

**Redcar Race Walking Club**

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**REDCAR WALKER 30 – April 2007**

- **Ben Qualifies for the World Youth Games in the Czech Republic**

On 17 March Ben really blazed a trail in the Molly Barnett 10km. Such was the trail that even the Kings couldn't cope with him. Ben won the senior event in a superb new PB and set a new club record of 44-16. This time ranks Ben in the top six in the world for his age and qualifies him for the World Youth Games in the Czech Republic later on this year. A time of this quality makes him a realistic medal contender.

The secret here is an **efficient technique** rather than belting out the miles! He looks as if he is **walking** at this pace whereas several others who record similar times do not.

- **Euro Cup at Leamington on 19 May**

It is rare that the UK gets to host an event of this calibre. Only 5 UK walkers have done the qualifying time. Congratulations to Jo and Ben for reaching the required standard. We all hope you both do very well and that you will be pleased with your performances. The first race on the day before is a 1km for U11 – Hope that Zak does the usual!

- **Northern 20km at Simister, Manchester**

We had entered three but a Dave Jones injury meant that we only had two starters in this event. Judging was very severe but neither Glen nor I got any cards. Plenty went on the board and there was a DQ. Eventually, Glen finished fourth in 122-03 and I was fifth in 122-17. Glen had held second for 15km but the previous evening's furniture moving eventually cost him a medal and he just managed to evade the awful spectre of being caught by me. He kept on looking round nervously hoping that the line would appear in time and save him from his fate. Just about made it but not a lot to spare!

- **National Championships at Coventry on 14 April**

It was 'business as usual' when Jo won the senior women's 20km by a long way and Ben did exactly the same in the U20 men's 10km. It is really good to see that our walkers continue to defeat the best of the rest. It is also good to hear that Ben was commended by the judges on an impeccable technique. Both these champions appear to be in good form for Leamington where we will be having a small but distinguished support team. It is also good to report that since our club was formed we have not had any of our registered walkers disqualified. Red cards appear to be more of a rarity now too.

- **Superb Day at Jeff Ford – Sheffield**

In the first race held over 5 km, Glen won the senior men's 5km in 26-04. The women's race was at the same time. Angela-Maria was 3<sup>rd</sup> in the senior women's race in 30-43 PB, Karen was 5<sup>th</sup> in 31-22 PB, Anne was 6<sup>th</sup> in 32-28 and Laurayne was 10<sup>th</sup> in 35-07 PB. Then it was the turn of young Zak in the U11 1Km. No problem here as he romped home in impeccable style in 5-37 for first place medal. In the senior 10km Ben and Jo were in a class of their own. Ben won the U20 national title with absolutely no opposition in 46-57 while Jo won the senior women's race in 50-41. Both were streets ahead of any challenge and won at will.

We picked up no red cards at all and we were complimented on the technique of our walkers. Spectators commented that the young blonde woman in the 5km looked particularly good. Eat your heart out Ben!

- **Northern Athletics Dates and Entry Forms**

The Northern Area Track Walking Championships for all age groups will be held in conjunction with the Northern Inter County Meeting on 26 August at the Costello Stadium, Hull. Entries close on 10 August. I have entry forms if any of you want them. However, at present I am unsure of the distances. If it is like last year the senior event will be 5km and there will be shorter races for younger age groups. Please note that they don't accept any excuses for late entries for this!

- **The Power of 10 – National Rankings**

You will no doubt all be aware that the POWER OF 10 has been set up by England Athletics to raise standards in all events in the run up to the London Olympics of 2012. The current UK top 10 performers at all Olympic Events are shown. You will all be delighted to know that Redcar RWC has THREE entries for 2006 – Johanna Jackson (20km) and Dave Jones and me (50km) – Johanna is ranked 1, I am ranked 7 and Dave 10. Dave and I will now be very keen to move up the ladder as intended and apply for the financial assistance that will undoubtedly go hand in hand with such lofty national ranking positions.

I have already informed England Athletics that I am keen to have extra help to enable me to improve and that after all I will only be 69 years old when London is on. When the money comes I will spend it on a new walking stick to replace my old one. Dave's situation is different. I dare not tell you all what he will spend his sponsorship on! He has a lot more time to play with because he is six years younger than me. He would only be around 63 for London so he will no doubt also still be in the frame in 2016.

Clearly, we will need the best coaches that England Athletics has available if we are to reach our potential. I have heard that there is a young fairly fit walker who is good and might be interviewed for this position. His name is Ben Wears and, although he does not feature on the Power of 10, he might be good enough to get us started. After that we will no doubt be given funding to go to Russia for some proper coaching to get us up to scratch for our Olympic 50km final.

- **Track Suits – Redcar Working Men's Club will be holding a race night to buy us all identical track suits – Details to follow**
- **The Auction for OUR club funds and to support their football, snooker and darts teams will now be held at the Yorkshire Coble on Friday 1**

**June – The constant change of date is because of other events – Should be good when it happens – Come along and see JP sell a room full of tat in a couple of hours**

That is it for now – Next issue will be in June

Yours sincerely,

John Paddick (Hon Sec)