

CROSSING TO THE DARK SIDE

There have been many walkers/runners who have shown the ability to both run and walk at a high standard. A run/walk double is obviously just that – add up the run time and the walk time over comparable distances to see who has the lowest total time. Comparable distances might be

5000m run / 5000m walk
 10 km run / 10 km walk
 half marathon / 20 km walk
 marathon / 50 km walk
 100 km run / 100 km walk
 100 mile run / 100 mile walk
 24 hour run / 24 hour walk

This list is by no means definitive but simply highlights various talented athletes who have successfully bridged the divide between running and walking.

First to the men:

Athlete	Run / Walk	Total Time
Nick A'Hern (AUS)	Nick was not only one of our best ever walkers but he was a very good runner as well. His 5km and 10km doubles make for impressive reading 5 km run: 14 mins / 5000m walk: 18:51.39 10 km run: 29 mins / 10 km walk: 39:10	32:52 58:10
David Smith (AUS)	But if you reckon that Nick had great doubles, consider David Smith, the father of Dane Bird-Smith. While his walk times were record setting, his running prowess was also very impressive. His run PBs stood at 49.7 (400m), 1:52 (800m), 3:54 (1500m), 13:42 (5000m), 29:29 (10km) and 64:26 (half marathon). Doubles for him include 5000m run: 13:42 / 5000m walk: 18:52 10 km run: 29:29 / 10 km walk: 38:06 half marathon: 1:04.26 / 20 km walk: 1:19:22	32:34 57:35 2:23:48
Dane Bird-Smith (AUS)	David Smith's son Dane followed in his father's footsteps in terms of his run/walk capability. At age 16, he boasted the following PBs: Run: 400m (48.4), 4:03 (1500m) Walk: 1500m (5:45), 3000m 12:03, 5000m 20:22, 10km 43:47 Since then, he has gone on to become one of our best ever walkers. His 5000m walk / 5km run double now read as follows 5000m run: 14:45 / 5000m: walk 18:39	33:24
Willi Sawall (AUS)	Willi is best known as one of our greatest ever walkers but actually started his racewalking career late, at the age of 32, after persistent achilles problems. His best marathon was in the Victorian Marathon championship on 13/9/68 where he placed 5 th in the time of 2:35:04. His best 50km walk of 3:46:34 came 12 years later in 1980, at 38 years of age! Marathon run: 2:35:04 / 50 km walk: 3:46:34	6:21:38
Ross Haywood (AUS)	Ross, who represented Australia in the 1974 Commonwealth Games and 1976 Olympics in the walk, was, in his younger days, the Australian Junior 3000m steeplechase record holder and nearly made the 1970 Commonwealth Games as a steeple chaser. He remained a superb runner throughout his career and could always mix it with the top blokes in any of the big runs. His run PBs read impressively: 1500 3:54, 5k 14:32, 10k 31:57, Steeple 8:59 and Marathon 2:25.	

Athlete	Run / Walk	Total Time
	10km run: 31:57 / 10km walk: 43:51	1:15:47
Tim Erickson (AUS)	While not in the same league as the blokes above as either a runner or a walker, I did perform reasonably on both fronts as the following stats show 10 km run: 31:19 / 10 km walk: 42:32 ½ marathon run: 1:08:40 / 20 km walk: 1:27:12 marathon run: 2:29:27 / 50 km walk: 4:03:17	1:13:51 2:35:52 6:32:44
Rhydian Cowley (VIC)	Another talented Victorian walker, Rhydian Cowley, who is a regular international rep, successfully mixes running and walking. His run/walk doubles read impressively 5000m run: 14:27.2 / 5000m walk: 19:26 10km run: 30:31 / 10km walk: 40:16 Half Marathon: 1:07:26 / 20km walk: 1:22:07	33:53 1:10:47 2:29:33
Frank Clark (NSW)	Frank Clark, who represented Australia in the 1966 Commonwealth Games (20 Miles Walk) and the 1968 Olympics (20km and 50km walks) was also an excellent runner. In 1969, he finished second in the NSW 10,000m Track Run Championships (30:02) and won the NSW Marathon title (2:30:02). Of course, his walk times were slow compared to nowadays, but the much tougher judging standards must be taken into account. We all now that you can't compare racewalking performances across vastly different time periods. 10,000m run: 30:02 / 10km Walk: 44:34 marathon run: 2:30:02 / 50km Walk: 4:22:51	1:14:36 6:52:51
Aigars Fadejevs (LAT)	The 2000 Olympic 50 km walk medallist has become a very solid marathon runner in his post-walking career. His marathon / 50km double is very impressive marathon: 2:18:19 / 50 km walk: 3:43:40.	6:01:69
Andi Drake (UK)	Andi Drake, Director of Race Walking at Leeds University in England, was a British international walker in his heyday (10 km 41:18, 20 km 1:24:04) but was also a pretty slick runner with a 10km PB of 30:59 10 km run: 30.59 / 10 km walk: 41:18	1:12:17

I was also pointed to some other possible names which I reproduce here for completeness

Bo Gustafson, born 1954 in Sweden, 1984 Olympic 50 km silver medallist, 50 km PB 3.44:49, marathon PB approx 2:30

Hartwig Gauder: born 1954 in GDR, one of the most successful 50 km walkers of all time with Olympic and World championship gold medals and a PB of 3.39.45. After he finished his career as a sportsman, he fell ill with myocarditis and deteriorated so much that he had to be implanted with an artificial heart while waiting for a new donor heart. He was transplanted in January 1997 and, in November 1998, he took part in the New York marathon. He was for many years the General Secretary of the association "Sportsmen for donation of an organ". Not exactly a top run/walk double but an interesting story!

