

Redcar Race Walking Club

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REDCAR WALKER 47

- **Paul Evennett – England International Walker**

I am delighted to be able to report that Paul's first international went very well indeed. To finish first counter for the England team on a hot day only three weeks after his hospital operation is a superb achievement. Paul was again complimented on his technique which means that we must be getting it right. Paul's time for 20km was 1-45-14, which is well below his best. However, under the circumstances it is a very gritty result bearing in mind the training he lost. We will now increase mileage again for the Midland 30km and then a 50km later in the year.

- **Helen and Vince Starling – Distance Walkers**

They don't mess around do they! No Mickey Mouse 10ks for them! Helen and Vince competed with distinction at Newmarket. Helen walked 50k for the first time in 7-35-14 and Vince in his first race as a competitive athlete walked 20 miles in 4-26-58. We are delighted to be able to welcome them to the FRINGE of the real walkers/class acts club. They will be racing for us at Coventry in the 30k. Perhaps this will spur others on, especially female!

- **Martin Fisher – Exceptional Distance Walker**

At the same venue, Martin completed his 21st 100miles in under 24 hours. He finished in 23-09-03. What a performance! Some of us can't get our heads round doing it ONCE. The odds are he will be joined again by Dave Jones next time. He can't possibly find another excuse. It was good to see that Marian Fawkes competed in the 5 miles at the same venue in 66-21.

- **Ben Wears and Paul Evennett Reach Power of 10 Target**

Ben and Paul have been awarded a Power of 10 Heart Monitor by England Athletics because they have gone under the target time. Still waiting for mine!

- **Please Send Your Saltburn Sandblaster Entries In**

As you are all aware, our annual Saltburn event is to be held on Sunday 16 August. I have attached another entry form because most of you will have already lost the first one.

The only change to the advertised programme is that the 5km category A race will NOT include the North of England Women's Championship. Instead it will be the Redcar RWC women's championship and an open race in conjunction. Entries to all events are £5. If you wish to accompany a novice that is OK and you don't have to pay twice. Please note that awards/medals in the novice race are only for novices.

As Graham Readman will be on holiday for the fortnight leading up to the event, I will be holding the reins until he returns. The club meeting on 28 July will determine what still needs to be done. If you wish to volunteer to help on the day please let me know in plenty of time AND BEFORE ALL THE JOBS ARE ALLOCATED.

Entries after the closing date WILL BE SURCHARGED!

- **Peter Jacklin – Professional Holiday Maker**

We have finally realised why it is that Peter is never available when we are going to enter a team for a race. He listens carefully to the planning during training sessions and ensures that he is on holiday on the days in question. If we are raising teams for successive weekends he ensure that both are fully covered – e.g. Saltburn and the 30k at Coventry.

- **Dave Jones – Injured at Redcar Races and unable to train**

There was much speculation about how Dave picked up his training -threatening injury at the races. All we know for sure is that he fell over. Did he fall off an orse? Was it anything to do with Old Peculier? Or was it the official version that it was something to do with a pair of shoes. Whatever it was, we hope that his cracked ribs heal quickly.

- **Ben Wears – Takes a break**

Ben is also on holiday and will resume training in September in time to qualify for the Commonwealth Games.

- **FIXTURES**

9 Aug – Sunday – Home Countries International – track - Derby

16 Aug – Sunday – Saltburn Sandblaster

22 Aug – Saturday – Midland and Vets 30k – Coventry

5 Sept – Saturday – National 10k – Leicester

6 Sept – Sunday – Church to Church Walk – 19.4 miles – Guernsey

26 Sept – Saturday – Inter-Area Track walks – Doncaster

Ken Munro is organising this

12-45	5k	Boys U17/20
1-15	3k	Boys U15
1-40	5k	Girls U17/20/Senior Women
2-35	2k	Boys/Girls U13
2-55	10k	Senior Men
4-00	3k	Girls U15
4-30		Presentation of Awards

SALTBURN SANDBLASTER ROAD WALK

Distance 10km (Flat, fast, tarmac and measured with surveyor's wheel)

Sunday 16 August 2009

Organised by Redcar Race Walking Club as part of Saltburn Victorian Festival

Sponsored by Marske, New Marske and Saltburn Parish Council and Ken Munro

12 noon – Novice Walk 2 miles Category B
12:30 p.m. – Open 5km Walk Category A
12:30 p.m. Redcar RWC Women's Championship
1:15 p.m. – Open 10km Walk Category B
1:15 p.m. – Open 10km Run

*All events start from the Marine Hotel, Marine Parade, Saltburn
Registration will be open for distribution of numbers from 11 a.m.*

*There are commemorative awards for all competitors in all races
and a generous prize list for individuals and teams.*

**ENTRIES CLOSE FOR INCLUSION IN PROGRAMME ON
MONDAY 10 AUGUST**

AFTER THAT YOU ARE A PAIN!

ENTRY FORM

Please enter me for the _____

Name _____

Club _____

All entries are £5 with cheques made out to Redcar RWC – Or pay cash at club sessions.

John Paddick, 160, West Dyke Road, Redcar, TS10 1JN