

COBURG 24 HOUR CARNIVAL
HAROLD STEVENS ATHLETICS TRACK, COBURG,
15-16 APRIL 2023

Our 2023 Coburg 24 Hour Carnival saw a record entry list of 145 athletes (126 runners and 29 walkers). Not everyone makes it to the start line each year and 2023 was no exception, with 132 athletes lining up – which was still our biggest ever field.

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

Conditions were windy initially, with full cloud cover and the threat of rain. This threat soon turned to reality, with heavy rain settling in around 5PM. With the wind now ceasing, a huge low pressure settled over Melbourne, dumping between 30mm and 40mm of rain onto competitors and support crews over the next 8 hours. When it finally eased around 1AM and settled into an intermittent drizzle, the damage was done and the attrition rate had been significant.

In the women's 24 Hour Run, **Sarah Jayamaha** settled into the lead, followed closely by **Tracy Feiner** and **Bernadette Benson**. In the ninth hour, **Fleur Douy** caught and passed Tracy who was now falling back through the field. It took Fleur a further 5 hours to catch and pass Bernadette who soon faded to fourth behind **Jody Daff**. The top 3 remained unchanged for the remainder of the race, with Sarah (182.961km), Fleur (161.029km) and Jody 155.559km) taking out the top placings.

In the men's 24 Hour Run, **Nicholas Bamford** and **Kevin Muller** shot out fast, covering 12.8km in the first hour, a little ahead of 7 other runners who were all chasing at speeds in excess of 11 km/hr. It was soon obvious that no one was going to catch Nick, who stormed through the 12 hour mark with a huge distance of 143.200km. **Joe Ward** was now in second place with 126.000km, some 17km in arrears, followed by **Daragh O'Loughlin** with 121.200km and Kevin Muller 120.400km.

At 1:29AM, the complexion of the race changed when Nick collapsed to the ground, over 16km ahead of his nearest chaser and with a distance of 157.200km under his belt. It took Joe Ward 90 minutes to make up that deficit and, soon after 3AM, he assumed the lead, well clear of Daragh O'Loughlin, **Darren Linney** and **Simon Austin**. It was now just a question of who would fill the minor places behind Joe.

The final result went pretty much as expected: Joe Ward first with 230.031km, Daragh O'Loughlin second with 223.455km and Simon Austin third with 209.476km. Special mentions to Darren Linney with 206.849km, **Stavros Michael** with 206.369km and **Sean Bell** with 201.627km.

I am pleased to report that, after a day in hospital, Nick had recovered and was discharged with a clear bill of health.

24 Hour Run Women

1.	Sarah Jayamaha	VIC	182.961 km
2.	Fleur Douy	VIC	161.029 km
3.	Jody Daff	VIC	155.559 km
4.	Abbey Gordon	VIC	136.027 km
5.	Bernadette Benson	VIC	102.000 km
6.	Joanne Hoos	VIC	96.511 km
7.	Melinda Mcleod	VIC	81.282 km
8.	Jodi Whelan	VIC	80.037 km
9.	Nikki Wynd	VIC	76.800 km
10.	Tracy Feiner	VIC	76.400 km
11.	Eloise Wallace	VIC	70.499 km
12.	Kerrie Bremner	ACT	34.000 km

24 Hour Run Men

1.	Joe Ward	NSW	230.031 km
2.	Daragh O'Loughlin	VIC	223.455 km
3.	Simon Austin	VIC	209.476 km
4.	Darren Linney	VIC	206.849 km
5.	Stavros Michael	VIC	206.369 km
6.	Sean Bell	VIC	201.627 km
7.	James Heywood	VIC	190.220 km

8.	Dan Farmer	VIC	179.964 km
9.	Phil Ryan	VIC	170.873 km
10.	James Cooney	VIC	164.467 km
11.	David Patterson	VIC	162.520 km
12.	Nicholas Bamford	QLD	157.200 km
13.	Todd Wheldon	TAS	150.611 km
14.	Dean Metcalf	TAS	149.938 km
15.	Zac Milverton	VIC	144.708 km
16.	Jason Montfort	VIC	142.376 km
17.	Ryan O'Hara	VIC	140.266 km
18.	Zac McLarty	VIC	133.599 km
19.	Brandon Collis	VIC	133.163 km
20.	John Yoon	VIC	131.212 km
21.	Kevin Muller	QLD	120.400 km
22.	Hendrik Hoos	VIC	112.676 km
23.	Jonathan Choong	VIC	109.236 km
24.	Dan Wright	VIC	101.200 km
25.	Adam Miller	VIC	100.358 km
26.	George Alexandropoulos	VIC	97.682 km
27.	Luke McDougall	VIC	96.228 km
28.	Hayden Turner	QLD	88.400 km
29.	Steven O'Connell	VIC	83.600 km
30.	Thomas Henderson	VIC	62.599 km
31.	Matt Brassington	VIC	62.205 km

