

## 2015 COBURG 24 HOUR CHAMPIONSHIPS, COBURG, VICTORIA, 18-19 APRIL 2015

It is my pleasant duty to report on the 27<sup>th</sup> annual Coburg 24 Hour Championships which were held at the Harold Stevens Athletics Track in Coburg (Melbourne) on the weekend of 18-19 April 2015. The event also hosted the AURA Australian 24 Hour Track Running Championships as well as the Australian Centurion Walkers annual qualifying event.

The event was subscribed to capacity with entries closing at the designated maximum of 60. As it turned out, we had a number of late withdrawals and a final field of 49 competitors (36 runners and 13 walkers) toed the line for the 10AM start on the Saturday morning.

After a pleasant first few hours of racing, the weather turned ugly, raining for some 5 hours in the early evening, and from then on, conditions remained cold with further showers. The attrition rate was high with a number of entrants having to take time off the track or, in some cases, stopping completely.

But with all that said, the standard was very high with 7 runners over 200km and 12 in excess of 100 miles (and that is with all our top runners at the World 24 Hour Championships in Italy).

The 6 Hour mark saw WA runner Paul Hopwood already in the lead with 66.4km, nearly 2km ahead of Mal Gamble and Justin Scholz. By the 12 hour mark, Mal had nearly bridged the gap, Paul reaching the half way mark with 124.4km, Mal only one lap in arrears and Daragh O'Loughlin a further 3 laps back in third. The stage looked set for a great second half as Mal continued to close the gap over the next hour. But that was as close as he got and he was forced to slow after the 13 hour mark. That left Paul on his own out front and he ran on strongly for a huge PB final distance of 229.873km. Daragh O'Loughlin 225.871km and Rob Mason 216.887km filled the minor places, also with big PBs. The WA runners filled 1<sup>st</sup>, 4<sup>th</sup> and 6<sup>th</sup> spots, a great effort.

### 24 Hour Run Men

|     |                     |     |            |
|-----|---------------------|-----|------------|
| 1.  | Paul Hopwood        | WA  | 229.873 km |
| 2.  | Daragh O'Loughlin   | VIC | 225.871 km |
| 3.  | Rob Mason           | NSW | 216.887 km |
| 4.  | Ben Treasure        | WA  | 207.335 km |
| 5.  | Chris Knowles       | QLD | 200.810 km |
| 6.  | Shaun Kaesler       | WA  | 186.315 km |
| 7.  | Joe Lewis           | VIC | 183.844 km |
| 8.  | Peter Black         | VIC | 166.802 km |
| 9.  | Malcolm Gamble      | VIC | 158.800 km |
| 10. | Shane James         | TAS | 156.217 km |
| 11. | Leigh D'Arcy        | QLD | 151.965 km |
| 12. | Kerry Clapham       | VIC | 150.408 km |
| 13. | Dean O'Mara         | QLD | 146.930 km |
| 14. | Tony Wilms          | VIC | 134.989 km |
| 15. | Trevor Allen        | QLD | 132.000 km |
| 16. | Graeme Watts        | QLD | 128.512 km |
| 17. | Justin Scholz       | VIC | 122.400 km |
| 18. | Ken Marsh           | VIC | 106.400 km |
| 19. | Dean Metcalf        | TAS | 94.137 km  |
| 20. | Trevor Marsh        | VIC | 92.400 km  |
| 21. | James Sylvester     | ACT | 86.800 km  |
| 22. | George Mihalakellis | VIC | 82.940 km  |
| 23. | Peter Gray          | VIC | 76.139 km  |
| 24. | Robert Knowles      | QLD | 65.600 km  |
| 25. | Warren Holst        | VIC | 64.000 km  |
| 26. | Barry McBride       | SA  | 62.800 km  |
| 27. | Rikus Slabbert      | VIC | 62.620 km  |
| 28. | Brett Easton        | ACT | 26.800 km  |



**Paul Hopwood, Daragh O'Loughlin and Rob Mason**

Nikki Wynd went straight to the lead in the women's 24 Hour run, covering 60km in the first 6 hours and continuing on in fine style from there on. Isobel Bespalov was in second place at this stage with 58.4km but she was soon to retire, bequeathing second place to Nicole Barker. The positions remained unchanged over the next 6 hours with Nikki passing the 12 hour mark with 113.2km ahead of Nicole with 111.6km and Sabina Hamity with 106km. As for the men, positions remained unchanged from then on, Nikki eventually winning with 221.113km ahead of Nicole 213.573 and Sabina 192.499km.

**24 Hour Run Women**

|    |                  |     |            |
|----|------------------|-----|------------|
| 1. | Nikki Wynd       | VIC | 221.113 km |
| 2. | Nicole Barker    | VIC | 213.573 km |
| 3. | Sabina Hamaty    | NSW | 192.499 km |
| 4. | Agni Ziogos      | VIC | 161.207 km |
| 5. | Kati Bell        | USA | 138.177 km |
| 6. | Annabel Hepworth | NSW | 135.699 km |
| 7. | Cassie Smith     | QLD | 80.000 km  |
| 8. | Isobel Bespalov  | VIC | 73.600 km  |



**Nikki Wynd, Nicole Barker and Sabina Hamaty**

The walk divisions, although a lot smaller than the run division, also produced some excellent performances, ably led by local Victorian walker John Kilmartin who achieved the 100 mile walk milestone with a time of 21:11:56, thus becoming Australian Centurion number 67. He was one of a number of record breakers on the day

