

Cairns Road Runners Koah Race, 16 June 2012

Race Director and Race Report: Paul Ryan

Perfect conditions were on hand for the 54 runners who participated in the second Koah Road Race on 16 June 2012. The course was the same as last year and with distances of 5, 10 and 15km, it was great to see the runners support the event by more than doubling the numbers this year. With the course being fairly level and the conditions cool some course records were rewritten. Steve Cunningham took out first in the 15km with a great time of 57.54 over Atherton runner, Paul Ryan 58.09 and Gavin Fee 59.32. Corrine Smith from Kuranda 71.50, Anthea Barrow 73.06 and Michelle Farkas 78.31 took the honours for the women. In the 10km Ian Campigli 6.45, Wayne Love 49.40 and Emma Farkas 50.23 finished in the top three and in the 5km Milla Millar runner, Todd Rutherford 20.04, new club member Rose Blackwood 23.07 and Amanda Torrisi 25.10 rounded out the top finishers. Special mention goes to Donna Lupson who trimmed 20 minutes off her time from last year and Greg Eldridge who did a personal best for the 10km, well done. Running isn't just about times, Koah had runners aged from 8 to 65 all striving to do their best and I would like to thank and congratulate everyone who participated and made the event a success.

Volunteers: Paul Ryan – race director; Lorraine Lawson and Janette Jacob – registrations; Todd Rutherford – set up and timing; Wayne Bean – timing; Kaja Fjaertoft – recording; Dorothy Reeman, Alison Smith, Christine Bell – catering; Anthea Barrow, Gavin Fee, Greg Eldridge – set up/pull down. Janette won the \$25 voucher from sponsor Cock 'n Bull.

For full race results and photos on the Cairns Road Runners Website and Facebook pages. The next event is the Mt Haig Trail Run Weekend away at Tinaroo Dam on 30 June-1 July and the much anticipated Three Marathons in Three Days on 6-8 July.

Overall position	Name	Time	Category	Category position
15km				
1	Steve Cunningham	0:57:54	M 50-59	1
2	Paul Ryan	0:58:09	M 40-49	1
3	Gavin Fee	0:59:32	M 19-29	1
4	James Giugni	01:03:22	M 19-29	2
5	Keith Fearon	01:06:13	M 40-49	2
6	Mark Lennon	01:07:32	M 40-49	3
7	Larry Lawson	01:09:11	M 50-59	2
8	Gareth Smith	01:09:33	M 30-39	1
9	Rob Mackenzie	01:10:47	M 60-69	1
10	Corinne Smith	01:10:50	F 40-49	1
11	Cameron Ford	01:13:05	M 30-39	2
12	Anthea Barrow	01:13:16	F 19-29	1
13	Michelle Farkas	01:18:31	F 40-49	2
14	Alison Smith	01:18:54	F 30-39	1
15	Tracy Brignolo	01:21:54	F 19-29	2
16	Meagan Cross	01:21:59	F 40-49	3
17	Jason Maitland	01:22:09	M 30-39	3
18	Alisia Bean	01:23:06	F 30-39	2
19	Janette Jacob	01:25:15	F 50-59	1
20	Lorraine Lawson	01:27:09	F 40-49	4
21	Sarina Piercy	01:27:32	F 50-59	2
22	Pia Valderrama	01:29:50	F 40-49	5
23	Donna Lupson	01:30:19	F 40-49	6
24	Celia Mackenzie	01:31:44	F 50-59	3
25	Katie Richards	01:37:46	F 30-39	3
26	Rhonda Zeylmans	01:44:47	F 40-49	7

10km				
1	Ian Campigli	0:46:45	M 50-59	1
2	Wayne Love	0:49:40	M 40-49	1
3	Emma Farkas	0:50:23	F 19-29	1
4	Alex Farkas	0:51:34	M 40-49	2
5	Matt Rippin	0:52:59	M 30-39	1
6	Scott Schaefer	0:53:00	M 30-39	2
7	Greg Eldridge	0:54:19	M 50-59	2
8	Hannah Greenwood	0:55:08	F 12-15	1
9	Leonie Murray	0:57:35	F 50-59	1
10	Sharon Waller	01:00:47	F 50-59	2
11	Leanne Hardy	01:01:25	F 40-49	1
12	Enisa Balint	01:01:26	F 40-49	2
13	Sue Rayner	01:03:18	F 40-49	3
14	Anna Swaby	01:03:34	F 30-39	1
15	Christine Bell	01:08:21	F 19-29	2
16	Pauline Taylor	01:09:52	F 50-59	3
17	Di Lennon	01:10:58	F 40-49	4
5km				
1	Todd Rutherford	0:20:04	M 40-49	1
2	Rose Blackwood	0:23:07	F 19-29	1
3	Amanda Torrisi	0:25:10	F 30-39	1
4	Andrew Greenwood	0:25:37	M 50-59	1
5	Louarde Thomas	0:27:37	F 19-29	2
6	Ron Philp	0:30:25	M 60-69	1
7	Nisae Williamson	0:31:06	F 30-39	2
8	Kristian Ryan	0:39:48	M U12	1
9	Katie Osmond	0:43:30	F 19-29	3
10	True Margach	0:43:34	F 19-29	4



Photos: Top left – Corrine Smith;

Top right – ladies and ribbons; bottom left – Todd Rutherford; bottom right – Steve Cunningham and Paul Ryan.