



2013 COBURG 24 HOUR CARNIVAL

24 Hour Events - 13-14 April 2013
Coburg Athletics Track, Coburg, Melbourne



The 2013 Coburg 24 Hour Carnival was spread over 2 weekends, with the 6 Hour events held on Sunday 10th March and the 24 Hour events held on the weekend of 13th - 14th April. This year the 24 Hour event also hosted the AURA Australian 24 Hour Track Championships so places were at a premium and the maximum field size had been reached by early February.

At one stage we looked set for a hot weekend for the 24 Hour championships but cloud cover throughout the Saturday kept conditions mild and overall the weather was the best we have seen at this event for some years. Of the 48 entries, 44 competitors (34 runners and 10 walkers) toed the start line at 10AM on the Saturday morning and most were still on the track 24 hours later when the final gun sounded.

There were a number of highlights

- Queensland runner Keith Sullivan setting a new Australian M60 record of 66.136km (nearly 3km ahead of Vlastik Skvaril's 2001 record of 63.600km). Keith will also apply for this to be accepted as an IAU M60 record.
- Victorian runner Barry Loveday winning the 24 Hour Run event with an impressive 243.777km. It could have been even more considering his 12 Hour split of 138km!
- Queensland barefoot runner Rob Knowles breaking his own Guinness Book of Records record for running for 24 Hour barefoot - the old record was around 166km. On this occasion, he ran 181.601km and seemed no worse for wear after such an amazing feat.
- Victorian walker Michelle Thompson winning the 24 Hour walk with a new Australian Open record of 184.724km (over 2km further than Carol Baird's 2002 record). Along the way, she also broke Carol's 100 mile Australian Residential record by some 11 minutes with her time of 20:22:36.
- The first 4 male runners all running in excess of 200km
- An impressive 20 competitors (19 runners and 1 walker) achieving in excess of 100 miles. We think this makes this the biggest depth 24 Hour track race ever seen in Australia and it befits its status as the Australian Championship.

24 Hour Run Men

The men's run division turned out to be a one man show as local Coburg runner Barry Loveday shot to the lead from the gun, heading out with a 1:31 first lap and then settling down to a punishing pace that saw him cover 12.8km in the first hour. By this stage, he was one lap up on Mark Swinkels and two laps up on Kevin Muller and Trevor Allen. A former winner of this event (232.604km in 2010), it was Barry's first run since January 2011 when he won the Narrabeen All-Nighter with 147km. As the hours ticked by, Barry continued to push the pace, reaching the half way mark at 10PM with a massive distance of 138.000km under his belt. By this stage, he was 10.4km clear of Kevin Muller 127.600km with Darren McLellan 124.800m and Justin Scholz 122.000 gamely chasing. Barry's effort thus far was now starting to take its toll and he inevitably slowed but so did everyone else so the major positions remained relatively unchanged.

By the time the final gun sounded at 10AM on the Sunday morning, Barry had amassed an impressive 243.777km in what was only his second 24 Hour run. Kevin Muller held onto his second place spot with a final tally of 228.504km (a 7km PB) but Darren McClellan relinquished third place to Justin Scholz whose distance of 214.185 was a big PB. But I doubt Darren was complaining as his final distance of 210.836km bettered his 24 Hour PB by a whopping 47km! Special mention to Paul Wright who was way back in 13th spot at the half way mark but who worked his way through the field in the second half to finish in 7th spot with 186.235km. And all through this unfolding drama, barefoot runner Rob Knowles just kept at it, padding along lightly with his economical and relaxed technique - his final distance of 181.601km saw him break his own Guinness Book of Records 24 Hour distance by 15km. Interestingly, of all the competitors, he was by far the freshest at the presentations with no signs of blisters or sore feet or any obvious discomfort. Food for thought indeed! It was no surprise that Rob won the **Coburg 24 Hour Carnival Endurance Award** - it was a masterly performance.

1.	LOVEDAY, Barry	VIC	243.777 km
2.	MULLER, Kevin	VIC	228.504 km
3.	SCHOLZ, Justin	VIC	214.185 km
4.	McCLELLAN, Darren	NSW	210.836 km
5.	KNOWLES, Chris	QLD	193.745 km

6.	JOHN, Michael	VIC	186.235 km
7.	WRIGHT, Paul	TAS	184.573 km
8.	KNOWLES, Rob	QLD	181.601 km
9.	SWINKELS, Mark	VIC	179.381 km
10.	KELLY, Chris	VIC	171.077 km
11.	PEARCE, Billy	ACT	170.985 km
12.	MULLINS, Peter	VIC	169.480 km
13.	ALLEN, Trevor	QLD	162.007 km
14.	KEW, Greg	VIC	156.637 km
15.	THOMPSON, Michael	ACT	151.586 km
16.	PHIPPS, Nic	QLD	146.400 km
17.	APPLEBY, Steve	ACT	143.612 km
18.	METCALF, Dean	TAS	136.742 km
19.	ANDERSON, Jason	VIC	132.988 km
20.	JONES, David	VIC	123.180 km
21.	MARSH, Trevor	VIC	120.400 km
22.	SULLIVAN, Keith	QLD	104.585 km
23.	SMITH, James	QLD	102.558 km
24.	DAVIS, Robyn	NSW	95.533 km
25.	GRAY, Peter	VIC	74.582 km
26.	KEATS, John	VIC	68.400 km



