

## COBURG 24 HOUR CARNIVAL, HAROLD STEVENS ATHLETICS TRACK, COBURG, 13-14 APRIL 2019

Saturday 13<sup>th</sup> April 2019 saw a record 101 athletes (76 runners and 25 walkers) toeing the line for the 36<sup>th</sup> annual staging of the Victorian 24 Hour Track Championship. As always, the carnival played host to the Australian Centurions. This year, additional prestige was added with the AURA Australian 24 Hour Track Championships also added to the bill.

With hot weather the week before and with the temperatures climbing again post event, the weekend proved just about perfect, with temperatures peaking around 20C on Saturday before cooling to a pleasant 12C on Saturday night.

The 24 Hour runs saw **Nicole Vaughan** (191.628km) and **Kevin Muller** (251.605km) take line honours.

In the women's 24H run, **Bernadette Benson** had led out with a scorching pace, reaching 67.2km in the first 6 hours, a distance that put her over 11km in front of second placed **Karen Mickle**. She reached the half way mark with 126km, now over 23km in front of the second placed runner who was now Nicole Vaughan. At that stage, Bernadette had set new Canadian W50 records for 6 Hours, 100km and 12 Hours. She decided to call it quits soon afterwards, job done for the day. That left Nicole in front, a position she continued to hold to the finish, her final distance of 191.628km a great inaugural run. **Cheryl Symons** (186.311km) and Karen Mickle (an inaugural 174.642km) filled the minor spots.

The men's 24H run was dominated from start to finish by 2016 winner Kevin Muller. He was over 1km in front after the first hour and just kept on building from there, recording 73.6km at the 6H mark, 138.8km at the 12H mark and 196.4km at the 18H mark. At that stage, he looked set for 260+km. His pace finally slowed in the last few hours, but his final winning distance of 251.605km was still an 8km PB. Second place went to our 2017 winner **John Yoon** (219.245) while third went to last year's winner **Daragh O'Loughlin** (208.705km). Thus the last 3 winners took the first 3 placings in 2019. Not far behind in fourth place, **Majell Backhausen** produced a superb run (203.379km) in his first ever 24H event.

### 24 Hour Run Women

1.	Nicole Vaughan	VIC	191.628 km
2.	Cheryl Symons	VIC	186.311 km
3.	Karen Mickle	VIC	174.642 km
4.	Jody Daff	VIC	169.777 km
5.	Kris Ryan	QLD	168.177 km
6.	Sher Mayne Chan	NSW	155.645 km
7.	Myra Keep	WA	151.621 km
8.	Bernadette Benson	WA	126.800 km
9.	Sarah Barnett	SA	126.157 km
10.	Erin Billett	VIC	100.000 km

### 24 Hour Run Men

1.	Kevin Muller	VIC	251.605 km
2.	John Yoon	VIC	219.245 km
3.	Daragh O'Loughlin	VIC	208.705 km
4.	Majell Backhausen	VIC	203.379 km
5.	Peter Clarke	VIC	171.250 km
6.	Ben Hirst	TAS	170.000 km
7.	George Alexandropolous	VIC	155.197 km
8.	Dean Metcalf	TAS	154.037 km
9.	Michael Smith	VIC	151.774 km
10.	Duc Do	VIC	142.418 km
11.	Angelo Portelli	VIC	126.025 km
12.	Frank Palermo	VIC	122.231 km
13.	Stephen Lewis	QLD	120.000 km
14.	Adam Fitzgerald	VIC	119.083 km
15.	Luke McDougall	VIC	118.628 km
16.	Troy Beattie	VIC	117.217 km
17.	Harry Turley	VIC	109.073 km
18.	Bob Littlewood	GBR	104.405 km
19.	Jon Lim	VIC	102.000 km
20.	Malcolm Gamble	VIC	98.800 km
21.	Thomas Billett	VIC	86.400 km
22.	Shane James	TAS	75.384 km

23. Joel Gablek	VIC	60.204 km
24. Dainen Pearce	VIC	32.800 km
25. Tony Wilms	VIC	22.800 km



*Nicole Vaughan, Cheryl Symons and Karen Mickle*



*Kevin Muller, John Yoon and Daragh O'Loughlin*

The AURA 24 Hour Australian Track Championship placings were awarded to the first 3 AURA members in each division.

