

**COBURG
24 HOUR**



09

Outdoor Travel
MELBOURNE

2009 COBURG 24 HOUR CARNIVAL

24 Hour Events - 18-19 April 2009

Coburg Athletics Track, Coburg, Melbourne

The 2009 Coburg 24 Hour Carnival was spread over 2 weekends, with the 6 Hour events being held on Sunday 15th March and the 24 Hour events being held on the weekend of 18th – 19th April.

A total of 37 walkers and runners contested the 24 Hour weekend. The starter's gun was fired at 10AM on the Saturday morning in sunny conditions but cloud cover soon swept across from the west, providing welcome relief for the entrants. This cloud cover stayed for the entire 24 hours of the event and ensured a mild night. This, combined with the still conditions, made for one of the best events we have seen. The runners and walkers revelled in the ideal temperatures and big performances were seen across the board.

24 Hour Run Men



Jo Blake, Martin Fryer, Scott Orchard and Anth Courtney

The men's 24 Hour run had been keenly anticipated given that so many of our top runners had entered and it lived up to all expectations. Jo Blake led from the start, covering 30 laps in the first hour and leading at that stage by 2 laps from Martin Fryer and one further lap to Justin Scholz, Lawrie Lolait and Nathan Fawkes. This lead grew to 9 laps by the 5 hour mark before Jo eased his pace and Martin started to gain on him. Jo passed the 100 km mark in just under 9 hours but was passed by Martin soon after. Justin Scholz was still holding third place with Scott Orchard now in fourth place after some very sensible early running.

At 3AM on the Sunday morning (ie at the 15 hour mark), the race complexion changed again as Jo caught Martin at the 176km mark and forged ahead. Justin was still in third place with 152 km, Scott was fourth with 146km and Anth Courtney had risen to fifth place with 144km.

With Justin now struggling, the top four was settled once and for all. Jo powered on to win with an absolutely magnificent 243.651km, still full of running at the end. Martin, conscious that he faced an international 48 Hour event in only 5 weeks time, eased back and ran comfortably through to take second with 234.647km. Scott Orchard, urged on by his vocal support crew, dug deep to pick up 7 laps on Anth Courtney in the last 2 hours and take third place by a small margin – Scott with 204.579km and Anth with 202.646km.

That gave us 4 male runners in excess of 200 km – a huge effort and an indication of the rapidly improving standard of Australian ultra running. Reading down the finishing list, a further 5 male runners ran in excess of 100 miles in the allotted 24 hours.

1.	BLAKE, Jo	43	NSW	243.651 km
2.	FRYER, Martin	47	ACT	234.647 km
3.	ORCHARD, Scott	36	VIC	204.579 km
4.	COURTNEY, Anth	29	NSW	202.646 km
5.	KINSHOFER, Rudolf	55	SA	183.368 km
6.	GAMBLE, Malcolm	41	VIC	169.462 km
7.	BROOKS, Colin	55	SA	165.096 km
8.	LOLAIT, Lawrie	46	VIC	162.000 km
9.	SCHOLZ, Justin	34	VIC	161.600 km
10.	COLLINS, Tony	61	NSW	153.449 km
11.	MARSH, Trevor	47	VIC	152.311 km
12.	DRAPER, Shane	35	VIC	133.662 km
13.	JONES, David	67	VIC	127.156 km
14.	STAPLES, Alan	59	NSW	125.815 km
15.	HUNTER, Hugh	48	SCOT	122.654 km
16.	FAWKES, Nathan	25	WA	122.631 km
17.	GRAY, Peter	44	VIC	105.790 km

24 Hour Run Women



Susannah Harvey-Jamieson, Marie Doke and Allison Lillie

A number of late withdrawals from the women's 24 Hour run reduced the field to only 4 runners but the quality was still there with Susannah Harvey-Jamieson – 118km in this year's Caboolture 12 Hour - and Marie Doke - 189km for 24 hours - the main contenders. As expected, Susannah and Marie took off at much the same pace, both covering 25 laps in the first hour. But whereas Marie was content to run an even pace, Susannah actually sped up over the next few hours and, after the first 6 hours, had covered an impressive 64km, now 12 laps ahead of Marie with Allison Lilley a further 10 laps in arrears.

From then on, the leading positions never changed and it was just a case of reviewing the hourly lap updates to see what sort of distance each runner was targeting. Susannah powered through 100km in around 9:35 and had 122.5km under the belt by the 12 hour mark. The Australian record of 229km looked in threat if she could hold on but, in her first 24 hour run, it was certainly not a fait-accompli.

