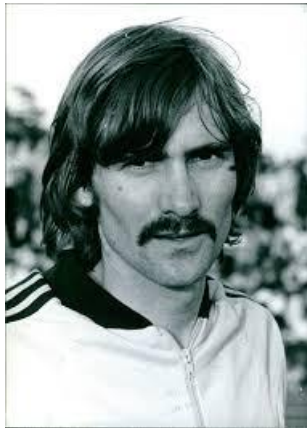


# Ken Hall



1970s



2011

## Professional Career

Ken Hall embarked on his professional journey after obtaining a degree in Civil Engineering. In 1973, he joined the Country Roads Board, marking the beginning of a distinguished career in the public sector. A decade later, in 1983, Ken transitioned to the Road Traffic Authority and subsequently became a part of VicRoads following a merger of the organisations. Throughout his career, Ken held various roles, with a strong focus on traffic engineering, registration and licensing, and road safety.

The following photo was taken in the CRB Office in 1979 at Emmerson Richardson's farewell. Ken is second left in the second row.



Front: Ted Barton, Brian Negus, Emmerson Richardson, Nick Szwed, Chris Fox

2<sup>nd</sup> row: Simeone Christoff, Ken Hall, John Smelt, David O'Sullivan, David Williamson, John Warren, Geoff East, Alan Bowman

Backrow: Greame Hodge, Vic Sedunary, Ray Beavis, Kerras Burke, Bill Lewis, Andrew Yeo, Mark Knudsen, Graham Foley?, John Williams

Ken pursued further education, studying Economics during the 1980s. His commitment to lifelong learning culminated in the attainment of a Master of Business qualification (Management) in the 1990s. Over the years, Ken earned a reputation for his specialist knowledge and extensive experience in the fields of road safety and traffic management.



When Ken left VicRoads in 2011, he held the position of Manager Road Infrastructure Safety. He went on to establish his own consultancy, where he continued collaborating with VicRoads and local government bodies. His work involved the development of strategies, policies, guidelines, and actions pertaining to road safety and traffic management. Ken also created several models and tools to support these critical areas.



Ken's farewell from VicRoads

## Academic and Professional Contributions

In addition to his consulting work, Ken contributed to academia as a lecturer in road safety and traffic management at Victoria University. He also served as a mentor to students in the RMIT MBA program, sharing his expertise and guiding future professionals in the industry.



Ken joined the Executive Board of the Australian & New Zealand Section of the Institute of Transportation Engineers (ITE-ANZ) in 2013. He chaired the selection panel for the Emerging Transport Professional Award from 2014 onwards, remaining in this role until his health started to decline in 2024. Ken also undertook a comprehensive review of ITE-ANZ's Strategic Plan, demonstrating his commitment to advancing the profession.

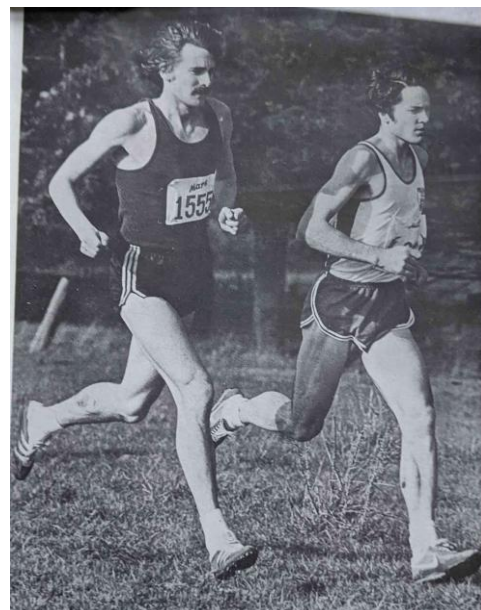
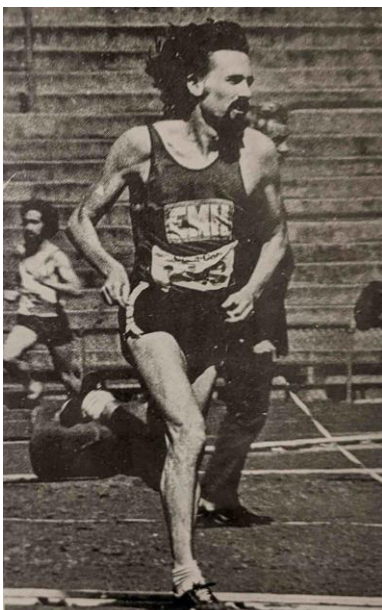


