

SALISBURY

Veteran's long walk to success

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COLIN Hainsworth's goal is a common one – to keep putting one foot in front of the other.

The difference is that he does it at such a clip he leaves others in his dust.

Mr Hainsworth, 86, of Salisbury, will compete in the 10km walk at the Australian Masters Athletics Championships in Adelaide in April. He says he is the only race-walker in his age group in the SA Masters Athletics Association.

"There's probably about five of us in Australia but one of the problems with older people is they don't travel," he says.

It takes him 86 minutes to complete the 10km walk.

"They all tell you they only do it for fun but once you get on the track and the gun goes, they all try to win," he says.

Mr Hainsworth, who began race-walking in high school, in England, says walking keeps him fit but he also is lucky to still be competing.



Race walker Colin Hainsworth, 86, training for the Masters Athletics Championships.

Picture: CAMPBELL BRODIE