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Willi Sawall Handicap—13th November, 2011

The inaugural Willi Sawall 3km Handicap was held at North Gardens, Lake Wendouree. Conditions were perfect for racing, the track was fast and a great win went to Jake Quinton who walked a 3 second PB. Congratulations were in order for Daryl Biggin, who easily beat long time rival Tim Erickson on home turf. There was a good panel of Judges. Thanks to Willi Sawall who supported the event and made the presentations. In general numbers were down but still, it was a great day of racing.

3km Handicap

- | | | | |
|----|--------------|-------|----|
| 1. | Jake Quinton | 15.59 | PB |
| 2. | Rodney Davis | 21.21 | |
| 3. | Daryl Biggin | 16.20 | |
| 4. | Olivia Davis | 26.04 | |
| 5. | Tim Erickson | 16.51 | |
| 6. | Jemma Peart | 19.54 | |

2km

- | | | | |
|----|-------------|-------|--|
| 1. | Shae Ohlsen | 17.02 | |
|----|-------------|-------|--|

1km

- | | | | |
|----|----------------------|-------|---------------|
| 1. | Alanna Peart | 6.55 | |
| 2. | Mia Darlow | 12.19 | |
| 3. | Bailey Ohlsen | 12.18 | |
| 4. | Katelyn Lotherington | 10.28 | (fun/fitness) |
| 5. | Rhianna Biggin | 10.28 | (fun/fitness) |



Jake Quinton, winner of the Willi Sawall 3km Handicap, with Willi Sawall & BRWC Coach John Ohlsen

Member News

Membership fees for the 2011/12 year are now due.

Family	\$25.00
Senior	\$20.00
Junior (U/16)	\$10.00

Please see Daryl or Sarah to organise payment. Payment can also be made via electronic funds transfer:

Ballarat Walkers Club Inc

BSB 633-000

Acc 108307141

- Congratulations to Wilma Oomen, Deb Darlow, Jason Darlow, Jenny Ohlsen, Dave Lotherington & Sarah Brennan who are now all provisional level D walk Judges for Little Aths. A big thanks to Harold Boddy who took the time to teach & assess all the participants.
- There is also a Walk Judging Seminar in Melbourne on Sat 10th Dec for those interested in becoming Walk judges and for existing judges to upgrade their present level. See <http://www.vrwc.org.au/> for further details.

BRWC Results

BRWC 1500m Handicap—23rd October, 2011

1.	Mia Darlow	13.14
2.	Amy Canavan	8.42
3.	Paul Nunn	8.20
4.	Ross Darlow	7.56
5.	Wilma Oomen	11.10
6.	Sarah Brennan	7.55
7.	Olivia Davis	12.01
8.	Shae Ohlsen	9.51
9.	Kobie Somerfield	8.24
10.	Rodney Davis	10.24
11.	Daryl Biggin	7.34
12.	Leah Canavan	14.19
13.	Bailey Ohlsen	13.40



Mia Darlow, winner of the BRWC 1500m Handicap, with club coach John Ohlsen

Graham Nichols 6km Lap of the Lake Handicap—18th September, 2011

6 km Lap of the Lake

1.	Jemma Peart	36.49
2.	Rachel Tallent	36.49
3.	Daryl Biggin	29.49
4.	Sarah Brennan	33.38
5.	Shae Ohlsen	42.29
6.	Rodney Davis	45.43
7.	Ross Darlow	39.16

1.6km Junior

1.	Alanna Peart	11.47
2.	Olivia Davis	13.14

0.8km

1.	Bailey Ohlsen	8.30
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Victorian All Schools Championships—4-6th November, 2011

The Victorian All Schools Track & Field Championships were held at the new Sate Athletics Centre at Albert Park on 4-6th November, 2011. The walks took place on the Saturday afternoon, and by all accounts it was very hot, making conditions tough. Place getters were as follows:

U14M 3000m Walk	Emmet Brasier	15.05.21	Kyle Swan	15.29.23	Cooper Owen	16.20.73
U14W 3000m Walk	Jemima Montag	14.45.13	Emily Hamilton	16.36.51	Lauren Collis	17.20.92
U15M 3000m Walk	Billy Allamby	15.06.7	Adam Garganis	15.49.8		
U15W 3000m Walk	Jade Sanders	16.26.9	Jessie Eastwood	18.31.1	Megan Walker	18.36.0
U16M 3000m Walk	Nathan Brill	12.52.7	Lucas Taylor	15.35.3	Kyle Bird	19.26.3
U16W 3000m Walk	Stephanie George	15.48.0	Brianna Cooke	20.59.0		
U17M 5000m Walk	Joshua Savage	31.39.1				
U17W 5000m Walk	J Hockley-Samon	26.54.0	Lauren Stadius	27.24.6		
U18W 5000m Walk	Aaron Tam	27.17.5				
U18W 5000m Walk	Amy Burren	27.07.8	Caitlin Campbell	29.39.1	Cassandra Raselli	32.35.4

Training Tips

The Cool Down

Warm up and cool down activities should be incorporated into training and competition routines. Cooling down helps the body to clear the lactic acid that builds up with activity.

Lactic acid is a by-product of exer-

cise which is produced when oxygen is in short supply. It causes pain or burning in the affected area.

The cool down should occur immediately after training activities and should last about 5-10 minutes. It should consist of low intensity body movement such as jogging.

Stretching also helps to ensure maximum flexibility and relaxes the muscles.

“The cool down should occur immediately after training activities”

BRWC Presentation BBQ

After a run of good weather for our races this year, our luck finally ran out for the BRWC Presentation BBQ at the Brennan's house. The thermometer barely reached 10 degrees and it was wet and windy. This didn't deter the junior club members from entering into a water fight with the kids next door! Thanks to everyone who attended and brought all the delicious food. Congratulations to our trophy winners, and a big thank you to all who participated in events and contributed to the club throughout the year.

RIGHT: U16 Girls Kobie Somerfield, Katelyn Lotherington & Shae Ohlsen



ABOVE: U10 Girls Leah Canavan, Amy Canavan, Jemma Peart, Mia Darlow, Olivia Davis & Alanna Peart

RIGHT: U16 Boys Rodney Davis, Ross Darlow & Jake Quinton



ABOVE: U10 Boy Bailey Ohlsen

Other Racewalking News

- Following the latest BRWC Race, there are 3 new records. Alanna Peart now holds the U10 Girls 1km record in 6:55. Bailey Ohlsen claimed the U8 Boys 1km record in 12:18. Jake Quinton bettered his own U16 Boys 3km record by 3 seconds to reduce it to 15:59. Well done.
- Jared Tallent has been identified for early nomination to the Australian Olympic Committee for the 50km Walk in the 2012 Olympic Games in London. This comes off the back of Jared's 3rd placing in the 50km Walk in the 2011 IAAF World Championships. Athletes are eligible for nomination as a result of finishing in the top 8 at the World Championships and recording an Olympic qualifying standard time during the qualifying period (since 01/01/2011 for the Walks). NSW's Luke Adams has also been nominated for the 50km Walk.
- The Australian Race Walking Series has been created by Athletics Australia & Racewalking Australia. The aim of the series is to recognise the achievements of athletes in the 16-22 years age bracket. Five high profile, quality events will be contested around the country throughout the 2011/12 season. An overall winner will then be announced for the Open, U23, U20, & U18 age groups. This season kicks off with the Australian 50km Championships (20km, 10km, 5km races also) at Fawkner Park, Melbourne, on Sunday 11th December. For further information visit www.rwa.org.au and click on the '2012 RWA Events' tab.

Upcoming Events

3rd-5th Dec	Australian All Schools Track & Field Championships
Sunday 11th Dec	2011 Australian 50km Championship (20km, 10km, 5km races also) (Fawkner Park, Melbourne)
Sunday 18th Dec 10:30am	BRWC Pack Walk & BBQ (Lake Wendouree McDonalds Band Rotunda)
13-15th Jan	Victorian Country Track & Field Championships, Bendigo
24-26th Feb	Victorian Junior Track & Field Championships, Melbourne
9-10th Mar	Victorian Open Track & Field Championships, Melbourne
24-25th Mar	Little Aths State Track & Field Championships

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 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: Katelyn Lotherington

Age: 10

School / Job: Buninyong Primary School.

How long have you been racewalking?: 2.5 years.

What do you like about racewalking?: Making new friends & going to Canberra.

What is your favourite food?: Dad's roast & maccas.

Do you have any pets?: 4 cows, 8 horses, 5 chooks, 9 ducks, 2 dogs, 1 cat, 1 snake, 3 sheep, 3 guinea pigs.

What footy team do you barrack for?: Essendon



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