



## 2011 COBURG 24 HOUR CARNIVAL

24 Hour Events - 16-17 April 2011  
Coburg Athletics Track, Coburg, Melbourne



The 2011 Coburg 24 Hour Carnival was spread over 2 weekends, with the 6 Hour events held on Saturday 5<sup>th</sup> March and the 24 Hour events held on the weekend of 16<sup>th</sup> - 17<sup>th</sup> April.

Of the final field of 45 entrants in the 24 Hour Championships, 39 walkers and runners were present when the starter's gun was fired at 10AM on the Saturday morning. Intermittent cloud cover and a cool breeze during the day allowed all the runners and walkers to get off to a good start and by 6PM, there were the makings of some fantastic performances. A very cold night meant a testing time but come Sunday morning most were still on the track and a good crowd was on hand to witness the final gun sound at 10AM.

### 24 Hour Run Men

This was the biggest field on paper with 20 starters. Race favourite Mick Francis was soon in command and, by the 5 hour mark, was over 3km in front of his nearest rivals with a distance of 56km. But disaster then struck as an old ankle injury flared and he was soon forced to withdraw. Little separated Malcolm Gamble, Justin Scholz, Trevor Allen, Rick Cooke and Keith Sullivan at that stage and we looked set for an interesting tussle. Mal was the one to respond most forcefully and, by the 12 hour mark, he had a clear lead with 120.4km, some 3km ahead of Justin with Mal a further 4km in arrears. As the night progressed, Mal struggled and by the 18 hour mark, Justin had overtaken him and was now some 4 km in front with 168.4km.

More twists were still to occur as Justin then started to slow, giving hope to those behind him. At the same time, Rick Cooke, running in his first 24 hour event, made his move, storming into second place and eating into Justin's lead. With a little over 2 hours to go, Rick took the lead and, from then on, it was just a case of how far he would get – a fantastic inaugural distance of 216.428km. Behind him, Mal and Trevor also passed Justin as he slowed further. All four recorded PBs with Mal 210.810km, Trevor 206.417km and Justin 203.378. Special mention also to Paul Wright who was next in with 194.882 km, a massive PB.



*Rick Cooke, Mal Gamble, Trevor Allen, Justin Scholz and Paul Wright*

1.	COOKE, Rick	VIC	216.428 km
2.	GAMBLE, Malcolm	VIC	210.810 km
3.	ALLEN, Trevor	QLD	206.417 km
4.	SCHOLZ, Justin	VIC	203.378 km
5.	WRIGHT, Paul	TAS	194.882 km
6.	LOCKWOOD, Glenn	NSW	175.665 km
7.	BROOKS, Colin	SA	164.182 km
8.	BOYCE, Robert	VIC	146.210 km
9.	KELLY, Chris	VIC	142.969 km
10.	COLLINS, Tony	NSW	137.407 km

11. ABLETT, Tim	VIC	133.462 km
12. STAPLES, Alan	NSW	130.245 km
13. SULLIVAN, Keith	QLD	125.200 km
14. MARSH, Trevor	VIC	115.200 km
15. TRUSLER, Simon	VIC	114.400 km
16. GRAY, Peter	VIC	101.385 km
17. TIMMS, John	VIC	94.800 km
18. RADOTIC, Sasha	CROATIA	82.800 km
19. FRANCIS, Mick	WA	66.000 km
20. ORCHARD, Scott	VIC	62.800 km
BRELSFORD, David	TAS	DNS
McPHEE, Jeevan	VIC	DNS

### 24 Hour Run Women

The women's event saw Bernadette Benson shoot to the front, covering nearly 12km in the first hour and looking fantastic. Behind her, Kerrie Bremner and Natalie Jennings were level pegging and running their own races a few laps behind. It soon became apparent that Bernadette was in record mode as she passed the 6 Hour mark with 70.4km, the same distance she recorded in winning the Moe 6 Hour late last year. Her lead over Kerrie was now a massive 6.4km with Natalie a further 3.6km in arrears. She continued to power through to the 100km mark, passing it in a new Canadian W40 record time of 8:50:38. She had intended to keep going but her body said otherwise and she soon withdrew, happy with her run and content to now watch from the sidelines.

Kerrie reached the 12 Hour mark with a fantastic 119.6km, in second place overall and less than 1km behind race leader Mal Gamble. Natalie Jennings, with 115.6km, was not far behind and was in fourth place overall. Alas, Natalie was soon on the sidelines, the great first 12 hours of the race taking its toll.