The 24 Hour Walk included 2 women and 11 men, and it was one of the women who set the pace right from the start and was never headed. Former Coburg walk and run winner and Australian walk record holder **Michelle Thompson** was in a class of her own, striding confidently through to reach her 100 mile mark in 22:16.55. That included about 30 minutes off the track helping look after Nick Bamford after his collapse, but her lead was significant and no one was going to catch her. She retired at that point, task accomplished. **Marnie Zakis**, in her first ever 24H walk, did well to see it through to the end with a final distance of 120.216km.

The men's walk field boasted 3 internationals, **Arie Kandelaars** and **Thomas Leijtens** of the Netherlands and **Christer Svensson** of Sweden, and it was Arie who took the win with 165.799km. He reached his 100 mile target in a time of 23:28:07 to become Australian Centurion 85. **David Billett** had reached that milestone ahead of Arie, his time being 23:05:12, but he called it quits then, allowing Arie to take the overall win. Although Christer had a bad day at the office, he still managed to take third spot with 126.742km, just ahead of **Paul Sweet** with 123.263km.

24 Hour Walk Women

1.	Michelle Thompson	VIC	160.934 km
2.	Marnie Zakis	VIC	120.216 km

24 Hour Walk Men

1.	David Billett	SA	165.799 km
2.	Arie Kandelaars	NED	160.934 km
3.	Christer Svensson	SWE	126.742 km
4.	Paul Sweet	VIC	123.263 km
5.	David Isaacs	VIC	101.130 km
6.	Liam Keating	VIC	91.128 km
7.	Daniel Lewis	VIC	70.368 km
8.	Greg Ponych	QLD	61.906 km
9.	Hugh Hunter	VIC	50.327 km
10.	Thomas Leijtens	NED	45.873 km
11.	Maurice Gregory	QLD	41.419 km

Three walkers completed 100 Miles (160.934km) within the requisite 24 Hours.

C58	Michelle Thompson	VIC	22:16:55
C50	David Billett	SA	23:05:12
C85	Arie Kandelaars	NED	23:28:07

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

RWA 100km Walk Championship Women

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|----|-------------------|-----|----------|
| 1. | Michelle Thompson | VIC | 12:56:13 |
| 2. | Marnie Zakis | VIC | 17:55:58 |

RWA 100km Walk Championship Men

- | | | | |
|----|-------------------|-----|----------|
| 1. | David Billett | SA | 13:45:51 |
| 2. | Arie Kandelaars | NED | 14:11:54 |
| 3. | Christer Svensson | SWE | 16:56:51 |

The meet also included 12 Hour and 6 Hour Run and Walk and Marathon Run Championships. The Marathons started at midday on Saturday, the 12H races started at 6PM on Saturday while the 6 Hour races started at 6AM on the Sunday morning.

The Marathon Runs were won by **Fiona Smeaton** (VIC) and **Sean McGrath** (VIC). With 21 marathon runners overall, this was our best entry list so far in that event which has now got some critical mass behind it.

Marathon Run Women

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|----|------------------|-----|---------|
| 1. | Fiona Smeaton | VIC | 4:01:08 |
| 2. | Felicity Beasley | VIC | 5:11:29 |
| 3. | Lindy Yap | VIC | 6:08:33 |
| 4. | Marion Isobel | VIC | 7:45:16 |

Marathon Run Men

- | | | | |
|-----|--------------------|-----|---------|
| 1. | Sean McGrath | VIC | 3:28:49 |
| 2. | Martin Buden | VIC | 3:36:57 |
| 3. | Samuel Raiz | VIC | 3:39:56 |
| 4. | Michael Collins | VIC | 3:40:40 |
| 5. | Barry McManus | VIC | 3:56:21 |
| 6. | Nikola Mandic | VIC | 4:02:16 |
| 7. | Gavin Ma | VIC | 4:19:42 |
| 8. | Paul O'Brien | VIC | 4:34:28 |
| 9. | John Kaparelis | VIC | 4:34:58 |
| 10. | Bruce Venables | VIC | 4:40:00 |
| 11. | Kevin Barry | VIC | 4:52:44 |
| 12. | Brendan Bonell | VIC | 4:57:29 |
| 13. | Dimitrios Tsironis | VIC | 5:06:00 |
| 14. | Ben Fleisner | VIC | 5:06:26 |
| 15. | David Scott | VIC | 5:26:55 |
| 16. | Ben Moore | VIC | 5:46:53 |
| 17. | Stephen Lewis | QLD | 7:45:15 |

The 12 Hour runs were won by **Corrina Smith** (126.818km) and **James Inwood** (110.464km) and the 6 Hour runs were won by **Kirstin Bull** (a new Australian record of 79.915km) and **Dominic Boshier** (83.236km).

