



SHIRLEY YOUNG	D.O.B.	24-12-1929
AGE AT JAN. 2009		79
BEGAN RUNNING AT AGE	47	JAN 1977
BEGAN COMPETING WITH	S ^T STEPHENS WOMENS A.C.	WINTER 1977
JOINED	VIC VETS WOMENS ATHLETIC CLUB.	WINTER 1977
RAN IN VIC VETS COMPETITION AT	BOX HILL DURING	1977
BEGAN RUNNING AT	COLLINGWOOD VENUE	1978
RAN 1 ST MARATHON AT	INAUGURAL MELB. MARATHON	NOV. 1978
BEST MARATHON AT 57 YEARS OF AGE,	1 ST W.55-59	
AT WORLD VETERANS CHAMPIONSHIPS	MELB 1987	3 Hrs 18min 38s
NUMBER OF MARATHONS COMPLETED		72
BEGAN RUNNING IN ULTRA MARATHON EVENTS		NOV. 1990
WORLD AND AUST. ULTRA MARATHON AGE GROUP RECORDS SET	1990 TO 2002	22
RECEIVED LIFE MEMBERSHIP	S ^T STEPHENS HAWTHORN A.C.	MELB MARATHON SPARTANS CLUB 2006

SHIRLEY BEGAN RUNNING IN JAN 1977 DURING FAMILY HOLIDAYS AT TIDAL RIVER AT WILSONS PROMONTORY, AND CONTINUED RUNNING AT HOME WITH RON AND DAUGHTER LORRAINE AFTER COMPLETION OF HOLIDAYS, AFTER SERVING SEVERAL YEARS AS A NON COMPETING MEMBER OF S^TSTEPHENS WOMENS A.C. SHE BEGAN COMPETING WITH HER TWO DAUGHTERS AT THE CLUB DURING THE WINTER OF 1977, AND ALSO JOINED VIC VETS WOMENS A.C. DURING THE SAME YEAR. SHIRLEY COMPETED REGULARLY WITH VIC VETS ON TUES. NIGHTS AT THE BOX HILL TRACK DURING 1977 AND WHEN THE VET TRANSFERRED THEIR COMPETITION TO THE COLLINGWOOD TRACK IN 1978 SHE BECAME A REGULAR MEMBER OF THIS VENUE SHIRLEY RAN HER 1ST MARATHON IN THE INAUGURAL MELB MARATHON FROM FRANKSTON TO THE MELB TOWN HALL IN NOV 1978 AT 48 YEARS OF AGE IN A TIME OF 3 HRS 50 MIN 31 SEC. AND IN OCT. 2007 SHE COMPLETED HER 30TH CONSECUTIVE MELB MARATHON BRINGING HER PERSONAL TOTAL OF MARATHONS COMPLETED TO 72. DURING THE 32 YEARS SHIRLEY HAS PARTICIPATED IN THE SPORT SHE HAS HAD A GREAT DEAL OF SUCCESS IN DISTANCE RUNNING AS A VETERAN, WINNING NUMEROUS STATE AND AUSTRALIAN CHAMPIONSHIPS AND MEDALS AT WORLD VETERAN GAMES. GOLD IN W.55 MARATHON AT MELB 1987, BRONZE IN W.55 MARATHON IN EUGENE 1989 GOLD IN W.70 5KM, SILVER IN W.70 MARATHON, ^{GOLD} 10KM AND ^{SILVER} CROSS COUNTRY IN BRISBANE 2001. SHIRLEY BEGAN RUNNING IN ULTRA-MARATHON EVENTS IN 1990 AND IT WAS IN THIS AREA OF DISTANCE RUNNING WHERE SHE REALLY EXCELLED, SETTING A TOTAL OF 22 WORLD AND AUST AGE GROUP RECORDS BETWEEN 1990 - 2002, SHIRLEY ALSO WON 3 AUST. OPEN WOMENS 100 KM CHAMPIONSHIPS IN 1996, 2000 AND 2002. SHIRLEY WAS DIAGNOSED WITH ALZHEIMERS DISEASE IN 2002 AND ADVISED TO STOP DOING HER LONG ULTRA RUNS. IN RECENT YEARS THE CONTINUED PROGRESS OF ALZHEIMERS HAS SEEN HER REDUCED FROM A VIRTUAL RECORD BREAKING RUNNING MACHINE TO A PERSON JUST GOING THROUGH THE MOTIONS TRYING TO CONTINUE RUNNING FOR HER OWN WELL BEING SHE HAS ALWAYS CLAIMED HER GREATEST ACHIEVEMENT IN THE SPORT WAS FINDING THE JOY IN RUNNING AND THE PLEASURE AND ENJOYMENT SHE RECEIVES FROM THE CAMARADERIE AND FRIENDSHIPS SHE HAS MADE IN HER 32 YEARS IN THE SPORT.