Kerrie showed great determination in the second half, hanging in for a final distance of 203.020 km, the fifth runner on the day to better 200km. Julia Thorne, who had run her own race further back in the field, was rewarded with second place and a distance of 151.776km while Natalie, even though she retired, still took third with 129.600km.



*Kerrie Bremner, Julia Thorne, Natalie Jennings and Bernadette Benson*

1. BREMNER, Kerrie	ACT	203.020 km
2. THORN, Julia	VIC	151.776 km
3. JENNINGS, Natalie	NSW	129.200 km
4. BENSON, Bernadette	WA	105.600 km

### 24 Hour Walk Men

Dutch Centurion Martijn Van den Boogaard and British Centurion Mark Wall were expected to be the big guns in the men's walk and they were right on schedule for their 100 mile targets with 12 hour splits of 86.94km and 85.698km respectively. Steve Jordan, with 84.456km, was not far behind and also looked strong while Lou Commins, with 81.558km, was also in the hunt. But while Mark continued on his merry way, Martijn and the others were in trouble, all slowing and falling behind schedule.

The final results tell the story. Mark powered through the 100 mile mark in 23:20:41 to become Australian Centurion number 59 while most of the other walkers, Martijn, Steve and Lou included, slowed and were forced to take time out. Martijn eventually took second with 136.436km but he was very disappointed with his walk. Lou took third with 135.011km. Special mentions to Doug McKay and John Voitin who both showed great determination, continuously circling the track for the full 24 hours to record 133.752km and 111.404km respectively.



*Mark Wall, Martijn Van den Boogaard and Louis Commins*

1.	WALL, Mark	VIC/ENG	161.733 km
2.	Van den BOOGAARD, Martijn	HOLL	136.436 km
3.	COMMINS, Louis	NSW	135.011 km
4.	McKAY, Doug	ACT	133.752 km
5.	JORDAN, Steve	VIC	113.628 km
6.	VOITIN, John	VIC	111.404 km
7.	DUKE, Daniel	VIC	73.817 km
8.	MACRAE, David	VIC	47.691 km
	JACK, Clarrie	VIC	DNS

#### **24 Hour Walk Women**

The women's walk saw last year's 24 Hour Run winner Michelle Thompson in action as a walker and was she good. By the 6 Hour mark, she had covered 49.680km to be first walker overall, 1km ahead of Mark Wall, and on target for a big time. Karyn O'Neill was second at that point with 45.560km and Dawn Parris was third with 42.642km.

From then on, it was the Michelle show as she powered through to set new W40 Australian records for 50 miles, 12 Hours, 100 km, 100 miles (she became Australian Centurion number 58 with her 100 mile split of 22:03:37) and 24 Hours, finishing with 172.593km, just short of her 172.906km which she recorded in winning last year's Coburg 24 Hour Run. Now that's an interesting statistic!

Karyn O'Neill walked her best race for many years, digging deep to pass the 100 mile mark in 23:44:26. Of course, Karyn is already an Australian Centurion, having qualified in 2002 with 23:35:56, and this was a very popular comeback. English walker Serena Queeney added some 6km to her best to take third with 153.638km, tantalisingly close to the 100 mile standard, and we hope that with further experience and training, she can achieve the elusive walking standard.

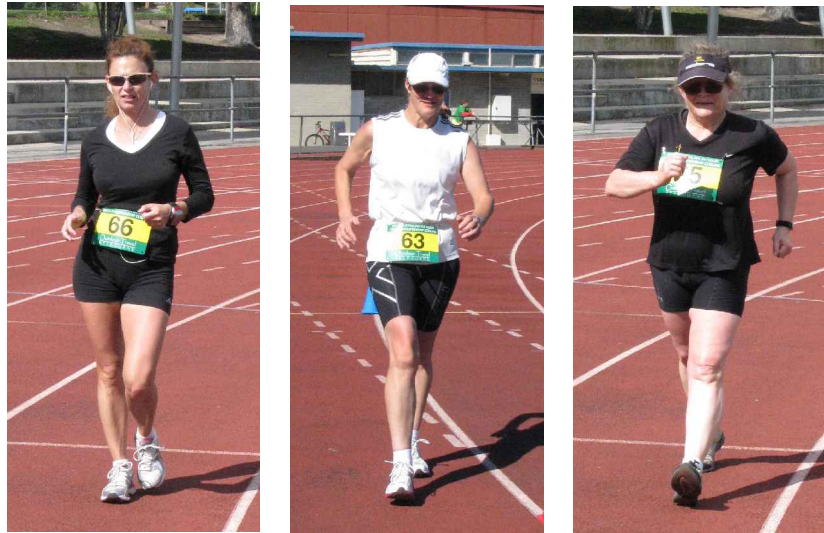
Susannah Harvey-Jamieson had been expected to fight out the 24 Hour run but disaster struck in the final days as her foot flared up after a run. Rather than miss the event, she opted to swap to the walk, taking fourth place with a commendable 137.829km, just ahead of Dawn Parris with 134.949km. A special mention to Diana Kelly who strolled for the full 24 hours, always smiling and obviously enjoying the experience, her final distance 114.895km

