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Daryl Biggin & Sharon Schnyder Founder's Cup Handicap—14th August, 2011

The weather gods were once again on our side as the competitors lined up for the Founder's Cup 3km handicap. Warm, no wind, no rain. 9 year old Amy Canavan powered away to win the trophy for the second year in a row in an excellent time of 18:29 (PB). Well done to Rodney Davis who also walked a PB of 20:14. It was good to see Paul Nunn back in action, walking a very solid 18:36.

3 km Handicap

1.	Amy Canavan	18.29	PB
2.	Rodney Davis	20.14	PB
3.	Sarah Brennan	16.26	SB
4.	Paul Nunn	18.36	
5.	Olivia Davis	25.07	
6.	Jemma Peart	19.14	
7.	Shae Ohlsen	20.30	
8.	Mia Darlow	29.27	
9.	John Ohlsen	24.24	
10.	Daryl Biggin	DNF	

2km

1.	Ross Darlow	14.15
2.	Alanna Peart	15.03

3km

1.	Leah Canavan	8.39
2.	Bailey Ohlsen	DNF



Amy Canavan, winner of the Daryl Biggin & Sharon Schnyder Founder's Cup Handicap, with BRWC President Daryl Biggin.

Member News

Membership fees for the 2011/12 year are due on the 1st October, 2011.

Family \$25.00

Senior \$20.00

Junior (U/16) \$10.00

Race fees are \$3.00 (Senior) or \$2.00 (Junior)

Please see Daryl or Sarah to organise payment.

As of Monday 10th October, Monday night training will be held at Llanberis Reserve, starting at 4:30pm. A swipe card is needed for entry and can be purchased at Sports Biz.

A BRWC break-up / presentation BBQ will be held on Sunday 30th October at the Brennan's house from midday onwards. Details will be sent out closer to the date.

Australian Roadwalking Championships Results—21st August, 2011

Nearly 150 walkers competed in the Australian Roadwalking Championships in Canberra on Sunday August 21st. The Racewalking Victoria Team performed superbly, bringing home 14 individual and 7 team medals. Special mention to BRWC member Rachel Tallent, who took out the U20 Women's 10km title, and to Ballarat's Kelly Ruddick, who finished second in the Open Women's 20km in a PB of 1:39:56. The winners were:

Open 20km: (W) Tanya Holliday 1:37:54 (M) Chris Erickson 1:29:01

Open 10km: (W) Ann Staunton-Jugovic 57:57

U20 10km: (W) Rachel Tallent 49:31 (M) Dane Bird-Smith 43:57

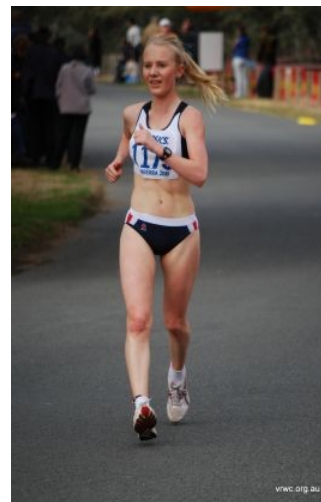
U18 10km: (M) Brad Aiton 45:48

U18 5km: (W) Jessica Pickles 24:42

U16 5km: (W) Katya Martin 25:54 (M) Nathan Brill 22:06

U14 3km: (W) Jemima Montag 16:17 (M) Tyler Jones 15:59

U12 2km: (W) Leah McDonald 11:30 (M) Kyle Bedford 11:07



Rachel Tallent, winner of the U20 Women's 10km National title

Fun Day—Pick a Distance—28th August, 2011

There was a small turn out for the BRWC Fun Day—Pick a Distance, but conditions were once again perfect for racewalking. Youngsters Olivia Davis & Mia Darlow walked together to complete 2km. Shae Ohlsen & Rodney Davis each put in a solid 3km. 12 year old Ross Darlow also completed 3km in a very respectable 17:50, then jumped back on the track to complete another fast kilometre (~5:30), giving Sarah Brennan someone to chase at the end of her 5km.

2km

Olivia Davis 20:28
Mia Darlow 20:33

3km

Ross Darlow 17:50
Shae Ohlsen 20:57
Rodney Davis 21:01

5km

Sarah Brennan 28:10 PB

Training Tips

Why do I get muscle soreness???

The muscle soreness felt in the 12-48 hours after exercise particularly occurs after the start of a new exercise program, a change in activities, or a dramatic increase in the duration or intensity of exercise.

It is thought to be caused by microscopic tearing of the muscle fibres. As the muscles recover and build, the body gains strength and stamina.

Muscle soreness can be avoided by warming up & cooling down, and avoiding sudden or drastic changes in your exercise routine.

It is best treated with time (usually 3-7 days), and gentle stretching, massage & exercise.

