

Redcar Race Walking Club

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REDCAR WALKER 42

I am pleased to be able to report some more good performances and welcome another lot of new walkers to the club. We are now up to 36 members and there are at least 4 more waiting until subscriptions are due in the New Year.

- **Ben breaks another club record at 5km**

In the inter-area match at Worcester, Ben scorched round the track in 21-24 to eclipse his previous mark. Keep them coming, Ben – we like to be able to record this sort of performance.

- **First Northern Winter League – Cleckheaton – 12 October**

Redcar Walkers' Results

1. Ben Wears	45-26
3. Adam Wears	57-01
5. Angela-Maria Paddick	61-29
6. Karen Wears	61-34
12. Peter Jacklin	67-14
13. Laurayne Readman	67-42
14. John Paddick	67-45
16. Anne Irving	74-04
18. Marian Fawkes	78-14

- **Second Northern Winter League – York – 2 November**

Redcar Walkers' Results

1. Ben Wears	45-24
7. Angela-Maria Paddick	60-45
8. Karen Wears	60-58
11. Peter Jacklin	65-14
14. Laurayne Readman	68-28
17. Marian Fawkes	72-50
18. Helen Starling	72-58
19. John Paddick	72-59
20. Anne Irving	73-22

Hence, Ben seems to be able to produce 45 minute clockings on very little training. He has not yet got back to 40 miles a week since he returned from his summer holiday but he is in good form.

- **Third Northern Winter League – Redcar – 23 November**

Unfortunately, we had to cancel this fixture because the course failed its safety inspection at 8-15 a.m. on the Sunday morning due to an overnight snowfall which made it dangerous to walk on.

Welcome to our new members and guests

We are pleased to announce that Paul Evennett and Mark Byrne have joined us first claim from York CIU. They will retain their CIU memberships and continue to take part in the York competition series but they will represent Redcar in open, area and national competitions. They have been regular attenders at training sessions and both have a Redcar club programme designed to produce a good performance at 50km. We have submitted transfer forms to the Northern area office and we are hopeful that they will be cleared in time to represent Redcar RWC in the National 10 miles in February.

Sunday 6 December produces TWO notable wins

In the Peel to Douglas 10 miles over a difficult course, Ben recorded the superb time of 74-01 in winning the race by around THREE MINUTES. This performance is a new club record for 10 miles and very close to the IOM course record. Steve Partington, the record holder, has only walked under 74 twice. Previously, the trophy had not left the island for the entire 48 year history of the event. Paul Evennett was fifth in 82-07 and Mark Byrne 19th for just over 100 minutes out of 70 competitors.

On the same day the Dick Hudson walk attracted a further five Redcar walkers and the same number of supporters and the club photographer. Many of these were only interested in supping beer (Midland Hotel and Dick Hudson's) or photographing walkers in a bad state attempting to climb the 1 in 4 gradients.

Angela-Maria and I set off at a good pace and soon dropped all other competitors apart from David Crompton who was far too persistent for comfort. By Bingley, I had a small lead over Angela-Maria who in turn had 30 yards or so over David. Up the hills the order remained the same so father and daughter prevailed. Behind the leading trio, Peter Jacklin stormed up the hills to take 5th place passing at least one knackered walker on the way, and Helen Starling in only her third event took 8th with her escort, Dave Jones. What a prospect!

Redcar Results

1. John Paddick	87-26	Oldest ever winner!
2. Angela-Maria Paddick	87-54	
5. Peter Jacklin	92-48	
8. Helen Starling	100-00	
9. Dave Jones	100-00	

13 Started

Christmas Competition – Identify the walkers – They are all from Redcar

1. Who turned out to train 10km and gave up after 3 km because their make-up had run in the rain?
2. Who is currently in semi-hibernation?
3. Who has difficulty getting to Saturday training because she cannot get up in the morning?
4. Who recently turned in a 'just don't try it' performance when Helen was breaking her PB for 2 miles?
5. Who has just broken their 5km PBs with a time of under 40 minutes?
6. Who has recently joined a top running club to improve her 10km walk time?
7. Who injured his back AGAIN when some heavy metal fell on him?
8. Who does not understand the Winter League handicapping system?
9. Who uses a sock and a glove in cold weather because she can't afford a new pair of gloves?
10. Which club members actually take notice of what the coach says (the rest think it is a joke!)
11. Who trains in a bin liner?
12. Which club member only eats burgers?
13. Which club member struggles the worst on beach training?
14. Which club member is the kick-boxing and snooker star?
15. Who goes quicker when he is injured than when he is OK?
16. Who has the best record over 100 miles?
17. Who are the club's 'class acts'?
18. Which club members are currently in the top ten in the POWER OF 10?
19. Which club member whinges the most during training sessions?
20. Which club member wore some rather iffy shorts?

There will be a prize for the best solution to the above – Answers on a postcard please clearly stating your name by 31 December – Editor's decision is final AND THERE IS A PROPER PRIZE – PROMISE!

Fixtures

20 December 2008 – 30km Dublin

11 January – Winter League – York

8 February – Winter League – Drighlington

21 February – National 10 miles – Picketts Lock

23 March – Northern 20km – Simister

18/19 April – National 20km – Leamington

26 April – National 50km – Stockton-on-Tees

24 May – Euro Cup – Metz

1 June (Mon) – Bradford Whit Walk – Not 50k

6 June – Blackpool 50

11/12 June – National 100 miles – Newmarket

- **CLUB SUBSCRIPTIONS FOR 2009 ARE DUE ON 1 JANUARY**

**Family membership £25 (as many as you like – immediate family only),
Competitive Athlete Senior £12, Competitive Athlete Junior £6, Social
Athlete £6, Official/helper £6**

Please make cheques out to Redcar RWC or pay me in cash.

**Please pay by 1 February 2009 at the latest because after that, in
accordance with club rules, any late subscriptions will be subject to a £5
surcharge.**

- **THE CLUB AGM WILL BE HELD ON 5 JANUARY AT 7-30 p.m.**
- **REDCAR CRICKET CLUB**

Thank you all for your support in 2008 – another terrific year for the club. I THINK
WE MAY HAVE BEEN NOTICED BY NOW.

**DID YOU RECRUIT YOUR EXTRA MEMBER FOR 2008? IF NOT YOU NEED
TO PRODUCE TWO IN 2009!**

Do have a super Christmas and a very happy and peaceful New Year.

Yours sincerely,

John Paddick (Hon Sec)