

**Coburg Harriers Club Inc.  
Australian Centurion Walkers Inc.**

**Coburg 24 Hour Carnival  
Saturday 16 April - Sunday 17 April 2005**

The 2005 Coburg 24 Hour carnival was held one again at the Harold Stevens Reserve in Coburg. A record total of 19 walkers and 34 runners competed in a variety of running and walking events throughout the 24 hour period.

The carnival started at 10AM on the Saturday morning in overcast cool conditions. The sun broke through after several hours but was never too debilitating with the day recording a maximum temperature of 19°C. A cold still night was followed by a sunny Sunday morning as the 24 hour competitors closed in on their various individual targets.

It was particularly gratifying to see 29 of the 53 entrants choosing to compete in the 24 Hour events. The 24 Hour Run for Men was a closely fought event between Rudi Kinshofer and Tony Collins. Rudi led from the start and, by half way, had a significant lead. Tony gradually bridged the gap in the second half of the race and was hot on Rudi's heels when the final gun sounded. The 24 Hour Run for Women saw New Zealander Norilie Lopez complete an easy win. She was content to retire once she had reached her 100 mile target in around the 21 hour mark. It was an impressive run. Carol Baird had been expected to challenge but perhaps paid the price for a hard 50 km race the previous weekend.

The 24 Hour Walk events saw 3 walkers – Geoff Hain, David Billett and Jill Green - reach the 100 mile mark and thus achieve Centurion the Centurion standard. A special mention to English walking legend Jill Green who, at 63 years of age, was actually the first walker to reach the 100 mile mark in 22:58:31. In a 20 year career, she has done over 50 100 mile walks and shows no signs of slowing. Geoff and David are both accomplished ultra runners and have now perhaps found a second string to their bows.

Standout runners in the 12 Hour events were the 2 winners, Ken Marsh and Michelle Thompson. Both completed in excess of 100 km and were comfortable winners.

The 6 Hour Run events provided more than their fair share of interest. In the first heat of the Men's event, Tasmanian Simon Phillips ran a very impressive 72.638 km. No one in the second heat could match it but with Yiannis Kouros starting at 4AM on the Sunday morning, the stage was set for an interesting wait. Where Simon had headed out hard and then slowed, Yiannos started slowly and built into his rhythm as his race progressed. The final results show that Simon completed 196m further than Yiannis so he took the overall award. Head to head, it would have made for an interesting battle. We were delighted when Yiannis indicated his desire to run and many spectators turned up on the Sunday morning simply to witness him in action – it is not every day you get to see the World's greatest ultra runner in action.

The 6 Hour Run for Women proved just as interesting. Legends Dawn Parris and Shirley Young were always close to each other and they finished 6 metres apart with the final results showing Dawn completing 49.330 km and Shirley completing 49.324 km.

The Coburg Harriers once again did an outstanding job in hosting and manning this event. As usual, they were ably supported by various external experts who freely donated their time and expertise. It is always dangerous to single out a few people but I feel I must acknowledge the long time support given to this event by Malcolm Matthews (computer timing), Michael Gillam (masseur) and Les Clark (whatever is required) who turn up year after year and without whom the event would struggle.

Results and a selection of photos from the events may be viewed at the following two websites

Coburg Harriers website

<http://www.coburgharriers.org.au/html/24hour.htm>

Australian Centurion Walkers website

<http://home.vicnet.net.au/~austcent/index.html>.

We look forward to seeing everyone at the same time and same place next year!

