### 160 West Dyke Road

***Redcar***

***Cleveland***

***TS10 1JN***

***E-mail:*** [paddick@westdyke.freeserve.co.uk](mailto:paddick@westdyke.freeserve.co.uk)

***Website: www.redcarracewalkingclub.com***

***Tel 01642 489728***

**Redcar Walker 61**

* **The Best of Traditions maintained for 2012**

As usual there were just two walkers out on Redcar’s first training session of the New Year. Glen Blythman and ‘you know who’ met at low tide this afternoon to keep the first of January tradition going. Some severe sand walking was the order of the day when other club members only make excuses if we invite them. Whilst training on soft sand we wondered whether perhaps in 2012 I will get a proper and determined challenge over 4 miles of tyre pulling with straight leg from South Gare Lighthouse to what will soon become Redcar’s Vertical Pier. You need a weightlifter’s belt, a strong rope and a 165 X 13 tyre on a car wheel. The wheel and tyre must be dragged topside up so that the wheel fills with sand underneath and acts as a brake throughout the session. A good time for the 4 miles is under an hour and several sessions would get you ready for Bradford and worse! Talking about Bradford, Glen says he will join me for distance training on Sundays so he can prepare for it too. Excellent news!

* **The Phoenix of Saltburn will rise in 2012**

I am sorry that this long promised newsletter has taken quite some time in making an appearance. The reason is that around August this year I decided that the Saltburn races should not just be left to disappear, especially as we get £280 from the Parish Council to put them on. Instead of writing club letters that only walkers in the south respond to, I have spent the time in preparing for Saltburn 2012. The race will be called the Saltburn Phoenix 10km and will start from our normal venue at the Marine Hotel at 10-30 am on Sunday 29 July 2012. The 10km walk and run will set off together with the novice walk which will be 2 miles. I have an RWA permit for the walk, a NE Counties permit for the run and the course is certified at exactly 10km. Entry forms will be distributed from March 2012. We will also be taking electronic entries via the fixture list on the NE Counties website. I am absolutely determined to get at least 75 onto the start line and will arrange to advertise at every north east road run between now and the event. This is the most difficult and time-consuming activity connected with successful race organisation so I will be asking members to help me with it. More details of the completely new arrangements for Saltburn will be given to members after the AGM.

* **No Holder Yet for the Jonathan Edwards Trophy**

It is quite extraordinary that not one member has qualified to hold this trophy since it was provided for the club more than a year ago, maybe two. All you have to do is to get a DQ and you will have it presented to you to look after until the next club member to get DQ takes it from you. It is a huge trophy and, from memory, at least two feet tall. Perhaps the thought of having it presented, having your name inscribed on it and then keeping it until some other unfortunate member transgresses is too much to contemplate. As you are all aware, it is also the ‘hop, skip and jump’ trophy so it would be better if it went to a member who got three reds for actually lifting rather than the rather tame bent leg variety.

I think it is possibly time for Dave Jones and I to select a race and do all we can to get three proper red contact cards. The first one of the pair of us to get the red lollypop would then be the first holder of the trophy. Just imagine the consternation that this would cause for the officials who would be leaping around issuing reds and yellows as if there were no tomorrow. However, perhaps we would be ignored and get round to the end because, as we all know, straight leg runners rarely get the chop!

* **Maureen Jackson Offers Redcar RWC Some Expert Coaching**

I am pleased to report that Maureen has once again joined Redcar RWC and has offered specialised coaching for members in the church hall on Wednesday evenings. She will provide members with a programme designed to promote effective, effortless and controlled movement in race walking. The programme, starting at the end of January would be suitable for all ages. Participants will need to bring an exercise mat or beach towel for floor exercises. Maureen will provide all other equipment.

To clarify, this session will be in addition to and at the same time as the six mile road session that sets off from the church hall every Wednesday at 6-15pm. If you would like to be involved in the indoor session, please tell me so that Maureen knows how many walkers to cater for.

