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Merv Lockyer 3km Handicap— 23rd July, 2012

Conditions were perfect and the day's format was a Sealed Handicap with every-one starting together. The winner of the race was 13 year old Emily Crowley who was walking in only her second race. Emily walked a huge PB of 2.23 with 19.06 after an incredible battle with last year's winner Alanna Peart. Second was Alanna in 18.55 and, keeping it in the family, Jemma Peart was third in 17.11. The encouragement award went to Oliver Watt and fastest time went to Josh Dillon with 13.46.

Merv Lockyer 3km Handicap

1. Emily Crowley	U14	19.06
2. Alanna Peart	U10	18.55
3. Jemma Peart	U12	17.11
4. Sarah Brennan	Open	16.23
5. Josh Dillon	U18	13.46
6. Rodney Davis	U14	21.00
7. Olivia Davis	U10	26.37
8. Oliver Watts	U10	29.39



Emily Crowley, winner of the Merv Lockyer 3km Handicap



Start of the 2012 Merv Lockyer 3km Handicap

Member News

Membership fees for the 2012/13 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

A huge thank you to Tim Erickson who has set up a new website for the club. Log on and have a browse—it looks terrific:

www.ballaratracewalkers.com

Daryl Biggin & Sharon Schnyder Founders Cup 3km Handicap— 12th August, 2012

A small field of nine walkers took to the 1km loop around North Gardens to contest the Daryl Biggin & Sharon Schnyder 3km Handicap. Although a typically cold Ballarat morning, the sun managed to poke through and the rain held off. Young Bailey Ohlsen started off "Go" but was soon caught by 6 year old Mia Darlow in another impressive performance. The rest of the field were never a chance as Mia stormed home in a big PB of 24.04 - finishing over 3 minutes ahead of second placed Alanna Peart (18.52) and Rodney Davis in 3rd (19.30). In a rare racing appearance, Daryl Biggin donned his shorts and zoomed home for the fastest time of the day in 17.43. Thanks to Ross Darlow for pacing our younger walkers throughout the race!

1. Mia Darlow	24.04
2. Alanna Peart	18.52
3. Rodney Davis	19.30
4. Bailey Ohlsen	33.16
5. Olivia Davis	26.39
6. Kobie Somerfield	19.04
7. Daryl Biggin	17.43
8. Sarah Brennan	19.02
Jemma Peart	DNF



Mia Darlow, winner of the 2012 Founder's Cup with BRWC President Daryl Biggin

Recent BRWC Member Results

- AV and VRWC Championships were held at Middle Park on Sunday 29th July. Ross Darlow claimed bronze in the AV U16 Men's 5km Walk in 27:15. A great time for his first hit out over that distance. The Peart sisters also performed well in the VRWC Club Championships, with Alanna winning the U9 Girls 2km Walk in 11:45, and Jemma coming second in the U12 Girls 3km Walk in 16:42.
- The Australian Roadwalking Championships were held in Adelaide on Sunday 26th August. Jared and Claire Tallent were both in action. Jared was a DNF in the Men's 20km Event, after a grueling Olympics campaign. Claire was in fine form and took out a comprehensive victory in the Women's 20km in 1:38:41. BRWC Member Sarah Brennan was 5th in the same event in a PB of 1:53:07. Sarah also won a bronze medal in the Open Women's Teams event with Michelle Laufer & Kirstin Shaw. Jemma Peart walked a very quick 10:58 to take out 4th place in the U12 Girls 2km, with sister Alanna also clocking a speedy 5:26 to claim bronze in the U9 Girls 1km.
- For full results from these events, visit the Athletics Australia, Athletics Victoria or VRWC websites.

