

ANDY COUGHLAN 10 MILE MEMORIAL RACE 1ST MAY 2011

James Cunningham and Katie Thompson were the first man and woman home in the Jersey Spartan Athletic Club's Annual 10 mile run recently, a memorial race in memory of former Jersey Spartan Athlete Andy Coughlan.

This was the first time that both Cunningham and Thompson had won the annual event. Despite running into an easterly breeze, which in general slowed the times, they both ran extremely well. Cunningham took the lead from the start and never challenged pulled well clear of the rest of the field. Without the challenge of Dan Halksworth, Paul Holley and Bruno Francisco, he is winning local races by a distance. His commitment to excellence means he was disappointed with his winning time of 54 minutes 39 seconds but accepted that without the strong wind against him, he could have run a couple of minutes quicker.

Super veteran Nick Gorrod ran a plucky race to finish second (60.04) just holding off former cycling champion Sam Firby (60.17) in third place. It should also be noted of the improvement shown by Kenyan Peter Kaman. In only his second race he ran a time of 63 minutes 06 seconds to finish sixth.

In the absence of Jo Gorrod and Claire Forbes and Arlene Lewis, Katie Thompson was the overwhelming favourite for the women's event. A mark of her steady improvement is that despite running with a strong wind, her time was 3 minutes faster than last year and she was a clear winner in a time of 63 minutes 20 seconds, her effort winning her the run of the day award. Andrea Banks finished runner-up, over 5 minutes behind Thompson in 68 minutes 25 seconds, whilst 3rd place went to the lightly raced Norma Mahoney who ran 69 minutes 25 seconds.

After the race, road running chairman Dave Woodsford presents the trophies to the victors with the help of Andy Coughlan's daughters, Maxine and Karen. The race was sponsored by the Coughlan family, John Lyons family and Jimmy Hickey.

The ten miler is a useful tune up for the Jersey Hash Half Marathon on Sunday 22nd May. The next Jersey Spartan race will be an 8 km road race at **Jardin d'Olivet at 6.30 p.m. on Tuesday 7th June.**

RESULTS

MEN

Place	Name	Time
1	James Cunningham	54.39
2	Nick Gorrod	60.04
3	Sam Firby	60.17
4	Jon Coote	62.07
5	Damian Maher	62.12
6	Peter Kaman	63.06
7	Jack Johnson-Deeley	63.08
8	Peter Le Couilliard	63.13
9	Marcelo Rodrigues	63.17
10	Bryce Alford	65.09
11	Bomber Lee	65.14
12	Gerry Toudic	65.55

13	Errol O'Driscoll	66.49
14	Dave Woodsford	68.12
15	Digby Ellis	68.30
16	Glenn Springate	69.10
17	Mark Wanless	69.13
18	Tom Kearns	69.23
19	Joao Afonso	70.36
20	Harry McAlinden	72.05
21	Scott Doaks	72.56
22	Steve Meiklejohn	74.16
23	Martin Baudians	74.27
24	Chris Matthews	78.59
25	Rob Benest	79.51
26	Sergio Da Silva	79.58
27	John Holley	81.02
28	Vic Gonsalves	82.47
29	David Savory	86.51
30	David Boulter	88.15
31	Chris Thomas-Allen	106.04

WOMEN

Place	Name	Time
1	Katie Thompson	63.20
2	Andrea Banks	68.25
3	Norma Mahoney	69.25
4	Claire Malzard	69.47
5	Sam Lee	70.36
6	Philippa Worth	70.51
7	Helene Perree	72.11
8	Sara Collins	72.59
9	Claire Dupoy	73.33
10	Nicola Lockhart	74.34
11	Elizabeth Le Guiller	75.11
12	Terri ODonoghue	77.07
13	Rachel Maher	77.35
14	Sue Le Ruez	78.16
15	Angela Milton	80.05
16	Debbie Donaldson	80.36
17	Judith Russell	80.47
18	Ellen Barr	82.26
19	Pauline Alderman	83.55
20	Pauline Kilduff	84.37
21	Victoria Gorgan	85.06
22	Rita Martins	86.51
23	Victoria Ireson	88.59
24	Suzanne de Ste Croix	96.50
25	Tracy Barr	101.50
26	Janine Fossey	114.02
27	Belinda Martin	122.15
28	Sylvia Trehou	138.17