

Nicole Walker

Nicole Walker is a star on the local road running scene, but she didn't start out as a runner. She was in aerial skiing and decided she needed to choose a different lifestyle sport and landed on the triathlon. However, to succeed at triathlon, one has to be a good runner and her running training and competing began, in 2012. That year, she completed her first Ironman, in 11:56. By 2019, she swam/biked/ran a 9:30 in Ironman Arizona. To give you an idea how good that is, the marathon portion of that race was completed in 3:13, despite the effort in the prior events! She also placed 16th among the amateurs at the 2016 Ironman World Championships (Kona).

Nicole does her share of running only events too. In the last Manitoba Marathon that was in-person (2019), she ran 3:00:30, placing third, and second among Manitoba women. This was 4 months after she had delivered her first baby, and she had to breastfeed just before the race began and immediately again after she crossed the finish line!

Nicole has run 18:30 for 5 km, 38:30 for 10 km and won the WPS half marathon in 1:21 in 2017. When she started road racing, she wore headphones and stylish clothes and not taking it too seriously. She is a serious competitor now! Her favourite race is the Manitoba Marathon.