#### **AURA 24 Hour Australian Track Championship – Women**

1. Cheryl Symons	VIC	186.311 km
2. Karen Mickle	VIC	174.642 km
3. Kris Ryan	QLD	168.177 km

#### **AURA 24 Hour Australian Track Championship – Men**

1. Kevin Muller	VIC	251.605 km
2. John Yoon	VIC	219.245 km
3. Daragh O'Loughlin	VIC	208.705 km

The 24 Hour Walk saw 11 starters, with most of them targeting the tough 100 miles (160.934km) standard. The hunt for centurion badges had attracted 5 walkers from overseas, 4 from Netherlands and one from Belgium. They lined up against the 5 Victorian based walkers and one from the top end. The pace was on target from the start, with **Kim Janssens** (BEL), **Marco Bloemerts** (NED), **Jurgen Dewaart** (VIC/NED), **Sharon Scholz** (VIC), **Martin Vos** (NED), **Gertrude Achterberg** (NED), **Arie Kandelaars** (NED) and **Colin Heywood** (NT) all heading off at the required pace.

Colin Heywood was the first to fall off the pace. He had qualified as centurion C75 in last year's event and had returned with the aim of improving his 100km time. Alas, it was not his day and he called it quits after 51km. The next to feel the pinch was Dutchman Arie Kandelaars. He had come over last year but with an injury that prevented him finishing. This year was meant to complete unfinished business, but it was not to be. He was forced off the track in the middle of the night, with nausea and dizziness. To his credit, he did eventually rejoin the race, walking to a distance of 128.151km.

There were no such problems for the rest of the lead group, as they powered through the hours and, one by one, reached the 100 mile mark in fine form. Most stopped either at that point or at the completion of the lap, job done. Only Sharon Scholz walked on, reaching 163.983km at the final gun.

#### 24 Hour Walk Women

1.	Sharon Scholz	VIC	163.983 km
2.	Gertrude Achterberg	NED	160.934 km
3.	Dawn Parris	VIC	26.724 km

#### 24 Hour Walk Men

1.	Kim Janssens	BEL	161.263 km
2.	Marco Bloemerts	NED	161.263 km
3.	Jurgen Dewaart	VIC	160.934 km
4.	Martin Vos	NED	160.934 km
5.	Arie Kandelaars	NED	128.151 km
6.	Liam Keating	VIC	68.812 km
7.	Peter Gray	VIC	55.607 km
8.	Colin Heywood	NT	51.605 km

Six walkers completed 100 Miles (160.934km) within the requisite 24 Hours. Five of them were awarded new Australian Centurion badges.

<b>C76</b>	Kim Janssens	BEL	22:19:38
<b>C77</b>	Marco Bloemerts	NED	22:42:30
<b>C78</b>	Jurgen Dewaart	NED/AUS	23:13:03
<b>C63</b>	Sharon Scholz	VIC	23:15:15
<b>C79</b>	Martin Vos	NED	23:20:17
<b>C80</b>	Gertrude Achterberg	NED	23:36:28



*Marco Bloemerts, Sharon Scholz and Kim Janssens*



*Martin Vos, Gertrude Achterberg and Jurgen Dewaart*

The 24 Hour Carnival also hosted the Racewalking Australia 100km walk championships, with placings as shown below.

#### **RWA 100km Walk Championship Women**

1.	Sharon Scholz	AUS	13:40:50
2.	Gertrude Achterberg	NED	14:00:17
3.	Dawn Parris	AUS	19:14:34

#### **RWA 100km Walk Championship Men**

1.	Kim Janssens	BEL	13:17:32
2.	Marco Bloemerts	NED	13:44:29
3.	Jurgen Dewaart	AUS	13:47:28

The meet also included 12 Hour and 6 Hour Run and Walk Championships. The 12H races started at midday on Saturday and were held alongside the 24H but with runners in lane 3 and walkers in lane 5. The 6 Hour races started at 6AM on the Sunday morning, also with runners in lane 3 and walkers in lane 5.

