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Merv Lockyer Handicap—26th June, 2011

Sunny conditions greeted competitors but a cold wind made conditions a bit trying. Young Alanna Peart, only 7 years old and walking over 3km for the first time, walked superbly to win in an excellent time of 21.27, just holding off a fast finishing Jake Quinton by 11 seconds.

3 km Handicap

1.	Alanna Peart	21.27	Pb
2.	Jake Quinton	16.38	Pb
3.	Ross Darlow	17.37	Pb
4.	Shae Ohlsen	19.35	Pb
5.	Kobie Somerfield	17.18	
6.	Rodney Davis	20.49	
7.	Olivia Davis	24.50	
8.	Sarah Brennan	17.34	
9.	John Ohlsen	24.35	
10.	Josh Dillon	14.04	
11.	Jemma Peart	19.20	
12.	Rani Changan	27.07	
13.	Wilma Oomen	27.09	
14.	Mia Darlow	29.29	

2km

1.	Bailey Ohlsen	16.24	
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Alanna Peart, winner of the Merv Lockyer Handicap.

Member News

BRWC Records are now being documented. At this stage, records are only valid if the time was completed by a BRWC member in an official BRWC race. At this stage, records will be registered for the following categories:

!km (U6, U8 & U10 girls & boys)

2km (U6, U8 & U10 girls & boys)

3km (U6, U8, U10, U12, U14, U16, U18, U20 & Open Women & Men)

Lap of the Lake (U12, U14, U16, 18, U20 & Open Women & Men)

A member's age on the day of the race is used to determine which category he or she is in. Members also can only claim the record for their own age group, and not those above.

Mary Lorensini Handicap—24th July, 2011

The rain threatened and the track was wet, but Jake Quinton walked another big PB to take out the Mary Lorensini 3km Handicap. Jake managed to hold off a surprisingly quick Daryl Biggin to claim line honors. Special mention to young Mia Darlow who walked a PB and was in 1st position up until the last couple of hundred metres.

3km Mary Lorensini Handicap

1.	Jake Quinton	16.02	PB
2.	Daryl Biggin	15.09	
3.	Sarah Brennan	16.35	SB
4.	Mia Darlow	28.25	PB
5.	Harold Boddy	20.13	
6.	Rodney Davis	21.11	
7.	Jemma Peart	19.30	
8.	Olivia Davis	25.34	
9.	Ross Darlow	18.03	
10.	Tyne Boddy	16.38	
11.	Shae Ohlsen	20.55	
12.	Alanna Peart	22.49	



Jake Quinton (centre), winner of the Mary Lorensini Handicap, with Bailey Ohlsen & Mia Darlow

AV, AV All Schools & VRWC Championships Results—10th July, 2011

Sunday 10th July saw the AV, AV All Schools and VRWC Championships contested at Middle Park, Melbourne. A number of BRWC members competed well in the freezing cold, blustery conditions (technically an advantage for us, being from Ballarat).

AV Schools U16 3km Championship Boys: Jake Quinton, 4th, 17:03

AV Schools U16 3km Championship Girls: Kobie Somerfield, 5th, 16:42 (PB)

AV Schools U14 3km Championship Boys: Ross Darlow, 5th, 17:23

VRWC U12 2.5km Championship Girls: Jemma Peart, 5th, 14:58

VRWC U9 1.5km Championship Girls: Alanna Peart, 5th, 10:09

VRWC 5km Open: Sarah Brennan, 7th, 29:44



BRWC Member Kobie Somerfield in action

Training Tips

How do I stretch and strengthen my shin muscles???

Racewalking utilizes your shin muscles a lot more than running or other sports. Proper stretching and strengthening of these muscles helps reduce pain and improve technique.

You can stretch your shin muscles by sitting on the ground with your lower legs folded directly under your thighs. Use one hand to support your weight and the other to lift one knee. Hold, then swap to the other knee.

Strengthen your shin by walking on your heels with your toes

pointed upwards for about 25 metres. Walk slowly with small strides.

