



Master of the art of walking to conquer Seven Bridges

Xanthe Kleinig

FRESH from her triumph at the World Masters Games, champion walker Judy Kenyon will slacken her pace for the Seven Bridges Walk this weekend.

Mrs Kenyon usually walks a 6-minute kilometre — a speed that propelled her into third place in the 5km and 10km events at the Masters.

She attributes her success to the patience of her late husband, race walker George Kenyon who taught her to walk properly — heel to toe.

“A lot of people get disqualified for that,” she said.

At the weekend she will be joined by the Blackheath Walkers, a group she founded to encourage the pastime.

Some women joined to make friends, others to lose weight, she said. “It’s given them a new slant on life.”

The walkers will catch the 5am train from Blackheath

together to make it to the Milsons Point starting post for the Seven Bridges Walk on Sunday, October 25.

About 15,000 people are expected to take part in the event, organised by the Pedestrian Council of Australia.

As well as the Sydney Harbour Bridge, the walking event will also cross the Anzac, Pyrmont, Iron Cove, Gladesville, Tarban Creek and Fig Tree bridges.

Participants can start and finish the hike where they please, taking in as many or as few of Sydney’s sights as they choose. Each bridge destination will be accompanied by a themed village incorporating entertainment for participants and bystanders plus different cuisines.

**Registration is free. Visit www.7bridgeswalk.com.au
 Best Weekend joins in in Saturday’s *The Daily Telegraph***



Footloose: Judy Kenyon with her daughter and son-in-law

Picture: Robb Cox