And so it proved. Eventually the early pace and the 24 hour format took its toll and, with about 5 hours to go, she slowed significantly. Her final distance of 209.458km is a great first up and she becomes one of only a very small number of Australian women to have broken the 200km barrier. Behind her, Marie Doke was suffering with an inflamed hip and limped home with 185.624km, not far outside her PB but probably a bit disappointing personally. Allison Lilley, running her first track 24 hour event, was the third place getter with an excellent first up 182.166km, not far behind Marie. Allison's effort earned her the Gordon Burrowes Endurance Award as the 'top effort' of the weekend and it was well deserved.

1.	HARVEY-JAMIESON, Susannah	36	QLD	209.458 km
2.	DOKE, Marie	44	NSW/UK	185.624 km
3.	LILLEY, Allison	38	NSW	182.166 km
4.	LEUNG Yan Yi (Grace)	22	H.K.	95.600 km

24 Hour Walks

The walkers also performed well with the Australian Centurions pleased to see four walkers reach in excess of 100 miles and able to welcome three new members to their exclusive club.

Belgian couple Rudy Schoors and Caroline Mestdagh won their respective divisions in masterly fashion, adding Australian Centurion badges to their British and Continental Centurion badges. They both recorded 100 mile personal best times and obviously enjoyed their first track 24 hour walks. Rudy became Australian Centurion number 55 with 22:01:45 while Caroline became Australian Centurion number 56 with her time of 22:40:27.

Behind them, two Queensland based Australian walkers also achieved the elusive 100 mile mark. Geoff Hain (C 49) who already has 5 of the 6 available Centurion badges, produced yet another Australian badge (his fifth) with a great time of 23:24:50, after suffering early with leg problems. Behind him, Ian Valentine, a former winner of the Coburg 24 Hour run, showed that he can walk as well as run. Using an impeccable racewalking action nearly the whole way, he strolled through to a wonderful inaugural 100 mile time of 23:37:03 to become Australian Centurion number 57.



Rudy Schoors
C55 - 22:01:45

Caroline Mestdagh
C56 - 22:40:27

Geoff Hain
C49 - 23:24:50

Ian Valentine
C57 - 23:37:03

1.	SCHOORS, Rudy	44	BEL	167.954 km
2.	VALENTINE, Ian	48	QLD	161.810 km
3.	HAIN, Geoff	62	QLD	161.318 km
4.	McKAY, Doug	58	VIC	138.687 km
5.	JORDAN, Steve	52	VIC	129.801 km
6.	MANDERSON, Gerald	65	NZ	126.499 km
7.	COMMINS, Louis	59	NSW	118.372 km
8.	O'NEILL, Terry	53	VIC	112.384 km
9.	SKRUCANY, Rudolf	53	VIC	102.812 km
10.	JACK, Clarrie	63	VIC	49.349 km
1.	MESTDAGH, Caroline	43	BEL	164.636 km
2.	PARRIS, Dawn	56	VIC	137.445 km
3.	CHESTERTON, Val	68	ACT	115.578 km
4.	O'NEILL, Karyn	54	VIC	92.478 km
5.	HOWORTH, Sandy	46	VIC	85.930 km
6.	CARR, Heather	59	VIC	51.423 km

A number of Australian Masters ultra distance walking records were set in the walks.

Heather Carr	W55	50 km Walk	5:49:39
Caroline Mestdagh	W40	100 Km Walk	13:27:07
Val Chesterton	W65	100 Km Walk	17:52:04
Ian Valentine	M45	100 Km Walk	13:10:41
Caroline Mestdagh	W40	100 Miles Walk	22:40:27

Ian Valentine	M45	12 Hour Walk	92.027 km
Val Chesterton	W65	24 Hour Walk	115.578 km
Ian Valentine	M45	24 Hour Walk	161.810 km

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

VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

1	BLAKE, Jo	243.651 km
2	FRYER, Martin	234.647 km
3	HARVEY-JAMIESON, Susannah	209.458 km

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR MEN

1	O'NEILL, Terry	12:44:08
2	VALENTINE, Ian	13:10:41
3	SCHOORS, Rudy	13:14:53

AUSTRALIAN 100 KM WALK CHAMPIONSHIP FOR WOMEN

1	MESTDAGH, Caroline	13:27:07
2	PARRIS, Dawn	15:49:58
3	CHESTERTON, Val	17:52:04

GORDON BURROWES TROPHY LILLEY, Allison

JACK WEBBER TROPHY VALENTINE, Ian

As with our 6 Hour event in March, we restricted run entrants to lanes 1-2 and walk entrants to lanes 3-4. This proved a successful format which will now continue in future Coburg 24 Hour Carnivals. The computer lapscoreing worked like a treat and we were able to confirm the final race results within 1 hour of the event finish, something that we have never been prepared to do previously.

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.

We had a major sponsor behind us this year in Outdoor Travel Melbourne. We hope that this association will continue with next year's events.

See you all next year, same time same place.

Tim Erickson
 On behalf of the Coburg 24 Hour Carnival Organizing Committee
 Thursday 14 May 2009