



Latest BRWC Results

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Walkers from the Ballarat Racewalking Club contested the Benita van Raaphorst Memorial 3 km Handicap at North Gardens, Lake Wendouree on Sunday 1st May. Due to a clash with the Ballarat Gift, numbers were down but overall, conditions were perfect and it was another excellent day of racing. Congratulations to Jemma Peart on winning the race (again!) in a PB of 17.53. Jemma is only 9 years old but has a good blood line (she is a niece of the Tallents). Well done to new walker Jake Quinton who clocked 18.00 (one minute PB) and to Josh Dillon who recorded the fastest time of 13.02.

3km Roadwalk

1. Jemma Peart	17.53 (PB)
2. Jake Quinton	18.00 (PB)
3. Sarah Brennan	17.20
4. Josh Dillon	13.02
5. John Ohlsen	23.03
6. Rodney Davis	21.46
7. Kobie Somerfield	18.13
8. Ross Darlow	18.36
9. Shae Ohlsen	21.21
10. Olivia Davis	25.55

2km Roadwalk

1. Alanna Peart	17.10
2. Mia Darlow	19.39



Jemma Peart, winner of the Benita van Raaphorst Memorial Trophy for the second year in a row

Member News

- Congratulations to Collin, Kerry & Tahlia Bootsman on the arrival of their baby son and brother Lockie Dayne, born 29/05/2011 weighing in at 8lb 14oz.
- Well done to our media stars Kobie, Rodney, Ross, Jemma, Amy & Alanna who appeared in The Courier on Thursday 16th June after their stellar performances at the LBG Walking Carnival (see page 2) .
- Amy Canavan also featured in the Geelong Advertiser (including the front page!) on Tues 21st June after her amazing walk/run double win last weekend at the SMR XC & Walks Challenge 2011 (see page 3).



Lake Burley Griffin (LBG) Walking Carnival (Canberra)

A number of BRWC members competed in the annual LBG Walking Carnival in Canberra on Sunday 12th June. Conditions were perfect, and in the words of Daryl Biggin, it was the “best ever”. Everyone walked a PB, and overall it was a fantastic trip.

Open Men 20 miles: Jared Tallent 2.18.59 (1st ind & 1st teams)

AACT 30 miles: Jared Tallent 2.09.11 (1st ind)

Open Men Masters 10 miles: Daryl Biggin 1.37.53 (6th ind & 3rd teams); Maurice Prendergast 1.45.52 (8th ind & 3rd teams); Peter Luke 2.16.07 (10th ind)

Open Women 10 miles: Rachel Tallent 1.24.01 (3rd ind)

U/20 Women 5km: Rachel Tallent 23.32 (PB) (3rd ind & 1st teams)

U/10 Girls 1 km: Jemma Peart 5.19 (PB) (3rd ind & 1st

teams); Amy Canavan 5.42 (PB) (5th ind & 2nd teams); Alanna Peart 6.11 (PB) (10th ind & 2nd handicap); Olivia Davis 7.49 (PB) (14th ind)

U/12 Boys 2km: Rodney Davis 13.25 (PB) (14th ind & 2nd handicap)

U/12 Girls 2km: Jemma Peart 11.53 (PB) (13th ind); Amy Canavan 12.23 (PB) (17th ind); Katelyn Lotherington 12.23 (PB) (18th ind)

U/14 Boys 2km: Ross Darlow 11.23 (PB) (13th ind, 3rd teams & 3rd handicap)

U/16 Boys 3km: Ross Darlow 18.10 (PB) (12th ind & 2nd handicap)

U/16 Girls 3km: Kobie Somerfield 17.14 (PB) (12th ind & 2nd handicap); Shae Ohlsen 20.03 (PB) (19th ind)

Well done everyone.

LBG Walking Carnival Photos



Training Tips

What do I eat before a race???

After doing all that training, you need to ensure that your body is properly fuelled for a race.

The day before a race, you want to stay hydrated, so drink lots of water. You also want to load up on carbohydrates (a form of complex

sugar) like pasta, bread and rice.

On the morning of a race, try to get up early and eat a couple of hours before your walk. Stick to easy-to-digest foods such as fruit, toast & pancakes. Steer clear of foods high in fat and protein such as bacon & eggs, as they are harder to digest.

The aim is to eat enough to keep your energy up, but not to overdo it!

“...you need to ensure that your body is properly fuelled...”

Other Racewalking News

- Kobie Somerfield, Shae Ohlsen, Jake Quinton & Ross Darlow competed in the (schools) Grampians Region Track & Field Championships 1500m walk at the beginning of May. It was a hotly contested race in the Under 12-15 section, with Jake eventually taking line honors (8.32) from Ross (8.37), Kobie (8.42) and Shae (9.26). All will go on to compete in the finals in Melbourne in October.
- Jemma Peart competed in the Victorian Country Championships on Sunday 29th May. Jemma came 2nd in the U/14 3km in a time of 18.12. Also, Alanna Peart came 6th in the Racewalking Victoria 1km U/10 Championship in a time of 6.34.
- On Saturday 18th June, Amy Canavan competed in the Southern Metro Region Cross Country & Walks Challenge. Amy won the U/9 Girls 1500m walk in 10.26.48, then backed that up with a win in the U/9 Girls 1500m run in 7.06.61!



Jemma, Alanna & Amy in action

AV, AV All Schools & VRWC Championships

On Sunday 10th July, the AV, AV All Schools and VRWC Championships will be conducted at Albert Park.

9.30am	20km	Victorian Championship	Open Men
9.30am	20km	VRWC Championship	Open Men
9.30am	20km	Victorian Championship	Open Women
9.30am	20km		Open
10.00am	3km	Victorian Schools Championship	Under 16 Boys/Girls
10.25am	3km	Victorian Schools Championship	Under 14 Boys/Girls
10.50am	10km	Victorian Schools Championship	Under 20 Men/Women
11.00am	5km	Victorian Schools Championship	Under 18 Men/Women
11.00am	5km		Open
11.30am	1.5km	VRWC Championship	Under 9 Boys/Girls
11.30am	2.5km	VRWC Championship	Under 12 Boys/Girls



Enter online @ www.athsvic.org.au. Entries only \$12. You do not have to be a member of a club or AV to enter the All Schools Competition—just enter your school or college name.

Upcoming Events

Saturday 25th June:	VRWC Championships (Albert Park)
Sunday 26th June 10:30am:	Merv Lockyer Handicap 3km Trophy (Lake Wendouree North Gardens)
Sunday 10th July:	AV, AV All Schools & VRWC Championships (Albert Park)
Sunday 24th July 10:30am:	Mary Lorensini Handicap 3km Trophy (Lake Wendouree North Gardens)
Sunday 7th August:	AV Championships (Albert Park)
Sunday 14th August 10:30am	Daryl Biggin & Sharon Schnyder Founders Cup 3km (Lake Wendouree North Gardens)
Sunday 21st August:	Racewalking Australia Championships (Canberra)

BALLARAT RACEWALKING CLUB

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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: Shae Ohlsen

Age: 14

School / Job: Ballarat High School.

How long have you been racewalking?: Since under 9s—about 5 years..

What do you like about racewalking?: Meeting new people and catching up with friends while having a good time walking.

What is your favourite food?: Mum's home made meatloaf and scalloped potatoes.

Do you have any pets?: A dog named Poker and a fish named Fred..

What footy team do you barrack for?: COLLINGWOOD!!!!



Ballarat Racewalking Club Member Shae Ohlsen in action