

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

**Coburg 24 Hour Carnival**  
**Saturday 21 April - Sunday 22 April 2007**

2007 saw the 20<sup>th</sup> annual edition of the Coburg 24 Hour carnival, held as usual at the Harold Stevens Athletics Track in suburban Melbourne. Once again, the event was a popular choice for many experienced and first time ultra competitors and potential entrants had to be turned away when the event filled with 4 weeks to go.

53 of the 54 entrants made it to the start line and the mix saw 35 runners and 19 walkers spread across the 24 Hour, 12 Hour and 6 Hour categories. Of the 54 entrants, 31 chose the 24 Hour event, a pleasing sign for the future of the sport.

The race started on the Saturday morning at 10AM in warm sunny conditions but in less than 2 hours, rain had set in as Melbourne turned on one of its famous weather changes! The showers did not clear until late afternoon and all were then diving for dry clothes and shoes. From then on, the skies remained overcast and further squalls, some quite heavy, created an ongoing challenge for competitors, support teams and race organizers. The flip side was that night time conditions were relatively mild and competitors were not forced into too many layers of clothing.

The 24 Hour Run category included some of our top runners and the race lived up to expectations. Current Australian 48 Hour champion Martin Fryer passed the half way mark in just on 123km, already well in front of his nearest rivals. His final distance of 228.686 km was not far outside his best and made him a comprehensive and worthy winner. Paul Every ran many laps with Martin as their paths crossed in the race and he also beat the 200 km mark, taking second place with 200.996 km. The big surprise of the race was the performance of Coran Lang. This was Coran's first ultra run, his previous longest race being the 2006 Melbourne Marathon. He started conservatively but really upped his pace in the middle stages, steadily climbing up the placings and eventually taking third with 192.877 km, in what must be one of the best inaugural performances for many years. The first 8 finishers all ran further than 100 miles (160.9 km) in what was a high standard event.

A couple of other competitors deserve special mention for their efforts in this event. Kim Cook, in his first 24 Hour track race, came 6<sup>th</sup> with a fine distance of 166.661 km. He would in fact have got a lot further but chose to rest after reaching his 100 mile target. Further down in the field, 85 year old Ken Matchett stole the show with his wonderful run of 108.830 km. The television cameras were there to record Ken's achievement in setting a whole swag of new World and AURA M85 records. Ken will claim records for 50 km, 50 miles, 100 km, 6 Hours, 12 Hours and 48 Hours. His performance also won him the Gordon Burrowes Endurance Award for the gutsiest performance in the carnival.

In other run category events, Lee Earle was the only entrant in the women's 24 Hour Run and she pushed herself all the way to record an inaugural PB of 89.516 km, Colin Brooks easily won the men's 12 Hour Run with a fine 106.071 km, Sarah Drummond headed out hard and then hung on to with the women's 6 Hour Run with 57.200 km and Danny Hawksworth won the men's 6 Hour Run with a very impressive 72.146 km. Both Sarah and Danny are young runners, both new to the ultra distance discipline, with the future ahead of them.

On the walking side, two of the 24 Hour competitors, Terry O'Neill and Geoff Hain, walked in excess of 100 miles to make it 10 in all for the meet. Terry won the walk overall with 169.741 km to add a second centurion badge to his first, achieved way back in 1979! It's been a long wait to see him back in a 24 Hour event. For Geoff, it was his 6<sup>th</sup> centurion walk finish in less than 3 years, a great effort in consistency and mental toughness. It was nearly a case of triplets but Louis Commins eventually fell 2 laps short of a centurion finish, coming third with 160.150 km.

In the women's 24 Hour Walk, first timer Catherine Cox won with 149.021 km, an excellent debut. She is someone who can challenge the centurion distance of 100 miles with further training. Australian 50 mile walk record holder, Clarrie Jack, was too strong in the men's 12 Hour Walk and won in 88.370 km while last year's 6 Hour Walk winner Steve Jordan upped his distance successfully to take second with 85.980 km. The women's 12 Hour Walk saw Val Chesterton break her own W65 50 km Australian record by over 1 hour. She passed the 50 km mark in 7:05:57 and then called it quits, well satisfied with her day's work. In the men's 6 Hour Walk, first timer Paul Kennedy won with 52.800 km, beating Robin Whyte but just over 2 km.

All in all, the carnival produced a whole swag of top quality performances and lived up to its rating as one of Australia's top ultra events.

As usual, the Coburg Harriers did an outstanding job in hosting and manning this weekend of racing. Special thanks to Michael Gillam (masseur extraordinary) and Les Clark (whatever is required) who turn up year after year and add much to an already great event.

