

COBURG 6 HOUR CHAMPIONSHIPS, MELBOURNE, SUNDAY 7 MARCH 2010

Last Sunday saw the annual Coburg 6 Hour Walk and Run Championships at the Harold Stevens Athletics Track in Coburg, a northern Melbourne suburb. The field of 35 entrants saw 31 runners and 14 walkers.

The Runs

IAU World Cup 100km representative Dean Cook (7:38 for 100km) made no mistakes in his first outing at Coburg, leading from the start and running through to a very impressive 79.594km. Another first timer at Coburg, Simon Trusler took second with 69.384km, a 2km PB, while third place went to relative newcomer Matt Webb with 67.073km. Very good depth on show with the first 8 places in the men's and both women over 60km. Sharon Scholz, the 2008 Coburg 24H winner, was back after a year of injuries, and made short work of the 6 Hour run event, winning the women's section with a PB 71.927km ahead of Kerrie Bremner, the 2008 AURA Female Runner of the Year, whose second place distance was 67.464km.

6 HOUR RUN MEN

1.	COOK, Dean	ACT	79.594 km
2.	TRUSLER, Simon	VIC	69.384 km
3.	WEBB, Matt	VIC	67.073 km
4.	SCHWEBEL, Ron	NSW	66.074 km
5.	BEARD, Dan	VIC	64.586 km
6.	DEVINE, Allan	SA	63.524 km
7.	SCHOLZ, Justin	VIC	62.213 km
8.	BLACK, Paul	SA	60.210 km
9.	MARSH, Trevor	VIC	59.656 km
10.	MURRELL, Michael	VIC	59.039 km
11.	FIELD, Paul	VIC	58.458 km
12.	MARSH, Ken	VIC	58.430 km
13.	SAMIR, Shadi	VIC	48.633 km
14.	AL MANSOORI, Ahmed	VIC	45.986 km
15.	WILLIAMS, Roland	VIC	43.200 km
16.	BREE, David	VIC	43.200 km
17.	MOORE, Andrew	VIC	42.800 km
18.	FRANCIS, Mick	WA	14.400 km

6 HOUR RUN WOMEN

1.	SCHOLZ, Sharon	VIC	71.927 km
2.	BREMNER, Kerrie	ACT	67.464 km

The Walks

The walk field was led home by Australian Centurion Terry O'Neill who managed a creditable 50.746km. Special mentions to Alex Poore who came second in the men's event at 71 years of age and to Michelle Thompson who won the women's walk in her first ever competitive walk (Michelle is a well credentialled ultra runner) and broke the Australian W40 6 Hour record into the bargain.

6 HOUR WALK MEN

1.	O'NEILL, Terry	VIC	50.746 km
2.	POORE, Alex	VIC	45.139 km
3.	JORDAN, Steve	VIC	44.440 km
4.	TIMMS, John	VIC	44.328 km
5.	VOITIN, John	VIC	41.310 km
6.	TURNER, Gary	VIC	40.765 km

6 HOUR WALK WOMEN

1.	THOMPSON, Michelle	VIC	49.133 km
2.	O'NEILL, Karyn	VIC	44.302 km
3.	SNELL, Raffy	VIC	41.318 km
4.	ABLETT, Katrina	VIC	38.240 km
5.	HOWORTH, Sandra	VIC	37.468 km
6.	HUNTER, Janet	VIC	21.564 km
7.	MACDONALD, Jean	VIC	17.417 km

This is very much a buildup event for the annual Coburg 24 Hour event which is on in 5 weeks time at Coburg. Thanks

to Stuart Cooper for the great photos of the walkers.

Tim Erickson



Terry O'Neill, Alex Poore, Michelle Thompson and Karyn O'Neill in action at Coburg last weekend