



# Walkabout



## Newsletter of the Ballarat Racewalking Club

Welcome to Walkabout – newsletter of the Ballarat Racewalking Club. Hopefully everyone had a good Easter. 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](mailto:sarsbrennan@ncable.net.au). Walkabout can also be accessed via the BRWC website at [www.ballaratracewalkers.com](http://www.ballaratracewalkers.com).

### Membership

The BRWC would like to extend a warm welcome to our newest member Ellen Dowie and her family.

Also, a timely reminder to those members who have not paid their membership fees for the 2012/13 season – please do so! Our club relies heavily on membership fees and fundraising to stay afloat, and for such a small fee (\$25 per year for families, \$20 for seniors and \$10 for juniors) you have access to twice weekly training sessions, style coaching and advice.

### BRWC Results

#### Daryl Biggin & Sharon Schnyder Founder’s Cup 3km Handicap, Sunday 3<sup>rd</sup> March, North Gardens

It was a hot morning (yes even in Ballarat) for the Daryl Biggin & Sharon Schnyder Founder’s Cup 3km Handicap. The race took a sealed handicap format and young sisters Jemma & Alanna Peart were quick out of the blocks. A tussle for the lead ensued, with Alanna breaking away just after the 1km mark and storming home to win overall, and the handicap, in a big PB and U10 Girls Club Record of 17:23. Four youngsters contested the 1km race, with 8 year old newcomer Kayla Bridges recording an impressive 8:16 to win from Bailey, Scott & Rex (all finishing together in 11:12).



#### 3km Handicap

- |                 |                                      |
|-----------------|--------------------------------------|
| 1. Alanna Peart | 17:23 (PB and U10 Girls Club Record) |
| 2. Rodney Davis | 19:18                                |
| 3. Jemma Peart  | 17:38                                |
| 4. Olivia Davis | 25:44                                |

2013 Founder’s Cup Winner,  
Alanna Peart

- |    |                 |                               |
|----|-----------------|-------------------------------|
| 5. | Sarah Brennan   | 17:27                         |
| 6. | Jessika Bridges | 22:45                         |
| 7. | Shae Ohlsen     | 22:00 (U18 Women Club Record) |
| 8. | Kasey Bishop    | 23:10                         |
|    | Mia Darlow      | DNF                           |

**1km**

- |    |               |       |
|----|---------------|-------|
| 1. | Kayla Bridges | 8:16  |
| 2. | Bailey Ohlsen | 11:12 |
|    | Scott Peart   | 11:12 |
|    | Rex Brennan   | 11:12 |

**Pick a Distance Day, Sunday 17<sup>th</sup> February, North Gardens**

It was a hot sunny morning for the 20 competitors in BRWC's Pick a Distance Day. Most of the youngsters opted to race 1km, with newcomer Mia Lepair recording the fastest time of 7:30. Special mention to sisters Jemma and Alanna Peart, who racing over 2km, set the pace with times of 12:01 and 12:44. New BRWC records were claimed by Bailey Ohlsen (U10 Boys 1km) and Alanna Peart (U10 Girls 2km).

**1km**

- |                 |       |
|-----------------|-------|
| Mia Lepair      | 7:30  |
| Jessika Bridges | 7:50  |
| Olivia Davis    | 7:51  |
| Kayla Bridges   | 7:52  |
| Mia Darlow      | 7:52  |
| Leah Canavan    | 8:20  |
| Alice Lepair    | 8:32  |
| Bailey Ohlsen   | 9:30  |
| Scott Peart     | 11:45 |
| Rex Brennan     | 11:45 |

**2km**

- |               |       |
|---------------|-------|
| Jemma Peart   | 12:01 |
| Alanna Peart  | 12:44 |
| Amy Canavan   | 14:51 |
| Eliza Lepair  | 15:20 |
| Ruby Saunder  | 17:00 |
| <b>3km</b>    |       |
| Emily Crowley | 21:57 |

**4km**

- |              |       |
|--------------|-------|
| Ross Darlow  | 27:24 |
| Rodney Davis | 27:51 |

**5km**

- |                  |       |
|------------------|-------|
| Sarah Brennan    | 31:27 |
| Kobie Somerfield | 33:34 |

**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:

**Bailey Ohlsen:** U10 M 1km in 9:30 on 17/02/2013

**Alanna Peart:** U10 W 2km in 12:44 on 17/02/2013 and U10 W 3km in 17:23 on 03/03/2012

**Shae Ohlsen:** U18 W 3km in 22:00 on 03/03/2013

## **Other Racewalking Results**

### **Little Athletics State Track & Field Championships, 23<sup>rd</sup> March, Bendigo**

Once again BRWC's racewalkers performed exceptionally well to claim a swag of medals and personal bests.

