

ANDREW JAMIESON – MASTERS CHAMPION



Andrew sets a new M60 5000m world record in December 2006 – 22:52.0

Born 13 June 1946, Andrew Jamieson started racewalking in 1962 as a Sub Junior (Under 17). He was unfortunate to play second fiddle to Ross Haywood during his junior career and he regularly chased Ross home in the various State championships. He joined Old Scotch Athletics club and is still a member. In fact, it remains his only athletics club.

After his secondary school education, he undertook a medical degree and worked for a number of years in the hospital system as a doctor. His walking training was haphazard at best as he rushed to fit everything into his busy lifestyle. Rick Keam remembers that, at one Intersarsity Championships, a young Andrew turned up a few minutes before the walk after quickly consuming a meat pie, then went on to win the 1500m walk.

He gave up racewalking in 1972 when he started his training as a specialist surgeon and had to mix this with his family duties. It was not until the World Veterans Championships were scheduled in Melbourne in 1987 that he returned to athletics and ran the marathon in the M45 age group. For the next few years, he continued as a runner until a foot injury in 1993 forced him to reconsider his options and he returned to racewalking.

His first serious effort on the world stage was in 1997 when he went to Durban for the World Veterans championships. Unfortunately a stress fracture 3 months before the event spoilt his preparation but he still took bronze in the 20km walk and 5th in the 5000m walk in the M50 age group.

Around this time, he started training with Dominic McGrath and Marcus Dwyer and this lifted Andrew to a new level of fitness and speed. He set a whole new swag of Australian M50 walking records and improved to silver in the 5000m walk at the 1999 Worlds Veterans Games in Gateshead. World records were still out of his reach at this stage and he was not able to challenge New Zealander Gary Little's M50 world records, set in the early 1990s.

He celebrated his entry into the M55 division by taking golds in the 5000m track walk and the 20km roadwalk at the World Veterans Championships in Brisbane in 2001 and, between 2002 and 2005, he was able to set a whole new set of Australian M55 age group records. He also took his first World Records, beating Willi Sawall's M55 20km record and Gary Little's M55 30km record.

The next few years saw him working long hours as a surgeon and he opted to bypass the next two World Veterans Championships. He continued to race locally and was perhaps simply waiting until he turned 60 before his next flurry of athletic excellence.

When Andrew reached 60 in June 2006, he decided it was time to retire from his demanding role as a full time surgeon and he moved from Melbourne to Fish Creek in South Gippsland to start a new career as a full time farmer, developing his olive groves and developing his own olive oil brand. His new lifestyle seems to have led to a resurgence in his walking.

Starting in December 2006, he set in quick succession an amazing 9 World Records and 1 Australian Record. In the

M60 age group, he was simply untouchable. Consider the list:

02/12/2006	Geelong	Australian 50km Championship	4:27:40	M60 Australian record
16/12/2006	Box Hill	Premier League 5000m	22:52.0	M60 World Record
17/12/2006	Albert Park	VRWC 10km	47:06	M60 World Record
10/02/2007	Olympic Park	Premier League 3000m	13:34.57	M60 World Record
01/03/2007	Olympic Park	Victorian 5000m	22:38.6	M60 World Record
31/03/2007	Olympic Park	Premier League 3000m	13:24.07	M60 World Record
20/05/2007	Albert Park	VRWC 35km (30km split)	2:30:57	M60 World Record
01/07/2007	Albert Park	Victorian 20km	1:35:55	M60 World Record
14/07/2007	Albert Park	VRWC 10km	46:46	M60 World Record
21/07/2007	Albert Park	VRWC 10km	46:22	M60 World Record



Andrew on his way to a new M60 10km record of 46:46 on 14 July 2007 at Albert Park

To top this off, on 10 June 2007 in the annual Racewalking Australia 20 Miles championship in Canberra, he came 4th with an outstanding time of **2:42:27**, a PB by some 5 minutes. Then to add the icing to the cake, he won the Victorian 30km championship in August, his second such title, after winning in 2004 (this win in 2004 was his first ever Victorian Open championship win, at 57 years of age!).

In September 2007, he journeyed to Riccione in Italy for the IAAF World Masters championships and returned with three golds to add to his collection. The times were slow due to the hot conditions but he was a convincing winner in all three races.

2007	M60	WMA 5000m Trackwalk	1 st	24:34.95
	M60	WMA 10km Roadwalk	1 st	51:48
	M60	WMA 20km Roadwalk	1 st	1:43:50

Finally, to top off a perfect year for Andrew, it was announced in October 2007 that he had been awarded the **2007 IAAF Male Masters Athlete of the Year**.

He showed in 2008 that he was not yet finished with the M60 record book, taking bronze in the Australian 50km championship in Melbourne in December in a PB **4:23:16** and walking **2:28:55** for the 30km in the VRWC 35km club championship at Middle Park in May 2009. His 20 miles time in Canberra that year was a superb **2:42:53**, just outside his time of 2 years previously.

He defended his titles in the 2009 World Masters Games in Lahti, Finland, winning all 3 again

2009	M60	WMA 5000m Trackwalk	1 st	26:42.1 (AR)
	M60	WMA 5000m Trackwalk	1 st	25:01.01
	M60	WMA 10km Roadwalk	1 st	51:46

M60 WMA 20km Roadwalk 1st 1:44:11

Then it was a case of keeping the fitness up and waiting for the next masters milestone - M65. It was not long in coming!

Andrew turned 65 June 13th 2011, only 3 weeks before he headed off to Sacramento for the World Championships. But it didn't mean he turned up in Sacramento without already having claimed an M65 World Record, Andrew broke the 10km WR during the Victorian 15km Championships on June 25th.

