



2011 COBURG 6 HOUR CHAMPIONSHIPS

10 March 2013

Coburg Athletics Track, Coburg, Melbourne



The 2013 Coburg 24 Hour Carnival is spread over 2 weekends, with the 6 Hour events held on Sunday 10th March and the 24 Hour events to be held on the weekend of 13th - 14th April. With Melbourne under the influence of ongoing sweltering conditions, the decision was made to bring the start time for the 6 Hour Championships forward from 8AM to 6AM. The decision was well received by competitors and it proved a correct one as the temperature was around 35°C by the time the event finished at midday on Sunday 10th March.

6 Hour Run Men

The 6AM start ensured that the first few hours of the events were run in ideal conditions and 2011 winner David Staehr took full advantage, completing 14km in the first hour and opening a break to Kevin Muller, Justin Scholz, David Alcock and Luke Stratford. By the 3 hour mark, he had covered 42.8km and was some 6 laps in front of Kevin with David a further 6 laps back. He continued this same pace for a further hour, extending his lead to 9 laps and reaching 56.4km by the 4 hour mark. But then it was a case of survival as the sun came out and the temperature quickly soared. His lead had been reduced to 3 laps by the 5 hour mark as Kevin made big inroads into what had looked an insurmountable lead and, with some 30 minutes to go, David surrendered his lead to Kevin.

Kevin's winning time of 75.909km was a 1km PB and improved on his third place here in 2012. David rallied with the end in sight and ran on to take second with 74.950km while Justin Scholz took third with 70.667km after running a very consistent race throughout. With the first 10 finishers all over 62km, it was a high standard event, especially considering the tough conditions during the last 2 hours of the event.

1.	MULLER, Kevin	VIC	75.909 km
2.	STAEHR, David	VIC	74.950 km
3.	SCHOLZ, Justin	VIC	70.667 km
4.	STRATFORD, Luke	VIC	69.346 km
5.	SWINKELS, Mark	VIC	69.052 km
6.	ALCOCK, David	VIC	68.466 km
7.	ALLEN, Duncan	VIC	63.833 km
8.	JENNINGS, David	VIC	63.316 km
9.	MULLINS, Peter	VIC	63.312 km
10.	MARSH, Trevor	VIC	62.236 km
11.	MARSH, Ken	VIC	61.647 km
12.	MITCHELL, Peter	VIC	59.380 km
13.	SUTTON, Rob	VIC	56.854 km
14.	EGAN, Sean	VIC	54.582 km
15.	JONES, David	VIC	47.168 km
16.	ILIOPOULOS, Nick	VIC	46.932 km
17.	BARWANI, Ed	VIC	42.985 km
18.	RYAN, Brendan	VIC	42.800 km
	COOKE, Rick	VIC	DNS
	KEATS, John	VIC	DNS

6 Hour Run Women

Sharon Scholz and Amie Siemonek took the women's field out with a steady 11.2km in the first hour. But from then on, it was all Sharon as her pace hardly varied from hour to hour. Her final distance of 65.786km was well above the 63km required to prove her fitness ahead of this year's World 24 Hour Championships and a good hitout ahead of the May Worlds. Stephanie Burrell ran a 6km PB to finish second with 62.495km while first timer Wendy Cook ran excellently for third with 55.266km.

1.	SCHOLZ, Sharon	VIC	65.786 km
2.	BURRELL, Stephanie	QLD	62.495 km
3.	COOK, Wendy	VIC	55.266 km
4.	SIEMONEK, Amie	VIC	52.564 km
5.	JETSON, Cally	VIC	49.290 km
	BENSON, Bernadette	WA	DNS



Kevin Muller, David Staehr and Justin Scholz



Sharon Scholz, Stephanie Burrell and Wendy Cook

6 Hour Walk Men

Defending walk champion Terry O'Neill had an easy win in the men's walk with 50.532km ahead of Steve Jordan (PB of 46.157km) and Saul Richardson (PB of 43.266km).

1.	O'NEILL, Terry	VIC	50.532 km
2.	JORDAN, Steve	VIC	46.157 km
3.	RICHARDSON, Saul	NSW	43.266 km
4.	GRINTER, Rob	VIC	41.560 km
5.	WHIMPEY, Michael	VIC	39.772 km
6.	TIMMS, John	VIC	38.692 km
7.	TURNER, Gary	VIC	38.332 km
8.	CARTER, Ken	VIC	28.535 km
	McKAY, Doug	VIC	DNS

6 Hour Walk Women

Michelle Thompson was in a class of her own in the walk divisions, covering 9.3km in the first hour and holding that same pace throughout the entire race to break her own **Australian Women's 6 Hour Walk Record** with 55.865km (she held it previously with 64.636km, set here at Coburg in 2012). Karyn O'Neill took second with 45.735km while Dawn Parris was third with 43.476km. It was a dominant display by Australia's best female ultra walker and this performance adds to her growing collection of records. An inspection of her lapsheets indicate she passed the 50km mark in **5:22:00**, an **Australian Women's 50km track best**.

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| 1. | THOMPSON, Michelle | VIC | 55.865 km | New Australian 6H Walk Record |
| 2. | O'NEILL, Karyn | VIC | 45.735 km | |
| 3. | PARRIS, Dawn | VIC | 43.476 km | |
| | HOWORTH, Sandra | VIC | DNS | |



Terry O'Neill, Steve Jordan and Saul Richardson



Michelle Thompson, Karyn O'Neill and Dawn Parris

Final results can be viewed at <http://www.coburgharriers.org.au>. A comprehensive selection of photos has been uploaded to <http://www.rwa.org.au/coppermine>.

Once again, we restricted run entrants to lanes 1-2 and walk entrants to lanes 3-4. Our Computer lapscoreing worked well and we were able to confirm the provisional race results within 30 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, our canteen staff, our feed station staff, our many officials and of course the runners and walkers and their crews.

See you all next year, same time same place.

Tim Erickson
On behalf of the Coburg 24 Hour Carnival Organising Committee
Last Update: Wednesday 13 March 2013