

**Redcar Race Walking Club**

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**Tel 01642 489728**

**REDCAR WALKER 54**

- **ANOTHER FIRST FOR REDCAR**

Correct me if I am wrong but it would appear that Redcar RWC is the first race walking club in the UK to adopt a CAMEL as part of its logo. Some two years ago, Karen Wears and friends raised £400 for the purchase of club tracksuits. After much deliberation it was decided that we should buy club fleeces for all members, athletes, officials and volunteers, who had joined prior to 2010. The result is a magnificent red fleece with the club name on the back and a small camel on the front. If you want to know why the camel is so important to this club you must go through previous club newsletters on our website or ask a club member. It has nothing to do with the fact that Chris Wears was offered 1000 camels for Karen when they were on holiday in Tunisia. We will arrange for new members to order a fleece but the money has now run out so those who want one will need to pay for it.

- **NAME THE CAMEL**

Laurayne is running a competition to decide upon the name of our club camel. It costs £1 per suggestion. All proceeds will go to club funds and the winner will have the honour of having named our camel FOR EVER. This competition is open to everyone AND MUST SURELY INTEREST BIRCHFIELD. Just send me £1 and your suggested name. An e-mail would do together with £1 to my paypal account. THIS IS NOT A JOKE – Laurayne already has around 20 suggested names. Some have been withdrawn because they are rather vulgar!

- **BEN WEARS 'TORTURES' THE COMMONWEALTH QUALIFYING TIME**

Coming in first on the demanding course at Macclesfield on 15 May, Ben Wears broke the course record, lowered our club record and went under the qualifying time for the Commonwealth Games. Paul Evennett was very close to his PB and Karen and Laurayne produced very good debut times for this distance. Guess who did a personal worst!

1. Ben Wears	Redcar RWC	1-27-30
2. Paul Evennett	Redcar RWC	1-35-32
3. Adrian Edwards	Lancashire WC	1-53-00
4. Karen Wears	Redcar RWC	2-00-14
5. Dave Evans	Lancashire WC	2-04-38
6. John Paddick	Redcar RWC	2-05-17
7. Alistair Shand	Yorkshire RWC	2-06-35
8. Joe Hardy	Lancashire WC	2-11-40
9. Mark Byrne	Redcar RWC	2-13-11
10. Dave Jones	Redcar RWC	2-16-07
11. Laurayne Readman	Redcar RWC	2-16-11
12. Sailish Shah	Lancashire WC	2-18-04
13. Pat Evans	Lancashire WC	2-20-15
14. John Payn	Lancashire WC	2-28-22

- **CLUB MEETING**

We were unable to progress any business at the May meeting because there were not enough club members in attendance. Please do your best to attend this rescheduled meeting later in the month. Meanwhile, Graham and I are getting on with organising Saltburn because some of the aspects of this have to be started now. We have accepted sponsorship from Marske and New Marske Parish Council for £280.

- **MEMBERS' MEETING IN JUNE**

There will be a meeting at Redcar Cricket Club at 7-30 pm on Monday 28 June.

### **Agenda**

Apologies for absence

Formal acceptance of new members – Paul Cocoran, Dave Fereday, Kayleigh Rochelle-Edge and Matthew Wills

Decision on distribution of entry forms for Saltburn (Now already started)

Approval of secretary's expenses – postage, purchase of medals, trophy engraving, England Athletics registration fees, website fees etc

Decision on action to be taken in respect of the two members who have not paid their membership fees for 2010

