

Self Transcendence National 24 Hour Track Championships

Adelaide - 15th to 16th October

Written by Kevin Cassidy



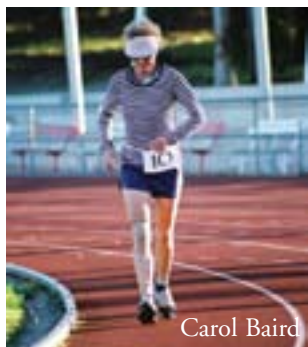
Anyce 'Kip' Melham

It was very much a case of persistence finally reaping rewards for Sydney's Anyce Kip Melham. A regular for over 20 years, there has never been a more humble winner. I shared the track with Anyce a number of times in the 80's and vividly remember his attitude at the awards ceremonies, always playing down his own achievements while praising the efforts of others. On one occasion in 1986, he sacrificed his own performance to assist Cynthia Cameron to become the first Australian woman to break 200km.

Despite sciatica plaguing him for a number of years in the 90's, Anyce never gave up. With a final total of 197.7km, there has never been a more worthy or popular winner of a National Championship. The Sri Chinmoy Marathon Team, race organisers since 1981, were clearly delighted with the result. Has it really been that long, since Anyce first stormed onto the ultra scene with an astonishing win at the now defunct Manly 100 Mile Track race in 1984?

Pushing Anyce all the way to the finish in what

was a titanic battle, Carol Baird became our new Female Champion. Born and raised in the Melbourne suburb of Coburg and now a resident of Canberra, Carol has a swag of 24 hour experience as a walker. Her decision to tackle such events as a runner is only very recent. As creditable as her 194.9km is, I have a strong feeling that Carol is going to go on to bigger and better things in the not to distant future. One can only imagine where her potential may take her.



Carol Baird

24 Hour Event	
1. Anyce Kip Melham	197.779km
2. Carol Baird	194.945km
3. David Billett	172.747km
4. Tony Collins	168.599km
5. Deryck Skinner	166.033km
6. Jerry Zukowski	162.116km
7. Prabuddha Nicol	150.529km
8. Eric Trad	128.040km
9. Peter Anderson	120.205km
10. John Timms	114.944km

Shepparton Marathon VIC - 28th August

Written by Steven Trevaskis



Former Shepparton runner Jarrod Kanizay held out Puckapunyal veteran Jeff Rudd, along with 24 other rivals, to claim victory. Kanizay, 34, now of Brighton, ran strongly from the outset to record a time of 2.54.37, improving on his second placing in last year's event. His nearest rival was only 52 seconds off the pace, while Kelvin Marshall was third with 3.09.10. The winner of the ladies' event was Deanne Nobbs, who broke the course record by 10 minutes in her maiden marathon, breaking the tape in a time of 3.21.41.

There were 45 people entered into the half marathon, with Carol McGregor of Shepparton winning the women's section in a time of 1.42.04. Albury duo Hannah Brown and Cerina Meredith shared the latter placings. Tim Cochrane (1.21.33) secured the men's half marathon title from Terry Walmsley and Russell Weavers. Wodonga's John Guerin scorched around the circuit to win the 10km event in 36.37, from locals Joshua Sait and Levi Hauwert.

The first woman across the line was Lisa Ryan (41.50) from local, Judy Weavers, and Echuca's Melissa Carmody. The 3km event had 31 registrations, with participants ranging in age from five to 47 enjoying the picturesque surrounds of the Goulburn River course.

Marathon

Men

1. Jarrod Kanizay	2.54.37
2. Jeff Rudd	2.55.29
3. Kelvin Marshall	3.09.10
4. Warren Grunden	3.10.24
5. Chris McTaggart	3.18.48
6. Darren Carmody	3.25.00

Women

1. Deanne Nobbs	3.21.49
2. Susan Olley	3.42.46
3. Leanne Dalitz	3.56.01

Half Marathon

Men

1. Tim Cochrane	1.21.33
2. Terry Walmsley	1.22.57
3. Russell Weavers	1.23.21
4. Jason Michel	1.24.36
5. Phillip McIntyre	1.25.33
6. Russell Glazebrook	1.25.46

Women

1. Carole McGregor	1.42.04
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2. Hannah Brown	1.44.14
3. Cerina Meredith	1.44.17
4. Juliana Phelps	1.44.34
5. Karla McDonald	1.45.15
6. Katrina Smith	1.47.45

10km

Men

1. John Guerin	36.37
2. Joshua Sait	40.26
3. Levi Hauwert	41.31
4. Lachlan King	41.47
5. David Boar	43.49
6. Tony Sait	45.03

Women

1. Lisa Ryan	41.50
2. Judy Weavers	44.50
3. Cherry Foster	45.30
4. Helen Guerin	51.09
5. Michelle Dyson	52.39
6. Michelle McIntyre	53.01

