



Latest BRWC Results

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On Sunday 6th March, the Ballarat Racewalking Club conducted the inaugural Jared Tallent Junior 1500m Handicap. The conditions were perfect for racing and the winner of the race was 12 year old Ross Darlow who walked 8.15, a 45 second PB. Second was Amy Canavan and third was young Alanna Peart who walk superbly in a PB of 10.07. Other strong walks were Shae Ohlsen and Kobie Somerfield. Nearly all racewalkers in the 1500m walked PBs.



Kathy Tallent presents the Jared Tallent 1500m Walk Trophy to inaugural winner Ross Darlow

1.5km Jared Tallent Handicap

1. Ross Darlow	8.15
2. Amy Canavan	9.05
3. Alanna Peart	10.07
4. Jemma Peart	8.23
5. Leah Canavan	12.56
6. Shae Ohlsen	9.05
7. Katelyn Lotherington	9.10
8. Kobie Somerfield	8.49
9. Olivia Davis	11.25
10. Rodney Davis	10.24
11. David Lotherington (Inv)	12.46

3 km Walk

1. Josh Dillon	14.04
2. Colin Bootsman	17.53
3. Sarah Brennan	18.40
4. Lee Govan	18.47
5. Wilma Oomen	20.54

Member News

Welcome to Ebonie Squire-Robison, and Kasey, Breeana & Ashley Bishop.

Good luck to Amy Canavan, Olivia Davis, Jemma Peart, Katelyn Lotherington, Kobie Somerfield, Shae Ohlsen, Rodney Davis & Ross Darlow who are all competing in the Little Athletics State Track & Field Championships in Melbourne this weekend.

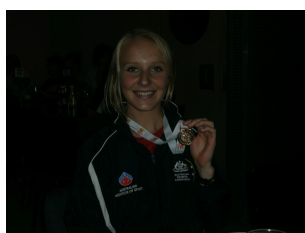
Rachel's Diary

Hi all,

As you might know, I have recently moved to Canberra to the Australian Institute of Sport, where I am currently on a trial scholarship until the end of March. This is when I will hopefully take on a full scholarship.

So far my experience here has been a very rewarding one, winning the U/20 10km invitation race in Hobart last weekend in a new PB time of 48.40. My next competition will be the Australian Youth Championships to be held in Sydney next weekend, where I will compete in the U/20 10000m walk (a whole 25 laps of the track. Fun!!)

Since I have been here, my training schedule, organ-



Rachel Tallent

ised by my new coach Brent Vallance, has consisted of four long walks a week. Where the minimum distance covered would be an 11km walk and my maximum distance a 14km walk. However, if I'm lucky, a 16km walk around Lake Burley Griffin is always lots of fun.

I do two speed sessions a week, one on the track and one on the road although as I have just started University we have had to drop one of those sessions to fit into my new schedule. I also do two weights sessions a week in the gym to help my overall core strength and control. With some occasional walks or runs in the afternoon, when I can fit them in.

Besides training here at the AIS, I have started a bachelor degree in Public Health at the University of Canberra

and am now working as a tour guide at the institute. I have met many amazing athletes from all different sports and the facilities here are top class, with regular physio and massage appointments each week to monitor and manage those annoying injuries and niggles us athletes sometimes get. There is also the recovery centre after training for some hot and cold water contrast therapy.

I have enjoyed moving here and meeting lots of new people as well as the opportunity to train alongside my brother and his wife.

Hopefully I'll be popping back down very soon though to say hello.

Cheers

Rachel

Other Racewalking Results

Racewalk winners from the Australian Junior Track & Field Championships March 2011. For full results visit http://www.athletics.com.au/competition/events/2011_australian_junior_champio/complete_results

U/20 10km: Rachel Tallent, VIC, 49:39.27 / Dane Bird-Smith, QLD, 41:02.18

U/18 5km: Amy Bettiol, NSW,

24:10.73 / Brad Aiton, QLD, 21:27.09

U/17 5km: Amelia Finnegan, VIC, 25:06.68 / Jesse Osborne, QLD, 21:29.41

U/16 3km: Jasmine Dighton, NSW, 14:58.49 / Nathan Brill, VIC, 12:39.98

U/15 3km: Zoe Boldiston, VIC, 14:46.13 / Billy Allamby, VIC,

14:39.82

U/14 3km: Jemima Montag, VIC, 14:45.16 / Tyler Jones, NSW, 14:44.47

Also, Jared Tallent finished 4th in the IAAF Racewalking Challenge held in Mexico at the beginning of March. He completed the 20km race in a time of 1:23:25, just ahead of fellow Australian Luke Adams who finished in 1:23:47.

