

## COBURG 24 HOUR CARNIVAL, HAROLD STEVENS ATHLETICS TRACK, COBURG, 17-18 APRIL 2021

Our 2021 Coburg 24 Hour Carnival saw a record entry list of 140 athletes (122 runners and 18 walkers). Not everyone makes it to race day each year and 2021 was no exception, with 122 athletes (104 runners and the 18 walkers) toeing the start line.

The Carnival boasted a variety of events - 24 Hour, 12 Hour, 6 Hour, Marathon and 100km - and saw us playing host to the AURA Australian 100km Track Championships.

The weekend proved just about perfect, with temperatures peaking around 19C on Saturday before cooling to a pleasant 11C on Saturday night. We saw a brief stint of rain during the night but Sunday dawned overcast and cool, ensuring the good conditions continued overall.

The 24 Hour runs saw **Karen Mickle** (190.308km) and **Daragh O'Loughlin** (232.470km) take line honours. Both runners recorded PBs.

In the women's race, **Karen Mickle** led from start to finish. She had come third at Coburg in 2019 with a PB 173km. This year, she was a vastly improved runner and was ahead of that schedule the whole way. She passed the 12 hour mark with just over 108km so was well on target to better 200km. She faded in the second half, but still hung in there to record a PB 190.308km for her win. **Annabel Hepworth** had gone out with her early, but was forced to stop after 70km. That left **Fleur Douy** in second place and she passed the halfway mark with 102km, just under 2km ahead of **Cheryl Symons**. Alas, Fleur then started to slow, eventually struggling home for fifth place (147.255km). There were no such problems for Cheryl who came home strongly to take second with 188.449km. She had been making up ground on Karen over the last 6 hours but could not bridge the gap. **Nikki Thompson** started conservatively but worked her way up through the field to take third place with 184.454km.

In the men's race, **Philip Balnave** led out for the first 4 hours before being caught by Darren Linney. Darren then led for the next couple of hours before being caught by **Daragh O'Loughlin**. Once Daragh hit the lead, it was all over, as he increased his lead hour by hour. He passed the 12H mark with 122.5km and did not slow much at all in the second half, winning with a PB 232.470km. **David Eadie** was perhaps the surprise packet of the day. He had started conservatively and did not reach second spot until the 23rd hour of the race. His finish time of 209.016km was a PB and an impressively even effort. Like David, **Ben Nicholls** had also started conservatively and was in 4<sup>th</sup> place behind **Dan Camac** for most of the second half. It was only in the final hour that he passed Dan to take third spot with a distance of 201.512km. Dan finished fourth with 200.000km, after stepping off the track with 8 minutes left on the clock. Overall, it was an enthralling race to watch.

### 24 Hour Run Women

1.	Karen Mickle	VIC	190.308 km
2.	Cheryl Symons	VIC	188.449 km
3.	Nikki Thomson	VIC	184.454 km
4.	Kris Ryan	QLD	156.999 km
5.	Fleur Douy	VIC	147.255 km
6.	Leigh Hawkes	NSW	143.604 km
7.	Lib Smith	TAS	127.382 km
8.	Sarah Barnett	SA	100.939 km
9.	Cassie Smith	QLD	88.971 km
10.	Annabel Hepworth	NSW	70.000 km
11.	Jody Daff	VIC	48.400 km

### 24 Hour Run Men

1.	Daragh O'Loughlin	VIC	232.470 km
2.	David Eadie	VIC	209.016 km
3.	Ben Nicholls	VIC	201.512 km
4.	Dan Camac	SA	200.000 km
5.	Philip Balnave	NSW	172.177 km
6.	Patrick Farnan	VIC	168.036 km
7.	Duc Do	VIC	148.682 km
8.	Adam Fitzgerald	VIC	146.563 km
9.	Mathew Schubert	VIC	144.003 km
10.	Matt Brassington	VIC	142.243 km
11.	Bill Bardsley	VIC	137.843 km
12.	Tony Ayris	SA	135.266 km