The winning run performances were all excellent, with **Tia Jones** (117.546km) and **Stephen Redfern** (131.585km) showing the way in the 12H and **Natasha Fraser** (72.127km) and **Felix Weber** (86.507km) showing the way in the 6H. In fact, Felix bettered the Australian 6H male record by 1km. Alas, he runs under German nationality so we can't claim him! The top two performances in the walk divisions were those of **Michelle Thompson** (98.177km in the 12H) and **Pramesh Prasad** (56.512km in the 6H).

#### **12 Hour Run Women**

1.	Tia Jones	QLD	117.546 km
2.	Annabel Hepworth	NSW	89.179 km
3.	Kirsten Maplestone	VIC	81.527 km
4.	Suyi Poh	VIC	77.384 km
5.	Jacqui Wilson	VIC	48.359 km

#### **12 Hour Run Men**

1.	Stephen Redfern	NSW	131.585 km
2.	Donald Bailey	VIC	123.028 km
3.	Trevor Marsh	VIC	105.840 km
4.	Regan Doyle	VIC	92.537 km
5.	Matt Brassington	VIC	88.337 km
6.	Cam Jones	VIC	81.776 km
7.	Bill Bardsley	VIC	71.329 km
8.	Sean Wrigley	VIC	58.058 km

**12 Hour Walk Women**

1.	Michelle Thompson	VIC	98.177 km
2.	Karen Chiarello	IOM	17.201 km

**12 Hour Walk Men**

1.	Justin Scholz	VIC	58.322 km
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**6 Hour Run Women**

1.	Natasha Fraser	VIC	72.127 km
2.	Donna Urquhart	VIC	65.484 km
3.	Lucy Bartholomew	VIC	65.006 km
4.	Nikki Wynd	VIC	60.504 km
5.	Paula Pettingill	VIC	52.539 km
6.	Celeste Botton	VIC	51.989 km
7.	Abbey Gordon	VIC	51.066 km
8.	De'ana Williams	VIC	41.127 km
9.	Maggi Rowlands	VIC	39.430 km
10.	Annabel Hepworth	NSW	28.614 km

**6 Hour Run Men**

1.	Felix Weber	GER	86.507 km
2.	Matthew Eckford	QLD	76.025 km
3.	Jevvan McPhee	VIC	51.557 km
4.	Christopher Kent	VIC	51.322 km
5.	Francis Cosson	VIC	49.603 km

**6 Hour Walk Women**

1.	Karyn O'Neill	VIC	41.367 km
2.	Elise Hess	VIC	37.493 km
3.	Sandra Howorth	VIC	36.420 km

**6 Hour Walk Men**

1.	Pramesh Prasad	VIC	56.512 km
2.	Albin Hess	VIC	46.658 km
3.	Ernie Hartley	VIC	34.832 km
4.	John Timms	VIC	32.787 km



*Felix Weber, Tia Jones and Stephen Redfern*



*Natasha Fraser, Pramesh Prasad and Michelle Thompson*

Marathon Runs were scheduled for the first time and attracted 12 entrants. We hope this event will grow in subsequent years.

#### **Marathon Run Women**

1.	Alycia Garriock	VIC	3:56:14
2.	Dale Clarke	VIC	4:15:28
3.	Cecile Sun	VIC	5:11:26
4.	Lindy Yap	VIC	6:00:09
5.	Dawn Parks (late start)	SA	5:04:19

#### **Marathon Run Men**

1.	Shaun Wilson	VIC	3:21:19
2.	Steve Brennan	VIC	3:40:26
3.	Adam Needham	VIC	4:03:25
4.	Danny Burgess	VIC	4:08:19
5.	Peter Mahoney	VIC	4:17:05
6.	Warren Simpson	VIC	5:47:06
7.	Nick Spark	VIC	6:08:59

The perpetual trophies were awarded as follows

<b>Victorian 24 Hour Track Champion:</b>	Kevin Mullins (VIC)
<b>Coburg Endurance Award:</b>	Dean Metcalf (TAS)
<b>Jim Gleeson Trophy:</b>	Sharon Scholz (VIC) and Kim Janssens (BEL)
<b>Gordon Smith Trophy:</b>	Gertrude Acherberg (NED)

Tim Erickson  
Race Director  
Friday 19 April 2019