

TROY SUNDSTROM

Troy Sundstrom, born 30 May 1981, was an amazing junior walker and represented Australia in the World Junior championships on 3 separate occasions, in 1996 (aged 15), 1998 (aged 17) and 2000 (aged 19). In these big races, he finished 14th, 10th and 10th. This is no longer possible due to age restrictions placed on team selections but really, would anyone ever be able to replicate that sort of superb early development? He also represented Australia in the 1999 Race Walking World Cup, just shy of his 18th birthday and came a creditable 59th from 140 starters. Unfortunately he developed injury issues in his early twenties and this prevented his further development. He did get some form back in 2006 and made the Race Walking World Cup team in the 50km but was disqualified due to recurrent back issues. Since then, he has restricted himself to club and Federation only but he remains a keen supporter of the Regal Walkers Club.

International Competition

1996 World Junior	10,000m Walk	14/24	43:46.02
1998 World Junior	10,000m Walk	11/33	44:45.0
1999 Race Walking World Cup	20 km Walk	59/140	1:30:28.0
2000 World Junior	10,000m Walk	10/33	43:32.79
2006 Race Walking World Cup	50 km Walk	82/82	DQ

Nationally, he won 11 gold, 2 silver and 3 bronze medals in Australian championships. His first medal came at the age of 15 when he took bronze in the U20 5000m championship. From then on, he was undefeated in the junior ranks, normally winning by the proverbial mile. His national medals read as follows

National Competition

1995-96 Aust. Junior T & F	5,000m Walk	3	21:17.84
1996 Aust. Junior Walking	10 km Walk	1	42:47.0
1996-97 Aust. Junior T & F	5,000m Walk	1	21:10.90
1997 Aust. Junior Walking	10 km Walk	1	42:55.0
1997-98 Aust. Junior T & F	5,000m Walk	1	20:45.08
1997-98 Aust. T & F	5,000m Walk	4 (3rd Aust.)	20:28.65
1998 Aust. Junior Walking	10 km Walk	1	43:51.0
1999 Aust. Junior Walking	10 km Walk	1	43:20.0
	20 km Walk	1	1:29:58.0
1999-00 Aust. Junior T & F	10,000m Walk	1	43:03.19
2000 Aust. Junior Walking	10 km Walk	1	43:56.0
	20 km Walk	1	1:26:53.9
2001 Aust. Walking	30 km Walk	1	2:17:17
2003 Aust. Walking	30 km Walk	2	2:30:11
2005 Aust. U23 Walking	30 km Walk	2	2:26:35

Standing just over 6 feet in height, he made it all look so easy with his long raking stride. His PBs make for impressive reading.

3000m	11.16.2	1	Sydney	27/11/1999	18 (best ever by an Aust junior)
5000m	19:38.22	3	Sydney	19/02/2000	18
10000m	41.58	1	Sydney	18/08/2000	19
20km	1:25.02.0	7	Melbourne	19/03/1999	17
30km	2:17:17	1	Hobart	03/09/2001	20
50km	4:18:26	32	Melbourne	23/10/2005	24



Troy competing in the Australian 30km roadwalk in August 2003 in Melbourne and in the Australian 30km roadwalk championship in Adelaide in 2005