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:

Jemma Peart: U12 Girls 3km in 17:11 on 23/7/2012 and U12 Girls Lap of the Lake in 36:16 on 9/9/2012

Kobie Somerfield: U16 Women

Lap of the Lake in 38:37 on 9/9/2012

Josh Dillon: U18 Men Lap of the Lake in 35:30 on 9/9/2012

Graeme Nichols Lap of the Lake—9th September, 2012

Cool and sunny conditions greeted the 9 racewalkers competing in the Graeme Nichols Lap of the Lake. The pack headed out at a solid pace in the sealed handicap. Josh Dillon and Sarah Brennan took an early lead and walked together to take line honors in 35:30. They were closely followed by in-form youngster Jemma Peart, in a PB of 36:16. But it was 12yo Rodney Davis who stormed home in a huge 5:58 min PB to take the handicap win in 39:45. It was also great to see the Platt brothers back in action, both pulling out sub-40min walks.

6km Graham Nichols Lap of the Lake

1. Rodney Davis	39:45	5:58 PB
2. Joshua Platt	38:38	
3. Jemma Peart	36:16	0:33 PB
4. Emily Crowley	40:31	First Ever
5. John Platt	39:44	
6. Sarah Brennan	35:30	
7. Kobie Somerfield	38:37	First Ever
8. Daryl Biggin	40:31	
9. Josh Dillon	35:30	

2km

1. Olivia Davis	16:43
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Rodney Davis, winner of the 2012 Graeme Nichols Lap of the Lake

Olympic Racewalking News

The London Olympic Games saw some inspirational performances by our racewalkers, particularly by BRWC's own Jared Tallent.

Jared competed in the Men's 20km Walk on Saturday 4th August, coming 7th in a season best of 1:20:02, just over a minute behind the winner, China's Ding Chen (1:18:46). Australia's Chris Erickson was 38th in 1:24:19, and unfortunately Adam Rutter did not finish.

The following Saturday saw the women line up for their 20km Walk. The gold medal was claimed by Russia's Elena Lashmanova in a new world record of 1:25:02. Heartbreakingly, Claire Tallent was DQed. VRWC's Regan Lambie placed 17th in a PB of 1:30:08 and Beki Lee also earned a PB of 1:32:14 (and a subsequent marriage proposal!!) to finish 28th.

The Men's 50km Walk, held in the evening of Saturday 11th August, saw Jared Tallent walk superbly to claim a silver medal (and a PB) in 3:36:53, just under a minute behind gold medalist Sergey Kiryapkin (Russia) who broke the Olympic Record in 3:35:59. Incidentally, Jared's time also put him under the Olympic Record. Nathan Deakes finished 22nd in 3:48:45, and Luke Adams was 26th in 3:53:41.



Upcoming Events

Sun 28th Oct 10:30am	Little Athletics U9-U16 Racewalking Clinic, Coburg
Sun 28th Oct	VRWC Events, Middle Park
Sat 10th Nov	AV All Schools Track & Field Championships, Lakeside Stadium
Sun 11th Nov 10:30am	BRWC Willi Sawall 3km Handicap, AGM & Presentation BBQ
Sun 18th Nov	VRWC Events, Middle Park

AV Shield is on almost every Saturday. Check the Athletics Victoria website for more details. There is a walk on every week. If registered with an AV Club, it is only a few dollars to race. If not registered, you may compete by invitation for a small fee.

BALLARAT RACEWALKING CLUB

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Contact Sarah Brennan with any newsletter contributions: 0402 128 499 or 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 4.15pm.

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

Member Profile

Name: Alanna Hannah Peart

Age: 9 years old

School / Job: Grade 3 at Black Hill Primary School

How long have you been racewalking?: I started in October when I was in Grade 1. My first event was a club competition at Lake Wendouree (3 years ago).

What do you like about racewalking?: I have won more gold medals with racewalking than running. I think racewalking is easier than running, but you can get disqualified easily. That's the bad thing.

What is your favourite food?: I love calamari, but if it has to be healthy food I love passionfruit.

Do you have any pets?: Yes I have a white mini lop rabbit called Annabell Annie Peart. I got her from Santa last year at Christmas. She is almost 1 year old.

What footy team do you barrack for?: I barrack for the Cats, but Dad says I have to barrack for the Tigers.



BRWC Member Alanna Peart after a win