

Redcar Race Walking Club

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REDCAR WALKER 38 – National 50 km & World Cup in Russia

• **National 50 Km – Ropner Park – Stockton-on-Tees – April 27**

He had never organised any sort of race before yet Dave Jones put on an absolutely superb fixture with the RWA 50 km in Stockton on Tees. England Athletics ought to sign him up to help organise the London Olympics! High praise given at the presentation has been repeated with phone calls and e-mails from delighted competitors and officials. Dave, we all had a wonderful day and we hope that you will consider putting it on again.

Great news – Just before publication he has agreed – Dave's Ropner Park 50km will be an open category A race to be held on Sunday 26 April 2009

Some of the comments:

- A superbly organised event
- Fantastic facilities at Fitness First
- An ideal course for 50km
- Excellent feeding facilities
- Wonderful minibus service
- Even the public and their dogs took care to respect the walkers
- More entries, starters and finishers in a National 50km than in any recent year
- The best organised national I have been to in over 30 years – quote from a judge

There were no complaints whatsoever

IF YOU HELPED OR COMPETED – MANY THANKS – THIS HAS MOVED THE CLUB ON TO A NEW HIGHER LEVEL!

- The club also did very well in the race. While Glen was walking we were in first place. He did well to get to well over 40k – the furthest he has ever done in a race without stopping. The other three team members stuck to the task and brought the club home in second place in the national. We also got second and third individual in the Northern Championship that was held in conjunction.
- Looking at the Power of 10 now for 50k it is good to see that the Ropner Park race has been the catalyst for rapidly rising standards. Not long ago two of

our 'class acts' used to make around 10th place but they are now relegated to almost 20th even though they have not really slowed!

- **National 50 K Road Walk Championships – 27 April 2007**

Ropner Park, Stockton-on-Tees

Men

1.	S.Davis	Ilford	4-29-25	
2.	M.George	Manx	5-06-45	
3.	I.Richards	Steyning	5-07-49	
4.	S.Arnold	Nuneaton	5-14-16	
5.	S.Crane	Surrey	5-23-19	
6.	J.Constantinou	Birchfield	5-27-52	
7.	C.Cattano	Southend	5-29-46	
8.	M.Byrne	York CIU	5-34-55	
9.	M.Culshaw	Belgrave	5-35-04	
10.	J.Hall	Belgrave	5-37-19	
11.	J.Paddick	Redcar	5-37-57	
12.	D.Jones	Redcar	5-38-19	
13.	P.King	Belgrave	5-40-17	
14.	C.Flint	London V	5-41-00	
15.	M.Fisher	Redcar	5-41-21	
16.	T.Collins	Birchfield	5-49-19	
17.	O.Browne	Ilford	5-54-15	
18.	B.Austin	Milton K	6-06-27	
19.	S.Pender	Enfield	6-08-35	
20.	D.Fall	Birchfield	6-13-23	
21.	B.Hercock	Enfield	47.66km	6-10-05
22.	G.McDonald	Ashford	46.40km	6-07-33

DNF

G.Blythman	Redcar
E.Shillabeer	London V
A.Thompson	Herts Phoenix

DQ

P.Evennett	York CIU
M.Wall	Leicester

Teams

1.	Belgrave H	268
2.	Redcar RWC	262
3.	Birchfield H	258
4.	Ilford AC	184
5.	Enfield AC	162

Women

1.	M.Jackson	Manx	5-37-32	
2.	M.Noel	Belgrave	5-44-08	
3.	C.Duhig	Loughton	6-02-08	
4.	S.Rey	Leicester	6-13-08	
5.	K.Davies	Birchfield	45.32km	6-12-27

DNF

S.Lightman Leicester

- **World Cup in Russia on 10/11 May**

As you are all aware, there were four walkers in the GB team. Two were from Redcar. Ben was 38th in the Junior 10km in 45-22 minutes for a season's best but was disappointed that he didn't produce a PB of sub 43. Bad stitch was the cause. Johanna was 45th in the women's 20km also short of her best with 97-56. However, although times were down on expectation both of them gained further valuable international experience.

- **Recruitment of new members**

Can we please make an effort to boost membership – We are currently gaining ground on this issue but if all members could interest ONE more then 30 would be 60 – There ARE new members in the process of joining but we could still do with more –

Talking of new members, Adam Wears has really impressed. He is another absolute natural. After only five miles of instruction he belted out 4 miles in 38-30 accelerating all the time and leaving his training compatriots gasping in amazement. This group included some of the club's 'class acts'. Following Redcar procedures his first race will be 10km. Just watch this space! He could easily walk under an hour now under Category A rules.

- **Forthcoming Fixtures**
- **CIU League starts in April/May – Enter on day**
- **26 May – Bradford Whit Walk – 14.5 miles to Ilkley Lido – Enter on day**
- **15 June – Leamington – 50k, 20k, 10k, 5k, and younger age groups – See me for forms**
- **21/22 June – AAA Junior Track Championships – Bedford**
- **12/13 July – UK T & F – Birmingham**
- **12 July Blackpool 50 miles and National Veteran 50km**
- **26 July – Dunnington Gala 10km – See me for forms**
- **9/10 August – AAA U15/U17 – Birmingham**
- **10 August – Northern Inter Area – Derby**

- **17 August – Saltburn including Northern 5km women – See Graham Readman or Chris Wears for forms**
- **24 August – Northern 10 Km – Thornton-le-Clay**

Redcar Race Walking Club – Members’ Meeting

Redcar Cricket Club – Monday 2 June at 7-30 pm

Agenda

Apologies for absence

Consideration of new applications for membership - JP

Ratification of new club records – JP

Progress with recruitment programme in schools – PJ

Dave’s 2009 version of the Ropner Park 50k – DJ

Progress with organisation of Saltburn event – GR & CW

AOB – to be lodged with Hon Sec at least a day before the meeting

Yours sincerely – JohnP (Hon Sec)