Ken presenting the Emerging Transport Professional Awards

In November 2025, the ITE-ANZ bestowed the Outstanding Service to ITE Award the Ken. His sister Lynette Jamieson accepted it on his behalf because he was then in a nursing home suffering from PSP (see below).

## Athletic Achievements

Outside of his professional life, Ken was known for his excellence in athletics. He was an elite runner, achieving notable success in national and international competitions. Ken became the Australian Junior Champion over 1500 metres in 1970 and went on to win the Australian Open Championship over 1500 metres in both 1975 and 1977. His athletic prowess saw him travel the world to compete, and in 1975, he was ranked as the fifth fastest in the world. Notably, in Sweden in 1975, Ken finished second to John Walker in the Kiwi's historic sub-3:50 world record race. Unfortunately, an injury in 1976 dashed his hopes of competing in the Montreal Olympics.

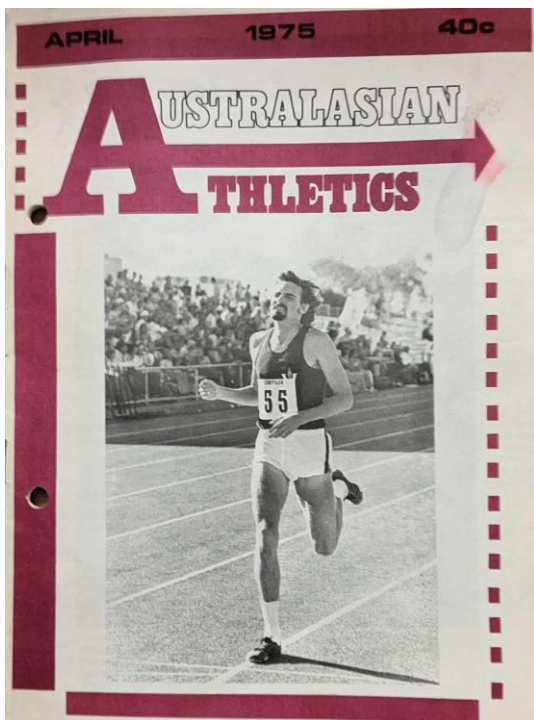


1970s



Bayi wrote his own chapter of mile history in May – and Walker almost did it July 30 in Oslo. His 3:32.4 for 1500 missed Bayi's World Record by 0.2. He beat Ken Hall (center) and Dagfinn Moe decisively. (KNUT HOLM)

•Oslo Games, July 30 — Walker was roused from sleep less than 45 minutes before his 1500 meter race and he barely made it to the stadium in time for a warmup of light jogging. In the race, he let Dagfinn Moe and Aussie Ken Hall lead for a little over 800 meters before taking off. Once he moved, Walker kept right on going — and finished just 0.2 behind Bayi's World Record with a PR 3:32.4. Second place came home nearly 9 seconds behind.



1975



1981

# Ken's on the run

**Ken Hall is on the run!**

**He's a wanted man in Australia, England, Scandinavia and even Kenya.**

Ken, an engineer with Traffic Engineering, is one of Australia's top amateur runners, and is in constant demand from international athletic organisations.

Last July, at the invitation of the International Athletics Federation, he ran in the Oslo-Dubai Golden Mile in Norway, an event aimed specifically for recognized runners.

Out of twelve contestants, Ken came in tenth — which in theory means he is the tenth best runner in the world.

Ken started running when he was a schoolboy.

"I wasn't much at sprinting, but as soon as I started entering longer races, I realized I was quite good at it," he reflects.

And he's been running ever since, with quite an impressive record to testify.

He won the Under 19 Australian Championships at Adelaide in 1970.

