



2011 COBURG 24 HOUR CARNIVAL

24 Hour Events - 14-15 April 2012
Coburg Athletics Track, Coburg, Melbourne



The 2012 Coburg 24 Hour Carnival was spread over 2 weekends, with the 6 Hour events held on Sunday 11th March and the 24 Hour events held on the weekend of 14th - 15th April.

Of the final field of 47 entrants in the 24 Hour Championships, 24 runners and 21 walkers were present when the starter's gun was fired at 10AM on the Saturday morning. Unfortunately the weather is the one element over which we have no control and sunny and hot conditions meant a long and tough day in the office. As a consequence, the overall attrition rate over the duration of the event was tremendous – nearly half the field had to have time off the track at one stage or another and many slowed much more than is normally the case. Eventually the torrid day gave way to a mild night and the remainder of the race saw better conditions.

24 Hour Run Men

The first few hours saw early leaders Justin Scholz and Kevin Muller running strongly with a lead of several laps over Trevor Allen, Matt Webb and Ewan Horsburgh but by the 6 hour mark, Kevin and Ewan had cleared out on the rest of the field, Kevin leading with 64.4km and Ewan looking dangerous only a few laps behind. By the 9 hour mark, Ewan had taken the lead and from then on, he was unchallenged. Passing the 12 Hour mark with 122.4km, he continued on with relentlessly consistent laps, eventually winning with an inaugural 24 Hour distance of 234.870km. This win comes just 4 months after his victory in the Coast to Cosci and 2 months after his second place in the Injinji 12 Hour in Canberra and confirms his current great form. Kevin Muller, very much a beginner in the ultra world, took second place with 221.454m. His only other ultra of significance was our 6 Hour run the month before when he finished 3rd with 74.196km. So an impressive debut for him. John Pearson rounded out the podium with 218.053km, a distance which is not far from his PB. Fourth place went to Trevor Allen whose distance of 208.127 was a 2km PB while fifth place went to Ken Marsh with a 19km PB distance of 187.546km and sixth place went to Peter Mullins with 186.354km in his first ever 24 Hour track. Eric Louw competed at Coburg in 2010 but was forced to stop after 12 hours. This year, he made amends, finishing seventh with an inaugural 24 Hour distance of 183.776km.

1.	HORSBURGH, Ewan	NSW	234.870 km
2.	MULLER, Kevin	VIC	221.454 km
3.	PEARSON, John	QLD	218.053 km
4.	ALLEN, Trevor	QLD	208.127 km
5.	MARSH, Ken	VIC	187.546 km
6.	MULLINS, Peter	VIC	186.354 km
7.	LOUW, Eric	VIC	183.776 km
8.	WEBB, Matt	VIC	174.729 km
9.	KELLY, Chris	VIC	162.068 km
10.	APPLEBY, Steve	ACT	156.889 km
11.	WRIGHT, Paul	TAS	148.095 km
12.	BRELSFORD, David	TAS	143.050 km
13.	GAMBLE, Mal	VIC	138.000 km
14.	SAXON, Brett	VIC	126.469 km
15.	VALENTINE, Ian	QLD	110.400 km
16.	METCALF, Dean	TAS	106.730 km
17.	GRAY, Peter	VIC	101.490 km
18.	SCHOLZ, Justin	VIC	101.200 km
19.	MASON, Brendan	CHINA	86.000 km

24 Hour Run Women

All five starters in the women's 24 Hour run were looking for an inaugural 24 hour distance so it promised to be a very interesting race. Clare Voitin and Karen Chan were the early leaders until Clare called it quits around the 6 hour mark. She has just wanted a good hitout in preparation for the Comrades and her withdrawal was expected. This left Karen in front and running strongly with 56 km covered in the first 6 hours. Over the next few hours Karen increased her lead, the only one within striking distance being Agni Ziogos. When Agni was forced out at the 9 hour mark with severe stomach problems, Karen was some 4km ahead of Cassie Smith with Sabina Hamaty a few laps further back. This procession continued for some hours until two things became obvious – Karen was slowing and Sabina was gradually making up ground. At around 2AM, Sabina finally caught Karen and took the lead, running on to finish with an excellent 184.908km. Karen had a very tough time in the second half of the race but held on for second with

173.927km. Cassie Smith was the third placed finisher with 163.070km, another very promising first time run.

