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## Benita van Raaphorst Memorial Handicap—20th May, 2012

A field of 14 starters took to the course on a cool but still morning. Our BRWC judges lined the path, eagle eyes at the ready. Youngsters Mia Darlow, Bailey Ohlsen and first time racer Oliver Watts started off go. Mia and Oliver completed a one kilometre loop together in 7:30, but Bailey was in for the long haul and hung on to complete the full 3kms in 32.43. As the rest of the field headed out in their staggered start, it was young Alanna Peart, only 8 years old, who stormed home in an amazing 18:16 (3:11 PB!) to win the race. Not far behind was 13 year old Ross Darlow in a another massive PB of 15:59. Third place went to Rodney Davis, also in a PB of 19:36. Well done to our other first time racer, 14 year old Emily Crowley, who walked excellently to clock 21:29. Josh Dillon recorded 14:14 to be the fastest finisher, not a bad effort after racing over 10km on Saturday. Thanks to everyone who helped out on the day.

1.	Alanna Peart	18:16	PB 3:11
2.	Ross Darlow	15:59	PB 1:24
3.	Rodney Davis	19:36	PB 0:38
4.	Jemma Peart	18:10	
5.	Olivia Davis	24:49	
6.	Sarah Brennan	15:58	
7.	Emily Crowley	21:29	First Time
8.	Kobie Somerfield	18:12	
9.	Josh Dillon	14:14	
10.	Lee Govan	19:27	
11.	Bailey Ohlsen	32.43	

### 2km Walk

1.	Shae Ohlsen	16:13
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### 1km Walk

1.	Mia Darlow	7:30	PB 2:12
2.	Oliver Watts	7:30	First Time



Alanna Peart, winner of the Benita van Raaphorst Memorial 3km Handicap

## Member News

- The McCains Taste Testing Fundraiser was a huge success with the club raising \$2850. A huge thank you to everyone who participated and roped in unsuspecting family, friends, colleagues etc. A special mention to Kerrie and Wayne Peart who put a huge amount of work into organising participants each week. Thank you!
- With the London Olympic Games just around the corner, the Australian Sports commission featured an interview with Jared & Claire Tallent in their online newsletter for June. The interview can be viewed at [http://www.ausport.gov.au/news/ais\\_news/story\\_488768\\_walking\\_together\\_claire\\_and\\_jared\\_tallent](http://www.ausport.gov.au/news/ais_news/story_488768_walking_together_claire_and_jared_tallent)

## Victorian Country Roadwalking Championships—27th May, 2012

Hosted by the BRWC, the Vic Country Roadwalking Championships were held on Sunday 27th May. Cold but sunny conditions greeted competitors and some fast times were recorded on the 1km loop course around North Gardens. Thank you to everyone who helped out on the day with setting up, marshalling, BBQ/canteen duties, packing up etc. Below are BRWC member results. For full results go to <http://www.athsvic.org.au/cache/MeetFile/155322012-05-27%20AV%20Country%20Roadwalks%20Ballarat%20Results.pdf>. To view the photo gallery, go to <http://www.ballaratracewalkers.com/coppermine/thumbnails.php?album=8>

**Open Women 10km:** Rachel Tallent (2nd) 48:13 (PB 0:27); Sarah Brennan (3rd) 55:10

**U18 Women 5km:** Kobie Somerfield (4th) 30:04 (PB 3:29)

**U16 Boys 3km:** Ross Darlow (1st) 15:50 (PB 1:33)

**U14 Girls 3km:** Jemma Peart (2nd) 17:02 (PB 0:29)

**U14 Boys 3km:** Rodney Davis (1st) 19:13 (PB 1:01)

**U12 Girls 2km (RWV):** Amy Canavan (3rd) 11:50 (PB 0:33); Alanna Peart (4th) 11:56 (PB 3:34); Olivia Davis (7th) 15:58

**U12 Boys 2km (RWV):** Oliver Watts (1st) 18:22

**U10 Girls 1km (RWV):** Alanna Peart (1st) 5:43 (PB 0:22); Leah Canavan (4th) 7:03 (PB 1:36); Mia Darlow (5th) 7:05 (PB 2:37)

**U10 Boys 1km (RWV):** Bailey Ohlsen (1st) 9:25



Start of the U16 & U14 Girls & Boys Races

## Recent BRWC Member Results



- Sarah Brennan came 3rd in the AV Open Women's 10km Walk at Middle Park on 19/5/2012 in a big PB of 54:33, behind Ballarat Harrier's Kelly Ruddick (47:07) and Collingwood Harrier's Michelle Laufer (52:51). Sarah also finished 2nd to Michelle in both the AV Open Women's 20km Walk (1:54:14) on 24th June and 15km Walk (1:24:28) on 7th July.
- In the AV Schools Roadwalking Championships on 24th June, Ross Darlow finished 4th in the U16 Boys 3km in 15:39 and Kobie Somerfield finished 6th in the U18 Girls 5km in 30:36.
- For full results from these events, visit the Athletics Victoria or VRWC websites.