Flushed with victory he started taking running more seriously and in 1975 he won the 1500 metres event in the Senior Australian Championships.

A trip to Europe followed and in Sweden he was narrowly beaten by John Walker, who just happened to break the world record for the mile.

In 1976 an injury scotched his hopes for the Montreal Olympics.

But triumph came a year later at the Senior Australian Championships in Hobart, and the International Track Series in New Zealand when he ran exceptionally well.

Now he has set his sights for the glory of Moscow, 1980.

The Olympic selection trials are at Sydney in March and Ken gives himself a modest "45% chance".

In the meantime he is running more than 180 kilometres a week to stay in shape.



Ken shows his form.

The following article was written about Ken's performance in the April 1975 edition of the Australasian Athletics magazine.

## 1500 metres

Kenny Hall. What can you say about him? Probably the least said the better because he is at 23 internationally inexperienced and untested. But while no one wants to create an expectation level which Ken can't live up to, the facts are undeniable. In the "Melbourne Games" 1500 Ken knocked some 5 seconds off his PB. Since then every 1500 he has raced has been below that previous PB, and most of them have been astonishing solo performances.

The national title was no exception. Without Graham Crouch Ken had two choices: to run a slow tactical race and take the risk of going down in the race home, or take a punt on his ability and

burn off the field and try to put up a respectable time. He chose the latter.

For three laps Hall ran at 3.35.0 pace. Of course he couldn't maintain it, and he didn't. But in spite of his slow last lap he still finished 4½ seconds clear of second place. The times: Hall 3.40.3, Carl Reinke (SA) 3.44.7 and Ewen Wilson (Vic) 3.45.8.

Surprise of the meet was Ewen Wilson who maintained his continuing improvement after three years in the wilderness. Kenny Hall is off to Europe in July and one can hope that he will gain there sufficient racing experience to become a real prospect in 1976. He doesn't lack the guts or the talent.

*K. Hall (Vic) 3.40.3; C. Reinke (SA) 3.44.7; E. Wilson (Vic Ind) 3.45.8; S. Crane (Qld) 3.46.4; N. McKern (Vic) 3.47.0; P. Deane (SA) 3.52.4; A. Gibson (Vic) 3.58.0; P. Bromley (NSW) 4.03.5.*

## Community Involvement and Coaching

Ken was actively involved in club management and committee work, serving as President of Athletics Essendon in 2000. He dedicated time as a voluntary athletics coach, working with Olympic and other international athletes. Ken continued coaching one of Australia's top athletes until his health deteriorated and he was no longer able to continue.

## In for the long haul

**K**en Hall is one Olympic torch-bearer who won't need special training to speed the flame on its way to Sydney.

Ken is a long distance runner from way back. He first took to the track at school, quickly abandoning sprints for the 800 m, 1500 m and mile races.

"It emerged that I was quite good at it," said Ken, who's not one to boast.

"I entered the State school competitions and usually gained a place in the finals of the 800 m, so I went national, but had limited success there.

"When I was 23 I moved to the 1500 m and found this much more successful. I won the Australian championship in 1975, and then went to compete in Europe."

### Conquering the four-minute mile

"I came second in a race where John Walker of New Zealand broke the world record for the mile. He was the first to run the mile in under 3 minutes 50 seconds, and I ran 3 minutes 55 seconds," said Ken.

In 1975 Ken was the fifth fastest 1500 m runner in world but in 1976, he strained an adductor muscle before the Australian Olympic trials. He was relegated to fourth place, which was not good enough for selection for the Montreal Games, although he had often beaten the runner chosen.

In 1977 he was the Australian champion again, and in 1978 he took second place. Then came the selection trials for the 1978 Commonwealth Games, where bad advice from the selectors resulted in Australia having no representative in the event at all.

"The selectors told us we needed to run fast in the selection trial, even though I had previously run qualifying times," Ken explained. "I did what they said but I tired and was beaten in the last few strides by someone who had not qualified — and none of us was selected.

"One thing I find interesting is that the qualifying time for 1500 m in the Sydney 2000 Olympics is slower than I was running in 1975!"