1.	HAMATY, Sabina	ACT	184.908 km
2.	CHAN, Karen	NSW	173.927 km
3.	SMITH, Cassie	QLD	162.070 km
4.	ZIOGOS, Agni	VIC	70.000 km
5.	VOITIN, Clare	VIC	66.800 km

24 Hour Walk Men

The presence of 5 accomplished overseas centurion walkers (four Belgian and one Irish) added an international flavour to the men's 24 Hour walk. They joined the cream of our own local ultra walking crop – Peter Bennett, Terry O'Neill and Clarrie Jack. We also had a number of other very impressive local contenders, some of them repeat offenders and some first timers with impressive credentials. It was Peter Bennett who led the field out and he maintained that lead for most of the race until he finally started to flag around the 18 hour mark. Eddy Goeman, who had bided his time well, then took the lead and stormed through to the 100 mile mark, reaching it in 21:16:23. He then retired, goal accomplished as Australian Centurion Number 60. Rudy Schoors was next to reach the centurion mark, in 22:10:05 but he continued on for the full 24 hours, achieving a distance of 173.387km. While the two Belgians had reached their goal relatively comfortably, it was hard to watch Peter Bennett as he listed sideways and backwards. Indeed, his final laps saw him struggling to stay upright as his back had gone on him completely. But finish he did, passing the 100 mile mark in 22:53:09 for his 13th such milestone. Further back, Steve Jordan and Willy Vermeulen were also under pressure and eventually realised they would be an agonising couple of laps short of the required 100 mile mark. They strolled the last section of the race, both finishing with excellent distances but both short of their targets. The next two places went to ultra runners Martin Fryer (doing a final stroll 3 weeks before his 6 Day event in Europe) and Kim Cook. Martin did not attack the race but was content with an unpressured stroll while Kim suffered badly with blistered feet which put paid to his race.

1.	SCHOORS, Rudy	BELGIUM	173.387 km
2.	GOEMAN, Eddy	BELGIUM	161.318 km
3.	BENNETT, Peter	QLD	161.318 km
4.	JORDAN, Steve	VIC	157.232 km
5.	VERMEULEN, Willy	BELGIUM	155.927 km
6.	FRYER, Martin	ACT	152.241 km
7.	COOK, Kim	NSW	134.694 km
8.	TIMMS, John	VIC	128.682 km
9.	COMMINS, Louis	NSW	110.849 km
10.	O'NEILL, Terry	VIC	87.916 km
11.	ESSAM, Phil	ACT	86.467 km
12.	PENDER, Sean	UK	70.499 km
13.	CARTER, Ken	VIC	60.132 km
14.	McKAY, Doug	VIC	59.717 km
15.	JACK, Clarrie	VIC	48.105 km
16.	TURNER, Gary	VIC	33.591 km

24 Hour Walk Women

Centurions Michelle Thompson and Caroline Mestdagh were the two class walkers in this field and they did not disappoint. Michelle led the race overall, ahead of the entire walking field, men as well as women. As she powered through the hours, she set Australian records for 50 Miles (9:35:43), 12 Hours (98.655km) and 100 km (12:09:56) and looked set to challenge the Australian 24 Hour record until, just before the 20 hour mark, she was forced to stop with a burst blood vessel in her leg. It had been an impressive performance. Caroline, meanwhile, continued on at a measured pace, reaching the 100 mile mark in 22:48:25 for yet another centurion finish. Third place went to Dawn Parris with a PB 141.097km while Diana Kelly took fourth with her own PB of 125.244km.

1.	MESTDAGH, Caroline	BELGIUM	162.562 km
2.	THOMPSON, Michelle	VIC	149.707 km
3.	PARRIS, Dawn	VIC	141.097 km
4.	KELLY, Diana	VIC	125.244 km
5.	HOWORTH, Sandra	VIC	53.496 km

A number of additional championships were contested and the two main perpetual trophies were awarded.

VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

1.	HORSBURGH, Ewan	NSW	234.870 km
2.	MULLER, Kevin	VIC	221.454 km
3.	PEARSON, John	QLD	218.053 km

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN

1.	BENNETT, Peter	QLD	12:03:41
2.	GOEMAN, Eddy	BELG	12:44:57
3.	SCHOORS, Rudy	BELG	13:37:53

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN

1.	THOMPSON, Michelle	VIC	12:09:52
2.	MESTDAGH, Caroline	BELG	13:37:58
3.	PARRIS, Dawn	VIC	16:02:25

COBURG 24 HOUR ENDURANCE AWARD

JORDAN, Steve

JACK WEBBER TROPHY

GOEMAN, Eddy

CENTURION PERFORMANCES

GOEMAN, Eddy	BELG	C60	100 Miles	21:16:23
SCHOORS, Rudi	BELG	C55	100 Miles	22:10:05
MESTDAGH, Caroline	BELG	C56	100 Miles	22:48:25
BENNETT, Peter	QLD	C24	100 Miles	22:53:09

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>

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 45 minutes 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, masseur Michael Gillan, Heather Collyer and our canteen staff, 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 race numbers and covered other miscellaneous costs and to new sponsor *Highly Tuned Athletes* who provided a Garmin watch for the most impressive inaugural 24 Hour run (this was won by Karen Chan).

See you all next year, same time same place.

Tim Erickson

On behalf of the Coburg 24 Hour Carnival Organizing Committee

Last Update: Thursday 19 April 2012