

WOMENS 1 MILE WALK WORLD RECORD PROGRESSION

I have a big collection of older racewalking stats books from the 1970s and early 1980s. Investigations as follows

1972-1980

Alison Nichols of Ballarat (country city in Victoria, Australia) set a new World Best for the 1 Mile Walk on 30 April 1972. The venue was the Melbourne University track and her time of **7:24.5** took 3 seconds of the 1944 time of **May Johansson** of Sweden. May's world record time had been **7:27.2**, set in Stockholm, SWE, on 20 Sept 1944. It had lasted 28 years Alison's performance officially documented in the 1973 almanac of Records and Results published by the Australian Women's Amateur Athletic Union.

See <http://www.vrwc.org.au/tim-archive/articles/wv-alison-thompson.pdf>.

This was still documented as the women's world record in the 1973 Race Walking World Statistics almanac, compiled annually by Palle Lassen and Egon Rasmussen.

By the time their 1977 almanac was published, the women's 1 mile walk record was held by USA walker **Susan Brodock** with a time of **7:10.9**, done in Irving on 25 Jan 1976.

Their 1978 almanac advised the women's 1 mile walk record was now held by Norweigan walker **Thorill Gylder**, with a time of **6:59.6**, done in Fredrikstad on 22 August 1978.

Jump forward another 2 years to their 1980 almanac which documents the women' 1 mile walk record as held by Australian **Sue Cook** with her time of **6:57.1**, done in Adelaide on 12 November 1980. This edition also contains a women's 1 mile all-time list, with the top 31 all-time documented walkers, with times ranging from 6:57.1 to 7:35.3. This produces a few previous best times which can be inserted in past years. These include

Sue Liers (USA)	7:00.6	Kings Point, USA	2 May 1978
Sue Brodock (USA)	7:13.9	Irvine, USA	1 Feb 1975
Sue Brodock (USA)	7:14.1	Los Angeles, USA	9 June 1974
Sue Brodock (USA)	7:15.2	Cypress, USA	26 Jan 1974

Then finally, I found my copy of the 1980 Race Walking World Statistics almanac, once again from Rasmussen and Lassen. This has an all-time record list - bingo! This is attached as a pdf. It confirms all the above, and adds in few additional ones going right back to Annie Miller (Canada) in 1910.

One mile Track			
9.47,0 WBP	Annie Miller	CAN	30.10.1910 Scarboro, Ont.
8.27,4 WBP	Lucy Hoves	GBR	14.7. 1928 London
8.18,0 WBP	Lucy Hoves	GBR	13.7. 1929 London
8.14,4 WBP	Constance Mason	GBR	16.8. 1930 London
7.45,6 WBP	Constance Mason	GBR	11.7. 1931 London
7.40,8 WBP	Jeanne Probekk/Williams	GBR	30.6. 1934 London
7.27,2 WBP	Nay Johansson/Bengtsson	SWE	20.9. 1944 Stockholm
7.24,5 WBP	Alison Nicholls	AUS	30.4. 1972 Ballarat
7.15,2 WBP	Sue Brodock	USA	26.1. 1974 Cypress
7.14,1 WBP	Sue Brodock	USA	9.6. 1974 Los Angeles
7.13,9 WBP	Sue Brodock	USA	1.2. 1975 Irvine
7.10,9 WBP	Sue Brodock	USA	25.1. 1976 Irvine
7.00,6 WBP	Susan Liers	USA	2.5. 1978 Kings Point
6.59,8 WBP	Thorill Gylder	NOR	22.8. 1978 Fredrikstad
6.57,1 WBP	Sue Orr/Cook	AUS	12.11.1980 Adelaide

Since **Sue Cook's** 1981 record time of **6:47.9**, there have been very few 1 Mile walks recorded for women, given that the distance has no longer any official status. The only major event to continue to include the 1 Mile walk is the annual Millrose Games (USA). The history of racewalking at the Millrose Games (see attachment) records a number of times below Sue's. In order, they are

2009	Rachel Lavallee (Canada)	6:47.45
2011	Rachel Seaman (Canada)	6:41.32
2013	Maria Michta (WalkUSA)	6:40.06
2014	Rachel Seaman (NYAC)	6:17.29

The current world women's one mile best is **6:16.45** by **Kjersti Tysse Platzer** (NOR) at Knarvik, Norway, on 2nd September 2001

Note that people like Kerrie Saxby would be capable of matching this sort of time if they had ever raced over the mile. Until this year, Kerrie held the Aust 1500m walk best at 5:50.41 (done in 1991). This equates to around 6:15 for the mile.

Alas, I only keep 1500m walk stats which are not part of this discussion. If you want to read a little about the 1500m walk (being a similar distance), you are referred to <http://www.vrwc.org.au/tim-archive/articles/1500m%20rankings.pdf>.

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27 October 2017