

## TIM'S WALKERS OF THE YEAR 2011

And now onto my list of our top female walkers and what a tough ask it was to decide – so here goes.

### 1. **Regan Lamble**

20 year old Regan Lamble has made dramatic improvement over the past 12 months, starting in February when she came second in the Australian 20km championship with 1:35:08. March saw her record a PB 22:19 for 5000m in Sydney, followed by a win in the Hong Kong 10km in April in 46:30. She then travelled to Taicang in China for an IAAF 20km in which she placed 12<sup>th</sup> in a huge PB time of 1:31:39. June saw her win the LBG 10 mile in an outstanding 1:14:26. With such a preparation, it was not surprising when she came 15<sup>th</sup> in the IAAF World Championship 20km in Daegu in 1:33:38. Her final race of the year saw her win the AA 20km at Fawkner Park in 1:32:06. She now looks set for Olympic selection.

### 2. **Claire Tallent**

Claire Tallent started the year in fine style with a 1:33:38 win in the Australian 20km Championship in February. She followed this up with two great walks in March - 4<sup>th</sup> place in the IAAF Challenge 20km in Mexico (1:35:59) and first in the Sydney 5000m (22:09). The following month she was overseas again and recorded an excellent 1:32:39 in the IAAF Challenge event in Taicang. She placed 6<sup>th</sup> in the Dublin Grand Prix in June (1:35:54) and then 21<sup>st</sup> in the IAAF Championships in Daegu (1:34:46). After a good break, she started her Olympic campaign with a low key 3<sup>rd</sup> place in the Fawkner Park 20km in December (1:37:08). Like Regan, she is a front runner for Olympic selection and remains one of our most consistently highly achieving walkers.

### 3. **Beki Lee**

25 year old Beki Lee has been a revelation this year, taking nearly 10 minutes off her 20km times in the last 12 months and propelling herself into Olympic contention. Her year started in February when she placed 5<sup>th</sup> in the Australian 20km in Hobart with a big PB time of 1:38:06. In April she improved further to 1:35:35 with 22<sup>nd</sup> in the IAAF Challenge race in Taicang. Her next race was in Schenzhen when, in the World University Games, she placed 10<sup>th</sup> with 1:41:54, a great walk in hot and oppressive conditions. Her next 20km appearance in December at Fawkner Park saw her take 2<sup>nd</sup> place with an Olympic A qualifying time of 1:33:09. Rarely do we see such improvement in one year and it ensures that Beki is right up at the top of our list of elite performers.

### 4. **Rachel Tallent**

18 year old Rachel Tallent has had a great first year at the AIS and clearly leads our U20 women as we enter a World Juniors year. She started the year with a 48:40 win in the U20 10km event in Hobart in February. She then won the Australian U20 10,000m title (49:39) the following month. June saw a big double at the LBG carnival in Canberra - 3<sup>rd</sup> in the 10 Mile with 1:24:01 and 3<sup>rd</sup> in the 5km with 23:31. In August she won the Australian U20 10km championship (49:31) and in December she won the U20 10km event at Fawkner Park (48:42). She has been undefeated this year in her age group and is a firm favourite for spots in the 2012 WWC and World Junior champs.

### 5. **Lyn Ventris**

55 year old Lyn Ventris was recognized by the IAAF this year as World Masters Athlete of the Year (Women). It was a well deserved accolade as she is clearly the world's leading masters walker, holding all the W50 world records and transitioning into the W55 division this year with a series of further astonishing walks. Her 20km time 1:39:51 in May was clearly the pick of the lot with an Age Graded Score of 101.32% - one of the very few times a performance has ever bettered the 100% mark. Lyn currently holds 10 Masters World Records and is our fastest Masters walker, regardless of age group. None of the younger female masters walkers can match her.

### 6. **Heather Carr**

Like Lyn Ventris, 61 year old Heather Carr is untouchable in her age group world wide and she has continued on her merry way this year, setting a suite of new world records that are amazing in quality. She is also a prolific racer, walking in over 40 races this year as well as excelling as a runner and as a triathlete. Her best times for the year make it hard to believe that she is now 61 years of age - 15:21 for 3000m, 26:10 for 5000m, 55:20 for 10km and 1:56:18 for 20km. She also came 6<sup>th</sup> in LBG 10 mile event in 1:34:42.

### 7. **Jemima Montag**

13 year old Jemima Montag is untouchable in the U14 age group and she has taken all before her on the national stage this year. Her 2011 PBs are superb for one so young - 6:44.36 (1500m), 2km 9:27, 3km 14:16, 5km 24:51, 10km 53:18. She won the Australian U14 3000m title in March (14:45), the LBG U14 2km in June (9:27), the Australian U14 3km in August (16:17 on a long course) and the U18 5km at Fawkner Park in December (24:51). Not only does she win the big events but she wins by the proverbial mile.

### 8. **Jessica Pickles**

17 year old Jessica Pickles was the pick of our U18 girls in what was a very competitive age group. Her 2011 PBs included 14:14 (3000m), 23:42 (5000m) and 52:56 (10km). Her great 5000m track walking last summer ensured selection in the 2011 World Youth Championships where she came 15<sup>th</sup> with 24:01. She won the U18 5km in the LBG Carnival in June (24:37), won the Australian U18 5km championship in August (24:42) and won the Australian All Schools U18 5000m in December (23:54). Her next big challenge will be to convert these great 5km/5000m times to 10km but I am sure that she will be up to the challenge.

**9. Kristie Goznik**

18 year old Kristie Goznik is one of the big improvers for 2011 as evidenced by her recent PB times for 3000m (13:59), 5000m (24:16) and 10km (49:55). With her recent 10km performances (2<sup>nd</sup> in Australian U20 10km in August with 50:59 and 2<sup>nd</sup> in the U20 10km at Fawkner Park in December with 49:55) she now has put herself right into contention for spots in the U20 WWC and/or World Junior teams.

**10. Nicole Fagan**

24 year old Nicole had a breakthrough race in the Australian 20km championship in February, coming 3<sup>rd</sup> with a huge PB of 1:35:55, thus cementing her spot in the World University Games team. She also improved her 5000m time to 22:40, confirming her new level of fitness. Her 11<sup>th</sup> place in Schenzen in August was another solid performance and we can expect to see her amongst the main contenders in Hobart next month.

**11. Tanya Holliday**

23 year old Tanya Holliday made a successful return to competition last year after a couple of years sidelined with injury. Although she did not race much this year she still impressed with superb times and performances. In June, she came 2<sup>nd</sup> in the LBG 10 Mile championship (1:17:23) and won the 5km (22:29). In July, she recorded a 10km PB of 44:55 in Adelaide and in August she won the Australian 20km championship with 1:37:54.

Now this was a tough list to prepare and there were a number of walkers who are perhaps unlucky to miss out - **Kirsty Klein, Kelly Ruddick, Amy Burren, Amy Bettiol and Cheryl Webb.**



**Regan Lamble, Claire Tallent, Beki Lee, Rachel Tallent and Lyn Ventris**



**Heather Carr, Jemima Montag, Jessica Pickles, Kristy Goznik, Nicole Fagan and Tanya Holliday**