

COBURG 6 HOUR RUN/WALK CHAMPIONSHIPS, COBURG, SUNDAY 5 MARCH 2017

The Coburg 6 Hour Track Championships were held last Sunday 5th March at the George Knott Reserve in Coburg, a northern Melbourne suburb. This annual event includes both run and walk divisions and always sees a smattering of our ultra distance walkers in attendance. I was there keeping a business eye on things as usual and all turned out well, with the weather kind to the 35 starters (25 runners and 10 walkers) toeing the start line for the 6AM start. You might think 6AM a bit early to start but it was a good decision, with the sun breaking through the cloud at around 10:45AM, meaning the runners and walkers only had to worry about a relatively small period of tough conditions. As usual, runners competed in lane 1, with walkers in lane 3.

The men's 6 Hour Run was a closely contested affair, with the final placings going to **Peter van Wijngaarden** (8.035km), **Kevin Muller** (78.634km) and **Chris Rancie** (77.982 km), while the women's 6 Hour Run saw a clear win to local Coburg runner **Amelia Griffith** (71.510km).

6 Hour Run Women

1.	GRIFFITH, Amelia	VIC	71.510 km
2.	MAUGHAN, Lynne	VIC	61.013 km
3.	URQUHART, Donna	VIC	60.710 km
4.	BLACKNEY, Olivia	VIC	41.404 km
5.	ROWE, Belinda	VIC	32.132 km

6 Hour Run Men

1.	VAN WIJNGAARDEN, Peter	VIC	81.035 km
2.	MULLER, Kevin	QLD	78.634 km
3.	RANCIE, Chris	VIC	77.982 km
4.	O'LOUGHLIN, Daragh	VIC	72.323 km
5.	SCHOLZ, Justin	VIC	72.169 km
6.	HUGHES, Stuart	VIC	69.916 km
7.	ELMS, Corey	VIC	65.716 km
8.	MILLER, Tristan	VIC	64.451 km
9.	MAUGHAN, Simon	VIC	63.168 km
10.	JAKUS, Gabor	VIC	63.068 km
11.	ENNIS-KING, Jonathan	VIC	60.642 km
12.	MARSHALL, Mick	VIC	60.070 km
13.	LIM, Jon	VIC	57.338 km
14.	TICKNER, Colin	VIC	54.850 km
15.	SHARMA, Rohit	VIC	47.059 km
16.	NUTTALL, John	QLD	44.000 km
17.	SAXON, Tom	VIC	43.281 km
18.	SAXON, Brett	VIC	40.711 km
19.	TEWARI, Anubhav	VIC	38.302 km
20.	WILMS, Tony	VIC	24.882 km

Overall, Australia's best ultra walker **Michelle Thompson** won easily the 6 Hour walk with 54.639km while **Robin Whyte** won the men's division with 49.406km (a new M75 Australian walk record) **John Kilmartin** (48.738km), **Albin Hess** (46.148km) and **Karyn O'Neill** (45.738km) all walked well and were each close to their respective PBs.

6 Hours Walk Women

1.	THOMPSON, Michelle	VIC	48	54.639 km
2.	O'NEILL, Karyn	VIC	62	45.738 km
3.	PARRIS, Dawn	VIC	64	40.748 km
4.	SANDERSON, Kate	VIC	41	36.215 km

6 Hours Walk Men+

1.	WHYTE, Robin	NSW	75	49.406 km	M75 Australian Record
2.	KILMARTIN, John	VIC	65	48.758 km	
3.	HESS, Albin	VIC	57	46.148 km	
4.	TIMMS, John	VIC	74	38.287 km	

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| 5. | RICHARDSON, Saul | NSW | 44 | 37.117 km |
| 6. | CARTER, Ken | VIC | 64 | 22.078 km |



Michelle Thompson, Karyn O'Neill and Dawn Parris



Robin Whyte, John Kilmartin and Albin Hess (photos Tim Erickson)

Tim Erickson
April 2017