

## MICHELLE THOMPSON – RUNNING AND WALKING

Michelle Thompson, better known as an outstanding ultra distance runner, has recently turned her hand to walking, with considerable success.

She burst onto the ultra distance running scene in 2005, winning the 12 Hour Run at the annual Coburg 24 Hour carnival with a very promising 101.856 km. A relative newcomer to the long distance scene, her few longer runs up to that stage included a couple of marathons and a run the previous month in the Melbourne to Portsea 55km ultra run.

In 2006, she improved her 12 Hour Run distance to 103.922 km at Gosford and then returned to Coburg in April, winning the prestigious 24 Hour Run event with an impressive first up 166.053 km.

2007 was a quiet year for her as she struggled with injury, her only outing being in November when she placed second in the Victorian 6 Hour Run Track Championship with 54.060 km.

2008 saw her do the double at Coburg with 2 PBs, placing second in the 6 Hour Run with 57.596km in March and then placing second again in April in the 12 Hour Run with 105.970km, both PBs.

Once again in 2009, she bypassed the 24 Hour events and concentrated on the shorter ultras. Her best performance for the year was in February when she won the Launceston 6 Hour Track Run with a PB 61.919 km. 2009 also saw her do her first ultra distance walk when she recorded 44.292 km in the Victorian 6 Hour Championship in Moe in November.

Now mixing walking and running training, she found she was less susceptible to injury and both her run and her walk performances improved. January 2010 saw her win the Launceston 12 Hour Track Run with a PB 109.055 km. This was followed in March by a win in the Coburg 6 Hour Walk with a PB 49.130 km. Then in April she swapped back to running mode, winning the Coburg 24 Hour Run with a PB 172.906 km. Back to walking mode, she was 3<sup>rd</sup> to finish in the Sri Chinmoy 6 Hour Run in Brisbane in June, her distance of 53.560 km yet another PB and a W40 Australian walking record. Finally back to running mode again and a wonderful 182.705 km in the Caboolture 24 Hour Run in Queensland in late July.

2011 saw her concentrating exclusively on her walking with further success. In March, she won the Coburg 6 Hour Walk with an Australian Residential record of 53.784km and in April she participated in her first longer walk, at the Coburg 24 Hour Carnival, becoming Australian Centurion number 58 with her 100 mile split of 22:03:27. Interestingly, her 24 Hour final distance of 172.593 km was less than one lap short of her time in winning the Coburg 24 Hour run the previous year (172.906 km).



**Michelle racewalking in January 2011 and walking in the Coburg 24 Hour event in April 2011**

Her ultra race inventory thus far reads very impressively and shows almost continuous improvement over the

7 years in which she has competed in ultra distance events.:

16.04.2005	Coburg Carnival 12 Hour	101.856 km	1 <sup>st</sup>	PB
06.11.2005	Victorian 50km Championship	4:38:10	2 <sup>nd</sup>	PB
07-08.01.2006	Coastal Classic 12 Hour Run	103.922 km	2 <sup>nd</sup>	PB
22-23.04.2006	Coburg Carnival 24 Hour	166.053 km	1 <sup>st</sup>	PB
18.11.2007	Victorian 6 Hour Track Championship	54.060 km	2 <sup>nd</sup>	PB
27.01.2008	Mansfield to Buller 50km	6:23:00	6 <sup>th</sup>	PB
30.03.2008	Coburg 6 Hour Championship	57.596 km	2 <sup>nd</sup>	PB
06.04.2008	Frankston to Portsea 55km run	5:53:55	5 <sup>th</sup>	PB
19-20.04.2008	Coburg Carnival 12 Hour	105.970 km	2 <sup>nd</sup>	PB
22.11.2008	Victorian 6 Hour Track Championship	55.323 km	1 <sup>st</sup>	
10-11.01.2009	Narrabeen All Nighter 12 Hour Run	101.406 km	1 <sup>st</sup>	
25.01.2009	Mansfield to Buller 50km	6:04:47	4 <sup>th</sup>	
22.02.2009	Launceston 6 Hour Track Run	61.919 km	1 <sup>st</sup>	PB
01-02.08.2009	Caboolture Historical Village 24 Hour	130.500 km	1 <sup>st</sup>	
21.11.2009	Victorian 6 Hour Track Championship	44.292 km	1 <sup>st</sup>	Walk
24.01.2010	Launceston 12 Hour Track Run	109.055 km	1 <sup>st</sup>	PB
7.03.2010	Coburg 6 Hour Championship	49.130 km	1	Walk PB
17-18.04.2010	Coburg Carnival 24 Hour Run	172.906 km	1 <sup>st</sup>	PB
19.06.2010	Sri Chinmoy 6 Hour Run	53.560 km	3 <sup>rd</sup>	Walk PB
30-31.07.2010	Caboolture Historical Village 24 Hour	182.705 km	1 <sup>st</sup>	PB
20.11.2010	Victorian 6 Hour Track Championship	51.582 km	4 <sup>th</sup>	Walk
05/03/2011	Coburg 6 Hour Championship	53.784 km	1 <sup>st</sup>	Walk PB
16-17.04.2011	Coburg Carnival 24 Hour Walk	172.593 km	1 <sup>st</sup>	Walk PB

I am sure that we will see more of Michelle on both the walk and run fronts over the next few years as she continues to improve in both disciplines. She is an exciting prospect indeed.