13.	Dean Metcalf	TAS	133.646 km
14.	Stephen Lewis	QLD	122.108 km
15.	Angelo Portelli	VIC	120.039 km
16.	Luke McDougall	VIC	119.602 km
17.	Hugh Hunter	VIC	107.332 km
18.	Zackary Beasley	VIC	106.400 km
19.	Mike Cardiff	VIC	106.400 km
20.	Frank Palermo	VIC	106.008 km
21.	William Rayner	VIC	100.400 km
22.	Darren Linney	SA	100.000 km
23.	Richard North	VIC	99.200 km
24.	Nathan Stradling	VIC	94.137 km
25.	Jason Hyde	VIC	90.820 km
26.	Stephan Kent	SA	90.800 km
27.	Mike Smith	VIC	65.200 km
28.	Kerry Clapham	VIC	54.740
29.	Simon McFarlane	VIC	53.082
30.	Jevvan McPhee	VIC	50.000

The 24 Hour Walk saw 8 men but, alas, no women. Victorian racewalker **Pramesh Prasad** led from the start, his main aim to reach 100 miles (160.934km). This he did in fine style, in a time of 20:43:42. **Justin Scholz** was next to reach 100 miles, with 21:32:28. Neither walker was keen to do much more, and they ambled a few more laps over the remaining hours to clock up final distances of 165.756 (Justin) and 163.559km (Pramesh). **Sim Beow Lim** took third place with a good firstup 122.998km.

#### 24 Hour Walk Men

1.	Justin Scholz	VIC	165.756 km
2.	Pramesh Prasad	VIC	162.559 km
3.	Sim Beow Lim	VIC	122.998 km
4.	David Isaacs	VIC	107.573 km
5.	Mark Kani	VIC	103.468 km
6.	John Timms	VIC	102.049 km
7.	Anubhav Tewari	VIC	61.016 km
8.	George Alexandropoulos	VIC	50.327 km

Two walkers completed 100 Miles (160.934km) within the requisite 24 Hours. Pramesh was awarded Centurion badge C81 for his first centurion walk For Justin, it was his 15<sup>th</sup> centurion walk.

<b>C81</b>	Pramesh Prasad	VIC	20:43:42
<b>C61</b>	Justin Scholz	VIC	21:32:28

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

#### RWA 100km Walk Championship Men

1.	Justin Scholz	VIC	11:49:11
2.	Pramesh Prasad	VIC	12:43:46
3.	Sim Beow Lim	VIC	19:38:04

The meet also included 12 Hour and 6 Hour Run and Walk Championships. The 12H races started at midday on Saturday while the 6 Hour races started at 6AM on the Sunday morning. The 12 Hour Run Men was particularly exciting, with **Ross McLean** (127.371km) holding out **David Wilson** (125.371km).

#### 12 Hour Run Women

1.	Kirsten Maplestone	VIC	81.268 km
2.	Lucy Stabb	VIC	73.525 km
3.	Connie Schroeder	VIC	41.470 km

#### 12 Hour Run Men

1.	Ross McLean	VIC	127.371 km
2.	David Wilson	VIC	125.712 km
3.	Greg Ponych	QLD	119.477 km
4.	Cody McKellar	VIC	112.134 km

5.	James Bodycoat	VIC	111.167 km
6.	Cooper Wilson	VIC	107.880 km
7.	Ken Marsh	VIC	107.302 km
8.	John Yoon	VIC	106.556 km
9.	Garrath Holdstock	VIC	93.113 km
10.	Andrew Corbett	VIC	90.421 km
11.	Bryn Ward	VIC	86.483 km
12.	Steven O'Connell	VIC	68.011 km
13.	Hayden Turner-Davey	VIC	67.182 km
14.	Regan Doyle	VIC	63.035 km

#### 12 Hour Walk Women

1.	Elise Hess	VIC	49.823 km
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#### 12 Hour Walk Men

1.	Laurie Tinson	VIC	75.827 km
2.	Albin Hess	VIC	73.470 km
3.	Patrick Stiles	VIC	55.404 km
4.	Ian Hoad	VIC	43.645 km

#### 6 Hour Run Women

1.	Nikki Wynd	VIC	59.027 km
2.	Jeanine Edmands	VIC	57.360 km
3.	Nicola Wright	VIC	51.072 km
4.	Meg Dunn	VIC	48.819 km

#### 6 Hour Run Men

1.	Stuart Elliott	VIC	72.762 km
2.	Thomas Lumb	VIC	70.231 km
3.	Damiano Ambrosini	VIC	64.365 km
4.	Gordon Ewing	VIC	57.790 km
5.	Francis Cosson	VIC	53.553 km
6.	Colin Tickner	VIC	50.633 km
7.	Shadi Samir	ACT	50.179 km
8.	Dan Fitton	VIC	47.604 km
9.	Francesco Ciancio	VIC	46.023 km
10.	Rohit Sharma	VIC	45.202 km
11.	Bradley Sala	VIC	45.095 km

