

## COBURG 6 HOUR CHAMPIONSHIPS, COBURG, VICTORIA, SUNDAY 11 MARCH 2012

Last Sunday saw the annual Coburg 6 Hour Track Championships at the Harold Stevens Athletics Track in Coburg, a northern Melbourne suburb. This annual event is a prelude to the Coburg 24 Hour Championships which are always in April and it always sees strong run and walk fields and a lot of our top ultra competitors in action. Field size is restricted to 45 so that the track is not too congested and this year we had 43 starters (there are always a few who enter but who fail to make it to the start line for various reasons), 31 runners and 12 walkers. Conditions were good – cool for the 8AM start and still only in the low twenties by event end at 2PM. This probably helped the competitors achieve such an excellent overall set of results.

### The Runs

**Stuart Elliot**, in his first ever track ultra, was just too good for **Justin Sholz** and **Kevin Muller** in what was a high class race. Little separated the top 3 at the end with Stuart recording the winning distance of 77.357km. **Clare Voitin** won the women's 6H run with a PB 62.311km. This year saw a large number of first time Coburg entrants.

#### 6 HOUR RUN MEN

1.	ELLIOTT, Stuart	VIC	77.357 km
2.	SCHOLZ, Justin	VIC	76.607 km
3.	MULLER, Kevin	VIC	74.196 km
4.	GLADWELL, Paul	VIC	70.935 km
5.	LOUW, Eric	VIC	70.537 km
6.	WEBB, Matt	VIC	69.647 km
7.	NUTTALL, John	QLD	69.438 km
8.	JOHN, Michael	VIC	66.989 km
9.	GUEST, Steven	NSW	63.770 km
10.	MARSH, Ken	VIC	63.682 km
11.	NAKATANI, Kayuza	VIC	63.330 km
12.	MULLINS, Peter	VIC	61.700 km
13.	MURRAY, Alan	VIC	59.482 km
14.	SAXON, Brett	VIC	57.144 km
15.	ENGLISH, Stephen	NSW	56.275 km
16.	McCORMICK, Richard	VIC	55.713 km
17.	LAWRENCE, Brendan	VIC	55.309 km
18.	BOYCE, Robert	VIC	53.114 km
19.	ANDERSON, Jason	VIC	52.819 km
20.	BRASSINGTON, Matthew	VIC	52.477 km
21.	MARSHALL, Michael	VIC	51.644 km
22.	BREE, David	VIC	51.200 km
23.	EVANS, Owen	VIC	51.200 km
24.	BRELSFORD, David	TAS	50.702 km
25.	PELLY, Daniel	VIC	42.400 km

#### 6 HOUR RUN WOMEN

1.	VOITIN, Clare	VIC	62.311 km
2.	SIEMONEK, Amie	VIC	59.782 km
3.	DRYDEN, Tracey	VIC	59.617 km
4.	CHAN, Karen	NSW	58.137 km
5.	DONNELLY, Michelle	VIC	55.406 km
6.	BAYLEY, Michelle	VIC	22.400 km

### The Walks

The walk was dominated by **Michelle Thompson (C58)**. A previous winner of the Coburg 24 Hour event in both run division (2010) and walk division (2011) and the fastest ever woman in Australia over the 50km racewalk distance (5:13:14 in 2011), she added yet another record to her ever increasing supply with her 6 Hour walk distance of **54.636km**. This broke the Australian All-Comers record, set by Sandra Brown of England in 1999 (54.180km). Of course, to be fair to Sandra, her walk was in the context of a 100 mile effort! Indeed, magnificent walks by both women.

Michelle led from the start, with fellow Victorians **Terry O'Neill (C18)** and **Clarrie Jack (C4)** close on her heels. However, they could not match her unrelenting pace and gradually fell behind. Terry held on well, recording a PB of 53.379km, just outside Peter Bennett's Australian M55 record, while Clarrie finished with 49.845km, not bad for an M65 competitor. NSW runner **Kim Cook** was next in with a very impressive inaugural walk distance of 47.613km. He

tells me he has had some advice from NSW walker Frank Overton and it certainly did the trick – he will be one to watch in the 24 Hour walk next month. **Steve Jordan** was next in with 44.492km and he also looks in very good shape for next month's 24 Hour walk. New Zealand Centurions secretary **Philip Sharp** followed him with 43.940km (significantly further than last year) and the field was rounded out by **John Timms** 43.021km, **Alex Poore** 39.027km (our oldest competitor at 73 years of age), **Ken Carter** 29.459km and **Rudolf Skrucany** 29.444km.

**Karyn O'Neill (C45)** was second in the women's walk with 45.779km (very close to her best) while **Sandra Howorth** was third with 38.422km.

Most of these walkers will be back in 5 weeks time for the Coburg 24 Hour event and I look forward to more great walking over the longer timeframe event.

#### 6 HOUR WALK MEN

1.	O'NEILL, Terry	VIC	53.379 km
2.	JACK, Clarrie	VIC	49.845 km
3.	COOK, Kim	NSW	47.613 km
4.	JORDAN, Steve	VIC	44.492 km
5.	SHARP, Philip	NZ	43.940 km
6.	TIMMS, John	VIC	43.021 km
7.	POORE, Alex	VIC	39.027 km
8.	CARTER, Ken	VIC	29.459 km
9.	SKRUCANY, Rudolf	VIC	29.444 km

#### 6 HOUR WALK WOMEN

1.	THOMPSON, Michelle	VIC	54.636 km
2.	O'NEILL, Karyn	VIC	45.779 km
3.	HOWORTH, Sandra	VIC	38.422 km



**Michelle Thompson, Karyn O'Neill and Sandra Howorth last Sunday at Coburg**



**Terry O'Neill, Clarrie Jack and Kim Cook at Coburg**