

2010 COBURG 24 HOUR CARNIVAL

24 Hour Events - 17-18 April 2010

Coburg Athletics Track, Coburg, Melbourne

The 2010 Coburg 24 Hour Carnival was spread over 2 weekends, with the 6 Hour events being held on Sunday 7th March and the 24 Hour events being held on the weekend of 17th – 18th April. A total of 35 walkers and runners contested the 24 Hour weekend with the starter's gun being fired at 10AM on the Saturday morning in sunny and warm conditions. As the Melbourne temperature quickly soared towards 30°C, competitors were faced with the daunting prospect of some 7 hours under full sun before any relief could be expected. Although most started conservatively, the effect was soon obvious and by 4PM, the scene was reminiscent of the final few hours on a Sunday morning rather than the 6 Hour mark. When the day finally gave way to night, most were able to respond but for many the damage was done and the night saw a number of key withdrawals or extended rest periods. Most were back on the track on the Sunday morning for the final few hours 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 23 entrants, 22 of whom started. Race favourite Martin Fryer was soon in control and passed the 6 Hour mark with an excellent 69.200km, some 7km ahead of Justin Scholz with 62.000km and Barry Loveday with 61.200km. Yet 4 laps later Martin was out of the race, his legs seizing up with almost continuous cramping that necessitated an ambulance call. (The good news was that Martin was ok once an intravenous drip was applied at hospital and he was discharged later that night.)

With Martin now out of the race, attention switched to Justin and Barry as they battled for the lead. Perhaps surprisingly, after several more hours it was Barry who took control, able to maintain a steady 10km/hr gait as Justin slowed. By halfway, Barry was well in front with 120.400km as against Justin with 114.000km and David Kennedy with 111.200km. Just before midnight, Justin gave it away, leaving Barry some 10km ahead of David with a further 11km gap to Tim Ablett.

Barry defied the odds in only his second ultra and his first 24 hour event. Although left on his own overnight with no support staff, he continued his 10km/hr pace right through the night and did not drop his first lap until 6AM on the Sunday morning – 199.600km in 20 hours! By that stage, David with 187.600km and Rudi Kinsofer with 158.000km were in second and third places but looking unlikely to challenge. The only question was – how much would Barry slow!

Well, he did slow but not by all that much, still managing to get around at a consistent 8km/hr with no breaks of any significance. His final distance of 232.602km saw him become the first Coburg Harriers athlete to win this prestigious event and the cheering was long and hard. David Kennedy improved his 24 Hour run PB by over 40km to take second with 223.636km while Rudi Kinsofer, a former dual winner of this event, showed his class in holding on for third place with 180.690km. Fourth place was taken by Paul Wright in his first ever ultra of any distance, his final tally of 168.940km rounding off a very impressive debut performance. Fifth place was taken by Ken Marsh who improved his PB by over 30km with 168.051km and now has bragging rights over his brother Trevor, having beaten the family best! The first 5 places all ran well in excess of one hundred miles, a distance that remains an elusive standard for many competitors.

Among the many fine performances, one deserves special mention – that of Dave Brelsford who, at age 67, was the oldest competitor in the field. A late convert to the sport, he successfully completed his first 24 Hour run with a distance of 134.693km, adopting the well known strategy of running the straights and walking the curves (reminiscent of George Audley at Colac!). His performance saw him awarded the Coburg 24 Hour Carnival Endurance Award.

1.	LOVEDAY, Barry	VIC	232.602 km
2.	KENNEDY, David	WA	223.636 km
3.	KINSHOFER, Rudolf	SA	180.690 km
4.	WRIGHT, Paul	TAS	168.940 km
5.	MARSH, Ken	VIC	168.051 km
6.	ALLEN, Trevor	QLD	155.207 km
7.	COLLINS, Tony	NSW	153.009 km
8.	GEORGE, Craig	ACT	140.500 km
9.	BRELSFORD, David	TAS	134.693 km
10.	STAPLES, Alan	NSW	125.121 km
11.	ABLETT, Timothy	VIC	121.200 km
12.	SCHOLZ, Justin	VIC	119.200 km
13.	WATTS, Graeme	QLD	112.571 km

14. TRUSLER, Simon	VIC	112.151 km
15. GRAY, Peter	VIC	106.188 km
16. LOUW, Eric	VIC	102.400 km
17. CARSON, Max	VIC	100.400 km
18. LAST, Geoff	QLD	98.800 km
19. BOYCE, Robert	VIC	90.037 km
20. MURRELL, Michael	VIC	88.400 km
21. DAVIS, Robyn	NSW	79.751 km
22. FRYER, Martin	ACT	70.800 km