PTO FOR LIST OF RECORDS →

SHIRLEY YOUNG

WORLD AND AUSTRALIAN ULTRA-MARATHON RECORDS.

6 HOUR TRACK	<u>WOM 60-64.</u>	63.425 KMS	<u>WORLD RECORD</u>	<u>EAST BURWOOD</u>	27-10-1992
30 MILE "	" " "	4 HRS 19 MIN 07 SEC	W.R.	" "	27-6-1992
50 KMS "	" " "	4 HRS 28 MIN 45 SEC	W.R.	" "	21-6-1992
40 MILE "	" " "	5 HRS 52 MIN 34 SEC	W.R.	" "	21-6-1992
50 MILE "	" " "	7 HRS 32 MIN 44 SEC	W.R.	" "	21-6-1992
30 MILE "	<u>WOM 65-69</u>	4 HRS 27 MIN 49 SEC	W.R.	" "	29-7-1995
40 MILE "	" " "	6 HRS 11 MIN 35 SEC	W.R.	" "	29-7-1991
50 MILE "	" " "	7 HRS 55 MIN 08 SEC	W.R.	" "	29-7-1991
50 MILE ROAD	" " "	8 HRS 16 MIN 56 SEC	W.R.	<u>SHEPARTON</u>	15-9-1996
100 KMS "	" " "	10 HRS 47 MIN 13 SEC	W.R.	" "	15-9-1996
12 HRS "	" " "	100 KMS	W.R.	" "	15-9-1996
6 HRS TRACK	" " "	62.658 KMS	WR	<u>COBURG</u>	21-8-1999
50 KMS "	" " "	4 HRS 36 MIN 49 SEC	WR	<u>MOE</u>	28-11-1999
100 KMS ROAD	<u>WOM 70-74</u>	10 HRS 59 MIN 00 SEC	W.R.	<u>CANBERRA</u>	3-3-2000
12 HRS "	" " "	100 KMS	WR.	" "	3-3-2000
12 HRS TRACK	" " "	103.6 KMS	W.R.	<u>COBURG</u>	8-4-2000
100 KMS "	" " "	11 HRS 30 MIN 56 SEC	WR.	" "	8-4-2000
100 MILE "	" " "	20 HRS 39 MIN 17 SEC	W.R.	" "	8-4-2000
24 HRS "	" " "	176.810 KMS	W.R.	" "	8-4-2000
50 KMS "	" " "	4 HRS 50 MIN 49 SEC	W.R.	<u>EAST BURWOOD</u>	13-5-2000
50 MILE "	" " "	8 HRS 8 MIN 55 SEC	W.R.	" "	13-5-2000
6 HRS "	" " "	60.992 KMS	W.R.	<u>COBURG</u>	11-11-01

AUSTRALIAN RECORDS VETERAN AND MASTERS AND ULTRA

10 KMS TRACK	<u>WOM 70-74.</u>	49 MIN 30.43 SEC		<u>HOBART</u>	21-4-2000
1500 MTS "	" " "	6 MIN 47.29 SEC		" "	22-4-2000
5 KMS "	" " "	23 MIN 21.40 SEC		" "	23-4-2000
MARATHON	" " "	4 HRS 08 MIN 15 SEC		<u>BRISBANE</u>	14-7-2001
MARATHON	" " "	4 HRS 03 MIN 52 SEC		<u>MELB.</u>	14-10-2001
5 KM TRACK	<u>WOM 75-79</u>	28 MIN 18 SEC		<u>MURRUMBEENA</u>	6-3-2005
5 KM TRACK	" " "	27 MIN 56.65 SEC		<u>BRISBANE</u>	27-3-2005
6 HR "	" " "	49.324 KMS		<u>COBURG</u>	16-4-2005
50 KM "	" " "	5 HRS 55 MIN 50 SEC		<u>ADELAIDE</u>	15-10-2005
6 HRS "	" " "	50.540 KMS		" "	15-10-2005
50 KMS "	" " "	5 HRS 47 MIN 43 SEC		<u>MOE</u>	6-11-2005
6 HRS "	" " "	51.707 KMS		" "	6-11-2005