Tim Erickson

For the Coburg 24 Hour Organising Committee

## RUNNING RESULTS

<b>24 Hour Run Male</b>		
<b>Place</b>	<b>No / Name</b>	<b>Distance</b>
1	19. KINSHOFER, Rudolf	192.909
2	15. COLLINS, Tony	191.406
3	25. STANDEVEN, David	176.360
4	24. ZUKOWSKI, Jerry	170.217
5	23. THYS, Dirk	165.487
6	13. ANDERSON, Peter	162.991
7	21. MARSH, Trevor	162.800
8	14. BOULTON, Rathin	130.136
9	17. DEVINE, Allan	128.101
10	26. EVERY, Paul	123.333
11	22. MATCHETT, Ken	121.943
12	18. GRAY, Peter	100.919
13	16. COTTER, Benjamin	68.000

<b>24 Hour Run Female</b>		
<b>Place</b>	<b>No / Name</b>	<b>Distance</b>
1	11. LOPEZ, Norilie	163.200
2	10. BAIRD, Carol	113.236

<b>12 Hour Run Male</b>		
<b>Place</b>	<b>No / Name</b>	<b>Distance</b>
1	64. MARSH, Ken	107.455
2	55. McCORMICK, Richard	90.443
3	52. HARTLEY, Ernest	86.750
4	53. JONES, David	85.394
5	54. SPAIN, Greg	74.978
6	56. OHLENROTT, Bruce	69.926
7	51. BURKE, Warren	44.000

<b>12 Hour Run Female</b>		
<b>Place</b>	<b>No / Name</b>	<b>Distance</b>
1	46. THOMPSON, Michelle	101.856
2	45. STURZAKER, Jane	81.600
3	44. ANDERSON, Faith	81.348

<b>6 Hour Run Male</b>		
<b>Place</b>	<b>No / Name</b>	<b>Distance</b>
1	65. PHILLIPS, Simon	72.638
2	72. KOUROS, Yiannis	72.442
3	69. ROBERTS, Ian	63.334
4	68. LAING, Phil	56.806
5	71. ILIOPOLOUS, Nick	49.250
6	66. GERACE, Pat	44.287
7	67. HOLST, Warren	30.000

<b>6 Hour Run Female</b>		
<b>Place</b>	<b>No / Name</b>	<b>Distance</b>
1	61. PARRIS, Dawn	49.330
2	62. YOUNG, Shirley	49.324

## WALKING RESULTS

### 24 Hour Walk Male

Place	No / Name	Distance
1	37. HAIN, Geoff	163.041
2	35. BILLET, David	161.887
3	34. BAKER, Fred	103.200
4	43. WHYTE, Robin	102.400
5	38. MACKECHNIE, Don	82.394
6	41. MISKIN, Stan	81.950
7	42. WATT, Graham	60.000
8	36. BROOKS, Fred	37.200

### 24 Hour Walk Female

Place	No / Name	Distance
1	29. GREEN, Jill	165.986
2	27. BOLLEN, Karyn	132.988
3	28. CHESTERTON, Val	109.567
4	31. HOWORTH, Sandra	102.555

### 12 Hour Walk Male

Place	No / Name	Distance
1	57. CARTER, Ken	56.188

### 6 Hour Walk Male

Place	No / Name	Distance
1	78. JORDAN, Steve	43.600
2	79. TINSON, Laurie	38.336
3	77. ERASMUS, Willie	33.232

### 6 Hour Walk Female

Place	No / Name	Distance
1	74. MISKIN, Ellwyn	38.793
2	75. BEATTIE, Heather	34.429

## SPECIAL AWARDS AND CHAMPIONSHIPS

### VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

Place	No / Name	Distance
1	19. KINSHOFER, Rudolf	192.909
2	15. COLLINS, Tony	191.406
3	25. STANDEVEN, David	176.360

### AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN

Place	No / Name	Time
1	37. HAIN, Geoff	13:51:31
2	43. WHYTE, Robin	13:57:09
3	35. BILLETT, David	14:11:37

### AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN

Place	No / Name	Time
1	29. GREEN, Jill	13:28:55
2	27. BOLLEN, Karyn	16:32:30
3	28. CHESTERTON, Val	19:33:44

### PERPETUAL TROPHIES

GORDON BURROWES TROPHY	MISKIN, Stan
JACK WEBBER TROPHY	BILLETT, David

### CENTURION 100 MILE QUALIFIERS

GREEN, Jill	C45	22:58:31
HAIN, Geoff	C49	23:27:49
BILLETT, David	C50 **	23:52:27