12 Hour Run Women

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|----|-------------------|-----|------------|
| 1. | Corrina Black | QLD | 126.818 km |
| 2. | Martine Nield | VIC | 103.057 km |
| 3. | Kylie Irshad | VIC | 80.813 km |
| 4. | Kirsten Mazaraki | VIC | 75.257 km |
| 5. | Chloe Skewes-Weir | NSW | 52.034 km |
| 6. | Allicia Heron | ACT | 43.863 km |

12 Hour Run Men

- | | | | |
|----|-------------------|-----|------------|
| 1. | James Inwood | NZL | 110.464 km |
| 2. | Heath Hocking | VIC | 95.925 km |
| 3. | Graeme Cook | VIC | 86.378 km |
| 4. | Dan Symonds | QLD | 80.416 km |
| 5. | Tim Hood | VIC | 71.028 km |
| 6. | Mark Kani | VIC | 57.592 km |
| 7. | Glenn Membrey | VIC | 42.573 km |
| 8. | Gerard Santamaria | VIC | 33.972 km |
| 9. | David Williams | TAS | 30.532 km |

10. Jonathan Au	VIC	27.522 km
11. John Nuttall	QLD	24.081 km

6 Hour Run Women

1. Kirstin Bull	VIC	79.915 km
2. Donna Urquhart	VIC	62.361 km
3. Rebecca Cowie	VIC	59.345 km
4. Diane Nicholls	VIC	58.240 km
5. Carmel Pardy	VIC	52.443 km
6. Haley Keating	VIC	49.562 km
7. Melissa Debnam-Smith	VIC	36.122 km
8. Mia Incerti	VIC	13.187 km

6 Hour Run Men

1. Dominic Boshier	VIC	83.246 km
2. Pramesh Prasad	VIC	75.485 km
3. Mark Beddell	VIC	68.656 km
4. Adam Bryce	VIC	62.995 km
5. Stuart Hughes	VIC	62.523 km
6. Stephen Redfern	VIC	61.663 km
7. Oliver Deacon	VIC	60.570 km
8. Patrick Maple	VIC	56.313 km
9. Jon Lim	VIC	55.529 km
10. Matteo Fulchiati	VIC	55.516 km
11. Francis Cosson	VIC	55.424 km
12. Bill Bardsley	VIC	55.314 km
13. Shaun Moore	VIC	53.369 km
14. Stuart Boardman	VIC	50.314 km
15. Andrew Hewison	VIC	45.861 km
16. Karl Koeleman	VIC	36.125 km

The shorter walks were won by **Elizabeth Smith** (NSW), **Bruce Watt** (VIC), **Karyn O'Neill** (VIC) and **Rohit Sharma** (VIC). Our challenge remains to attract bigger fields for these events, which continue to be under subscribed.

12 Hour Walk Women

1. Elizabeth Smith	TAS	65.409 km
2. Susan Fitton	VIC	61.263 km
3. Elise Hess	VIC	54.279 km
4. Lorraine Billett	SA	34.293 km

12 Hour Walk Men

1. Bruce Watt	VIC	73.580 km
2. John Timms	VIC	58.017 km
3. Anubhav Tewari	VIC	25.391 km
4. Tony Wilms	VIC	12.024 km

6 Hour Walk Women

1. Karyn O'Neill	VIC	42.972 km
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6 Hour Walk Men

1. Rohit Sharma	VIC	40.797 km
2. Albin Hess	VIC	39.582 km
3. Akshat Sharma	VIC	31.773 km
4. Kev Johnson	VIC	30.499 km
5. Steven Haverly	VIC	28.086 km
6. Ken Carter	VIC	22.660 km

The perpetual trophies were awarded as follows

Victorian 24 Hour Track Champion:	Joe Ward (NSW)
Coburg Endurance Award:	Sean Bell (VIC)
Jim Gleeson Trophy:	Michelle Thompson (VIC) and David Billett (SA)
Gordon Smith Trophy:	Arie Kandelaars (NED)

The dreadful conditions meant that nearly all record attempts fell short. The exception was in the 6 Hour Run where Melbourne runner **Kirstin Bull** stormed through to a new Australian 6 Hour Record of 79.915km.

2023 was the 36th annual staging of this iconic event. We will be back in April 2024 for another exciting weekend of racing. See you all then.

Tim Erickson
Race Director
Saturday 22nd April 2023