Results and a selection of photos from the events will be posted on the following websites

- The Coburg Harriers event website <http://www.coburgharriers.org.au/>
- The 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 2007 Coburg 24 Hour Carnival Organising Committee  
Monday 14 May 2007

### **RESULTS - SPECIAL CATEGORIES**

#### **12 Hour Team Relay**

1 Westbreen Little Athletics Club 87.200 km

#### **Victorian 24 Hour Track Championship**

1 FRYER, Martin 228.686 km  
2 EVERY, Paul 200.996 km  
3 LANG, Coran 192.877 km

#### **Australian 100 Km Walk Championship Male**

1 O'NEILL, Terry 13:08:08  
2 HAIN, Geoff 14:04:47  
3 COMMINS, Louis 14:21:09

#### **Australian 100 Km Walk Championship Female**

1 BOLLEN, Karyn 14:51:40  
2 COX, Catherine 15:00:11

#### **Perpetual Trophies**

Gordon Burrowes Endurance Award MATCHETT, Ken  
Jack Webber Trophy O'NEILL, Terry

## RESULTS - RUNNING CATEGORIES

### **24 Hour Run Male**

Place	Laps	Total Distance	Race No	Name
1	571	228.686	16	FRYER, Martin
2	502	200.996	15	EVERY, Paul
3	482	192.877	19	LANG, Coran
4	466	186.768	13	BOYCE, Robert
5	430	172.055	18	KINSHOFER, Rudolf
6	416	166.661	14	COOK, Kim
7	413	165.358	12	BILLETT, David
8	406	162.661	28	PHILLIPS, Lindsay
9	327	130.996	25	McCORMICK, Richard
10	312	125.024	23	MARSH, Trevor
11	302	121.045	22	LOLAIT, Lawrie
12	287	115.040	32	STAPLES, Alan
13	283	113.238	17	GRAY, Peter
14	272	108.830	24	MATCHETT, Ken
15	236	94.400	34	WISE, Garry
16	104	41.600	26	McPHEE, Jevvan
17	104	41.600	33	TIMMS, John
18	65	26.000	27	OHLENROTT, Bruce
	0	0.000	29	SCHWEBEL, Ron

### **24 Hour Run Female**

1	223	89.516	35	EARLE, Lee
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### **12 Hour Run Male**

1	265	106.071	36	BROOKS, Colin
2	234	93.895	37	CARSON, Max
3	213	85.344	38	HARTLEY, Ernie
4	199	79.787	39	JONES, David

### **6 Hour Run Male**

1	180	72.146	43	HAWKSWORTH, Danny
2	166	66.542	46	MARSHALL, Kelvin
3	159	63.880	47	NUTTALL, John
4	151	60.516	42	COLE, Daniel
5	101	40.400	45	LOVELL, Andrew
6	93	37.200	44	ILIOPOULOS, Nick
7	51	20.400	97	BEST, Graeme

### **6 Hour Run Female**

1	143	57.361	48	DRUMMOND, Sarah
2	140	56.141	52	THORN, Julia
3	127	50.958	49	BROWN, Sue
4	122	48.939	53	YOUNG, Shirley

## RESULTS - WALKING CATEGORIES

### **24 Hour Walk Male**

Place	Laps	Total Distance	Race No	Name
1	424	169.741	58	O'NEILL, Terry
2	406	162.444	57	HAIN, Geoff
3	400	160.150	55	COMMINS, Louis
4	352	140.950	54	ATTRILL, David
5	293	117.447	62	SKRUCANY, Rudolf
6	289	115.600	63	WEBBER, Bruce
7	263	105.302	56	FISHER, Pat
8	223	89.200	59	SKINNER, Deryck

### **24 Hour Walk Female**

1	372	149.021	66	COX, Catherine
2	317	126.941	64	BOLLEN, Karyn
3	119	47.702	65	CHOMYN, Sharon

### **12 Hour Walk Male**

1	220	88.370	68	JACK, Clarrie
2	214	85.980	72	JORDAN, Steve
3	159	63.718	69	JACKSON, Ross
4	120	48.052	67	CARTER, Ken

### **12 Hour Walk Female**

1	130	52.000	73	CHESTERTON, Val
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### **6 Hour Walk Male**

1	132	52.826	74	KENNEDY, Paul
2	126	50.400	76	WHYTE, Robin
3	9	3.600	75	POORE, Alex

### **Centurion Walks**

O'NEILL, Terry	21:48:35
HAIN, Geoff	23:33:47