Decision on whether to hold club championships at 5K and 10K

AOB – to be lodged with Hon Sec at least five days before the meeting

- **FORTHCOMING FIXTURES**

**13 June – Redcar Half Marathon**

**20 June – Commonwealth Games Trial 20K - Bedford**

**26 June – Allen Trophy 15 miles – Chorley**

**17 July – Dick and Zena Smith Memorial 5K/20K Simister**

**24 July – Dunnington Gala 10K – York**

**14 August – Nat Veterans' 30k and Open 30K/10K – Coventry**

**22 August – Saltburn Novice Walk and Open 10K**

**28 August – 1 Hour Track Walk – Bury**

**11 September – 10K National Championships – M/W – Coventry**

- **WE DID MORE THAN OK AT BAILDON MOOR ON WHIT MONDAY**

Although we only entered three walkers, Redcar won the team race from Birchfield Harriers and Lancashire Walking Club. The Baildon Moor 35K, superbly organised by Alan Brooks is the replacement event for the Bradford 50K which became too dangerous because of traffic. We had not appreciated that, although it is shorter than the traditional route, it is more demanding because the big hill comes up every 7K. It is OK on the first ascent but after that walkers seem to make very slow progress up to the top. The steep downhill that follows is no use either. Paul won easily and was supported by Mark Byrne and you know who. The full results are not yet to hand. Redcar positions were:

1. Paul Evennett
5. John Paddick
9. Mark Byrne

# SALTBURN SANDBLASTER ROAD WALK

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

**Sunday 22 August 2010**

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

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

Under UK Athletics rules: *Permit applied for*\_\_\_\_\_

**12 noon – Novice Walk 2 miles category B**

**1:15 p.m. – Open 10km Walk Category B**

**1:15 p.m. – Open 10km Run**

**All events are open to Men and Women**

*All events start from the Marine Hotel, Marine Parade, Saltburn*

*Registration will be open for distribution of numbers from 11 a.m.*

**Substantial prize lists** for all races, including team races for FOUR counters in 'opens', male, female or mixed and for the best dressed **COMPETING 'Victorian'**

Commemorative award to all finishers in all races

Closing date for postal entries: Saturday 14 **August - entries on the day £2.00 extra!**

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## Entry Form for Saltburn Victorian 10km walk or 2 mile Novice Walk

First name\_\_\_\_\_Surname\_\_\_\_\_

Age on race day\_\_\_\_\_

Event entered \_\_\_\_\_

Address\_\_\_\_\_

Affiliated Club\_\_\_\_\_ Contact TEL No\_\_\_\_\_

Entries: £7.50 per person (affiliated), £2 extra for non-affiliated athletes.  
Cheques to Redcar Race Walking Club

John Paddick, 160, West Dyke Road, Redcar, TS10 1JN - TEL: 01642 489728

**I am an amateur as defined by the rules of UK Athletics. I agree that the race organisers will not be held responsible for any injury or illness however caused.**

Signed\_\_\_\_\_

Date\_\_\_\_\_

# SALTBURN SANDBLASTER 10K ROAD RUN

**Sunday 22 August 2010**

**UKA Permit applied for**

*This popular event is held annually as part of Redcar Race Walking Club's Victorian Programme on the same afternoon. It is held over the same fast exactly measured 10km course as the open walk. We have to tell you that it is approximate because the organiser is only qualified to measure walk courses.*

**Start time 1-15 pm from the Marine Hotel in Saltburn**

**Registration and distribution of numbers from 11 am**

*Substantial prize lists, for individuals and team challenges involving four runners per team – male or female - commemorative items for all – Prize for the best dressed Victorian finisher –£25 prize for anyone beating the male or female course records.*

*Details of race walking events on the same day are available from the organiser.*

*Entry limit is 100 – Postal entries close on 14th August or when limit is reached – We don't operate an SAE system so if you don't hear from us you are in – More expensive 'on the day' entries only accepted up to our 100 limit*

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## Entry Form For Saltburn Sandblaster 10 KM Road Run

First Name \_\_\_\_\_ Age \_\_\_\_\_

Surname \_\_\_\_\_ Tel \_\_\_\_\_

Address \_\_\_\_\_

Affiliated Club \_\_\_\_\_

Entries £7.50 per person (affiliated), £2 extra for non-affiliated, Cheques to Redcar Race Walking Club

Dave Jones, 11 Lavender Court, Marske by the Sea, Redcar, Cleveland, TS11 7BZ

I am an amateur as defined by the rules of UK Athletics. I agree that the race organisers will not be held responsible for any loss, injury or illness however caused.

Signed \_\_\_\_\_ Date \_\_\_\_\_