



Walkabout



Newsletter of the Ballarat Racewalking Club

Welcome to the new look Walkabout – (semi – regular!) newsletter of the Ballarat Racewalking Club. Hopefully everyone had a good Christmas and saw in the New Year safely. Walkabout is a great way to keep members and supporters informed about recent results and upcoming events. If you have any contributions such as photos, results or racewalking stories that you would like to see included in the next edition, please email Sarah Brennan at sarsbrennan@ncable.net.au. Walkabout can also be accessed via the BRWC website at www.ballaratracewalkers.com.

New Members

The BRWC would like to extend a warm welcome to our new members and their families:

Andrew Marriott, Briely Wight, Fraser & Ruby Saunder, Eliza, Mia & Alice Lepair, Kasey Bishop and Jessika & Kayla Bridges.

It is terrific to see some new faces. Some solid friendships have been formed through the club, so we look forward to getting to know everyone through training and competition.

BRWC Results

Guess Your Time Day, Sunday 16th December, North Gardens

The track was wet but the sun came out for the inaugural Guess Your Time Day hosted by the BRWC. It was great to see some of our new junior members in action, all of whom walked faster than predicted in their first hit out on the North Gardens track. Youngster Bailey Ohlsen claimed victory, walking 9:56 for 1km, 4 seconds faster than his estimated 10:00.

Place	Name	Distance	Est. Time	Act. Time	Difference
1	Bailey Ohlsen	1km	10:00	09:56	00:04
2	Mia Darlow	1km	07:10	07:04	00:06
3	Jessika Bridges	1500m	11:55	11:36	00:19
4	Sarah Brennan	3km	16:20	15:48	00:32
5	Mia Lepair	1km	08:00	07:24	00:36
6	Rex Brennan	1km	09:30	10:07	00:37
7	Ross Darlow	1500m	07:30	08:11	00:41
8	Kasey Bishop	1500m	12:25	11:35	00:50
9	Josh Dillon	3km	14:00	14:52	00:52
10	Eliza Lepair	1500m	12:00	10:55	01:05
11	Kayla Bridges	1km	09:10	08:04	01:06
12	Alice Lepair	1km	09:15	07:31	01:44

Willi Sawall 3km Handicap, Sunday 11th November, North Gardens

The annual Willi Sawall 3km Handicap race was conducted as a Sealed Handicap and the winner was Olivia Davis who walked extremely well to win by 28 seconds from equal second placed Sarah Brennan and Rodney Davis and with Alanna Peart in third place. Conditions were perfect and fastest time went to Sarah Brennan with 15.52.

Willi Sawall 3km Handicap

1. Olivia Davis	24.24
2. Rodney Davis	19.07
3. Sarah Brennan	15.52
4. Alanna Peart	18.53
5. Emily Crowley	19.28
6. Jemma Peart	17.50
7. Lee Govan	20.08
8. Ross Darlow	19.16

2km walk

1. Josh Dillon	10.18
2. Mia Darlow	16.42

1km Walk

1. Bailey Ohlsen	8.20
2. Scott Peart	9.06
3. Rex Brennan	9.13



BRWC Member Lee Govan with the 2012 Willi Sawall 3km Handicap Winner, Olivia Davis.

Mary Lorensini 3km Handicap, Sunday 14th October, North Gardens

Conditions were excellent for racing. No wind and a perfect day in Ballarat. Mia Darlow, just 7 years old, walked extremely well to win by 50 seconds from the improving Bailey Ohlsen and third-placed Olivia Davis. Fastest time went to first year walker Emily Crowley in 20.14.

Mary Lorensini 3km Handicap

1. Mia Darlow	24.43
2. Bailey Ohlsen	30.49
3. Olivia Davis	25.48
4. Emily Crowley	20.14
5. Alanna Peart	20.29
6. Rodney Davis	21.52
7. Jemma Peart	20.36
Ross Darlow	DNF

2km Walk

1. Shae Ohlsen	18.25
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Emily Crowley, winner of the 2012 Mary Lorensini 3km Handicap

End of 2011/12 Season Presentations & AGM

Following the Willi Sawall 3km Handicap on Sunday 11th November, the BRWC held it's 2011/12 Season Presentations and Annual General Meeting. Congratulations to the following winners:

- U10 Girls Aggregate:** 1. Alanna Peart, 2. Olivia Davis, 3. Mia Darlow
- U10 Boys Aggregate:** 1. Bailey Ohlsen
- U16 Girls Aggregate:** 1. Jemma Peart, 2. Emily Crowley, 3. Shae Ohlsen
- U16 Boys Aggregate:** 1. Rodney Davis, 2. Ross Darlow, 3. Oliver Watts
- Open Mixed Aggregate:** 1. Sarah Brennan, 2. Josh Dillon, 3. Daryl Biggin
- Best Clubperson:** Deb Davis



Mia Darlow, Alanna Peart & Olivia Davis



Bailey Ohlsen, Jemma Peart & Emily Crowley



Ross Darlow, Rodney Davis & Scott Peart



Daryl Biggin, Josh Dillon & Sarah Brennan

Daryl Biggin also stood down from the BRWC Presidency after many years at the helm. Daryl has put in a lot of time and effort over the years to make the club what it is today. Thank you to Daryl. Daryl will continue to undertake his role as a coach. The new BRWC Executive is:

President: Deb Darlow
Secretary: Sarah Brennan
Treasurer: Kerrie Peart

New BRWC 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:

Rex Brennan: U6 M 1km in 9:13 on 11/11/2012

Bailey Ohlsen: U8 M 1km in 8:20 on 11/11/2012 and U8 M 3km in 30:49 on 14/10/2012

Josh Dillon: U20 M 3km in 14:52 on 16/12/2012

Sarah Brennan: Open W 3km in 15:52 on 11/11/2012, then in 15:48 on 16/12/2012

Congratulations Ross Darlow

Recently Ross has been the deserving recipient of funding from both the Ballarat Sports Foundation (\$500) and the Department of Planning & Community Development (Victalent Grant - \$500). This funding will help cover the costs associated with competing at a state and national level. Well done Ross, you have been consistently improving and the BRWC wishes you all the best in your upcoming competitions.