Barry Loveday, Dave Kennedy, Rudi Kinsofer and Paul Wright in action at Coburg

24 Hour Run Women

A number of withdrawals meant that only 2 runners started in the women's 24 Hour run and on paper it looked a good matchup. Michelle Thompson was out to beat her 24 Hour PB of 166km while Anne Ziogos, although doing her first 24 Hour run, had good credentials over lesser ultra distances. Michelle led through the 6 Hour mark with 55.600km, about 9 laps ahead of Anne with 52.000km. She increased her lead in the next 6 hours, reaching the halfway mark with 100.000km to Anne's 90.800km. Anne chose to retire at that stage, having battled a hamstring issue for most of the event, leaving Michelle as the sole female runner. She managed 40km in her next 6 hours to pass the 18 hour mark with 140.000km but was forced to slow from then on, finally achieving a 6km PB of 172.906km. This gave her a good double, having won the Coburg 6 Hour walk the previous month.

1. THOMPSON, Michelle	VIC	172.906 km
2. ZIOGOS, Anne	VIC	90.800 km



Michelle Thompson and Anne Ziogos in action at Coburg

24 Hour Walk Men

Peter Bennett, with a PB of 214km, was expected to be in a class of his own in the walk and so it proved. Passing the 6 Hour mark with 51.750km, he was already some 5km ahead of fellow centurion walkers Ian Valentine with 46.368km and Terry O'Neill with 45.540km. By the 12 hour mark he had covered 96.876km as against 87.768km for Ian and 81.972km for Terry. But the second half saw him slow like so many of the other competitors and his eventual winning distance of 171.968km was well below his expectations. But it was still his 9th walk in excess of 100 miles and it did allow us to see this wonderful walker for the first time at Coburg. Behind him, devastation reigned as the field imploded with experienced ultra walkers dropping by the wayside. Amongst the carnage, John Timms, better known for his running exploits, kept his eyes straight ahead and worked his way through the field, eventually finishing second with a very creditable 142.162km. Doug McKay, another walker who managed to keep going, took third with 133.983km.

1.	BENNETT, Peter	QLD	171.968 km
2.	TIMMS, John	VIC	142.162 km
3.	McKAY, Doug	VIC	133.983 km
4.	VALENTINE, Ian	QLD	119.690 km
5.	JORDAN, Steve	VIC	114.285 km
6.	COMMINS, Louis	NSW	105.126 km
7.	O'NEILL, Terry	VIC	82.111 km
8.	SKRUCANY, Rudolf	VIC	72.573 km
9.	JACK, Clarrie	VIC	30.273 km



Peter Bennett, John Timms and Doug McKay in action

24 Hour Walk Women

Like in the run, only two starters toed the line in the women's 24 Hour walk, centurion walker Karyn O'Neill and former ultra running star Dawn Parris. It was Dawn who strode to an early lead, covering 42.642km in the opening 6 hours to lead Karyn by some 6km. By the 12 hour mark, she had increased her lead to 8km with a split of 79.488km. But soon after midnight, she stopped for a rest, allowing Karyn to take the lead after another couple of hours and pass the 100km mark first, thus winning the associated Australian 100km walk championship. Dawn, now back on the track, slowly clawed the lead back as daybreak came. She then went on to win with 134.119km while Karyn took a number of breaks, content to stroll through to 121.263km.

1.	PARRIS, Dawn	VIC	134.119 km
2.	O'NEILL, Karyn	VIC	121.263 km



Dawn Parris and Karyn O'Neill in the Women's 6 Hour Walk

A number of associated championships were contested and two main perpetual trophies were awarded:

VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

1	LOVEDAY, Barry	232.602 km
2	KENNEDY, David	223.636 km
3	KINSHOFER, Rudolf	180.690 km

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN

1	BENNETT, Peter
2	VALENTINE, Ian
3	TIMMS, John

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN

1	O'NEILL, Karyn
2	PARRIS, Dawn

COBURG 24H ENDURANCE AWARD BRELSFORD, David

JACK WEBBER TROPHY BENNETT, Peter

Once again, we restricted run entrants to lanes 1-2 and walk entrants to lanes 3-4. Our Computer lapscoreing worked without any issues and we were able to confirm the final 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 this year – the Coburg Harriers, the Australian Centurions, masseur par-excellence Michael Gillam, our First Aid staff, Heather Collyer and our canteen staff and, of course, the runners and walkers and their crews.

See you all next year, same time same place.

Tim Erickson
On behalf of the Coburg 24 Hour Carnival Organizing Committee
Monday 19 April 2010