

## Stunning Performances in Vic 6 hour / 50 km Championships

by Geoff Duffell

We had not seen anything like this before. Local marathon hero, John MacKenzie reckoned that four Victorian country records were within his reach. Since they covered from 1 hour up to 30 kilometres, what better event to go for them than in a 50 km track race?

MacKenzie blasted the opening laps, with the spectators in awe. His first 10 km came up in 33:55, and the next 10 were hardly much slower – 34:53. On the way he passed the 1 hour record (with 17.5km), then the 20 km record, and then the 25 km mark.

For his last record, 30 km, MacKenzie had time up his sleeve, his pace was slowing, and some of his laps were now taking more than 90 seconds. On reaching 30 km (1 hour 48:20), MacKenzie stopped to refresh and take a massage. He returned to the track 15 minutes later without having lost his lead. Now running a more leisurely pace, MacKenzie cruised on to victory in the 50 km event in 3 hours 27:01.

Meantime, Warren Holst staged long battle with Kelvin Marshall to decide second and third place. Holst finally proved stronger, drawing away in the last 10 kilometres. And well he might, for Kelvin had had a busy schedule of races in the last few weeks, and was happy enough with the personal glory of completing his one-hundredth ultra finish.

Warren Holst continued, on his own, after the 50 kilometre mark and soon set his stamp on the 6 hour event. He ultimately went on to achieve 75.769 km, with an increasing number of walking breaks towards the finish. Holst later explained that these were precautionary tactics, as he need to be fit for work later that evening!

Behind Holst was the most remarkable race for minor placings. Richard Comber was half an hour behind Holst at 50 km, but realised that he was similarly ahead of the next place, Bruce Salisbury, a previous 6 hour winner. Comber originally intended to withdraw after 50 km but now, in second place in the 6 hour race, he pushed on. Comber walked a little, ran a little, and walked a little. Salisbury, between fits of walking as well, began to close the gap.

Meanwhile, after a massage and refreshments, Kelvin Marshall wandered back and took a good hard look at the leader-board. He had been off the track for well over an hour, and his competitive instincts were rekindled: "I might as well be out there running as sitting watching," he said, half over his shoulder, as he set off after Comber and Salisbury.

At the 5 hour mark Salisbury had cut Comber's margin back to 8 laps, and Marshall was a further 5 laps behind him. Despite the run-walk patterns of Comber and Salisbury, the gap was too great for Marshall and the finishing order remained did not change.

And the women's race? Shirley Young was the only female entrant and she ran a wonderful 4 hrs 55 for 50 km, scoring a new World record for the 70 – 74 age group. Then, to everyone's surprise, she continued on in pursuit of the 6 hour record as well. This she gained with an equally impressive 59.3 km. In contrast with John MacKenzie's fast-starting approach, Shirley Young's was a steady and controlled effort for the full 6 hours. Her reward was two truly outstanding World records.

Footnote: all records referred to are subject to ratification.

## RESULTS      6 hour

Pl	Runner	Age	LAPS						FINAL km
			1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs	
1	Warren HOLST	40	36	71	105	137	165	189	75.769
2	Richard COMBER	36	32	66	97	121	140	162	64.814
3	Bruce SALISBURY	49	32	54	80	106	131	158	63.220
4	Kelvin MARSHALL	37	36	71	105	126	127	154	61.846
5	Shirley YOUNG (F)	71	27	53	79	103	126	148	59.304
6	David JONES	60	25	48	74	97	120	144	57.710
7	Rod HEALEY	59	26	52	75	94	113	130	52.042
8	John MACKENZIE	27	43	76	109	126	126	126	50.400
9	Ken LANCASTER	51	27	52	78	100	126	126	50.400
10	Brian GLOVER	59	21	42	63	84	104	123	49.378
11	Barry HIGGINS	63	20	41	64	85	102	117	46.904
12	Grant SMITH	44	25	48	70	89	92	110	44.206
13	Stan MISKIN	76	18	36	54	72	90	108	43.406
14	Ian TWITE	46	34	67	85	85	85	85	34.000

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## RESULTS      50km

Pl	Runner	Age	10 km	20 km	30 km	40 km	50 kms
1	John MACKENZIE	27	33:55	1:08:48	1:48:18	2:44:45	3:27:01
2	Warren HOLST	40	41:30	1:22:53	2:05:47	2:49:52	3:36:11
3	Kelvin MARSHALL	37	41:29	1:22:52	2:05:38	2:49:51	3:38:42
4	Richard COMBER	36	45:40	1:31:02	2:14:13	3:05:50	4:07:32
5	Bruce SALISBURY	49	45:39	1:44:17	2:41:18	3:47:23	4:41:08
6	Shirley YOUNG (F)	71	55:31	1:52:38	2:49:49	3:51:19	4:55:20
7	Ken LANCASTER	51	55:19	1:53:51	2:52:50	3:57:35	5:05:50
8	David JONES	60	57:53	2:03:14	3:02:14	4:08:51	5:11:27
9	Rod HEALEY	59	57:36	1:55:17	2:59:46	4:15:38	5:41:20

**NOTE: Shirley Young is believed to have set 2 new world records in her age group (W70)**