BRWC Member Sarah Brennan in the AV Open Women's 20km Walk

## 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 3km in 32:43 on 20/5/2012

**Jemma Peart:** U12 Girls 3km in 18:10 on 20/5/2012 (Jemma had also

claimed this record on 22/4/2012 in 18:17, not Amy Canavan as I incorrectly reported last edition)

**Ross Darlow:** U14 Boys 3km in 15:59 on 20/5/2012

**Sarah Brennan:** Open Women 3km in 15:58 on 20/5/2012

## LBG, Canberra—10th June, 2012 (by Kerrie Peart)

We picked the best of weekends to visit Canberra. A weekend complete with cloudless blue skies, sun, minimal breeze and pleasant mild temperatures (not cold thankfully). With the group travelling up on the Friday, Saturday allowed for some socialising and group bonding - and the young ones could exert some of that built up energy from the car travel the previous day. We took a guided tour of Parliament house with the little kids asking some very mature questions of the guide including - "Is Julia here today and can we see her?" Our very entertaining older guide at the War Memorial kept us moving through the interesting war artifacts, with everyone learning more about our war history. Even though we stayed until the sounding of the last post, there is more to see next time. After a good meal and early to bed everyone was ready for the big race. Sunday was again perfect weather conditions after a chilly -3 degree start for the first Open competitors at 8am. But by the time our junior team competed the sun had warmed up the day with more blue skies. Our Ballarat team had a very successful meet with numerous handicap wins & places, Victorian team wins & places, and PBs recorded. Outright wins & places at the event by Ballarat competitors went to Jared Tallent 1st Open Men's 20 mile, Rachel Tallent 1st U20 Women 5km, Rachel Tallent 2nd Open Women 10mile, Alanna Peart 3rd U10 girls 1km. Overall a great effort by all the BRWC members, and a credit to the coaching and their individual determination.



## Other Racewalking News

Rachel Tallent competed in the 2012 IAAF World Junior Championships in Barcelona (Tues 10th July–Sun 15th July). Rachel and Queenslander Jessica Pickles contested the Women's 10,000m walk on Wed 11th July at 9:30am (CEST) (5:30pm EST). Rachel finished 22nd in 49:55:81. A great effort. Jessica was unfortunately disqualified.

The 2012 London Olympic Games are just over two weeks away. The Walks will take place as follows:

- Men's 20km Walk: Sat 4th August, 5:00pm CEST (Sun 5th August 1:00am EST)
- Men's 50km Walk: Sat 11th August, 9:00am CEST (5:00pm EST)
- Women's 20km Walk: Sat 11th August, 5:00pm CEST (Sun 12th August 1:00am EST)

See <http://www.london2012.com/schedule-and-results/> for the full schedule and results. We wish Jared & Claire Tallent and their Flame team mates all the very best.

## Upcoming Events

Sat 14th July	Racewalking Australia Challenge, Middle Park
Sat 21st July	VRWC Points Races (Open & U15) & Intervals Races (U12 & U9), Middle Park
Sun 22nd July 10:30am	BRWC Merv Lockyer 3km Handicap, North Gardens
Sun 29th July	AV & VRWC Championships, Middle Park
Sat 4th August	VRWC Points Races, Middle Park
Sat 11th August	VRWC Points Races, Middle Park
Sun 12th August 10:30am	BRWC Daryl Biggin & Sharon Schnyder 3km Handicap, North Gardens

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:** Amy Canavan

**Age:** 10

**School / Job:** Meredith Primary School.

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

**What do you like about racewalking?:** It's fun and it's different to running. I get to meet a lot of new people and I find it enjoyable.

**What is your favourite food?:** Tomatoes, berries, roast pork, Chinese dumplings. I like lots of different foods.

**Do you have any pets?:** Yes, I have 2 dogs, some chooks, and a cockatiel. I have just got my snake license and I am about to get a snake.

**What footy team do you barrack for?:** I prefer other sports.



BRWC Member Amy Canavan at the Victorian Country Roadwalking Championships in May