

FRED KNUDSEN



The introduction of the Hall of Fame gained much interest and so GLITA received representations from an age group athlete to consider the induction of Fred Knudsen then 77 years of age. Fred was well known in the triathlon community. He took up the sport in 1985 at age 64 having retired as a RAAF Pilot which saw him coordinating missions out of Malaysia in the 1960's. During that career he was involved in two serious crashes which left him with some permanent injuries. He came from a swimming background which helped with his recovery.

Fred raced shorter distances and he had not only State title wins but secured National and World titles including age group gold at the ITU World Championships on the Gold Coast. He did however prefer the Ironman distance. He first competed in Kona in 1987. He regularly set out to beat his rivals and many of much lesser age. He took one hour off the Kona 70+ record in 1992. He started his IRONMAN Australia journey in 1988 finishing in 12:32:0 and returned in 1992 for a 13:20:15 before calling it a day at the IRONMAN distance after 3 DNF's in 1994, 1996 and 1997 to end an amazing IRONMAN race history at age 76 years.

Fred had been an inspiration to all triathletes in Australia. He passed away in 2015 aged 94 and had been a special guest at Port Macquarie that year.

Written by Ken Baggs

IRONMAN Australia Results

	Overall	Swim	Bike	Run
1988	12:32:00	1:11:30	6:26:30	4:54:00
1992	13:20:15	1:14:46	6:37:35	5:27:54

Entered 5 | Finished 2

Fastest Year 12:32:00 in 1988 | Fastest Swim 01:08:44 | Fastest Cycle 06:26:30 | Fastest Run 04:54:00