SHIRLEY YOUNGWORLD AGE GROUP RECORDSAS AT 2-11-03.TRACK RECORDSWOMEN 60-64

30 MILE	4 HRS 19 MIN 07 SEC	EAST BURWOOD	21-6-92
50 KMS	4 HRS 28 MIN 45 SEC	" "	21-6-92
40 MILE	5 HRS 52 MIN 34 SEC	" "	21-6-92
50 MILE	7 HRS 32 MIN 44 SEC	" "	21-6-92
6 HOUR	63.425 KMS.	" "	27-10-91

WOMEN 65-69

30 MILE	4 HRS 27 MIN 49 SEC.	EAST BURWOOD	29-7-95
50 KMS	4 HRS 36 MIN 49 SEC.	MOE	28-11-99
40 MILE	6 HRS 11 MIN 35 SEC.	EAST BURWOOD	29-7-95
50 MILE	7 HRS 55 MIN 08 SEC.	" "	29-7-95
6 HOUR	62.658 KMS.	COBURG	21-8-99

WOMEN 70-74

50 KMS	4 HRS 50 MIN 49 SEC	EAST BURWOOD	13-5-2000
50 MILE	8 HRS 8 MIN 55 SEC	" "	13-5-2000
6 HOUR	60.992 KMS	COBURG	11-11-2001
12 HOUR	103.6 KMS	"	9-4-2000
100 MILE	20 HRS 39 MIN 17 SEC	"	9-4-2000
24 HOURS	176.8 KMS	"	9-4-2000

ROAD RECORDSWOMAN 65-69

50 MILE.	8 HRS 16 MIN 56 SEC	SHEPPARTON	15-9-96
100 KMS.	10 HRS 47 MIN 13 SEC	"	15-9-96
12 HRS.	100 KMS.	"	15-9-96

WOMEN 70-74

100 KMS	10 HRS 59 MIN 00 SEC	CANBERRA	3-3-2000
12 HRS	100 KMS.	"	3-3-2000

TRACK50 KMS

W. 60-64	4 HRS 28 MIN 45 SEC	EAST BURWOOD	21-6-92
W. 65-69	4 HRS 36 MIN 49 SEC	" "	28-11-99
W. 70-74	4 HRS 50 MIN 49 SEC	" "	13-5-2000

50 MILES

W. 60-64	7 HRS 32 MIN 44 SEC	EAST BURWOOD	21-6-92
W. 65-69	7 HRS 55 MIN 08 SEC	" "	29-7-92
W. 70-74	8 HRS 8 MIN 55 SEC	" "	13-5-2000

100 KMS.

W. 65-69	13 HRS 22 MIN 56 SEC	COBURG	22-8-98
W. 70-74	11 HRS 37 MIN 25 SEC	"	8-4-2000

100 MILE.

W. 65-69	23 HRS 30 MIN 29 SEC	COBURG	22-8-98
W. 70-74	20 HRS 39 MIN 17 SEC	"	9-4-2000

6 HRS.

W. 60-64	63.425 Kms	EAST BURWOOD	27-10-91
W. 65-69	62.658 Kms	COBURG	21-8-99

12 HRS

W. 65-69	91.2 Kms	COBURG	22-8-98
W. 70-74	103.6 Kms	"	9-4-2000

24 HRS

W. 65-69	162.3 Kms	COBURG	22-8-98
W. 70-74	176.8 Kms	"	9-4-2000

ROAD50 Kms.

W. 65-69	4 HRS 46 MIN 54 SEC	GLENGARRY	5-5-98
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50 MILE

W. 65-69	8 HRS 16 MIN 56 SEC	SHEPPARTON	15-9-96
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100 KMS.

W. 65-69	10 HRS 47 MIN 13 SEC	SHEPPARTON	15-9-96
W. 70-74	10 HRS 59 MIN 00 SEC	CANBERRA	3-3-2000