippets? On Friday 24 October, Laurayne and Karen are organising a trip to Sunderland Dogs. They say they race each other round a track. I suppose they must have very small jockeys – probably electronic. Vince will take us in his minibus and we will organise extra transport if it is needed. Please let Laurayne know if you want to reserve places. Her number is 01642 480504. I am hoping that we need the minibus because Old Peculiar is on the agenda or perhaps Jack Daniels is coming out to play. Should be good so don't miss it. I hear that it gets quite exciting when the dogs bite each other or when their owners grease their feet so that the favourites lose. Impossible to do any worse than last year at the horse racing when I won nowt!

If you can donate a raffle prize for this please let Laurayne know.

- **He's off on his travels again**

I'm hoping that there will be a good 20k time to report next time. Ben has been invited to take part in a senior 20k in Switzerland in a week or two. He is in good form so a new club record is a distinct possibility.

- **Our Visitors Keep on Coming Back for More**

We are delighted to have Mark Byrne and Paul Evennett (York CIU) with us most weekends and sometimes during the week for key training sessions. Paul has now virtually perfected his action and I have provided both with a training schedule for 50km. The key is variety, very hard work and efficient technique. Previously these two walkers were on 80 miles a week for 50k but we have reduced this to just over 50. They now have time for a life rather than just belting out the miles.

They say that they have never ever been close to the effort required for our key Wednesday sessions – a new experience. Verbal expressions towards the end are unprintable! Paul will aim for his first 50k finish in 2009 in around 4-30 and we will still have the mileage option for later if it is needed.

The programme is a similar system to Ben's. No one can believe how an 18 year old can walk 92-38 for 20k on 35 to 40 miles a week. It is not out of a training manual but there again the Fosbury Flop wasn't either! The important thing is that it works.

- **LAST MINUTE INVITATION, ESPECIALLY IF YOU STILL HAVE COIN AFTER PAYING YOUR BILLS**

It looks as though we might have won a top award for 2008 from the North East Counties AA. A few weeks ago I sent in a submission to say why we should win the 'off track' club of the year award. They are going to send me two tickets for the dinner/presentation which is at the Hilton Hotel, Gateshead on Saturday 27 September. If you would like to join Conchi and me at this affair it will set you back £25 per ticket. Please let me know immediately if you wish to join us so I can tell you who to contact.

- **XMAS DO – Likely to be 13 December at the Talpore Inn, Tees Barrage. Please book the date now**

- **NEXT FIXTURE FOR ALL OF YOU**

First Winter League Race at Cleckheaton – Sunday 12 October

Keep the excuses for missing training coming in. Going to the lakes for two days just won't do! (They have roads and pavements there) Getting home to find that trainers have been left behind won't do either. (When I started we walked in ordinary shoes because there were no trainers) The only walker with a current genuine excuse is Dave Jones – knackered after Roubaix!

Best wishes to you all and thanks for helping to make our club GREAT!

JohnP (Hon Sec)