1.	THOMPSON, Michelle	VIC	172.593 km
2.	O'NEILL, Karyn	VIC	162.092 km
3.	QUEENEY, Serena	ENG	153.638 km
4.	HARVEY-JAMIESON, Susannah	QLD	137.829 km
5.	PARRIS, Dawn	VIC	134.949 km
6.	KELLY, Diana	WA	114.895 km

7. HOWORTH, Sandy

VIC

89.148 km



*Michelle Thompson, Karyn O'Neill and Serena Queeney*

This year, the Coburg carnival hosted the annual Australian 24 Hour Track Championships, with places as follows:

**AUSTRALIAN 24 HOUR TRACK CHAMPIONSHIP - MEN**

- |    |                 |     |             |
|----|-----------------|-----|-------------|
| 1. | COOKE, Rick     | VIC | 216.428 km  |
| 2. | GAMBLE, Malcolm | VIC | 210.81 0 km |
| 3. | ALLEN, Trevor   | QLD | 206.417 km  |

**AUSTRALIAN 24 HOUR TRACK CHAMPIONSHIP - WOMEN**

- |    |                   |     |             |
|----|-------------------|-----|-------------|
| 1. | BREMNER, Kerrie   | ACT | 203.02 0 km |
| 2. | THORN, Julia      | VIC | 151.776 km  |
| 3. | JENNINGS, Natalie | NSW | 129.2 00 km |

A number of additional championships were contested and the two main perpetual trophies were awarded as follows:

**VICTORIAN 24 HOUR TRACK CHAMPIONSHIP**

- |    |                 |     |             |
|----|-----------------|-----|-------------|
| 1. | COOKE, Rick     | VIC | 216.428 km  |
| 2. | GAMBLE, Malcolm | VIC | 210.81 0 km |
| 3. | ALLEN, Trevor   | QLD | 206.417 km  |

**AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN**

- |    |                           |      |          |
|----|---------------------------|------|----------|
| 1. | WALL, Mark                | ENG  | 13:55:56 |
| 2. | Van den BOOGAARD, Martijn | HOLL | 14:02:33 |
| 3. | JORDAN, Steve             | VIC  | 14:21:25 |

**AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN**

- |    |                    |     |          |
|----|--------------------|-----|----------|
| 1. | THOMPSON, Michelle | VIC | 12:43:24 |
| 2. | O'NEILL, Karyn     | VIC | 14:13:51 |
| 3. | QUEENEY, Serena    | ENG | 14:50:46 |

**COBURG 24H ENDURANCE AWARD**

KELLY, Chris

**JACK WEBBER TROPHY**

THOMPSON, Michelle

**CENTURION PERFORMANCES**

- |                    |         |             |                              |
|--------------------|---------|-------------|------------------------------|
| THOMPSON, Michelle | VIC     | <b>C 58</b> | 100 miles walked in 22:03:27 |
| WALL, Mark         | VIC/ENG | <b>C 59</b> | 100 miles walked in 23:20:41 |
| O'NEILL, Karyn     | VIC     | <b>C 45</b> | 100 miles walked in 23:44:26 |

Hourly updates were uploaded to the Coburg Harriers Website (<http://www.coburgharriers.org.au/>) and this enabled

many to follow the event as it unfolded.

Comprehensive selections of photos from both the 6 Hour and the 24 Hour championships have now been uploaded to <http://www.rwa.org.au/coppermine/index.php>.

Once again, we restricted run entrants to lanes 1-2 and walk entrants to lanes 3-4. Our Computer lapscoreing worked well and we were able to confirm the provisional race results within 1 hour of the event finish and hand out printed results at the presentations.

Thanks to the many people who helped make the event so successful again this year – the Coburg Harriers, the Australian Centurions, our First Aid staff and masseurs, Heather Collyer and our canteen staff, Debbie Canal and our many officials and of course the runners and walkers and their crews.

Thanks especially to our major sponsor, Phillip van Dueren of *Melbourne Outdoor Travel*, who provided race day tee shirts and numbers and covered other miscellaneous costs.

See you all next year, same time same place.

Tim Erickson

On behalf of the Coburg 24 Hour Carnival Organizing Committee

Last Update: Thursday 11 May 2011