

Latest BRWC Results

In this edition:

- Latest BRWC Results : 3rd April, 2011
- Member News
- Little Aths State Track & Field Championships
- And the winners were.....
- Training Tips
- Other Racewalking News
- Racewalking Australia Carnival (Canberra)
- Upcoming Events
- Member Profile: Olivia Davis

On Sunday 3rd April, the President's Cup 3km Handicap was contested at North Gardens, Lake Wendouree. Conditions were fantastic and all walkers performed exceptionally well. Rodney Davis took home the Cup in a time of 21.17. New BRWC member Jake Quinton walked 19.00— a fantastic first time effort. Well done also to Alanna Peart (2km) and Olivia Davis (3km) for completing these distances for the first time.

3km President's Cup Handicap

1	Rodney Davis	21.17
2	Katelyn Lotherington	19.08
3	Jake Quinton	19.00
4	Amy Canavan	19.01
5	Shae Ohlsen	20.03
6	Lee Govan	19.17
7	Olivia Davis	24.34
8	Kobie Somerfield	18.15
9	Ross Darlow	18.00
10	Jemma Peart	19.04
11	Sarah Brennan	17.44
12	John Ohlsen	23.10
13	Collin Bootsman	17.39
14	Daryl Biggin	16.48

1km & 2km Junior Walk

1	Leah Canavan (1km)	8.41
2	Mia Darlow (500met)	DNF
1	Alanna Peart (2km)	15.30



Daryl Biggin presents the President's Cup to winner Rodney Davis

Member News

- Welcome to new walkers Jake Quinton & Rani Changan.
- VicHealth have provided BRWC with funding to purchase a portable sunshade. Thanks to Daryl for the work he has put into organising this.
- Racewalking Victoria (RWV) has been created as an umbrella club under which walkers from any of Victoria's 4 racewalking clubs (Victorian Racewalking Club (VRWC), Bendigo, Geelong & Ballarat) can compete in Canberra (June) & the Australian Championships (Aug/Sept). BRWC members will need to pay a levy of \$2.50 to RWV to cover costs. BRWC members are also still welcome to join VRWC (half price Country Membership) and compete in VRWC championship events conducted throughout the season at Albert Park.

Little Aths State Track & Field Championships

A huge congratulations to our members who competed in the Little Aths State Track & Field Championships on the 19th/20th March.

Girls U9 1100m Walk: Amy Cavanaugh (3rd) 6:13.28 (47 sec PB); Olivia Davis (9th) 7:49.21 (13 sec PB)

Girls U10 1100m Walk: Jemma Peart (2nd) 6:00.88 (23 sec PB); Katelyn Lotherington (8th) 6:27.16 (19 sec PB)

Boys U11 1500m Walk: Rodney Davis (7th) 10:50.60 (Best Style Award)

Boys U12 1500m Walk: Ross Darlow (3rd) 8:09.52 (6 sec PB)

Girls U14 1500m Walk: Kobie Somerfield (5th) 8:40.22 (9 sec PB); Shae Ohlsen (7th) 8:47.04 (15 sec PB)

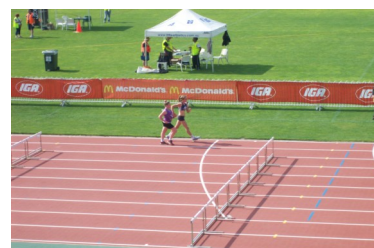
A big thank you to coaches John Ohlsen & Daryl Biggin for your excellent work. Well done everyone.



Our BRWC Competitors



Katelyn & Jemma



Kobie in action

And the winners were.....

Racewalk winners from the Little Athletics State Track & Field Championships March 2011. For full results visit

<http://www.lavic.com.au/>

U/9 1100m: Brooklyn Utber (Werribee) 5:51.10 / Joseph Rickard (Mornington) 6:31.18

U/10 1100m: Brodie Richardson (Knox) 5:47.87 / Harry Hockley Samon (Geelong) 5:44.53

U/11 1500m: Hayley George (Lilydale/Yar) 8:00.78 / Hugh Colis (Diamond Valley) 8:05.67

U12 1500m: Taylor Vasiljevic (Casey) 7:36.36 / Liam Burgess (Diamond Valley) 7:32.67

U13 1500m: Jemima Montag (Caulfield) 6:44.36 (Record) / Billy Allamby (Knox) 7:11.80

U14 1500m: Zoe Boldiston

(Shepparton) 7:00.68 / Troy McGill (Mornington) 6:41.62

U15 1500m: Jmara Hockley Samon (Geelong) 6:51.55 / Jared Walker (Corio) 6:29.01

Training Tips

It is important to warm up before exercise to help reduce the risk of injury .

A good warm up gets the blood pumping to your working muscles and prepares them for the increased demands of exercise. Cold muscles do not absorb shock or impact as well, and are more sus-

ceptible to injury.

During a warm up, any injury or illness you have can often be identified, and further injury prevented.

A good warm up will also prepare you mentally for the upcoming exercise and improves co-

ordination & reaction times.

"A good warm up will also prepare you mentally"

Other Racewalking News

The Victorian Masters Athletics 5000m track walk championships were held on Sunday 10th April at Mentone. Ballarat's Kelly Ruddick (W35) was the fastest woman in 23:23, and Stuart Kollmorgen (M40) was the first male across the line in 22:13. The oldest competitor was Betty Browning (age 79!) who completed the race in 45:06. Well done everyone.

Also, the 20th International Racewalking Grand Prix in Rio Maior, Portugal, was held on Saturday 9th April. Olga Kaniskina from Russia was the winner of the women's 20km race in 1:28.35. Valeriy Borchin, also from Russia, was the fastest male over the 20km course in 1:18.55. Sole Australian representative Adam Rutter finished 19th in 1:26.21.

Racewalking Australia Carnival (Canberra)

The Lake Burley Griffin Walking Carnival, known as the 'LBC', has been conducted by the ACT Race & Fitness Walking Club on behalf of the Australian Federation of Race Walking Clubs since 1967. Since then, it has grown to be Australia's premier race walking event. Races are held for all age groups over a range of distances. See <https://sites.google.com/site/walkact/lbg-carnival> for more information.

There are a number of BRWC members competing this year. See Daryl for further information regarding entry, transport & accommodation.

BRWC members participating in Canberra will compete under Racewalking Victoria, and will need to pay a \$2.50 levy to RWV and purchase a singlet (see picture) for \$35 (juniors) or \$40 (adults). Due to minimal wear, in the future BRWC will take singlets back and upgrade them at no cost.



Upcoming Events

Sun 1st May 10:30am	Benita van Raaphorst Handicap 3km Trophy (Lake Wendouree North Gardens)
Sunday 29th May:	Athletics Victoria Country Championships (Albert Park)
Sunday 12th June:	Racewalking Australia Carnival (Canberra)
Saturday 25th June:	VRWC Championships (Albert Park)
Sunday 26th June 10:30am:	Merv Lockyer Handicap 3km Trophy (Lake Wendouree North Gardens)
Sunday 10th July:	Victorian School Championships (Albert Park)

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: Olivia Davis

Age: 9

School / Job: Grade 4 at Sebastopol Primary School.

How long have you been racewalking?: 2 years at Little Athletics, 6 months at BRWC.

What do you like about racewalking?: It helps keep you fit.

What is your favourite food?: Chips & corn.

Do you have any pets?: Yes, fish.

What footy team do you barrack for?: Kangaroos & Cats.



Ballarat Racewalking Club Member Olivia Davis in action