

JERSEY SPARTAN ATHLETIC CLUB – LES PLATONS 10K

16 June 2009

The Jersey Spartan Athletic Club recently held an unsponsored one-off 10k road race from Les Platons in hot and sunny conditions.

The new course went from Les Platons Car Park to just before La Tourelle Apartments and back on an undulating course.

The early leader of the field of 50 was Kevin Lovatt but after a steady first kilometre a group of 4 broke away. A game of cat and mouse ensued but it was Island Games bound Jon Coote who proved that his hard training regime has been paying dividends coming home first in 36 minutes 45 seconds. Coote said “I find it harder now to do an easy run than if I do a steady or a fast run. I slowed a few times but I didn’t lose my form once!” Second home was Simon Roderick (36.59) third was Damian Maher (37.21) and fourth Bryce Alford (37.38).

First woman home and fifth overall in a time of 38.54 was Jo Gorrod, not at peak fitness she is still on the way back. Second was Sarah Bruce (41.25) while Island Games entry Sam Horsfall (41.55) just out sprinted Sarah Corcoran and gained a PB in the process for 3rd place.

Run of the day was went jointly to Sam Horsfall and Dave Woodsford who finished 5th in the Men’s Race. The super vet has been in the running wilderness for the last 3 years and still feels he has a long way to go, saying, “I’m no champ, chump maybe but no champ, well not yet anyway”.

The next club race is on **TUESDAY 30 JUNE AT WEST PARK OVER 8 KILOMETRES, THE START TIME IS 6.30 P.M.**

RESULTS

MEN

PLACE	NAME OF RUNNER	TIME
1	Jon Coote	36.45
2	Simon Roderick	36.59
3	Damian Maher	37.21
4	Bryce Alford	37.38
5	Dave Woodsford	40.38
6	Paul Raimbault	40.59
7	Mick Mooney	41.18
8	Steve Langan	41.32
9	Luke Shobbbrookke	41.40
10	Sam Firby	41.49
11	Bomber Lee	41.56
12	James Scott	42.20
13	Kevin Lovatt	42.31

14	Pascal Ybert	42.35
15	Garth Wood	42.55
16	Paul Huddleston	43.34
17	Matt Ebbrell	44.15
18	Darren Le Masurier	44.27
19	Bernie Arthur	44.39
20	Errol O'Driscoll	44.41
21	Nick Gorrod	45.33
22	Dave O'Brien	45.41
23	James Lambert	46.24
24	Brian Parker	47.42
25	John Boleat	47.45
26	Jon Mawson	48.19
27	Chris Matthews	48.19
28	Scott Davies	49.29
29	Simon Mackenzie	49.44
30	Rob Benest	50.13
31	Lyndon Farnham	50.44
32	Dave Speed	50.59

WOMEN

1	Jo Gorrod	38.54
2	Sarah Bruce	41.25
3	Sam Horsfall	41.55
4	Sarah Corcoran	41.57
5	Carol Knight	42.43
6	Kerry Petulla	43.02
7	Catherine Taylor	43.53
8	Sue Le Ruez	45.31
9	Helene Perree	45.49
10	Claire Malzard	45.56
11	Judith Russell	47.05
12	Sue Mawson	48.18
13	Ana Goncalves	49.39
14	Terri O'Donoghue	50.12
15	Jane Ennis	51.26
16	Michaela Wright	59.23
17	Alex Harris	67.14
18	Janine Fossey	71.54