

## Cairns Road Runners Koah Race, 19 November 2011

### Race Directors Alan Courtney and Paul Ryan

Fine and clear conditions greeted the 24 runners who turned out for the first Koah Road Race on Saturday 19/11/11. The course started at the Koah Sport and Social Club and followed the road through farms and orchards crossed the Clohesy River and turned around at the small hamlet of Koah finishing back at the Sports Club. A close race in the 15k finished with Paul Ryan 61.23 holding off Glen Robinson 61.59 and Rob Miller 68.08 coming in third. Gemma Hale 71.54, Billie Fincham 78.13 and Lorraine Lawson 91.46 took the honours for the women. Sonya Alba-Miller 53.25 took out the 10k and Ryan Hoskins 20.15 the 5k. Well done to all the runners who took part in the race and made it a success. Thanks to Alan Courtney from Trinity Family Chiropractic who donated five ice packs for the random draw prizes.

The event was possible thanks to the efforts of the volunteers: Alan Courtney (course layout, timing and recording), Paul Ryan (course set up and pull down), Lorraine Lawson (registrations and catering) and Idan Piercy (photographer and general duties).

Full results at [www.roadrunners.org.au](http://www.roadrunners.org.au). Photos on the Cairns Runners Facebook page.

Upcoming events over the next few weeks are the Christmas Party (Barefoot Bowls at Edge Hill Memorial Bowls Club (1 Dec), and the Sweaty Santa Fun Run (4 Dec).

<b>Overall position</b>	<b>Name</b>	<b>Time</b>	<b>Category</b>
<b>15km</b>			
1	Paul Ryan	01:01:23	M 40-49
2	Glen Robinson	01:01:59	M 30-39
3	Rob Miller	01:08:08	M 30-39
4	Wayne Love	01:10:09	M 30-39
5	Gemma Hale	01:11:54	F 19-29
6	Donal Watters	01:14:05	M 50-59
7	Matt Merritt	01:15:25	M 30-39
8	Billie Fincham	01:18:13	F 19-29
9	Neil Harrison	01:20:32	M 30-39
10	Lorraine Lawson	01:31:46	F 40-49
11	Sally Dixon	01:42:07	F 40-49
12	Nami Matsuoka	01:44:03	F 30-39
13	Scott Ratcliffe	01:45:35	M 40-49
14	Donna Lupson	01:49:07	F 40-49
<b>10km</b>			
1	Sonya Alba-Miller	0:53:25	F 30-39
2	Alison SMITH	0:54:12	F 30-39
3	Chrissy Ratcliffe	01:02:13	F 40-49
4	Jane Kahler	01:03:06	F 30-39
<b>8km</b>			
1	Marnie Carrison	0:59:30	F 40-49
<b>5km</b>			
1	Ryan Hoskins	0:20:15	M 30-39
2	Don Elmer	0:22:04	M 40-49
3	Max Piercy	0:26:40	M U12
4	Carolyn Sandover	0:35:38	F 50-59
5	Hassan Barrett	0:41:25	M 30-39