

## **DAROLYN WALKER - ATHLETE**

Darolyn (Trembath) Walker is one of the elite road running athletes in Manitoba, and has been since early in this century, showing impressive range and longevity across multiple disciplines.

She got her start on the roads at age 10 in the 1992 Super Run. From her first run in elementary school it was apparent she had talent. While competing and training with Stanley Knowles School and then Sisler High School (under coaches Evan Jones and John Iwanski), her dad signed her up for speed skating at age 11 «to help with running». She attributes her early success to training for both sports simultaneously until age 19.

Darolyn went on to compete for the University of Manitoba Bisons from 2000-2005, training under coach Claude Berube, where she competed in cross country and track. She was named the 2001 CanWest Cross Country Athlete of the Year, and was a 6-time Gold Medalist on the track (3 x 4x800m, 1000m, and 2 x 1500m) at the CIS (Canadian Inter-University Sport) Championships. She received the prestigious University of Manitoba Athlete of the Year award in 2004.

Darolyn represented Manitoba well at Canada Games and Western Canada Games events. She was 4<sup>th</sup> at the 2001 Canadian Junior Championships in the 800m, and 5<sup>th</sup> in the 1500m at the 2006 Canadian Senior Championships. She had the honour of representing Canada at the 2004 NACAC (North American Central American Caribbean Athletic Championships) placing 1st in the 1500m, the 2005 World University Games, placing 13<sup>th</sup> in the 1500m and competed for Canada in the European middle distance tour in 2006.

While her best distances were the middle distance events such as the 800m and 1500m, it was a new challenge to compete in longer distances on the roads. Over time, she got used to the longer efforts and became extremely good at them, showing impressive range.

Darolyn's most satisfying achievement on the roads was her 1:19.59 half marathon in the WPS event in 2016. Another notable achievement was her debut marathon in 2:54.00 in the Twin Cities Marathon in 2015. While she has won numerous half marathons, she is especially proud of her wins at the Manitoba Half Marathon a year after having each of her kids, in 2013, 2015, and 2018. Darolyn has run 5k in 17:28 (2006) 10k in 36:20 (2012) and 10 mile in 60.59 (2010).

Her favourite event continues to be the Manitoba Marathon, whether doing the Super Run as a child, or her school relay team, or the longer races as an individual. She loves the energy of this hometown event. Darolyn along with husband Brian have 3 children that they share the love of running with, competing at various running events.

While Darolyn continues to run and race on the roads, she continues to share her passion for the sport, coaching track with the Predator Athletics Club, and Run Club at Calvin Christian School.

She is so thankful to everyone who has been part of her journey, that helped shape and contribute into the athlete and person she is today. :)