

## **SLEEP DOWNUNDER FUN RUN and WALK**

### **Proudly supported by Compumedics**

It was a lovely morning in Adelaide for the Sleep DownUnder Fun Run and Walk at this year's conference in Adelaide. The weather was still and fine, with cool temperatures. The course in Adelaide was along the Torrens River, running through parks and native bush, with plenty of birds cheering us along. The graceful black swans gliding along the river were also inspirational. They have special significance to the local aboriginal people, the Kurna.

This is the fifteenth time that the ASA and ANZSSA have had a run and walk at the conference. The event started at the Melbourne conference in 2009. At the time Maree Barnes was chairing the Conference Committee. She knocked on my door and said that it would be great to have a fun run at the conference. The event has been held every year since then. We even had virtual runs during the Covid-19 lock downs.

### **THANKS**

Thanks very much to Kelly Loffler who was the organizer in Adelaide, and checked the course for us.

Thanks to Compumedics who has supported the event since its inception. As usual they provided breakfast, medals for place-getters, and quite smart running singlets. For the first time this year, Compumedics made a donation to the Rob Pierce fund on behalf of each participant in the run and walk. They also help with the timing and recording at each event.

Thanks also to the Australasian Sleep Association, the Australia and New Zealand Sleep Scientists Association and The Conference Company who have again supported the event.

### **WEARABLES**

The use of small wearable devices to record various parameters was a topic of several discussions at the conference. One speaker even challenged the audience to declare if they were "advocates" or "sceptics". Most runners wear watches to record times and splits, etc, and often the watches have GPS systems to record distances. The more fancy ones also record elevation and heart rate, among other parameters.

But how accurate are they? We measured the course a couple of times using GPS watches, and some runners also measured their distances during the event. The 3 km seemed to be quite close to being 3 km long, but we had recordings on GPS watches from 6.3 to 6.6 km for the 6 km course. Apologies for this, but we did not charge extra for the extra distance!

### **9+ KM**

We offer two or three distances each year. The shortest distance gives an opportunity for walkers to enjoy the event, plus runners can have a quick run and get to the conference early if they need to. The longer distances cater for those who want to have a more decent run if they wish.

The longer event is becoming popular, particularly this year. Runners completed both the 3 km loop and the longer loop over 6 km. It was up to the runners to choose the order of the loops. Both loops went along the banks of the Torrens River.

## RESULTS

### Women

1	Adelaide Withers	49:15
2	Jen Walsh	52:35
3	Sibo Maphosa	56:00

### Men

1	Tom Welch	42:52
2	Christopher Chew	45:35
3	Toby Fukcrest	45:45
4	David Lynch	46:00
5	Jian Tai	49:17
6	Christopher Worsnop	55:56
7	Justin Almeida	61:00

## 6+ KM

Runners and walkers in all three events started together on the river bank just outside the Convention Centre. They went downstream past the rowing sheds, and then crossed over on the wall of the dam. They run upstream on the other side of the river past the tennis centre and the Adelaide Oval. The longer loop went to the Sir Douglas Nicholls Bridge, which crossed the river near the zoo. The runners then ran along the river bank to the Convention Centre.

## RESULTS

### Women

1	Kelly Loffler	29:10
2	Tegan	32:10
3	Elie	32:17
4	Ming Wong	35:00
5	Kathleen	36:30
6	Josh	42:15

1	Phillipp Bennet	27:52
2	Ian Dunien	28:09
3	Antony Turton	28:50
4	Glenn Stewart	29:23
5	David Lynch	30:24
6	Neil Madeira	32:04
7	Josh	32:50
8	Andre Schertel	33:20
9	Philip de Chargal	33:48
10	Warren Ruehland	36:06
11	Alex McDonald	39:07

### Men



### **3 KM**

This was the most popular distance. The runners and walkers followed the same course as the 6 km runners until they came to the King Edward Street Bridge. They went up and over this bridge, back down the other side, then went back finish outside the Convention Centre where we had started. Jennifer Mendei's time of 11:41 was the outstanding performance of the morning.

## RESULTS

### Women

1	Jennifer Mendei	11:41
2	Grace Vincent	14:42
3	Fiona	16:15
4	Jen	16:24
5	Amy Jordon	16:35
6	Maga Schenkes	18:03
7	Jen Budier	22:32
8	Sarah Yeo	22:48
9	Chan Mei Chow	23:00
10	Elane	23:10
11	Shauni Ormond	23:50
12	Emma	26:38
13	Natasha Sneddon	
14	Jemma	30:00
15	Meg	30:00
16	Nicole Grivell	38:46
17	Alana Nicole	38:46

### Men

1	Danny Eckert	13:05
2	Tom Smith	13:30
3	Tom Churchward	14:00
4	Tim Lequex	18:10
5	Dean Maler	21:00
6	Rick Leo	22:25
7	Tran Mitchell	23:40
8	Spencer	24:34

Apologies that some of these results are incomplete or inaccurate. Sometimes the writing on the tags can be difficult to read.

Let me know if have any corrections, and I will update these results.

### **GOLD COAST 2024**

Next year Sleep DownUnder will be on the Gold Coast in mid October. The Convention Centre is at Broadbeach close to walking paths on the foreshore, which are ideal for running and walking. We might even be daring and have a beach run.

Let me know if you would like to be involved in organizing next year's Fun Run and Walk.

Christopher Worsnop

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