

## FOCUS ON THREE RECORD BREAKING MASTERS

With Heather Carr now busy breaking W70 Victorian and Australian walking records, it is timely to review the women's W65 and W70 Australian and Victorian records and zoom in on the 3 wonderful Victorian athletes who dominate the stats. Here's how it looks:

1500m Walk	W65	AR/VR	BRENDA RILEY	VIC	7:48.2	2005
	W70	AR/VR	JEAN ALBURY	TAS	8:24	2000
2000m Walk	W65	AR/VR	HEATHER CARR	VIC	10:52.2	2017
	W70	AR/VR	HEATHER CARR	VIC	11:47.0	2020
3000m Walk	W65	AR/WR	BRENDA RILEY	VIC	16:22.1	2006
	W70	AR/WR	HEATHER CARR	VIC	17:50.6	2020
5000m Walk	W65	AR/WR	BRENDA RILEY	VIC	27:19.1	2006
	W70	AR/VR	JEAN ALBURY	TAS	29:42.75	2000
10km Walk	W65	AR/WR	BRENDA RILEY	VIC	55:32	2005
	W70	AR	JEAN ALBURY	TAS	1:02:31	2000
20km Walk	W65	AB/WB	BRENDA RILEY	VIC	1:57:39	2006
	W70	AB	JOAN PURCELL	QLD	2:30:05.39	2011
30km Walk	W65	AB	HEATHER CARR	VIC	3:37:02	2015

First to **Jean Albury** who started off as a runner. And what a runner she was – here are a selection of her runs that have stood the test of time and are still in the books as records

Vic Record	W50	1 Mile	1983	6.04
Aust/Vic record	W55	Marathon	1984	3.09.14
Aust C'ship Record	W55	1500m	1985	5:15.7
Vic Record	W60	1500m	1990	5.36
Aust C'Ship Record	W60	1500m	1990	5:36



*Jean Albury in running mode in 1987 (left) and 1989 (right)*

She expanded her repertoire to include racewalking in the W55 age group, quickly setting new Australian and Victorian walk records across the board. She continued her record breaking spree in the W60, W65 and W70 walk divisions. By that time, she had moved to Tasmania and was competing as a TMA member. Brenda Riley and then Heather Carr eventually bettered her W55, W60 and W65 walk records but the 3 following W70 walk records have withstood their onslaught and still stand as Australian records. And no wonder when you review them!

1500m Walk	W70	AR/VR	JEAN ALBURY	TAS	8:24	2000
5000m Walk	W70	AR/VR	JEAN ALBURY	TAS	29:42.75	2000
10km Walk	W70	AR	JEAN ALBURY	TAS	1:02:31	2000

Next to **Brenda Riley**, born 1939 and competing as a Victorian country walker, living in Pt. Lonsdale, just past Geelong. In the space of a couple of years from 2004 to 2006, she set a series of W65 records that are staggeringly good. Even now, five of them have withstood Heather's efforts and still show as World Records or World Bests

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5000m Walk	W65	AR/WR	BRENDA RILEY	VIC	27:19.1	2006
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Arguably, Brenda's best ever walk was her last. The occasion was a VRWC road carnival at Middle Park on Sunday 17<sup>th</sup> December 2006. Brenda, then aged 67, walking her first ever 20 km event, took some 9 minutes of the World Masters W65 20 km record with a fantastic 1:57:39 (with the first 10km covered in 57:07). Sadly, she pulled up injured from that superb walk and never seriously raced again. She left behind a legacy of great W55, W60 and W65 performances that were going going to take some beating. As an aside, Andrew Jamieson walked a superb 47:06 to take 11 secs off his World Masters M60 10 km record in the same race.



*Brenda Riley in action in her record breaking 20km walk in December 2006*

And now to 70 year old **Heather Carr** who has been cutting her own swathe through the records ever since the W40 division.



*Heather Carr in action last month at Clifton Hill*

She has four W65/W70 Australian walk records to her name and will be looking critically at Jean's remaining W70 records. They are super tough but Heather has made a good start. The next couple of years will be interesting!

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Tim Erickson  
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