#### 6 Hour Walk Women

1.	Marnie Grace	VIC	45.421 km
2.	Tracy Colbert	VIC	33.659 km
3.	Donna-Marie Elms	VIC	20.000 km

#### 6 Hour Walk Men

1.	Tony Wilms	VIC	29.012 km
2.	Ken Carter	VIC	20.882 km

A 100km run was added for the first time and saw 8 starters. **Clay Dawson** showed wonderful form to win the men's race with 7:07:33, ahead of **Andrew Heylen** (7:46:15) and **Anthony Boyle** (8:06:41). Clay was under 7 hour pace for most of the race, but just lost his momentum a little in the final few hours. **Karen Chan** was the only female entrant and ran solidly to finish with 15:42:14.

#### 100km Run Women

1.	Karen Chan	NS	15:42:14
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#### 100km Run Men

1.	Clay Dawson	QLD	7:07:33
2.	Andrew Heyden	NSW	7:46:15
3.	Anthony Boyle	NSW	8:06:41
4.	Stuart Hughes	VIC	9:41:43
5.	Phil Ryan	VIC	10:48:17
6.	George Mihalakellis	VIC	13:57:53

Axel Carlsson	VIC	(42.805 km)
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The AURA Australian Championship placings went to the first 3 finishers in each race.

#### AURA Australian 100km Track Run Championship - Women

1.	Karen Chan	NSW	15:42:14
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#### AURA Australian 100km Track Run Championship - Men

1.	Clay Dawson	QLD	7:07:33
2.	Andrew Heyden	NSW	7:46:15
3.	Anthony Boyle	NSW	8:06:41

Marathon Runs were scheduled for the first time in 2019 and attracted 12 entrants. This year, we had 23 starters, a pleasing increase. Wins to **Nicole Vaughan** (4:12:41) and **Paul Pratt** (3:03:52).

#### Marathon Run Women

1.	Nicole Vaughan	VIC	4:12:41
2.	Kaz Tappouras	NSW	4:14:15
3.	Merle Want	VIC	4:35:38
4.	Michelle Edwards	VIC	4:44:25
5.	Jacqueline Tol	VIC	5:08:59
6.	Jane Sturzaker	VIC	5:09:56
7.	Aovana Timmerman	VIC	5:52:37
	Vanessa North	VIC	(36.154 km)

#### Marathon Run Men

1.	Paul Pratt	VIC	3:03:52
2.	Adrian Cilmi	VIC	3:22:53
3.	Oliver Carey	NSW	3:24:45
4.	Fraser Bennett	VIC	3:39:55
5.	Paul Jenkins	VIC	3:49:42
6.	Matt Callaghan	VIC	3:51:01
7.	Peter Mahoney	VIC	3:57:26
8.	Jim Poussard	VIC	4:03:50
9.	Patrick Byrne	VIC	4:21:33
10.	Kai Ooi	VIC	4:48:51
11.	John Kaparelis	VIC	5:04:30
12.	Zhuojin Miao	VIC	5:06:22
13.	Kevin Barry	VIC	5:06:43
14.	Luke Gibson	VIC	6:04:09
	Joshua Healey	VIC	(30.584 km)

The perpetual trophies were awarded as follows

<b>Victorian 24 Hour Track Champion:</b>	Daragh O'Loughlin (VIC)
<b>Coburg Endurance Award:</b>	Matt Brassington (VIC)
<b>Jim Gleeson Trophy:</b>	Pramesh Prasad (VIC)
<b>Gordon Smith Trophy:</b>	<b>Pramesh Prasad (VIC)</b>

A number of performances bettered Australian age group records, so have been submitted to the relevant governing bodies.

Clay Dawson	100km Run	M35	7:07:33
Grey Poynch	12 Hour Run	M55	119.477 km
Cody McKellar	12 Hour Run	M20	112.134 km
Pramesh Prasad	100 Miles Walk	M45	20:43:42
Pramesh Prasad	100 km Walk	M45	11:49:11
Pramesh Prasad	12 Hour Walk	M45	100.652 km
Pramesh Prasad	6 Hour Walk	M45	52.693 km

2021 was the 34<sup>th</sup> annual staging of this iconic event. We will be back in April 2022 for another exciting weekend of racing. See you all then.

Tim Erickson  
Race Director  
Wednesday 28 April 2021