A highlight of 1979 was running the mile against the legendary Sebastian Coe in Europe, with Coe breaking the world record to win, and Ken again clocking up 3 minutes 55 seconds, this time in tenth place. (During the 1970s, Ken ran a total of ten sub-four minute miles.)

### More than double the distance

When the 1980s came along, Ken switched his allegiance to the 5000 m, still feeling he could achieve more through endurance rather than through speed. His goal at that stage was the 1980 Olympics in Moscow.

"Selection was very hard — you had to get very good times and there really wasn't enough competition in Australia to push you along," Ken said.

"In January 1980 I had the opportunity to race against good competition in New Zealand. I came fourth behind the top three world runners over that distance, but the time still wasn't as fast as the qualifying time required at home.

"In the meantime, another guy in Melbourne ran the qualifying time, so obviously I should have stayed at home and competed against him!

"The selection trials were in Sydney in March, but conditions were not suitable for fast times and I didn't do well enough to get selected.

"I did eventually get to represent Australia, in the 1981 Pacific Conference Games in New Zealand, where I finished fifth in the 1500 metres."

Ken had been working with VicRoads since 1973, and in 1981 took leave to attend the Australian Institute of Sport.

"I stayed for 18 months, but I didn't run as well as I'd have liked, so I came back home. Since then I've kept running in club races and been involved in coaching."

### Back at the clubhouse

"I joined the East Melbourne Harriers when I was 15 years old, and they became part of Athletics Essendon when three clubs merged. I'm currently president of Athletics Essendon, trying to put something back into the sport that has given me so much.

"It's been great for learning about management, and both our men's and women's teams are doing well — our men's team has won in the State league over the past two years.

"I've coached about 30 athletes, including one who came second in the steeplechase in the Australian Championships. I like helping other athletes and seeing their development, although there's a lot of pressure because you need to live up to their expectations. They're also always trying to beat you!

"Overall I've really enjoyed my running career. It's given me the chance to travel round the world and it's great to be involved in sport at that level. I don't think I'd like to have been exclusively a professional athlete though — I like a more balanced life, although I do think it's important to keep fit.

"You need a lot of concentration for long distance running — you need to work out what is the most efficient pace from a mechanical and physiological point of view, and to run just below the level where you're pushing too hard.

"These days I run mainly cross country in winter and track races in summer. I think I'll keep running until I drop."

### Proud to carry the flame

One thing Ken is not planning to drop is the Olympic torch — he's delighted to have been nominated to carry the flame for VicRoads.

"I didn't expect it — I was actually home on leave and picked up a call from the answering machine asking me to ring Peter Balfe urgently.

"I think it's great of VicRoads to offer me this chance. It's great to be involved in the Olympic Games in this way.

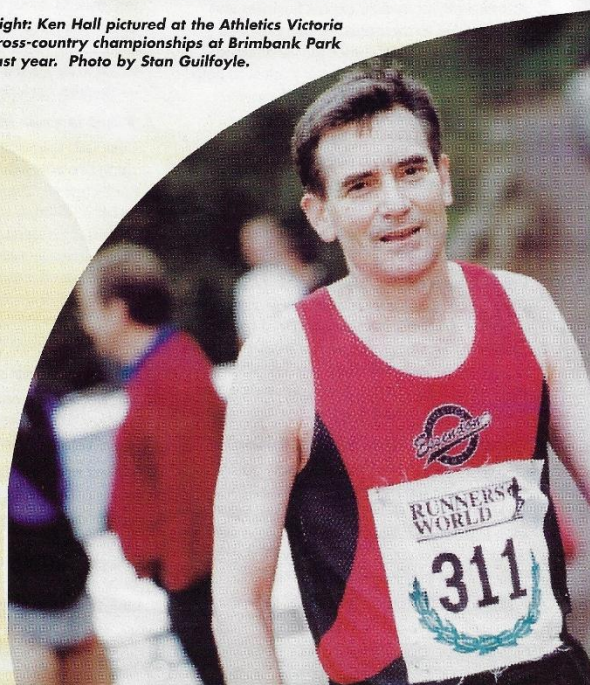
"There's another guy from Athletics Essendon who has a spot in the torch relay, too. He's a coach and team manager, and he's 92 years old.

