

## LYN VENTRIS – PERSONAL BEST PERFORMANCES

1500m	-	Track Walk	-	6.45
2000m	-	Track Walk	-	9.05
3000m	-	Track Walk	-	13.54
5000m	-	Track Walk	-	23.24
10km	-	Track Walk	-	46.35
20km	-	Road Walk	-	1.34.44

## LYN VENTRIS - Sporting Highlights and Achievements

### WA STATE and AUSTRALIAN MASTERS RECORD HOLDER

W40 2000m Track Walk	-	9.05	2001
W40 3000m Track Walk	-	14.05	2001
W40 5000m Track Walk	-	23.24	2001
W40 10Km Road Walk	-	47.25	2001
W40 20Km Road Walk	-	1.39.26	2001
W45 2000m Track Walk	-	9.08	2006
W50 1500m Track Walk	-	6.45	2007
W55 1500m Track Walk	-	7.00	2011

### WA STATE and AUSTRALIAN and WORLD MASTERS RECORD HOLDER

W45 3000m Track Walk	-	13.57	2002
W45 5000m Track Walk	-	23.42	2005
W45 10km Track Walk	-	46.35	2002
W45 20km Road Walk	-	1.34.44	2002
W50 3000m Track Walk	-	13.54	2007
W50 5000m Track Walk	-	23.37	2007
W50 10km Road Walk	-	48.27	2007
W50 20km Road Walk	-	99.51	2011
W55 3000m Track Walk	-	14.27	2011
W55 5000m Track Walk	-	24.16	2011
W55 10km Road Walk	-	50.32	2011

### STATE OPEN RACE WALKING TITLE

2004	-	10000m Track Walk
2004	-	5000m Track Walk
2005	-	5000m Track Walk
2005	-	10000m Track Walk
2006	-	10000m Track Walk
2007	-	10000m Track Walk
2007	-	20k Road Walk
2008	-	10000m Track Walk
2008	-	5000m Track Walk
2009	-	10000m Track walk
2009	-	5000m Track walk

2010 - 5000m Track Walk  
2010 - 20Km Road Walk  
2011 - 10000m Track Walk

**WEST AUSTRALIAN RECORD HOLDER**

**OPEN 10000m Track Walk 46.35**

**CURRENT WORLD MASTERS ATHLETICS TITLEHOLDER**

**W55 5000m Track Walk and W55 10K Road Walk W55 20K Road Walk**

**AUSTRALIAN MASTERS ATHLETICS RACEWALKER of the YEAR**

**2001, 2002, 2004, 2005, 2007, 2009.**

**BUNBURY SPORTS STAR of the YEAR (Home City)**

**2001, 2002, 2005 (Finalist each year since 1999)**

**WA MASTERS ATHLETICS ATHLETE OF THE MEET**

**2001, 2005, 2006, 2007**

**WA MASTERS AWARD FOR BEST ATHLETIC PERFORMANCE**

**2001, 2005, 2006, 2007, 2011**

**WEST AUSTRALIAN WOMENS SPORT WEST MASTERS ATHLETE OF THE YEAR -  
2005**

**FINALIST AUSTRALIAN SPORTS AWARDS - MASTERS CATEGORY 2005, 2006**

**IAAF FEMALE MASTERS ATHLETE OF THE YEAR 2011 & 2012**

**WINNER OF THE OPEN ENGLAND 20KM ROAD WALKING CHAMPIONSHIPS AT  
EARLS COLNE, ESSEX - 2005.**

**AUSTRALIAN SPORTS MEDAL RECIPIENT**

**LYN IS A MEMBER OF -**

**Western Australian Race Walking Club, Bunbury Athletics Club**

**Masters Athletics WA and Athletics WA**

## MEDAL COUNT AND DETAIL

### 1999 WMA - GATESHEAD-ENGLAND

W40 - 5000M TRACK WALK - BRONZE - 25:36:26

### 2001 WMA - BRISBANE

W45 - 5000M TRACK WALK - GOLD - 23:27:24

10K ROAD WALK - GOLD - 48:44

10K ROAD WALK - TEAM SILVER

### 2004 WMA - AUCKLAND & MANUKAU - NEW ZEALAND

W45 10K ROAD WALK - GOLD - 49:23

20K ROAD WALK - GOLD - 1:44:09 (WR)

