

TRACY FEINER – 2019 AUSTRALIAN 50KM CHAMPION

Tracy Feiner (nee Rosengrave), born 25/08/1977, started as an underage racewalker with the Knox-Sherbrooke Athletics Club in Melbourne during the 1990s. She had a successful career as a junior walker, winning Australian Championship bronze medals on five occasions

Australian U18 8km Roadwalk	1994	3 rd	42:51
Australian U20 10km Roadwalk	1995	3 rd	55:02
Australian All Schools U19 3000m	1995	3 rd	14:33.98
Australian U20 10km Roadwalk	1996	3 rd	51:31
Australian U20 5000m Trackwalk	1997	3 rd	24:20.50

Moving into the Open ranks in late 1997, she was a regular Victorian Championship medallist, normally fighting out the finish with Knox-Sherbrooke teammates Simone Wolowiec and Wendy Muldoon, along with Box Hill's Megan Szirom.

Victorian 10km Roadwalk	1995	2 nd	50:36
Victorian 5000m Trackwalk	1997	3 rd	24.14.89
Victorian 10km Roadwalk	1997	3 rd	49:29
Victorian 15km Roadwalk	1997	3 rd	1:21:59
Victorian 20km Roadwalk	1997	3 rd	1:45:45
Victorian 5000m Trackwalk	1998	3 rd	23.48.9
Victorian 15km Roadwalk	1998	3 rd	1:17:02
Victorian 20km Roadwalk	1998	3 rd	1:47:27
Victorian 5000m Trackwalk	1999	2 nd	24.07.8
Victorian 5000m Trackwalk	2000	3 rd	24.07.1
Victorian 10km Roadwalk	2000	2 nd	50:00
Victorian 15km Roadwalk	2000	3 rd	1:16:00
Victorian 20km Roadwalk	2000	2 nd	1:46:43
Victorian 15km Roadwalk	2001	2 nd	1:15:29
Victorian 20km Roadwalk	2001	2 nd	1:45:00



*Cheryl Webb, Tracy and Lisa Sheridan-Paolini in action during a 10,000 metres walk in Sydney in August 2000
(photo Nick Wilson/ALLSPORT)*

Her early coaches included Jim Leppik and Harry Summers. She remembers fondly her time with Harry's squad which included Dominic McGrath, Wendy Muldoon, Brad Malcom and Andrew Jamieson.

She won Australian Open Championship medals (bronze and silver) in 2000 and 2001

Australian 10km Open Women	2000	3 rd	49.05
Australian 10km Open Women	2001	2 nd	49.38

and looked set to continue her rise up the ranks. I have her track PBs down as 13:18.7 (3000m, 22/02/2001) and 23:36.8 (5000m, 21/02/2002).

Perhaps surprisingly, she then retired from the sport.

She made a brief once-off appearance in 2006, now racing under her married name of Feiner, and winning silver in the Victorian 10km Roadwalk.

Victorian 10km Roadwalk	2006	2 nd	52:07
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*Tracy competing in the 2006 Victorian 10km Roadwalk Championship
From left to right: Regan Lamble, Ross Reid, Simon Evans, Colin Heywood and Tracy*

She next appeared during the 2012-2013 summer, contesting a few AV Shield races in Melbourne, but soon disappeared again, with a young family to nurture.

She returned to the fold in 2018, dipping her toes into the longer distances. Now self coached, her start was promising, with a bronze in the Victorian 30km in early August.

Victorian 30km Roadwalk	2018	3 rd	2:54:21 (W40 Australian Record)
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She recovered well, racing in and finishing a VRWC 20km in early September (2:00:24), and was planning to contest her first 50km at Fawkner park that year before sustaining an injury about 6 weeks out from the race. When she finally got over that and thought about getting back into training, she slipped on a step and put herself out of action again.

It was only in March 2019 that she was able to resume racing and her year since then has gone relatively smoothly. She participated in the 2019 VMA T&F Championships in March, winning golds in the two W40 walks, and in the 2019 AMA T&F Championships in April, winning golds in the three W40 walks.

She then turned her attention to the 2019 Victorian winter roadwalking season, with further success, winning gold and silver on the Victorian front and silver in the Australian 20km Roadwalk Championship

Victorian 15km Roadwalk	2019	2 nd	1:21:39
Victorian 30km Roadwalk	2019	1 st	2:49:12 (W40 Australian Record)
Australian 20km Winter Championship	2019	2 nd	1:51:22

She finished the winter season with a win in the VRWC 35km Club Championship in September, with a time of 3:22:44. She then indicated her intention of trying her hand in the Australian 50km Championship in December.

This she did in fine style, winning the Women's title with 4:59:44 and setting a new W40 Australian Masters record.

Australian 50km Championship	2019	1 st	4:59:44 (W40 Australian Record)
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Tracy in action in the 2019 Victorian 30km Championship (left) and the 2019 Australian 50km Championship (right)

She explained her first 50km effort as follows:

I didn't know what to expect going in and to be honest I felt totally overwhelmed by all of the support throughout the race and particularly at the end, spurring me on to break 5 hours. The goal was obviously firstly to finish (no mean feat) but to get close to the World Cup qualifying time of 4:40:00, but once I blew up around 30km, just getting under 5 hours in one piece became a more realistic goal. I'm proud of myself for at least pulling it back in the last couple of laps and redeeming myself somewhat.

I am so pleased to see Tracy back in the sport and now doing so well, and I am sure that I will have many more race reports to add over the next few years.