“It is thought to be caused by microscopic tearing of the muscle fibres”

BRWC Records

BRWC Records are being kept from the 2011 season onwards. Below is the current list. Plenty of vacancies exist, so get out there and have a crack—you may end up in the record books! Records only apply to BRWC races (1km (U6-U10), 2km (U6-U10), 3km (U6-Open) & Lap of the Lake (U12-Open)). Age groups are determined by the competitor's age on race day, and a competitor can only claim the record for their own age group. Please let me know if you notice any errors / omissions.

U6 W 1km	Mia Darlow	9:42	U16 W 3km	Kobie Somerfield	17:18
U8 W 1km	Alanna Peart	7:01	U16 m 3km	Jake Quinton	16:02
U6 W 2km	Mia Darlow	19:39	U18 M 3km	Josh Dillon	13:02
U8 W 2km	Alanna Peart	15:03	Open W 3km	Sarah Brennan	16:26
U8 M 2km	Bailey Ohlsen	16:24	Open Men 3km	Daryl Biggin	15:09
U10 W 2km	Olivia Davis	15:40			
U6 W 3km	Mia Darlow	28:25	U12 W Lake	Jemma Peart	36:49
U8 W 3km	Alanna Peart	21:27	U12 M Lake	Rodney Davis	45:43
U10 W 3km	Jemma Peart	17:53	U14 M Lake	Ross Darlow	39:16
U12 W 3km	Katelyn Lotherington	19:08	U16 W Lake	Shae Ohlsen	42:29
U12 M 3km	Rodney Davis	20:14	U20 W Lake	Rachel Tallent	36:49
U14 W 3km	Rani Changan	27:07	Open W Lake	Sarah Brennan	33:38
U14 M 3km	Ross Darlow	17:37	Open M Lake	Daryl Biggin	29:49

Other Racewalking News

- Australia's walkers performed very well at the recent World Athletics Championships, in Daegu, Korea. BRWC's Jared Tallent finished 27th in the Men's 20km Walk in a time of 1:25:25. Compatriot Adam Rutter did not finish. Jared was disappointed, but managed to turn things around in the 50km Walk in which he claimed the bronze medal. Australia's Nathan Deakes was leading the 50km Walk field for some 15km before retiring after about 30km with a sore hamstring. Jared then pushed forward into second place and was slowly eating into the lead held by the eventual gold medalist, Russia's Sergey Bakulin. However, the effort took its toll and Jared was passed in the final 5km to finish a very commendable third (3:43:36). Australia's Luke Adams finished 5th in 3:45:31. Both Regan Lambie and Claire Tallent walked well in the Women's 20km to finish 15th (1:33:38) & 21st (1:34:46) respectively.
- Four Australian walkers were in action in the 26th World Summer Universiade Games in Shenzhen, China in August. Both the Men's and Women's 20km Walks were contested in hot & humid conditions. Brendan Reading, in his first major international, finished 16th in 1:30:26. Unfortunately, Ian Rayson, the other Australian representative, was disqualified not far from the finish. In the Women's 20km, Beki Lee walked superbly to finish 10th in 1:41:54. Nicole Fagan, troubled early by cramping, rallied to finish well in 14th (1:48:02).

Upcoming Events

Saturday 8th Oct	Ballarat Little Athletics Commences
Saturday 15th Oct	Ballarat Interclub Track & Field Competition Commences
Sunday 23rd Oct 10:30am	BRWC Champion 1.5km Handicap Trophy (Lake Wendouree North Gardens)
Sunday 30th Oct	BRWC Break Up / Presentation BBQ
4th-6th Nov	All Schools Track & Field Championships
Sunday 13th Nov 10:30am	Willie Sawall 3km Handicap Trophy (Lake Wendouree North Gardens)
3rd-5th Dec	Australian All Schools Track & Field Championships
Sunday 18th Dec 10:30am	Pack Walk & BBQ (Lake Wendouree McDonalds Band Rotunda)

BALLARAT RACEWALKING CLUB

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Contact Sarah Brennan with any newsletter
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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 Mondays we train at Llanberris Reserve (York St) from 4.30pm.

Please ring Daryl on 0435 365 731 to confirm times. All ages welcome.

Member Profile

Name: Jemma Louise Peart.

Age: 10.

School / Job: Grade 4 at Black Hill Primary School.

How long have you been racewalking?: 1 year & 5 months. My first race was in Canberra June 2010.

What do you like about racewalking?: Meeting new friends and getting my technique right.

What is your favourite food?: Sherbet bombs, chicken kiev and chocolate ripple cake—yummy.

Do you have any pets?: No, but I did have a pet dog called Mitch, but we had to give him away because he ate our back door. I would like a grey and white rabbit.

What footy team do you barrack for?: RICHMOND!! What other team is there?!



Ballarat Racewalking Club Member Jemma Peart (right) with fellow BRWC Member Katelyn Lotherington.