* **A Good Start to the Winter League**

Some members have made a successful and determined effort to make a mark at the Winter League. The results gained by our members so far are as follows:

**First Race – Cleckheaton**

**6 John Paddick 67-59 26pts**

**7 Marion Fawkes 69-15 29pts**

**Second Race – Redcar**

**3 Mark Jackson 59-26 23pts**

**5 John Paddick 67-19 26pts**

**6 Angela-Maria Paddick 67-41 22pts**

**8 Marion Fawkes 69-24 25pts**

**9 Dave Learoyd 69-29 28pts**

**Third Race – York**

**7 John Paddick 63-39 30pts**

**8 Mark Byrne 64-44 19pts**

**9 Angela-Maria Paddick 65-12 26pts**

**10 Dave Jones 65-27 25pts**

**11 Dave Learoyd 69-27 25pts**

**Fourth Race – Thornton-le-Clay**

**8 Mark Byrne 64-47 25pts**

**12 Marion Fawkes 70-25 27pts**

* **A Challenge too good to resist!**

After last year, I had decided not to attempt the 35km at Bradford again because I felt that anno domini was possibly becoming a handicap. Seriously, I found the race quite hard, partly because of the heat, partly because of the hills and partly because the organiser removed my assistant from the drinks area, leaving me dehydrating on lap two.

I did actually get round and anchored the team in second place behind the Isle of Man which is better than several others who recorded DNF. One of these was our own Karen Wears who refused to set out on lap four out of five saying that the hills were too severe. Karen says she will do the race again and if I do walk I will be well hammered! So much for retirement! This is an irresistible challenge so I have started by build-up already, partly on soft sand and partly on hills. Glen Blythman will also be doing the 35km and will help me to train for it. Eat your heart out Karen – Number One will prevail!

Now this gives me an idea. How about a sweepstake? Guess the time difference between the pair of us at the finish, specifying which one will finish first, for a £1 stake. Nearest to the actual difference wins the lot. Perhaps Laurayne would organise it for us.

* **Now a Trip to Holland**

Dave Jones and Martin Fisher are planning to do the 100 miles/24 hours at Schiedam, near Rotterdam on 26/27 May. They tell me that there are also races at 100km, 50 miles and 50km. They need a third counter for the 100. Are there any takers? All you need to do is a brisk walk at just a bit better than 4 miles an hour.

* **Ben Prepares for the Olympics**

I know that you will all join with me in wishing Ben Wears all the best with his Olympic Games preparation. Ben is going to live in Spain for several months to get expert advice and good training partners as he chases the qualifying time. Watch this space!

* **Footnote for those living in the south – that is south of Sheffield!**

I am unhappy to have to report that we seem to be catching you all up with beer prices. The latest hike has brought the cheapest pint of Samuel Smith’s bitter in Redcar up to £1-60 and a pint of Yorkshire Mild up to £1-24. This will affect walkers like Dave Jones as it will reduce his potential intake and hence his performance at 100 miles. We just can’t afford southern prices! Any more will empty the pubs and promote more booze and baccy runs to the continent. I remember Dave saying a year or two ago that he had to pay over £3 for a pint in London. Can anyone explain why it is twice the price?

* **Fixtures**

**8 Jan 5th Winter League York**

**5 Feb Final Winter League Drighlington**

**19 Feb Northern 10 Miles Dunnington**

**4 Mar UKA/RWA 10 Km Coventry**

**25 Mar Northern 20 Km Beverley**

**14 Apr RWA 20Km + YAG Redbridge**

**22 Apr Geoff Ford Meeting Sheffield**

**12 May Allen Trophy 15 Miles Chorley**

**27 May UKA 20 Km The Mall**

**4 Jun Bradford 35 Km + 15 Km Baildon**

**29 Jul Saltburn Phoenix 10Km Marine Hotel**

**August is the Olympic 20Km and 50Km**

**Hope to see many of you at the AGM and after that at Drighlington.**

Yours sincerely,

JohnP (HON SEC)