10K ROAD WALK - TEAM GOLD

20K ROAD WALK - TEAM GOLD

### 2005 WMA - SAN SEBASTIAN - SPAIN

W45 - 5000M TRACK WALK - GOLD - 24:00:68

10K ROAD WALK - GOLD - 49:45:00

10K ROAD WALK - TEAM BRONZE -

### 2007 WMA - RICCIONE - ITALY

W50 - 20K ROAD WALK - SILVER - 1:54:52

20K ROAD WALK - TEAM GOLD

### 2009 WMA - LAHTI - FINLAND

W50 - 5000M TRACK WALK - GOLD - 25:48

10K ROAD WALK - GOLD - 53:08

20K ROAD WALK - GOLD - 1:48:04

20K ROAD WALK - TEAM GOLD

### 2011 WMA - SACRAMENTO - USA

W50 5000M TRACK WALK - GOLD - 24:25:56

10K ROAD WALK - GOLD - 49:51:84

20K ROAD WALK - GOLD - 1:42:19 (WR)

10K ROAD WALK - TEAM GOLD

20K ROAD WALK - TEAM GOLD

### 2012 - WMA - INDOOR CHAMPIONSHIPS JYVASKYLA - FINLAND

W55 3000M TRACK WALK - GOLD - 14:51:24 (WR)

10K ROAD WALK - GOLD - 49:59 (WR)

10K ROAD WALK - TEAM BRONZE

### 2015 - WMA LYON - FRANCE

W55 5000M TRACK WALK - GOLD - 26:18

10K ROAD WALK - GOLD - 53:27

20K ROAD WALK - GOLD - 1:53

10K ROAD WALK - TEAM SILVER

20K ROAD WALK - TEAM GOLD

### 2002 - WORLD MASTERS GAMES - MELBOURNE

W45 5000M TRACK WALK - GOLD - 24:09 (WR)

10k ROAD WALK - GOLD - 50:46

### 2003 - AUSTRALIAN MASTERS GAMES - CANBERRA

W45 5000M TRACK WALK - GOLD - 24:45:51

10K ROAD WALK - GOLD - 50:26

10K ROAD WALK - TEAM GOLD

### 2011 - AUSTRALIAN MASTERS GAMES - ADELAIDE

W55 1500M TRACK WALK - GOLD - 7:00:30 (WR)

3000M TRACK WALK	-	GOLD	-	14:26:99(WR)
5000M TRACK WALK	-	GOLD	-	24:16:77(WR)
10K ROAD WALK	-	GOLD	-	50:32(WR)

**2001 - ATHLETICS AUSTRALIA - AUSTRALIAN 10K OPEN ROAD WALKING CHAMPIONSHIPS**

10K ROAD WALK	-	GOLD	-	48:11
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**ATHLETICS AUSTRALIA - AUSTRALIAN 20K OPEN ROAD WALKING CHAMPIONSHIPS**

2010	20K ROAD WALK	-	3RD - BRONZE	-	1:46:27
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(Claire Tallent, Kelly Ruddick, Lyn Ventris)

2012	20K ROAD WALK	-	3RD - BRONZE	-	1:40:41
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(Claire Tallent, Cheryl Webb, Lyn Ventris)

**VICTORIAN RACE WALKING CLUB 20K OPEN CHAMPIONSHIPS**

2001	20K ROAD WALK	-	GOLD	-	94.44(WR - W45)
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**NATIONAL 20K OPEN ROAD WALKING CHAMPIONSHIPS - EARLS COLNE ESSEX - UK**

2005	20K ROAD WALK	-	GOLD	-	1:45:23
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**LAKE BURLEY GRIFFIN RACEWALKING CARNIVAL - 10 MILE**

JUNE 2005	-	MASTERS	-	GOLD	-	82:39
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JUNE 2006	-	MASTERS	-	GOLD	-	84:13
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JUNE 2007	-	MASTERS	-	GOLD	-	82:31
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	-	OPEN	-	BRONZE	-	
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JUNE 2008	-	MASTERS	-	GOLD	-	85:00
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JUNE 2010	-	MASTERS	-	GOLD	-	85:59
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	-	OPEN	-	BRONZE	-	
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