“Racewalking utilizes your shin muscles a lot more than running or other sports”

Other Racewalking News

- Ballarat Racewalker Kelly Ruddick continues to dominate her age group (W35) as well as take out open titles. Kelly won the Open Women's 20km Victorian Championship on July 10th in a time of 1:40:54. Kelly also took out the VRWC Open Women's 10km title last weekend in a (adjusted) time of 46:53.
- Jared Tallent has been named as part of A 47-strong Flame team for the IAAF world championships in Daegu (KOR, 27th August—4th September. Jared will contest both the 20km & 50km walks alongside Luke Adams (20km & 50km), Adam Rutter (20km) and Nathan Deakes (50km). Jared's wife Claire Tallent will represent Australia alongside Regan Lamble in the Women's 20km walk. Check out <http://www.iaaf.org/wch11/index.html> for the timetable. SBS2 will be broadcasting the Championships.
- The World Masters Athletics Championships were held in Sacramento, California from 6-17 July, 2011. A number of Australian walkers competed and performed exceptionally well. The standout competitor was WA's Lynette Ventris. At 54 years of age, Lynette took out gold in the 5km (24:25:56), 10km (49:51:84) & 20km (1:42:19.35) walks, with the fastest times for all age groups. VRWC's Heather Carr (W60) & Andrew Jameison (M65) also won 3 gold medals each, with Andrew picking up a new 20km World Record (1:42:57) along the way. For full results, go to <http://www.wma2011.com/>

AV & VRWC Championships Results—7th August, 2011

On Sunday 7th August, the AV and VRWC Championships were conducted at Albert Park. Although there were no BRWC members in action, there were some notable performances. The winners are listed below. The 10km times are adjusted, as there was a slight miscalculation with the track

AV 30km Open Men: Simon Evans 2:54:59

AV 10km U20: Lucas Taylor (M) 55:31; Beth Alexander (W) 50:07

AV 10km U18 Boys: Jared Walker 55:03

AV 5km U18 Girls: Amelia Finnegan 25:40

AV 5km U16: Nathan Brill (M) 22:26; Stephanie George 25:49

AV 3km U14: Kyle Swan (M) 15:22; Jemima Montag (W) 14:17

VRWC 3Hr Roadwalk: Simon Evans (M) 30.728km; Liz Feldman (W) 26.113km

VRWC 10km Open Women Championship: Kelly Ruddick 46:53

VRWC Open 10km: Brad Simpson 53:00

VRWC 3km U12 Championship: Kyle Swan (M) 16:24; Shelby Kay 16:33

VRWC 2km U12 Championship: Caine Brill (M) 12:04; Brianna Lillie 11:35

VRWC Open 5km: James Seid-Christmass (M) 25:32; Kylie Irshad (W) 30:05



Upcoming Events

Sunday 14th August 10:30am	Daryl Biggin & Sharon Schnyder Founders Cup 3km (Lake Wendouree North Gardens)
Sunday 21st August:	Racewalking Australia Championships (Canberra)
Sunday 28th August	Fun Day—Pick a Distance (Lake Wendouree North Gardens)
Sunday 4th Sept 10:30am	McDonalds Rotunda 4km (McDonalds Rotunda, Lake Wendouree)
Sunday 18th Sept 10:30am	Graham Nichols Lap of the Lake 6km Handicap (Lake Wendouree North Gardens)

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: Ross Darlow

Age: 12

School / Job: Ballarat High School

How long have you been racewalking?: Since October 2010, so about 10 months

What do you like about racewalking?: It's different—not a sport most people do or have even tried

What is your favourite food?: My Mum's roast dinner

Do you have any pets?: No, not at the moment because we are renting. I'd like to have a dog (Labrador) when we have built our own house

What footy team do you barrack for?: St Kilda (Aussie Rules) and Liverpool (English Footy)



Ballarat Racewalking Club Member Ross Darlow with Jared Tallent