Barry, Kevin, Justin and Darren in action



Rob Knowles shows no ill effects from his barefoot run

24 Hour Run Women

The women's 24 Hour Run championship was a high quality event and little separated the main players at the half way mark - Kerrie Williamson led with 111.600km ahead of Tracy Benjamin 108.000km Karen Chan 107.600km, Sabina Hamaty 106.400km, Mallani Moloney 104.000km and Annabel Hepworth 103.600km. We haven't seen that before at Coburg! But it is always the second half that counts and, just over 3 hours later, Tracy had caught Kerrie and surged to the lead. She passed the 21 hour mark with just under 178km and a lead of over 4km but disaster then struck as she was forced to slow significantly with a foot issue. She wisely chose to retire at the 22 hour mark, having achieved her main aim of surpassing 180km. Kerrie finished on well, eventually taking the win with a 5km PB distance of 192.411km ahead of Sabina Hamaty who also PB'd with 187.577km. Nicole Barker, who had been well back at the half way mark, ran a very even race to come through for third place with 185.440km in her first ever 24 Hour event.

1.	WILLIAMSON, Kerrie	QLD	192.41 km
2.	HAMATY, Sabina	NSW	187.57 km
3.	BARKER, Nicole	VIC	185.44 km
4.	BENJAMIN, Tracy	NZ	180.80 km
5.	HEPWORTH, Annabel	NSW	177.54 km
6.	CHAN, Karen	NSW	162.75 km
7.	MOLONEY, Mallani	QLD	150.40 km
8.	SMITH, Cassie	QLD	79.200 km



Kerrie, Sabina, Nicole and Tracy

The Coburg Carnival hosted the AURA 24 Hour Track Championship this year and we were pleased that AURA President Robert Boyce was able to make the presentations to the Australian Championship placegetters.

AURA 24 Hour Track Championship - Men

1.	MULLER, Kevin	VIC	228.50 km
2.	SCHOLZ, Justin	VIC	214.18 km
3.	McCLELLAN, Darren	NSW	210.83 km

AURA 24 Hour Track Championship - Women

1.	WILLIAMSON, Kerrie	QLD	192.41 km
2.	HAMATY, Sabina	NSW	187.57 km
3.	BARKER, Nicole	VIC	185.44 km

24 Hour Walk Men

The Coburg 24 Hour always includes walk divisions, with the walkers in lanes 3-4 and the runners in lanes 1-2. This year saw smaller than usual walk divisions as we tried to keep the majority of spots for AURA championship runners. The main aim for many of the walkers is the centurion distance of 100 miles (160.934km) and at the half way mark, Steve Jordan and Saul Richardson were both on target in the men's division. Alas, they could not hold their pace sufficiently in the second half but still finished with good distances of 148.504km and 138.613km respectively. 70 year old John Timms walked excellently to take third spot with his distance of 136.540km.

1.	JORDAN, Steve	VIC	148.504 km
2.	RICHARDSON, Saul	NSW	138.613 km
3.	TIMMS, John	VIC	136.540 km
4.	McKAY, Doug	VIC	130.000 km
5.	O'NEILL, Terry	VIC	74.646 km
6.	CARTER, Ken	VIC	58.065km

24 Hour Walk Women

Victorian ultra distance walks specialist Michelle Thompson provided one of the highlights of the weekend with an amazing performance that saw her set a new Australian Residential record for 100 miles (20:22:36) and a new Australian Open record for 24 Hours (184.724km), bettering the standards set by Carol Baird in 2002. A former winner of the women's Coburg 24 Hour run, she also bettered her 24 Hour run PB by 2km - and she was walking! Michelle now holds the Australian track and road walk bests for 50km and the Australian records for all ultra distances up to 24 hours - 6 Hours, 50 Miles, 12 Hours, 100km, and 24 Hours. To put her performance in perspective, she walked further than all but 9 of the runners. The field might have been small but the quality was high with second place going to Dawn Parris with 142.521km and third place going to Karyn O'Neill 141.711km.

1.	THOMPSON, Michelle	VIC	184.724 km
2.	PARRIS, Dawn	VIC	142.521 km
3.	O'NEILL, Karyn	VIC	141.711 km
4.	KELLY, Diana	WA	124.795km



Walk winners Michelle and Steve

Hourly updates were uploaded to the Coburg Harriers Website (<http://www.coburgharriers.org.au/>) and this enabled many to follow the event as it unfolded. Our computer lapscoring worked well and we were able to confirm the provisional race results within 45 minutes of the event finish and hand out printed results at the presentations.

Thanks to the many people who helped make the event so successful again this year – the Coburg Harriers, our First Aid staff and masseurs, Heather Collyer and our canteen staff, our many officials and of course the runners and walkers and their crews.

Thanks especially to our major sponsor, Phillip van Dueren of *Melbourne Outdoor Travel*, who provided race day tee shirts and race numbers and covered other miscellaneous costs.

Comprehensive selections of photos from both the 6 Hour and the 24 Hour championships have now been uploaded to <http://www.rwa.org.au/coppermine>

See you all next year, same time same place.

Tim Erickson
On behalf of the Coburg 24 Hour Carnival Organizing Committee
Last Update: Friday 26 April 2013