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## President's Cup Handicap—22nd April, 2012

Conditions were excellent for racing. No wind, cool. Leah Canavan, only 7 years old, walked her first 3km extremely well. She was never headed and won easily. Well done Leah.

### 3km Handicap

1.	Leah Canavan	26.25
2.	Jemma Peart	18.22
3.	Amy Canavan	18.17
4.	Sarah Brennan	15.59
5.	Rodney Davis	21.15
6.	Olivia Davis	26.40
7.	Josh Dillon	14.16

### 2km

1.	K Somerfield	13.28
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Leah Canavan, winner of the President's Cup 3km Handicap, with BRWC President & Coach Daryl Biggin

## Member News

- Congratulations to Daryl Biggin, placing 3rd in the Coach of the Championships (Walks) for the 2012 Victorian Open & AWD Track & Field Championships.
- Both the footy tipping & McCains taste testing fundraisers are well underway. Many thanks to Deb & Mark Davis for organising the tipping and

to Kerrie & Wayne Peart for undertaking the huge task of organising people for the taste testing. There are still two sessions left for the taste testing—Wed 16th and Wed 23rd May. Please let Kerrie know on 0409 321 796 if you are available to help out.

## Little Athletics Results

The Little Athletics State Track & Field Championships were held in Bendigo on the 24th & 25th March. BRWC members performed exceptionally well:

**Alanna Peart:** 1st, U9 Girls 1100m Walk, 6:19.38

**Amy Canavan:** 1st, U10 Girls 1100m Walk, 5:48.18

**Olivia Davis:** 10th, U10 Girls 1100m Walk, 7:56.66

**Jemma Peart:** 3rd, U11 Girls 1500m Walk, 7:51.35

**Kobie Somerfield:** 1st, U15 Girls 1500m Walk, 7:30.52

**Shae Ohlsen:** 8th, U15 Girls 1500m Walk, 9:00.18

**Ross Darlow:** 1st, U13 Boys 1500m Walk, 7:31.59

For full results go to <http://www.lavic.com.au>

Ross Darlow was subsequently selected to compete as part of the U13 Victorian State Team at the Australian Little Athletics Championships in Hobart on Saturday 21st April where he finished 4th (by a whisker!) in a PB of 7:22.93.



Jemma Peart, displaying her bronze medal from the Little Athletics State Track & Field Championships

## School Sports

The Ballarat Associated Schools (BAS) Track and Field Championships were held at Llanberis Reserve on Tuesday 1st May. Congratulations to the following BRWC members:

**Ross Darlow:** 1st, U15 Boys 800m Walk (A), 3:59.38

**Shae Ohlsen:** 3rd, U19 Girls 800m Walk (A), 4:31.67

Well done also to **Emily Atkins:** 1st, U19 Girls 800m Walk (B), 4:40.77.

On Friday 4th May, the School Sport Victoria (SSV) Grampians Region Track & Field Championships were held in Ballarat.:

**Kobie Somerfield:** 1st, Girls 16-20 1500m Walk, 9:00.55

**Shae Ohlsen:** 2nd, Girls 16-20 1500m Walk, 9:13.12

Great efforts also by **Emily Crowley:** 1st, Girls 12-15 1500m Walk, 10:10.51 and **Emily Atkins:** 3rd, Girls 16-20 1500m Walk, 9:16.23.

**Ross Darlow:** 1st, Boys 12-15 1500m Walk, 7:47.76

**Rodney Davis:** 2nd, Boys 12-15 1500m Walk, 8:41.48

## New Records

BRWC Records have been kept from the 2011 season onwards. 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.

Congratulations to the following recent record holders:

**Bailey Ohlsen:** U8 Boys 1km in 9:03 on 4/3/2012

**Amy Canavan:** U12 Girls 3km in 18:17 on 22/4/2012

**Sarah Brennan:** Open Women 3km in 15:59 on 22/4/2012.

## BRWC Singlets and T-Shirts

BRWC singlets & t-shirts are now available for purchase.

Made from CoolDry polyester (all t-shirts & men's singlets) or a cotton polyester blend (kids and women's singlets), the tops are navy & red with a white graphic (see right).

<b>Sizes</b> :	singlets:	8-18 (women), XXS-3XL (men) & 6-14 (kids)
	t-shirts:	XXS-3XL (adults) & 6-14 (kids)
<b>Price:</b>	singlets:	\$25 juniors, \$30 seniors
	t-shirts:	\$25 juniors, \$30 seniors

Contact Daryl Biggin for orders / purchases—0435 365 731.



The graphic printed on the new BRWC Singlets and T-Shirts

## Other Racewalking News

- The IAAF World Race Walking Cup was held in Saransk, Russia on the 12th & 13th May. BRWC's Jared Tallent performed exceptionally well in the Men's 50km Walk, taking bronze in a season best time of 3:40:32. Rachel Tallent placed 21st in the Women's 10km Walk in a time of 50:24. For full results, visit [www.iaaf.org](http://www.iaaf.org).
- The 90th Australian Athletics Championships were held at Lakeside Stadium, Albert Park from 13-15th April. Although an invitation event, the 5000m track walks were hotly contested. Claire Tallent took out the Women's title in 22:12.64. Hot on her heels was Ballarat's own Kelly Ruddick, finishing second with a big PB of 22:18.00. Jared Tallent easily won the Men's National title in 19:08.83. For full results visit [http://www.athletics.com.au/home/competition/events/2012\\_australian\\_\\_athletics\\_cha](http://www.athletics.com.au/home/competition/events/2012_australian__athletics_cha)
- The 2012 Victoria Police and Emergency Services Games were held in April. The track & field events were held at Croydon Athletics Track on Saturday 21st April. Sarah Brennan (Ambulance Victoria) competed in the 3000m track walk, and won in a PB of 15:36.

## Upcoming Events

Sat 19th May	AV & VMA 10km Championships, Middle Park
Sun 20th May, 10:30am	BRWC Benita van Raaphorst 3km Handicap, North Gardens, Lake Wendouree
Sun 27th May	AV Country & Racewalking Victoria Championships, Ballarat
Sun 10th June	Racewalking Australia Championships, Canberra
Sun 24th June	AV, AV Schools, AMA, VMA & VRWC Championships, Middle Park
Sat 7th July	AV & VRWC Championships, Middle Park
Sat 14th July	Racewalking Australia Challenge, Middle Park

All AV Walks can be entered online via <https://members.athsvic.org.au/competitions>. Remember, you need to be registered with an AV Club to enter these events (unless it is an All Schools event).

## BALLARAT RACEWALKING CLUB

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*You walk before you run*

[www.ballaratracewalkers.com](http://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:** Kobie Somerfield

**Age:** 15

**School / Job:** Year 10 at Mt Clear Secondary College.

**How long have you been racewalking?:** About 2 years.

**What do you like about racewalking?:** Having the opportunity to compete in national & state level events.

**What is your favourite food?:** Pavlova!

**Do you have any pets?:** 2 labs, Cooper & Sasha, and Roy the fish.

**What footy team do you barrack for?:** Adelaide Crows.



Ballarat Racewalking Club Member Kobie Somerfield