In Sacramento, he broke the WMA 20km record; he would have broken the old 10km record also, had he not claimed it 2 weeks earlier, and didn't have a realistic chance in the 5000m as it was over 40 degrees during that race. On returning home, he broke the 20km record again, taking another 1:30 off it. (Andy told me at the time that he had been on target to go under 100 minutes at the AMA/VMA Championships until at 14k he felt pain in his adductor muscle and decided he couldn't risk continuing). Also worth noting are that he would have set a new WR for 30km on 11th September 2011 but WMA no longer recognised this distance and that his 3000m on 3rd December 2011 would have been a WR but there were not enough watches.

His 2011 record list read as follows

2011	25 June	15km	1:16:51	A.V. 15km Championships Middle Park	WR 10km 49:27
	16 July	20km	1:42:57	WMA 20km Championship, Sacramento	WR
	21 August	20km	1:41:27	Australian 20km Roadwalk. Canberra	WR
	11 Sept	35km	3:17:52	VRWC Championship Middle Park	AR 30km 2.39.24
	12 Nov	2000m	0:09:33	A.V. Shield 2000m Doncaster	AR
	3 Dec	3000m	0:14:38	A.V. Shield 3000m Doncaster	WR but not enough watches

In early April 2012, Andrew contested his first World Masters Indoor Championships, held in Jyvaskila, Finland in typically freezing conditions. There he won gold in the 3000m walk in a new M65 Indoors record of 14.39.77, with a further gold in the 10km roadwalk, held in temperatures of -1°C.

2011	M65	WMA Indoors 3000m Trackwalk	1 st	14:39.77 (WR)
	M65	WMA 10km Roadwalk	1 st	52:04



*Left: Andrew wins gold in the 10km roadwalk at the 2012 WMA Indoor Championships in Finland
Right: Andrew (left) leads out alongside Simon Evans in the 2012 Victorian 15km roadwalk championship*

Overall, the record breaking spree continued unabated in 2012, with 10 WMA M65 racewalking records:

2012	9 March	5000m	0:24:46	Victorian Open 5000m Track Champs, Melbourne	WR
	18 March	5000m	0:24:17	VMA 5000m Champs Dolomere Oval, Mentone	WR
	25 March	1500m	0:06:52	Victorian Overage T&F Champs Doncaster	AR
	6 April	3000m	14:39.77	WMA Indoor Championships, Jyvaskila, Finland	WR

14 April	5000m	0:24:14	A.A. Invitational 5000m Walk Melb	WR
14 April	3000m	0:14:20	A.A. Invitational 5000m Walk Melb	WR
14 May	10km	0:49:05	VRWC Roadwalk - 10km Middle Park, Melbourne	WR
19 May	10km	0:48:38	Victorian 10km Open Champs Middle Park	WR
29 July	20km	1:40:13	VRWC Roadwalk Middle Park, Melbourne	WR
27 Oct	2000m	9:10.4	AV Shield, Box Hill	WR
3 Nov	3000m	14:13.6	AV Shield, Doncaster	WR

It was not surprising that he was one of three nominations for the 2012 World Masters Athlete of the Year Male. Although he did not win a second time, it did mean that the ongoing quality of his walking had been recognized once again, at the highest levels.

Although aged 67 by the time the 2013 World Masters Championships were scheduled Porto Alegre, Brazil, in October of that year, he was still very competitive with 2 golds and 1 silver

2012	M65	Indoors WMA 5000m Trackwalk	2 nd	24:45
	M65	Indoors WMA 10km Roadwalk	1 st	52:28
	M65	Indoors WMA 20km Roadwalk	1 st	1:48:30

Andrew maintained his form over the next few years but raced less frequently overall, being kept busy by his burgeoning olive farm in Gippsland and intermittently sidelined by a succession of injuries, sustained in such diverse activities as windsurfing, bike riding and tripping over a loose board on a bridge!

He did pop up for the World Masters Championships in Lyon, France, in August 2015. On that occasion, he placed 2nd in the M65 10km with 52:35, a time almost identical to his gold medal time in Porto Alegre two years before.

In June 2016, he turned 70 and set his sights on the new age group records. He has already started to make inroads into the list.

2016	26 June	20km	1:52:35	Victorian 20km Championships Middle Park	WR
	23 July	10km	53:17	VRWC Races, Middle Park	WR
	8 Oct	3000m	15:17.0	AV Shield, East Burwood	AR
	26 Oct	5000m	26:42.1	WMA Champs, Perth	AR
	12 Dec	2000m	10:32.9	AV Shield, East Burwood	AR

His performances in the 2016 World Masters Championships in Perth, Australia, in November 2017 were up to his usual standard and he left the meet with 3 individual golds and one team gold to add to his collection.

2016	M70	WMA 5000m Trackwalk	1 st	26:42.1 (AR)
	M70	WMA 10km Roadwalk	1 st	53:37 (and team gold)
	M70	WMA 20km Roadwalk	1 st	2:01:29



Andrew on his way to a new M70 5000m Australian Record in the WMA Championships in Perth

His year finished on a high with the announcement that he had been awarded the **World Masters Athletics 2016 Male Athlete of the Year**. He had previously won this prestigious award for 2007 and he had been nominated in 2009 and 2012.

His PBs have all been done as a Masters walker and show that age is no barrier to walking excellence.

3000m track	12:59	2000	M50
5000m track	22:19	2001	M50
10km road	45:41	1999	M50
20km road	1:34:38	1999	M50
30km road	2:28:54	2009	M60
50km road	4:23:16	2008	M60

Tim Erickson, 14 January 2017