Girls U10 1100m Walk: **GOLD!** Alanna Peart 5:45.53 (PB and Ballarat Little Athletics Record), 19<sup>th</sup> Mia Lepair 7:23.18 (PB)

Girls U11 1500m Walk: **GOLD!** Amy Canavan 7:39.98 (PB and Ballarat Little Athletics Record)

Girls U12 1500m Walk: **SILVER!** Jemma Peart 7:23.16 (PB and Ballarat Little Athletics Record), 13<sup>th</sup> Eliza Lepair 9:07.50 (PB)

Girls U14 1500m Walk: 6<sup>th</sup> Ellen Dowie 8:43.38 (PB)

Boys U13 1500m Walk: 4<sup>th</sup> Rodney Davis 8:07.73 (PB)

Boys U14 1500m Walk: **SILVER!** Ross Darlow 7:05.76 (PB)



LEFT: The BRWC Little Athletics competitors with Coach Daryl Biggin



RIGHT: Medal winners Alanna & Jemma Peart, Amy Canavan & Ross Darlow

See the full results at

[https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display\\_main&ItemID=56557&OrgID=3662&count=1](https://sitedesq.imgstg.com/customdata/index.cfm?fuseaction=display_main&ItemID=56557&OrgID=3662&count=1)

### **Australian Junior Athletics Championships, 12-17<sup>th</sup> March, Perth**

BRWC's own Ross Darlow walked very well in the M U16 3000m Walk to finish 4<sup>th</sup> in 14:35.46, less than 5 seconds behind third place-getter Reese Walmsley (VIC) (14:31.95). The winner of the event was Tyler Jones (NSW) in a super fast 13:10.62, with Simeon Leatherland (WA) claiming silver in 14:20.57.

For full meet results, go to

[http://www.athletics.com.au/home/competition/events/2013\\_australian\\_junior\\_champio/results](http://www.athletics.com.au/home/competition/events/2013_australian_junior_champio/results)

### **Victorian Track & Field Championships, 1<sup>st</sup> March, Lakeside Stadium**

Ballarat's Kelly Ruddick stormed home to a comprehensive victory in the Women's 5000m in a PB of 21:50.13.

The Men's race was won by Glenhuntly's Rhydian Cowley in 19:32.66. In a high quality race, the top 12 finishers came home in well under 25:00 minutes.

For full results, visit

[http://athsvic.org.au/images/uploads/links/vic\\_open\\_t\\_f\\_champs\\_day\\_1\\_2\\_3\\_results\\_v2.pdf](http://athsvic.org.au/images/uploads/links/vic_open_t_f_champs_day_1_2_3_results_v2.pdf)

### **IAAF Racewalking Challenge, 1<sup>st</sup> March, Taicang, China**

BRWC's Jared and Rachel Tallent joined fellow Australians Regan Lambie and Luke Adams on the flat and fast 20km course in Taicang. Jared finished 3<sup>rd</sup> in the Men's event in 1:20.41. Luke Adams placed 10<sup>th</sup> in 1:24.07. Regan Lambie raced excellently to finish 6<sup>th</sup> in 1:34.03. Rachel walked exceptionally well to finish 7<sup>th</sup> and to better her PB (set less than a week before) by 55 seconds to walk an A qualifier of 1:34.55.

Chris Erickson contested the Chinese National 50km Championship the following day and won in an A qualifier of 3:55.25. Unfortunately, being Australian, he was unable to claim the title!

### **Australian & Oceania 20km Summer Championships, 24<sup>th</sup> February, Hobart**

Big PBs were walked by Ballarat's Rachel Tallent (3<sup>rd</sup> in 1:36.50) and Kelly Ruddick (4<sup>th</sup> in 1:36.58) in the Open Women's 20km race. The event was won by SA's Tanya Holliday in 1:34.32, with Cheryl Webb (NSW) 2<sup>nd</sup> in 1:35.46. Rachel also took out the U23 Women's 20km title.

Jared Tallent won the Men's Open 20km in 1:22.10.

## **Victorian Youth Track & Field Championships, 8-10<sup>th</sup> February, Lakeside Stadium**

Ross Darlow walked an excellent 14:28.84 to place 3<sup>rd</sup> in the U16 Men's 3000m Walk. This was a PB by 22 seconds, and only 0.04 seconds behind silver medallist Reese Walmsley (14:28.80 – a 15 second PB). The winner of the race was Emmet Brasier in 14:20.32. I think we will see some great battles amongst these boys over the next few years!

In her first 'official' year of AV competition, Jemma Peart walked very well to finish 7<sup>th</sup> in the U14 Women's 3000m in 18:09.52

Full results from the championships can be seen at

[http://www.athsvic.org.au/images/uploads/results/2013\\_vic\\_junior\\_t\\_f\\_champs\\_results\\_day\\_1\\_2\\_3\\_up\\_dated\\_15feb2013.pdf](http://www.athsvic.org.au/images/uploads/results/2013_vic_junior_t_f_champs_results_day_1_2_3_up_dated_15feb2013.pdf)

## **Victorian Country Track & Field Championships, 26-28<sup>th</sup> January, Geelong**

Some great results by Ballarat walkers:

**GOLD** to Kelly Ruddick (Open Women's 5000m Walk in a PB of 22:11.30) and Ross Darlow (U16 Men's 3000m Walk in a PB of 14:51.29)

**SILVER** to Sarah Brennan (Open Women's 5000m Walk in 27:48.70) and Andy Blood (Open Men's 5000m Walk in 25:27.30)

**BRONZE** to Rodney Davis (U16 Men's 3000m Walk in 19:28.34) and Jemma Peart (U14 Women's 3000m Walk in a PB of 7:49.34)

Special mention to Alanna Peart, only 9 years old, who finished 5<sup>th</sup> in the U14 Women's 3000m Walk in a 22 second PB of 8:16.66.

