

Redcar Race Walking Club

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REDCAR WALKER – SPECIAL EDITION

- **The Redcar Club really is rewriting the script AND RAISING THE BAR!**
- **Johanna walks 20km in 91-40 to smash the UK record**

Johanna had been in Australia from the end of December 07 to take part in a research project connected with simulated altitude training. On 23 February she recorded the fabulous time of 91-40 in winning the Australian national championship. This time absolutely obliterated the previous national mark of 93-57 and set a 5 minute PB, a new club record and a new UK record. We now expect Jo to be chosen to go to Beijing for the Olympics as 91-40 is better than the A standard. This superb time for 20km has been achieved in about five years from a zero base and a first race at around 66 minutes for 10km aged 17.

- **Ben walks 20km in 92-38 when he wasn't supposed to be doing one!**
- A week after Johanna's momentous victory and new PB, Ben went to the Isle of Man to do 10km in preparation for his forthcoming junior championships at this distance. After a horrendous sea crossing in a gale and being really ill he was lucky to be well enough to face the starter the following morning. With Jo's new PB still in his mind he opted to do his first ever 20km rather than 10. Despite predictable stomach problems he stuck to his task and recorded almost even splits to finish with 92-38. It is sometimes difficult to accept that Ben is still only 17 and yet he can produce performances like this just like 'pulling a rabbit out of a hat'. Ben has done this from zero in three short years.
- **When we started this club 4 years ago Dave Jones and I said we would give it 18 months to see whether we could do something to arrest the decline in the sport in the UK and establish race walking in an area where it was unknown. Results like these mean that our efforts really were worthwhile. Not quite time to 'take our bats home' yet.**

Yours Sincerely,

JohnP