Training Tips

Keeping a training diary can help improve your racewalking.

Each time you train, write down the date, what you did (i.e. 3x 1km, or 1x 6km etc) and the time you completed each session in.

This information can then be used to see if you are improving, and

what sort of training suits you best leading up to a race.

Trying to beat your own times is also a very good motivator!

Good Luck!

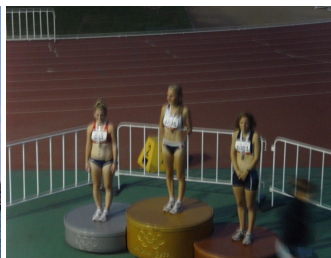
"Trying to beat your own times is also a very good motivator!"

Other Racewalking News

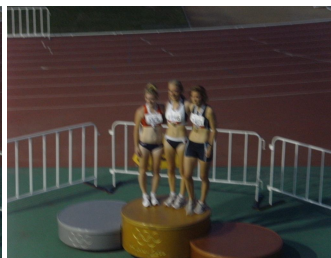
Daryl Biggin went up to Sydney over the Labour Day long weekend to watch past BRWC Member Rachel Tallent strut her stuff in the Australian Junior Track & Field Championships. Rachel competed in the U20 Women's 10km Walk and took out the title in a time of 49:39.27. Well done Rach.



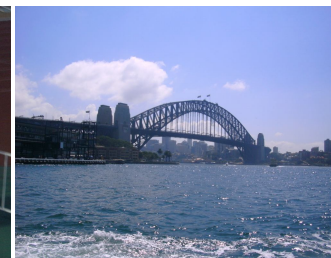
The Sydney Opera House



Rachel on the Gold Medal Dias



Rachel and the other place getters—
Paige Hooper & Beth Alexander



The Sydney Harbour Bridge

BRWC Singlets and T-Shirts

BRWC singlets & t-shirts are now available for purchase.

Made from CoolDry polyester (all t-shirts & men's singlets) or a cotton polyester blend (kids and women's singlets), the tops are navy & red with a white graphic (see right).

Sizes : singlets: 8-18 (women), XXS-3XL (men) & 6-14 (kids)

t-shirts: XXS-3XL (adults) & 6-14 (kids)

Price: singlets: \$25 each

t-shirts: \$25 juniors, \$30 seniors

Contact Daryl Biggin for orders / purchases.



The graphic printed on the new BRWC Singlets and T-Shirts

Upcoming Events

Sat/Sun 19th/20th March:	State Track & Field Little Athletics (Melbourne)
Sun 27th March 10:30am:	Pack walk around Lake Wendouree, starting at the Rotunda.
Sun 3rd April 10:30am:	President's Cup Handicap 3km Trophy (Lake Wendouree North Gardens)
Sun 1st May 10:30am	Benita van Raaphorst Handicap 3km Trophy (Lake Wendouree North Gardens)
Sat 14th May:	Athletics Victoria Country Championships (Albert Park)
Sunday 29th May:	VRWC Championships (Albert Park)
Sunday 12th June:	Racewalking Australia Championships (Canberra)

BALLARAT RACEWALKING CLUB

C/- 17 Lexton St
Ballarat VIC 3350

Phone: 0408 457947
E-mail: ballarat_racewalkers@yahoo.com

Contact Sarah Brennan with any newsletter contributions: 0402 128 499 or sarsbrennan@ncable.net.au



You walk before you run

www.ballaratracewalkers.com

Find us on Facebook

Our club was established in July 1995 by a group of Racewalkers wishing to promote and grow Racewalking in the Ballarat and District area.

We normally train on Mondays and Wednesdays at Lake Wendouree (from the McDonalds Band Rotunda) from 4.15pm until 5.15pm but, during summer time, on some Wednesdays we train at Llanberris Reserve (York St) from 4.30pm.

Please ring Daryl on 0408 457947 to confirm times. All ages welcome.

Member Profile

Name: Sarah Brennan

Age: 34

School / Job: Ambulance Paramedic & mum to Rex (3) and Theodore (8 mths)

How long have you been racewalking?: I walked when I was 13-16, then had 16 years off and started up again when I was 32!

What do you like about racewalking?: It's something a bit different. I also find it less 'jarring' on my body than running, and it is still very good for fitness.

What is your favourite food?: My husband Baz's homemade pizza.

Do you have any pets?: A (large) dog called Lulu

What footy team do you barrack for?: Western Bulldogs



Ballarat Racewalking Club Member Sarah Brennan with Theodore