Other Racewalking Results

VRWC Summer Club Championships, Sunday 18th November, Middle Park

Ballarat walker Kelly Ruddick and BRWC's Rachel Tallent produced a high quality race to finish first and second respectively in the VRWC Open Women's 10km Club Championship. Kelly finished in 47:45, with Rachel not far behind in 49:06.

Sisters Jemma & Alanna Peart claimed the gold and silver in the VRWC U12 Girls 1.5km Championship, with Jemma finishing in 08:06, and Alanna in a fifteen second PB of 08:38.

See the full results at <http://www.vrwc.org.au/vrwcres31.shtml>

Victorian All Schools T&F Championships, Friday 9th November, Lakeside Stadium

In a meet that saw many fine performances (see <http://www.athsvic.org.au/events/detail/2012-adidas-all-schools-track-field-championships> for full results), BRWC's Ross Darlow finished 3rd in the U15 Boys 3000m in an eleven second PB of 15:22.

Australian All Schools T&F Championships, Friday 30th November, Hobart

No BRWC members were in action at this Championship, but it is worth mentioning for the caliber of the performances in the U16 Girls & Boys 3000m races. The first nine place getters in the U16 Girls race all went under the 15:00 mark. Gold medallist Clara Smith (13:22:87) would have certainly broken the Queensland record for her age group. Silver medallist, Jemima Montag, smashed her own Victorian record by twenty-one seconds in 13:38:63. The first six finishers in the U16 Boys race all did PBs, with winner Emmet Brasier (13:27:56) and second place getter Adam Garganis (13:40:40) both finishing well under 14:00. These results bode very well for the future of racewalking!

For full results, visit <http://www.athsvic.org.au/events/detail/2012-australian-all-schools-track-field-championships>

Australian 50km Racewalking Championships, Sunday 9th December, Fawkner Park

Once again, Ballarat walker Kelly Ruddick and BRWC's Rachel Tallent had a valiant battle in the Women's Invitation 20km. Kelly produced a big PB of 1:24 to finish 3rd in 1:38:32 – only 22 seconds behind Australian Olympic representative Regan Lamble. Rachel, in her first ever 20km race, finished fourth in 1:40:52 – a fantastic effort. The winner was SA's Tanya Holliday in 1:36:31.

Full results for this Championship can be found at http://www.athletics.com.au/home/competition/events/2012_australian_50km_race_walk/australian_race_walking_champi

Fundraising

BRWC is a small club that relies heavily upon fundraising to keep operating. We have a few fundraising events lined up for this year and urge members, family and friends to get on board.

Footy Tipping

After the success of last year, we aim to run this competition again. In a twist on normal competitions, entrants must try to chose the winning team of every game in every round prior to the beginning of Round 1. This opens the competition up to everyone, and saves the hassle of remembering to put your tips in every week. Progress scores are reported regularly.

Pie Drive

A regular and reliable fundraiser organised by club member Jenny Ohlsen through the Golden Nugget Bakery.

Trash & Trivia BBQ

We have been allocated Sunday 20th October, 2013 to hold a BBQ at Trash & Trivia at the Ballarat Showgrounds. Mark this date in your diary, as we will need a few hands on deck to run the BBQ throughout that morning.

Suggestions are always welcome for more fundraising ideas.

Upcoming Events

Date & Time	Event	Location	Notes
Sat 19 th Jan	AV Shield – 2000m Walk	Landy Field, Geelong	
Sun 20 th Jan, 9:30am	AV 5km Teams Championship	Middle Park	
Sun 20 th Jan, 8:30am	VRWC Summer Series – 20km, 15km, 10km, 5km, 3km, 2km & 1km Walks	Middle Park	Entries taken on day
Sat 26 th -Mon 28 th Jan	AV Victorian Country Athletics Championships	Landy Field, Geelong	Entries close 17/01
Sat 2 nd Feb	AV Shield – 1500m/3000m Walk	Llanberris Reserve, Ballarat	
Sun 3 rd Feb, 8:30am	VRWC Summer Series – 20km, 15km, 10km, 5km, 3km, 2km & 1km Walks	Middle Park	Entries taken on day

For a look at the full 2012/13 Summer Season Fixture, please visit the BRWC website at www.ballaratracewalkers.com and click on the Fixtures tab. The 2013 BRWC Winter Fixture is yet to be determined – we usually await AV and VRWC's fixtures so as to avoid clashes.

Member Profile - Mia Darlow

- Age:** 7
- School/Job:** Ballarat & Clarendon College.
- How long have you been racewalking?:** About a year, but I started copying Ross before that.
- What do you like about racewalking?:** It helps me get fit and I feel proud of myself when I win trophies.
- What is your favourite food?:** Fruit & chocolate.
- Do you have any pets?:** Yes, a rabbit called Benji who is 7 months old.
- What footy team do you barrack for?:** Geelong Cats.

