

Chris Erickson – Elite athlete



Chris races to bronze in the 2006 Commonwealth Games 50 km

Chris Erickson, born 1981, is a great great grandson of Patrick Carrucan and Mary O'Brien. He is also one of Australia's best ever racewalkers and had an outstanding international career which took in 2 Commonwealth Games, 3 Olympic Games, 4 IAAF World Championships and 6 IAAF Racewalking World Cups.

Standing 178cm and weighing in at 61 kg, he possessed the lean build of the long distance athlete and it stood him in good stead during his career.

He was not an instant champion but is a prime example of what hard work can do over many years. Although he started training for his chosen sport at 13 years of age, he did not make his first international team until the age of 23 – a period of 10 years. Since then, was selected for just every major international team on offer until he retired after the 2016 Olympic Games.

His big breakthrough came in the 2006 Commonwealth Games in Melbourne when he took the bronze medal in the longest event on the program – the 50km racewalk. From then on, he produced a number of high quality international finishes in his chosen event, the 50km, and continued to build his credentials internationally over the shorter 20km distance. He also represented Australia in the shorter international 20km distance, and showed himself to be internationally competitive over both distances.

In 2007, he accepted an AIS scholarship and he relocated from Melbourne to Canberra to continue his career in the best possible environment. He spent 6 years there, eventually returning to his native Melbourne at the end of 2012.

He spent 4 further years competing internationally, continuing to improve in both times and placings. In his final race, the 50km in the 2016 Olympics in Rio, he finished 10th in a PB. You can't do better than that.

For a full profile of Chris's career, check out <http://www.vrwc.org.au/tim-archive/articles/wv-chris-erickson.pdf>.

Now living in Point Lonsdale in country Victoria with wife Rachel and children Oliver and Anika, he enjoys life after elite sport.

Just how fast can a racewalker walk? Check out Chris's PBs to answer that question.

1500m	5:36	28/02/2009	Sydney
3000 m	11:28.83	18/02/2012	Sydney
5000 m	19:23.72	01/03/2015	Melbourne
10km	38:59	18/09/2010	Beijing, China
20 km	1:22:08	15/03/2015	Nomi, Japan
30 km	2:09:29	08/08/2010	Melbourne
50 km	3:48:40	19/08/2016	Rio de Janeiro, Brazil