

COMPUMEDICS SLEEP DOWNUNDER FUN RUN and WALK

Compumedics again supported the conference fun run and walk at the 2024 Sleep Downunder conference. This is the sixteenth year in a row that we have had this event. The Gold Coast makes it easy to get up early for some exercise, as the sun is rising around 5 am. The weather was also great, although a little warm and humid for the southerners.

The course was out and back along the wide path next to the beach at Broadbeach. The course along the beach front is very flat, but quite busy. We again offered three distances, 3 km, 6 km and 9 km. We had sixty-three finishers, the largest number since we started the fun run.

THANKS

Compumedics provided breakfast, medals for place-getters, and quite smart running singlets. They again made a donation to the Rob Pierce fund on behalf of each participant in the run and walk. They also helped 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.

Thanks also to my mother, Patricia, and sister, Fiona, for helping with the recording of the results.

9 KM

This year, the 9 km field was the largest ever. The turn around point was at Narrow Neck. Tom Welch backed up his win last year to beat Peter Wallbridge and Nathan Lieu to the line. The three women in the 9 km event kept each other company and finished fairly close together.

RESULTS

Women

1	Jessica Ogden	48:10
2	Kelly	48:40
3	Jen Walsh	48:48

Men

1	Tom Welch	36:49
2	Peter Wallbridge	37:12
3	Nathan Lieu	38:42
4	Simon Graffen	41:16
5	James Haiden	41:36
6	Benjamin Guzman	43:55
7	Antoine Vaofenld	43:56
8	Alex	44:28
9	Francis Shand	45:52
10	Chris Veitch	47:00
11	Philip de Chazal	48:49
12	Matt Turny	52:13
13	Christopher Worsnop	54:53
14	Sam Dalton	55:15

6 KM

Those in the 6 km event got as far as Surfers Paradise where they turned around. Zaviet Bent won by a big margin, but Mitch Dakman and Bastien Lechiat had to race each hard for the minor medals. Elie Walsh had a great run winning the women's event comfortably.

RESULTS

Women

1	Elie Walsh	29:00
2	Kathy Lung	31:53
3	Rachel Le Ping Lo	34:34
4	Aruvithiru	34:38
5	Amy Jordon	36:44
6	Ai-Ming Wong	39:06
7	Alyssa Arnold	41:19
8	Dimple Goel	63:00

Men

1	Zaviet Bent	25:17
2	Mitch Dakman	27:17
3	Bastien Lechiat	27:21
4	Jeffrey Tho	27:43
5	Edmund	27:59
6	Andre Scherzel	30:30
7	William Good	31:22
8	Andrew Gillett	33:21
9	Lionel Rayward	33:34
10	Thomas Gergson	36:10
11	Chester Pavado	39:08
12	Amol Dabholkan	63:00

3 KM As usual, this was the most popular distance. Justin Weight flew along the course in under 4 minute per km pace. His win gave three wins to ResMed runners in the three distances. Eric Staykov kept him honest finishing only a few seconds behind. Roo Killick won the women's event by over two minutes.

RESULTS

Women

1	Roo Killick	14:44
2	Alex Childs	17:07
3	Natalie	17:21
4	Angela Campbell	19:06
5	Angela D'Rozario	20:00
6	Alina Nuez	20:04
7	Jo Li	20:24
8	Rosianna Wee	20:34
9	??	20:44
10	Amy	30:48
11	Zahrek Sajedi	NTT

Men

1	Justin Weight	11:11
2	Eric Staykov	11:17
3	Danny Eckert	12:35
4	Tom Churchward	13:00
5	Elsnke Kanno	13:07
6	Alec Nelson	15:18
7	Justin Ng	15:22
8	Pius Ersando	16:50
9	Jordan Joe	16:53
10	Gayar Kathiechige	16:56
11	Kaustuv Joshi	17:28
12	Mark Andrews	18:02
13	Matthew Rahimi	18:31
14	Leon Lack	18:52
15	Warren Ruehland	30:48

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

If you finished second or third and you did not get your medal, let me know, and I will get it to you.

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

ADELAIDE 2025

Next year Sleep DownUnder will be back in Adelaide 8th to 11th October. The Convention Centre is on the banks of the Torrens River, which has paths on both sides. They are ideal for running and walking.

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

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