- Michelle Thompson Open 100km Residential 11:38:04
- Michelle Thompson Open 12 Hours Residential 103.209 km
- Michelle Thompson Open & W45 100km All-Comers/Residential 11:38:04
- Michelle Thompson Open & W45 12 Hours All-Comers/Residential 102.209 km
- John Kilmartin M60 100 Miles All-Comers/Residential 21:11:56
- Val Chesterton W70 50km All-Comers/Residential Inaugural: 9:04:47
- Val Chesterton W70 12 Hours All-Comers/Residential Inaugural: 63.776 km
- Val Chesterton W70 24 Hours All-Comers/Residential Inaugural: 63.684 km
- Karyn O'Neill W60 12 Hours Residential 83.864 km

The walking event was a race of 2 halves. The first 12 hours was dominated by **Michelle Thompson** as she powered through, well ahead of anyone else and on record pace. She was rewarded with Australian Open records for 100km (11:38:04) and 12 Hours (103.209km), performances which only a small number of Aussie men have ever matched. She then stopped to have her feet checked and decided on advice to retire as the rain had wreaked havoc with her toes and it was a case of stop now or do more damage. From then on, it was the **John Kilmartin** show as he powered through to his 100 miles with almost unbelievable consistency, never more than 1-2 secs variation from lap to lap. His 50 mile splits tell the story: 10:33 followed by 10:38 for a 100 mile time of 21:11:56. He then walked a couple of extra laps for insurance purposes and called it quits, job done for the day. Other walk record breakers included **Karyn O'Neill** (a new W60 12H record of 83.864 km) and **Val Chesterton** who set inaugural W70 records for 50km, 12 Hours and 24 Hours.



**John Kilmartin, Michelle Thompson, Val Chesterton and Karyn O'Neill**

**24 Hour Walk Men**

- |    |                      |     |            |
|----|----------------------|-----|------------|
| 1. | John Kilmartin (C67) | VIC | 161.734 km |
| 2. | Chris Kelly          | VIC | 131.413 km |
| 3. | Saul Richardson      | NSW | 127.825 km |
| 4. | Louis Commins        | NSW | 110.102 km |
| 5. | Laurie Tinson        | VIC | 101.602 km |
| 6. | Robin Whyte (C29)    | ACT | 100.773 km |
| 7. | Clarrie Jack (C4)    | VIC | 46.861 km  |
| 8. | Ian Hoad             | VIC | 43.958 km  |
| 9. | Ken Carter           | VIC | 41.470 km  |

**24 Hour Walk Women**

- |    |                         |     |            |
|----|-------------------------|-----|------------|
| 1. | Karyn O'Neill (C45)     | VIC | 133.534 km |
| 2. | Diana Kelly             | WA  | 128.827 km |
| 3. | Michelle Thompson (C58) | VIC | 106.000 km |
| 4. | Val Chesterton          | ACT | 63.864 km  |

The carnival also hosted a number of other championships which are recorded below:

**AURA Australian 24 Hour Track Championship Men**

|    |                   |     |         |
|----|-------------------|-----|---------|
| 1. | Paul Hopwood      | WA  | 229.873 |
| 2. | Daragh O'Loughlin | VIC | 225.871 |
| 3. | Rob Mason         | NSW | 216.887 |

**AURA Australian 24 Hour Track Championship Women**

|    |               |     |         |
|----|---------------|-----|---------|
| 1. | Nikki Wynd    | VIC | 221.113 |
| 2. | Nicole Barker | VIC | 213.573 |
| 3. | Sabina Hamaty | NSW | 192.499 |

**Victorian 24 Hour Track Championship**

|    |              |    |         |
|----|--------------|----|---------|
| 1. | Paul Hopwood | WA | 229.873 |
|----|--------------|----|---------|

**Australian 100 km Track Walk Championship Men**

|    |                |     |          |
|----|----------------|-----|----------|
| 1. | John Kilmartin | VIC | 13:03:50 |
| 2. | Robin Whyte    | ACT | 13:59:00 |
| 3. | Chris Kelly    | VIC | 16:15:20 |

**Australian 100 km Track Walk Championship Women**

|    |                   |     |          |
|----|-------------------|-----|----------|
| 1. | Michelle Thompson | VIC | 11:38:04 |
| 2. | Karyn O'Neill     | VIC | 17:01:23 |
| 3. | Diana Kelly       | WA  | 18:25:13 |

Our two perpetual trophies were won by Shane James and John Kilmartin

**Coburg 24 Hour Endurance Award**                      Shane James

**Australian Centurions Jack Webber Trophy**      John Kilmartin

Results:            <http://www.coburg24hr.org/24hr/files/>

Photos:            <http://www.coburg24hr.org/coppermine/>

Special thanks to

- Long term sponsor Phil van Dueren from Top Ten Treks for his usual great support
- Brett and Robyn Saxon of Trails+ who looked after all our timing needs
- Michael Gillan for his fantastic masseur work as always
- Billy Pearce and Liz Ravalli for their great first aid coverage
- The many volunteers and supporters who come back every year to help us run our event
- The crews who so ably look after all our race entrants

See you all next year - same time, same place.

Tim Erickson

For the Coburg 24 Hour Committee