Full results can be viewed at <http://www.athsvic.org.au/images/uploads/results/Results.htm>



## **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**

The Footy Tipping Competition is now underway. Thanks to all those who entered. Details regarding prize money and progress scores will be emailed soon.

### **Phone Book Delivery**

A huge thank you to the people who assisted with the phone book delivery – the Ohlsen Family, the Davis Family, the Darlow Family, Allan Lepar and Daryl Biggin. It was a big job, but is something that could be made easier in coming years now we know what it involves. All up, we will have raised approximately \$500 for the club.

### **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 20<sup>th</sup> 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.

### **Raffle**

Wilma Oomen has generously offered a week's accommodation at her holiday house in Kangaroo Island as a prize for a raffle. We will look at drawing the raffle towards Christmas, with ticket sales running for the three months prior. Any suggestions regarding second and third prizes would be appreciated.

Suggestions are always welcome for more fundraising ideas.

## Upcoming Events

Date & Time	Event	Location	Notes
Sun 21 <sup>st</sup> Apr, 10:30am	BRWC President's Cup 3km Handicap	North Gardens	Entries taken on day
Sat 27 <sup>th</sup> Apr, 2:15pm	VRWC Handicap Events (8km, 4km, 2km & 1km)	Middle Park	Entries taken on day
Sat 4 <sup>th</sup> May, 2:15pm	AV Open 10km Championship & VRWC Handicap Events (10km, 5km, 3km, 2.5km & 1.5km)	Middle Park	AV – Online entries VRWC - Entries taken on day
Sun 5 <sup>th</sup> May, 10:30am	BRWC Benita van Raaphorst 3km Handicap	North Gardens	Entries taken on day
Sat 11 <sup>th</sup> May, 2:15pm	VRWC Handicap Events & Coaching Session	Middle Park	Entries taken on day
Sat 18 <sup>th</sup> May, 2:00pm	AV Open 15km Championship & VRWC Championships (15km, 5km, 3km, 2km & 1km)	Middle Park	AV – Online entries VRWC - Entries taken on day
Sat 25 <sup>th</sup> May, 2:15pm	VRWC Handicap Events (8km, 4km, 2km & 1km)	Middle Park	Entries taken on day
Sun 26 <sup>th</sup> May, 10:00am	AV Country Championships (10km, 5km & 3km) & RWV Championships (2km & 1km)*	North Gardens	AV – Online entries RWV - Entries taken on day
Sat 1 <sup>st</sup> June, 2:15pm	VRWC Handicap Events (10km, 5km, 3km, 2km & 1km)	Middle Park	Entries taken on day
Sun 9 <sup>th</sup> June	LBG Carnival*	Canberra	Entries via Club Secretary. Close Sat 18 <sup>th</sup> May

For a look at the full BRWC 2013 Winter Season Fixture, please visit the BRWC website at [www.ballaratracewalkers.com](http://www.ballaratracewalkers.com) and click on the Fixtures tab.

The VRWC 2013 Winter Season Fixture has now been finalized and can be accessed at <http://www.vrwc.org.au/vrwcw13.shtml>

\*The AV Country Championships are being hosted by the BRWC this year. You must be registered with an AV Club to enter the Victorian Country Championships. U12 & U10 walkers can enter the RWV Championships on the day, as long as they are a member of BRWC, VRWC, Bendigo Walkers or Geelong Walkers. The BRWC will need to provide volunteers for course set up & pull down, marshalling & canteen duties.

\*\*Entry forms for the LBG Carnival are now available from Sarah Brennan. Competitors must be a member of BRWC, VRWC, Bendigo Walkers or Geelong Walkers in order to enter as part of the RWV Team. RWV uniforms must be worn, and are available from VRWC in Middle Park. Women's crop tops and bicycle shorts are available via [http://vrwc.org.au/wp/?page\\_id=8](http://vrwc.org.au/wp/?page_id=8) (subject to interest).

**Member Profile - Rex Brennan**

**Age:** 5

**School/Job:** Ballarat North Kindergarten

**How long have you been racewalking?:** I have walked in the last few BRWC races but I don't do training

**What do you like about racewalking?:** Walking with Scotty & Bailey

**What is your favourite food?:** Pears & lifesavers

**Do you have any pets?:** A dog called Lulu

**What footy team do you barrack for?:** Bulldogs

