

The 25th Andy Coughlan Sands 10 mile Race – 05th May 2008

REPORT

The 25th running of the Andy Coughlan Memorial ten mile race was run on Sunday in cloudy still and dry conditions, perfect for running. Andy Coughlan had been a top local distance runner who enjoyed running along the Railway Walk, which features as part of the course. The Jersey Spartan Athletic Club hold a race in his memory every year. The race is sponsored by two of Andy's former Running mates, John Lyons and Jimmy Hickey, and by his children, son Sean and daughters Maxine and Karen.

They were delighted with the large turnout of 83 entries and all finishers received a commemorative medal.

The mens race was dominated by former professional footballer Andy Murfin who opened a lead early on and came home unchallenged. Second was Ken White, well into his fifties but proving that age is no barrier, as he cautiously moved through the field before getting the better of fellow postman Jon Coote, seven seconds adrift in third. Damian Maher was fourth home, finishing just ahead of Simon Roderick and Mark Griffiths.

Catherine Hutton was the winner in the ladies race. Running alongside her husband Tom, she overtook early leader and defending champion Carol Knight just after the first mile to pull away for a convincing victory. Second place was a titanic struggle with Carol Knight, Sarah Corcoran and Sarah Bruce overtaking each other on the run in to West Park. It was Sarah Bruce who took the runners-up spot with Sarah Corcoran third and Carol Knight fourth. Sylvia Thompson was a creditable fifth with fellow veteran Beccy Roberts sixth.

In the afternoon the club had a BBQ at the West Hill Country Hotel where the prizes were presented to the winners. Special momentos were also given by the sponsors two Jersey Spartan Stalwarts for their support over the years, timekeeper Betty McGough and former club President Jim Evans.