



2011 COBURG 24 HOUR CARNIVAL

6 Hour Championships – 5 March 2011 Coburg Athletics Track, Coburg, Melbourne



A full field of 45 entrants (16 walkers and 29 runners) had entered the 2011 Coburg 6 Hour Track championships and 43 of them turned up for the 8AM start on Saturday 5 March. The weather was cool early, enabling competitors to start confidently. As the race progressed, the temperature slowly rose to its eventual maximum of around 23°C but by then the runners and walkers were well over half way and on their home run.

Coburg 6 Hour Championship Run - Men

David Staehr probably went in as favourite after his 6th place in last year's Canberra marathon (2:43:21) and he lived up to pre-race form, going to a clear lead and hitting the marathon mark in under 3 hours. From then on, it was just a case of whether he would make the 80km mark and he was ever so close – his final distance of 79.698km was a Championship record (beating Dean Cook's 79.564km last year). Kevin Mannix made up some laps towards the end and his second place distance of 76.430km was a great first up track ultra finish. Eric Louw 73.224km and Michael Clarke 71.300km also ran impressively to better the 70km mark. Rick Cooke took fifth with 67.753km in his first ever ultra run – pretty good in my books. Further down the field, Ken Marsh 63.569km took bragging rights over his brother Trevor 62.630km, AURA stalwart Brett Saxon 55.314km beat AURA stalwart Robert Boyce 54.117km and finally Hugh Hunter amazed all by shedding huge amounts of weight since last year and running like the Hugh of old – a final distance 59.378km. And the kilt still fitted!

1.	STAEHR, David	VIC	79.698 km
2.	MANNIX, Kevin	VIC	76.430
3.	LOUW, Eric	VIC	73.224
4.	CLARKE, Michael	VIC	71.300
5.	COOKE, Rick	VIC	67.753
6.	DEVINE, Allan	SA	64.557
7.	SCHOLZ, Justin	VIC	64.073
8.	MARSH, Ken	VIC	63.569
9.	MARSH, Trevor	VIC	62.630
10.	HUNTER, Hugh	SCO	59.378
11.	PETTINGILL, Shane	VIC	59.373
12.	DRAPER, Shane	VIC	58.896
13.	McKINNON, Toby	VIC	57.320
14.	McPHEE, Jeevan	VIC	56.545
15.	FOLINO, James	VIC	56.443
16.	SAXON, Brett	VIC	55.314
17.	McCORMICK, Richard	VIC	54.471
18.	BOYCE, Robert	VIC	54.117
19.	ROGERS, Paul	QLD	53.109
20.	ABLETT, Tim	VIC	52.759
21.	AGUIRRE, Blaise	USA	52.240
22.	JONES, David	VIC	50.950
23.	BRELSFORD, David	TAS	46.423

Coburg 6 Hour Championship Run - Women

In the women's race, 20 year old Amie Siemonek went in as race favourite and soon built up a handy lead over Anne Ziogos. With 32 laps covered in the first hour, she was on target for a big total but after another hour she was forced to slow, being troubled by an upset stomach. From then on, she had to scale down her expectations and manage herself through to the finish. This opened things up for Anne who continued to lap consistently throughout the 6 hours, eventually reaching a final distance of 62.149km. I believe that beats the W50 Australian track record of 58.200km, currently held by Georgina McConnell. Amie held on for second place but only just, her final distance of 56.754km just over 200m ahead of Tracey Dryden (running her first ever ultra) with 56.518km.

1.	ZIOGOS, Anne	VIC	62.149 km
2.	SIEMONEK, Amie	VIC	56.754
3.	DRYDEN, Tracey	VIC	56.518
4.	THORN, Julia	VIC	51.857
5.	STRINGER, Leah	VIC	51.635



David Staehr, Eric Louw, Michael Clarke, Kevin Mannix and Rick Cooke



Anne Ziogos, Amie Siemonek, Tracey Dryden, Julia Thorne and Hugh Hunter

Coburg 6 Hour Championship Walks

Michelle Thompson and Clarrie Jack led the way in the walk divisions with excellent performances. Michelle walked superbly to achieve the longest distance overall with 53.784km, breaking her own Australian best on record performance by 224m and setting a new W40 record into the bargain. Clarrie, with 52.290 km, set a new M65 record, breaking Robin Whyte's distance of 50.400km. Others to do well included Daniel Duke 47.049km on his first ever walk, Karyn O'Neill 46.433km for her best ever, Steve Jordan 45.019km after doing an 8km fun run earlier in the morning, Doug McKay with a PB 44.117km and Dawn Parris 44.693 km. We also welcomed New Zealand Centurions secretary Philip Sharp who strolled a pleasant 42.729km during the 6 hour window.

1.	JACK, Clarrie	VIC	52.290 km
2.	DUKE, Daniel	VIC	47.049
3.	JORDAN, Steve	VIC	45.019
4.	McKAY, Doug	VIC	44.117
5.	TIMMS, John	VIC	43.898
6.	COMMINS, Louis	NSW	43.709
7.	SHARP, Philip	NZ	42.729
8.	TURNER, Gary	VIC	35.689
9.	SAMIR, Shadi	VIC	30.688
10.	CARTER, Ken	VIC	27.918
1.	THOMPSON, Michelle	VIC	53.784 km
2.	O'NEILL, Karyn	VIC	46.433
3.	PARRIS, Dawn	VIC	44.693

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| 4. | FIDLER, Lara | VIC | 40.017 |
| 5. | SARIEDDINE, May | VIC | 12.856 |



Philip Sharp, Clarrie Jack, Daniel Duke, Steve Jordan and Doug McKay



Lara Fidler, Michelle Thompson, Karyn O'Neill and Dawn Parris

Tim Erickson
Monday 14 March 2011