

**Redcar Race Walking Club**

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**REDCAR WALKER 40**

- **Jo jets off to the Olympics with all of our best wishes for a good performance.**

Johanna's race in Beijing is now imminent so we all send our best wishes for a good performance. Jo is the first GB walker for 12 years to meet the qualifying standard for any Olympic race walking event. This is a superb achievement.

I have just been asked by Century Radio (Gateshead) about how Johanna started in our sport and where I expected her to finish in Beijing. It is interesting to note that Mrs Jackson asked me to show Johanna how to race walk as she wanted to have a go at the event. Jo started at 10k with a time of around 65 minutes. She walked with me in several races until she went under the hour. Her initial times were not exceptional but Jo is a very determined, fit and strong athlete and learnt quickly from club technical sessions and a succession of higher grade races. Her current PB is 91-40 which I have just explained would potentially put her around 5 minutes down on the leader (assuming a winning time of 86+). A finish in the first 10 would be very good indeed.

- **Jo wins the AAA title in record time**

In the AAA championship, Jo broke the UK record for 5k with a time of 21-31. She was streets in front of her nearest rival and was quite close to the men's winner. The prized Fowler-Dixon award for technique was her first. Jo's next UK event will be the National 10km in London where she will lead the Redcar women's team. This should be a special occasion because it will be the first time that the club has entered a female team in a National championship. The team should do more than OK because the slowest of the three walkers ought to be under the hour.

- **Redcar take all team honours at Blackpool**

In the Blackpool 50 miles and National Veteran's Championship held in conjunction, Redcar won both lots of team honours.

In the 50 miles, Martin Fisher led the team in second place in 9 hours 8 minutes and 25 seconds. Dave Jones was 4<sup>th</sup> in 9-27-00 and Peter Jacklin 13<sup>th</sup> in 10-10-31. Peter's performance in anchoring the team was exceptional as he had never done even 50km before this. Hero Peter starred in a full page article in the Evening Gazette on 30<sup>th</sup> July. It is well worth reading – especially the bit about winning some hair tongs.

In the 50km National Veteran Championships, Redcar won the honours again. I was third in 5 hours 26 minutes and 52 seconds – around 7 minutes inside the club record. Martin was 7<sup>th</sup> in 5-37-51, Dave was 11<sup>th</sup> in 5-44-35 and Peter was 23<sup>rd</sup> in 6-13-59. It is interesting to note that my time puts me back into the Power of 10 and was 30+ seconds outside the world record for M65 – Must try harder!

We all wish to thank our supporters for such wonderful assistance during the race. At least half the club was there!

- **Inter Area Under 23 – Moorways Stadium Derby – Sunday 10 August**

Adam Wears in only his third walking race recorded a really exceptional time of 14-40 for third place. He got no cautions and no cards whereas the two in front of him picked up both. This time puts Adam in second place on the UK list for U17 boys for 2008. Brother Ben will be impressed about this when he returns from holiday. A bit of training ought to bring the gold at the English Schools in September.

Angela-Maria raced on the track for the first time and recorded 16-56 with little effort. She was mixing it well with far more experienced female walkers for a long time before she decided that she must be going too quickly as the plan was just to have them in sight. She will record a much faster time than this now that she has some experience. Another walker not to trouble the judges at all!

Last but not least I must comment about Paul Evennett who walked impeccably for a clear round – no cautions - no red cards. Paul has been joining the Redcar walkers for technical sessions on a regular basis. His visits are really paying off because everyone is commenting about his new smooth action. He was one of the best three walkers for technique in this 3K. I must congratulate Paul on his efforts. He has listened to advice and has worked extremely hard to put what he has been shown into practice during our long sessions and has followed up with treadmill sessions in front of a mirror back home at York. There are still improvements to be made to increase efficiency and pace but we are getting there.

- **Power of 10 Watches**

I am pleased to report that these fine time-pieces do actually exist and they work. Ben has his and I have mine thanks to Nick Silvester taking the trouble to tell me where to get them from. Talking of the Power of 10, no doubt I will soon hear about my funding from all of the normal sources to enable me to give up work and train for the London Olympics. It would appear that I am the oldest male to be in the top 10 in any athletic event in the UK.

- **Ben wishes to thank you**

Ben wishes to thank club members for his 18<sup>th</sup> birthday card and the dosh that went with it. I expect he still has the card but I'm not so sure about the money. Stories about what he and Glen get up to are legendary but not for printing so I suppose it has long gone. I would also like to thank members for being so generous and for preventing the job of collecting becoming a chore as I had to stand in on this for Laurayne who was on holiday.

- **The Latest Excuse**

Talking about holidays, I have become concerned that those walkers who can actually afford them usually leave Redcar fit and return unfit. They either say that they were ill or it was too hot or there was nowhere to train. This is almost as pathetic as the excuse Dave Jones came up with for only walking 1988 miles in a year quite recently. He was up to 1988 with New Year's Eve left for the remaining 12 miles. Would you believe he elected to go to join in another activity instead of training on his own and having the satisfaction of writing the final 12 miles into his log! Utterly incomprehensible!

However, I am pleased to report that things are improving. Hero Peter is a shining example to you all. He has just been away for a fortnight and only missed 3 days. This is the mark of a man on a mission. If you want to know what mission just look at the Gazette report – see above. Ben is currently away so I will be interested to find out what shape he will return in. To the rest of you who make this excuse and others like stitch, stones in your shoes, too hot, too cold, too windy, don't do rain, got a cold or even injured – XXXX. Talking of injuries, you will be interested to know that Dave had an injury that slowed him up on the Bradford to Ilkley this year. It had such a profound effect that he was away and out of my sight by 4 miles and it took me TWO HOURS to catch him.

- **New Walkers**

We are delighted to welcome Helen Starling as a new member. Helen has been a very good marathon runner but was so impressed by the Blackpool event – see above – that she has decided to target the women's 50k in 2009. We also welcome Linda and Sharon who have joined the Monday group. So numbers are going up again. Have **YOU** recruited **YOUR** club member this year. If not please put some energy into it.

- **Provisional Winter League Dates**

12 October	Cleckheaton – Whitcliffe Mount Sports Centre
2 November	York - South Bank CIU
23 November	Redcar – Cricket Club
7 December	Bradford – Dick Hudson

11 January York – South Bank CIU

8 February Drighlington – Cricket Club

- **Next Members' Meeting – Redcar Cricket Club Monday 15 September at 7-30 pm**
- **Any items for the agenda please – this will be issued a week before the meeting**

Best Wishes to you all and thank you for your efforts - JohnP