

Cairns Road Runners Koah Race, 16 June 2012

Race Director and Race Report: Paul Ryan

47 runners participated in the third Koah Road Race on 5 May 2012. There were some good times recorded in the cool conditions over the 5, 10 and 15km course. The runners had to progress along Koah Road cross the Clohsey River and reach the Koah township before heading back to the Koah community centre. The course was challenging and some of the straights were a little too long, but everyone survived and now have a good run under their belt for the Copperlode Cup in a couple of weeks. Keep your eyes out for this race next year. Talking with Lorraine and other CRR members we have plans to extend the race to include a 21.1km, as well as a dedicated run for children.

15km winners:

Stevo Francis 59:25, Mark St Amand 1:06:40 and Donal Watters 1:10:10

Michelle Farkas 1:16:05, Helen Smyth 1:17:06 and Alisia Bean 1:19:29

10km winners:

Paul Ryan 38:31, Todd Rutherford 41:31 and Don Elmer 47:33

Astie Eichner 53:02, Sharon Waller 57:04 Keri Frecklington 57:59

5km winners:

Kristian Ryan 23:27, Trent St Amand 25:09 and Scott St Amand 25:14

Amanda Torrisi 26:51, Melanie Little 34:08 and Elva Metcalf 34:30

Thanks to all the runners and volunteers for their efforts . Race Director: Paul Ryan; Course setting, Set up/Pull down: Paul Ryan; Todd Rutherford; Administration: Lorraine Lawson; Shopping & Catering: Shirlee & Dino Gallo; Registration: Mel Little and Janette Jacob; Timing: Alison and John Dunn; Recording: Debbie Ord; Photos: Katie Osmond

Volunteer John Dunn was the winner of the \$25 Cock 'n Bull meal voucher. Mel Little won the Beginner Runners' Clinic prize – a 5-issue Runner's World subscription. Well done.

For full race results and photos on the Cairns Road Runners Website and Facebook pages. The next event is the Copperlode Cup on 19 May and the much anticipated Cairns Marathon and Three Marathons in Three Days on 28-30 June.

Race Results

15km

Overall position	RACE #	Full Name	Time	Category	Category position
1	92	Stevo Francis	0:59:25.05	M 18-29	1
2	81	Mark St Amand	1:06:40.42	M 40-49	1
3	135	Donal Watters	1:10:10.55	M 50-59	1
4	32	Bruce Hansen	1:10:38.80	M 50-59	2
5	8	Rob Mackenzie	1:13:55.24	M 60-69	1
6	363	Alan Wyness	1:15:21.45	M 30-39	1
7	156	michelle Farkas	1:16:05.11	F 40-49	1
8	310	Helen Smyth	1:17:06.83	F 40-49	2
9	97	Alisia Bean	1:19:29.11	F 30-39	1
10	124	Janette Jacob	1:21:25.05	F 50-59	1

11	3	Moniek De Kievith	1:22:42.86	F 30-39	2
12	362	Edwina Forbes	1:22:43.42	F 18-29	1
13	104	Keith Fearon	1:23:53.86	M 40-49	2
14	357	Meagan Cross	1:24:27.95	F 40-49	3
15	1193	Warren Ryan	1:26:08.33	F U12	1
16	251	Marian Webster	1:26:19.33	F 40-49	4
17	191	Sarina Piercy	1:26:41.83	F 50-59	2
18	9	Celia Mackenzie	1:35:25.92	F 50-59	3
19	312	Darrelle Taylor	1:43:45.74	F 40-49	5
20	6	Lorraine Lawson	1:59:44.39	F 40-49	6
21	21	Rhonda Zeylmans	1:59:45.05	F 40-49	7
22	226	Llana Hills	2:04:19.52	F 40-49	8

10km

Overall position	RACE #	Full Name	Time	Category	Category position
1	50	Paul Ryan	0:38:31.14	M 40-49	2
2	93	Todd Rutherford	0:41:31.95	M 40-49	3
3	189	Don Elmer	0:47:33.70	M 50-59	1
4	1194	Paul Walford	0:51:16.86	M 30-39	1
5	1197	Astie Eichner	0:53:02.55	F 18-29	1
6	205	Sharon Waller	0:57:04.45	F 50-59	1
7	1187	Gary Corcoran	0:57:58.89	M 40-49	4
8	369	Keri Frecklington	0:57:59.80	F 30-39	1
9	352	Kathy Sinclair	0:58:51.05	F 50-59	2
10	82	Karen St Amand	0:58:51.74	F 40-49	1
11	1190	Deb Hales	1:03:19.45	F 40-49	2
12	1191	Peter Hiatt	1:06:04.89	M 50-59	2
13	331	Rozita Hiatt	1:06:19.58	F 50-59	3
14	314	Susan Wells	1:07:52.11	F 50-59	4
15	1192	Gayle Kyle	1:11:56.86	F 40-49	3

5km

Overall position	RACE #	Full Name	Time	Category	Category position
1	1196	Kristian Ryan	0:23:27.05	M U12	1
2	83	Trent St Amand	0:25:09.05	M 12-14	1
3	84	Scott St Amand	0:25:14.67	M U12	2
4	1198	Amanda Torrisi	0:26:51.08	F 30-39	1
5	85	Max & Idan Piercy	0:27:20.74	M U12	3
6	54	Melanie Little	0:34:08.99	F 30-39	2
7	349	Elva Metcalf	0:34:30.39	F 30-39	3
8	1188	Ruth Girvan	0:35:37.89	F 50-59	1
9	1189	Steve Girvan	0:35:38.42	M 60-69	1
10	1195	Charlie Ryan	0:57:53.45	M 40-49	1