

Jersey Spartan Athletic Club Andy Coughlan Memorial 10 Mile Race

3rd May 2009-05-04

REPORT

The Jersey Spartan Athletic Club held their annual Andy Coughlan Memorial ten mile race at the weekend, from the Five mile road, via Corbiere and the railway walk to West Park. Andy Coughlan was a former member of the club and the race is sponsored by his children Sean, Maxine and Karen, and also his friends Jimmy Hickey and John Lyons.

Over seventy runners started the race in misty cool conditions, and the early pace was set by Dan Halksworth. After a winter season of triathlon training in New Zealand Halksworth has returned in good form and he came home a clear winner in an excellent time of 54 minutes 33 seconds. It was a battle for 2nd and 3rd with Andy Murfin just holding off veteran Phil Ahier by 8 seconds. Ahier's 55 minutes and 36 seconds gave him the run of the day award, "I could be wrong, but I felt I ran the best race of my ten years running, so its probably downhill from here!" said a delighted Ahier after the race. Dave Ibbotson was 4th home, followed by Simon Roderick and Jon Coote. The fast early pace had meant Ibbotson became detached from the leaders and was unable to put in his famous 'kick' this time.

Sarah Bruce was a convincing winner of the women's race, gaining revenge over Sarah Corcoran who beat her last month in the Spring 10K. "Apart from the injured Jo Gorrod, all the top female runners were here so I was delighted to come home in front. I'd pulled away from Sarah Corcoran, so it was nice to run the last 3 miles on cruise control into the finish", said a buoyant Bruce.

Second placer Sarah Corcoran was nevertheless, happy with her run as she's been trying to rid herself of a cold for the last two weeks. Third home was Kerry Petulla, followed by Sylvia Thompson 4th a badly limping Sam Horsfall 5th, and Sue Le Ruez in 6th place.

The first six in the men's and women's event all received trophies, which were presented by former Spartan Club president Jim Evans after the race.

RESULTS

Men

Place	Name	Time
1 st	Dan Halksworth	54.33
2nd	Andy Murfin	55.28
3rd	Phil Ahier	55.36
4th	Dave Ibbotson	56.04
5th	Simon Roderick	58.07
6th	Jon Coote	59.14
7th	Damian Maher	59.17
8th	Artur Pires	60.45
9th	Ken White	61.03

10th	James Averty	61.21
11th	Jack Johnson-Deeley	61.35
12th	Peter Le Couilliard	62.02
13th	Elliott Lincoln	62.75
14th	Bomber Lee	62.34
15th	Paul Raimbault	64.22
16th	Matt Gambles	64.31
17th	Russell Kinnaird	64.41
18th	Dough Gorman	64.42
19th	Steve Billington	65.47
20th	Nick Gorrod	66.22
21st	Anthony Smith	66.34
22nd	Jason Gomes	68.34
23 rd	Paul Huddlestone	68.47
24th	Pascal Ybert	69.03
25th	Glenn Robinson	69.11
26th	Dave Woodsford	69.40
27th	Sam Forby	69.53
28th	Bernie Arthur	70.25
29th	Martin Baudains	70.26
30th	Joao Afonso	71.05
31st	Digby Ellis	71.21
32nd	Dave O'Brien	71.41
33rd	Spencer Moss	71.47
34th	Spencer Wells	72.22
35 th	Chris Matthews	72.39
36th	Sergio Da Silva	76.13
37th	Jon Mawson	78.05
38th	Simon Mackenzie	78.41
39th	Dave Savory	79.32
40th	Dave Bradley	80.27
41st	Simon Webster	81.05
42nd	Lyndon Farnham	82.50
43rd	Phil Marshall	83.12
44th	Mark Cashion	83.37
45th	John Holley	85.09
46th	Jim Evans	97.49

Women

Place	Name	Time
1	Sarah Bruce	66.46
2	Sarah Corcoran	68.11
3	Kerry Petulla	69.44
4	Sylvia Thompson	71.00
5	Sam Horsfall	72.02
6	Sue Le Ruez	73.33
7	Gemma Pirouet	74.02

8	Terri O'Donoghue	76.20
9	Debbie Donaldson	76.54
10	Helene Perree	77.13
11	Ana Goncalves	79.13
12	Jodi Fowler	80.32
13	Georgina Fowler	80.48
14	Jane Ennis	80.50
15	Sarah Mundy	81.05
16	Ellen Barr	81.42
17	Sue Mawson	81.42
18	Liz Blake	90.47
19	Kerry Camfield	91.42
20	Denise Ferri	91.44
21	Harriet Kinnaird	91.44
22	Kirsten Watkins	94.14
23	Michaela Wright	95.15
24	Chantelle Conradie	95.37