Herm Nelson, USA Olympian 92 and 96, 3.59 for 50 km, 1.26 for 20 km. He ran a marathon in 4.10.02 at 12 years of age!

And now onto the ultra distances where three athletes seem to stand out in the run/walk scheme of things.

Athlete	Run / Walk	Total Time
Peter Tichy (SLV)	Slovakian ultra runner but a very good walker in recent times. Examples include 100 km run: 7:22 / 100 km walk: 9:02	16:24:00
Yiannis Kouros (AUS/GRE)	Without doubt, the greatest ultra runner of all times – unbeatable since the mid 80's and still winning. Holds all run world records from 100M to 1000M. Examples of his astonishing capabilities include 100 mile run: 11:57:59 / 100 mile walk: 22:55:23 24 hour run: 303.506 km / 24 hour walk: 168.406 km	34:53:22 471.912 km
Richard Brown (UK)	The husband of walk/run legend Sandra Brown, Richard is a champion in his own right with numerous British vests in walking and running and with a 100 mile walk time of 16:50 and a 48 hour run time distance of 401.208 km. He held the running record for Lands End to John o'Groats (825 miles) and walked in the Paris-Colmar 500km classic. Apart from Sandra, no one has done as much on both sides of the fence as Richard. I quote his 24 hour references 24 hour run: 233 km / 24 hour walk: 221m	455km

And now to the women

Athlete	Run / Walk	Total Time
Alina Ivanova (URS)	Alina Ivanova, born 1969 in the Ukraine, is perhaps the best female example of the run/walk double, with Run bests of 1.09.32 (half marathon) and 2.25.34 (marathon) and Walk bests of 42.57 (10km) and 11.44 (3000m world indoor record, set in 1991). On the international stage, she has also been among the very best in both walking and running, having won the 10 km walk in the 1991 IAAF World Championships, having twice won the Prague International Marathon (2000 and 2006) and having represented internationally in world running championships on 9 occasions. She competed as a walker before the 20km discipline came in so we don't have a comparable 20km walk time to put alongside her half marathon time. If she had come slightly later, it would have been a great double. 10km Run: 34:34 / 10km Walk: 42:57	1:17:31
Kerry Saxby-Junna (AUS)	Kerry actually started off as a runner with aspirations of making a World Cross Country team but she ended up as Australia's best ever female walker instead. With around 30 world records over various walk distances in the 80's and 90's and multiple gold, silver and bronze in international competitions, her credentials are second to none. 10 km run/walk double: 10 km run in 36:20 / 10 km walk in 41:30	1:17:50
Sandra Brown (UK)	Sandra Brown is arguably the greatest ever female long distance walker, based on a competitive record which is truly amazing for both quality and longevity. She holds the official World Walking Records for the 100 km, 100 miles, 12 hours and 24 hours (all track) and is also a very good ultra distance runner, having represented England on many occasions in ultra distance World Championships. Amongst her best doubles are those for 24 hours: 24h run 215.056 km (1993) / 24 hour walk 200.000 km (1990).	415 km
Sally Pierson (AUS)	Sally was one of Australia's best ever racewalkers with 4 th in the 1983 IAAF World Racewalking Cup 5 km walk and with a number of Aust records and world best road times. Sally also won the Australian 10 km road running title	

	(35:57) in Sydney in 1982. Her parallel running career was equally impressive. She represented Australia in the 1983 and 1985 World Cross Country Championships and at the 1984 IAAF World 10 km road running championship, won two Zatopek 10,000m classics, won a Victorian 10000m track title and the Australian 10 km road and cross country titles. Typical of her doubles: 10 km run 35:57 / 10 km walk 45:38	1:21:35
Anežka Drahotová (CZE)	Is indeed a multi-discipline exponent, excelling in racewalking, middle-distance running, and steeplechase, as well as being an international level cyclist. She is the Czech record holder for the 20km walk (1:29:05) and the 10,000m track walk (44:15.87). 5000m run: 16:03 / 5000m walk: 20:48 10km run: 33:59 / 10km walk: 42:47 half marathon run: 1:14:25 / 20km walk: 1:26:53	36:53 1:16:46 2:41:18
Michelle Rohl (USA)	USA racewalker with PBs of 20:56 (5000m walk), 44:06 (10 km walk). Was 15 times NAIA track and crosscountry All-American, 1987 NAIA indoor 1000m and 2 miles champion. 10km run: 35:16 / 10km walk: 44:06	1:19:22



Alina Ivanova winning the 1991 World 10 km walk championship (left) and winning the 2007 Dublin Marathon (right)

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