

Redcar Race Walking Club

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REDCAR WALKER 57

- **REDCAR WALKERS PICK UP SIX SILVER MEDALS AT NUNEATON**

In the National 50k, Paul Evennett finished second in 4-44-23 recording an eight minute PB and destroying his own club record. There is obviously plenty to come because Paul was unwell before he started the race and had to have a pit stop just after half-way. No doubt his next 50k will record a time at least 5 minutes quicker. He was ably backed up by Martin Fisher in 8th place with 5-46-17 and Dave Jones in 10th with 5-57-25. (It looks as if he's taken over from me on the PW quest). The team was second to Ilford and way in front of Enfield.

In the women's National 50k, Helen Starling removed almost an hour from her PB to finish second with a new club record of 6-05-10. Magnificent effort!

In the supporting 10k, Karen Wears finished 4th overall in a new personal best of 56-36. Samantha McNeil, the café boss, presented her PB medal on Café Monday in front of all the cappuccino drinkers who gave her a tremendous round of applause.

- **REDCAR WALKERS TAKE AN EARLY LEAD IN THE WINTER LEAGUE**

In the first fixture at Cleckheaton, the Redcar team took an early lead of 105 points to the 99 for CIU.

Redcar results were:

1.	Karen Wears	57-17	25 points
2.	Paul Evennett	57-17	16 points
4.	Angela-Maria Paddick	62-14	23 points
5.	John Paddick	62-32	29 points
9.	Peter Jacklin	65-22	27 points
12.	Laurayne Readman	67-56	24 points
14.	Marion Fawkes	72-50	19 points

- **THEN THEY CONTRIVE TO LOSE IT!**

In the second fixture at Redcar,

Redcar results were:

1.	Paul Evennett	46-10
5.	Angela-Maria Paddick	61-21
7.	John Paddick	61-41
10.	Dave Jones	65-52
13.	Mark Byrne	66-28
15.	Dave Learoyd	69-45
17.	Marion Fawkes	70-33

CIU now lead Redcar by two points!

Redcar 5k times were:

1.	Paul Evennett	22-51
6.	Angela-Maria Paddick	30-33
7.	John Paddick	30-33
10.	Mark Byrne	31-41
14.	Emma Glenton	34-02
15.	Dave Jones	34-02
16.	Dave Learoyd	34-35
17.	Marion Fawkes	34-50

• **AT LEAST SOMEONE HAS LISTENED TO THE CLUB COACH**

This article by Dave Fereday has been in AW. Some of you might find it interesting.

More power for less fuel

The article in last week's AW highlights what may be a serious omission in the training for endurance running. Much is written and coached re the techniques required for the various athletic disciplines but little when it comes to events say over 1500m. The only emphasis seems to be on training schedules and the necessary importance of its various elements – LSD, temp, reps intervals etc but little on the actual style and physical technique to better ensure economy of movement.

The elite gifted talented runners seem to have an inbred efficient smooth style which requires little if any coaching. I can recall 2 of my club's international standard vets of yesteryear – Laurie Forster and Derek Wood both 2.35 marathoners aged over 55!! – who simply effortlessly glided along whose style I tried to mimic. They made even good class club runners look like donkeys and most of the ungifted masses completely ugly.

In recent years I have for physical reasons had to graduate to race walking. Initially I perambulated forward in a style copied from photographs and the rare footage shown on screen. But having then joined a race walking club their coach, incidentally John Paddick who came 10th in the Tokyo 20k, said he could immediately increase my pace by 30 seconds a mile with no more effort by simply tweaking here and there. A few weeks later my London marathon time reduced by 12 minutes.

This has led me to believe that if only a bit of attention were paid to distance running style many would similarly become more efficient adding enjoyment to their sport. I know that everyone has their own basic running style but with a little

ironing smoothing out unnecessary body movements those clumsy styles might more resemble proper running as distinct from ugly plodding.

In my salad days as a young vet 'enjoying' at Copthall quarters and halves as they were known in the good old days never once was there any suggestions from the coaches, stopwatch in hands, to suggest improvements to the many inefficient techniques on display. So perhaps AW and other athletic magazines may devote some space to better economy running to improve the 'mpg' of the distance running fraternity.

Dave Fereday – Barnet & District AC/Redcar Race Walking Club

- **CLUB MEMBERS MEETING – MONDAY 15 NOVEMBER
REDCAR CRICKET CLUB 7-30 PM PROMPT**

AGENDA

1. Apologies
2. Formal agreement for new membership
3. Date and format for club 10k championship 2011
4. Club fees for 2011
5. Agreement for hiring of minibuses for 2011 for nationals
6. The Jonathan Edwards Trophy
7. The future of the Saltburn event
8. Date of AGM
9. AOB – to be lodged with Hon Sec at least 3 days before meeting

- **FORTHCOMING FIXTURES**

Winter League

21 November 3rd Winter League – South Bank Club, York

5 December 4th Winter League – Thornton-le-Clay

9 January 5th Winter League – South Bank Club, York

6 February 6th Winter League – Drighlington

Please remember your best 4 races count

National Championships

5 March – UK/RWA 10 miles – Coventry

1 May – RWA 20K and YAG – Redbridge Cycle Track

30 May – UK 20K and Olympic Test Event – The Mall, London

11 or 12 September – UK/RWA 10k – Victoria Park, London

2 October UK/RWA 50K – Northampton Race Course

Please note that the Bradford 35K will also be on 30 May. It has been on Whit Monday for 105 consecutive years

Thank you all for your support – Best Wishes - JohnP