"That's what running does for you."

Ken will be running in Malvern some time on Sunday 30 July.

**Background image: Ken Hall is pictured winning the 1500 m Australian Championship in 1975.**

**Right: Ken Hall pictured at the Athletics Victoria cross-country championships at Brimbank Park last year. Photo by Stan Guilfoyle.**



Social Life

Ken never married but he enjoyed a social life.



2007



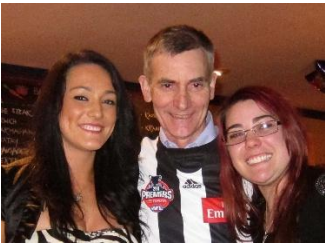
2010



2011

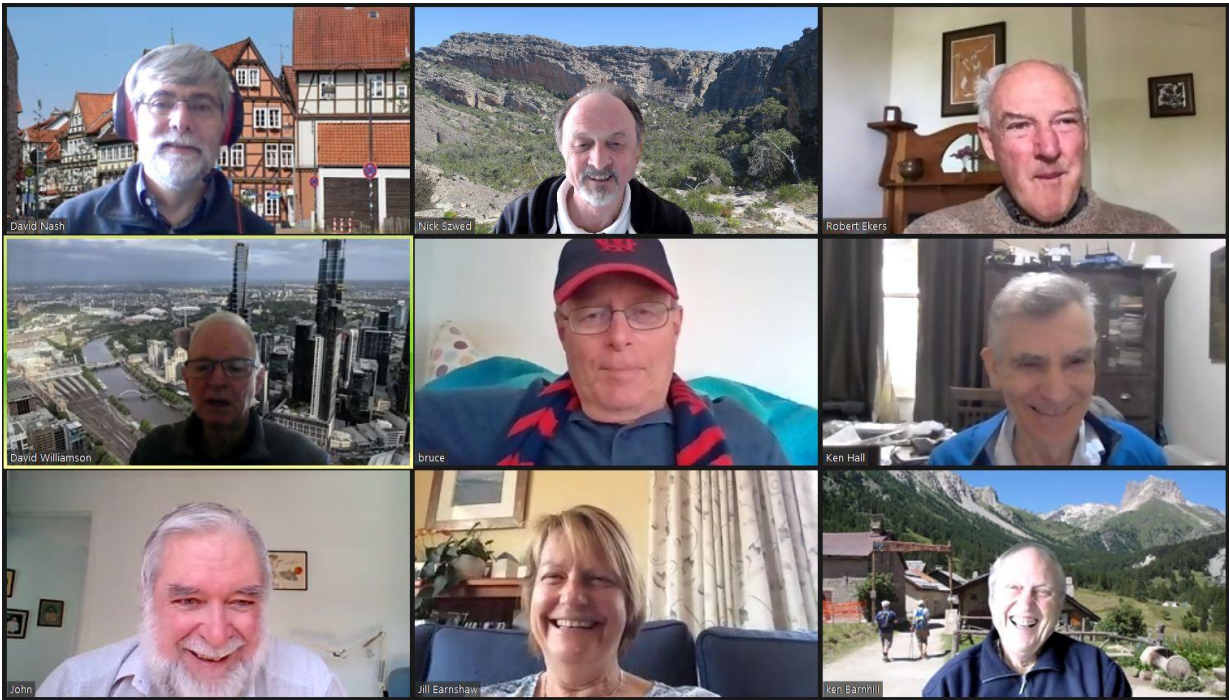


2009



Ken's 60th

A Zoom lunch with Grouchos during COVID



Health Decline

In 2024 Ken was diagnosed with progressive supranuclear palsy (PSP) a rare, degenerative brain disorder affecting movement, balance, vision, and cognition, often mimicking Parkinson’s but progressing faster. At the beginning of 2025 Ken had to move into a nursing home where he passed away in May 2026.



Dec 2024 Ken’s last lunch with his beloved Grouchos

Nick Szwed  
May 2026