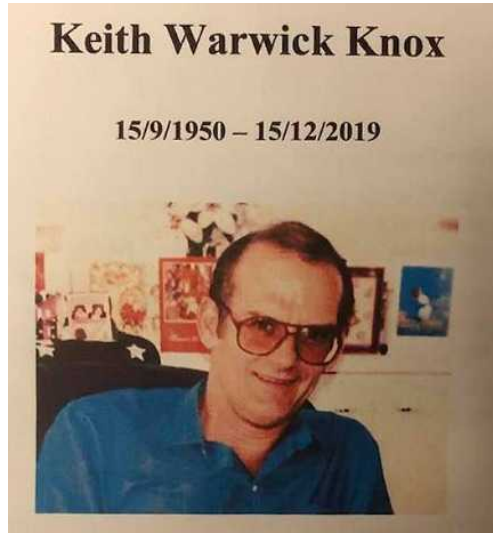


VALE KEITH KNOX: 1950-2019

NSW walking identity Keith Knox, born 15th September 1950, died on 15th December 2019, aged 69. Keith was a proud member of Sutherland District Athletics Club and well known to all of us older walkers.



He walked with distinction, representing NSW on various occasions, and representing Australia in the 1981 Lugano Cup. I raced against him on many occasions and have fond memories of our times together as competitors and fellow racewalkers. NSW had a very strong team in those days, shearheaded by Keith, Michael Woods and Rod Huxley, with John Smith thrown in for good measure.

Keith won many NSW titles including the 1980 NSW 50km, in which he recorded a PB of 4.26.21.

As mentioned above, he represented Australia in the 1981 Lugano Cup, coming 41st in the 20km walk with a time of 1:37:42. But his path to selection was not a straight-forward one as he was disqualified in the official trial, held in Adelaide in July 1981. Luckily for Keith, he had his times already on the board and was still selected.



1981 Australian Lugano Cup Team – Keith is left front

1981 marked the start of what was an excellent period of racing for him. He won medals in 3 Australian Roadwalk Championships as follows

1982 Aust. Roadwalk Champs	20 km Walk	2	1:35:02
1983 Aust. Roadwalk Champs	50 km Walk	1	4:28:19.5
1984 Aust. Roadwalk Champs	50 km Walk	3	4:21:27.0

and was a regular medalist in the various AFORWC Championships contested during that timeframe. A quick perusal shows the following 3 medal performances (time precludes a more thorough analysis at this stage).

1982 Glover Shield	Richmond	10km	3 rd	44:00
1983 Alexander Cup	Adelaide	20km	2 nd	1:38:30
1984 Glover Shield	Ballarat	10km	1 st	44:40

He finished third in the 1984 Olympic 50 km trial, which was held in conjunction with the Australian 50km championship in March of that year, in a PB 4:21:37 but did not gain Olympic selection A standard of 4:10:00 had been set and, although not far outside it, he was on the wrong side of the numbers.

He set his all time best for 50km later that year in NSW when winning the NSW 50km title with a time of 4:17:44.

He continued to race nationally for many years after that and still holds six Sunderland Athletics Club walk records, set between 1983 and 1988, over distances of 3, 5, 10, 15, 20 and 50km. They read as follows

3000M WALK	12.44.3	Keith Knox	SAF	Nov-1983
5000M WALK	21.35.76	Keith Knox	SAF	20.02.1988
10K WALK	44.14.6	Keith Knox	SAF	16.09.1984
15K WALK	1:07.32.6	Keith Knox	SAF	16.09.1984
20K WALK	1:31.13.2	Keith Knox	SAF	16.09.1984
50K WALK	4:17.44	Keith Knox	Sydney	18.08.1984

He also raced occasionally in the Masters scene, medalling in the World Masters Games in 2002 in Melbourne.



Keith (right) at the 2002 World Masters Games in Melbourne. Fellow Aussie John Bunker shown on left.

My last recorded race for Keith was in a NSWRC club road race in May 2012, when he completed 8km in 1:05:23.

Lauren Richardson posted

This news will come as quite a shock to many of us, who would have anticipated 'Knoxy' making the odd appearance in the upcoming 2020 cross country season. Though his appearances had been decreasing in number in recent years, he always seemed to re-surface at some point. Sadly, no more.

A well attended funeral service was held in the West Chapel, Woronora Cemetery at 2.30pm on Wednesday 8th January 2020.

Tim Erickson
Friday 9th January 2020