

Tuesday, December 9, 2008 20:11:

A training week-end is being arranged by Sarah Corcoran in early 2009. Coaches from the UK are being brought over, these being Martin and Liz Yelling, who run a company called 'Full Potential'.

For more information on this please [click here](#). It should prove to be a very good weekend, please support this venture!

Friday December 5, 2008 13:21:

Message from the Road running committee:

'Dear Spartans

On Boxing Day at 10 a.m. we shall be running a 10km Race/Fun Run/Fancy Dress from the clubhouse.

Afterwards (11.15ish) we shall make the club draw for London Marathon places for those unsuccessful in getting in to the 2009 race. So if you've been a Spartan Club Member since March either bring down your refusal notice or contact Dave 07707 889594 or Janine 07797 888153 or Jon 07797 833362 and you will go into the club draw. There are 5 places available this year so good luck.

After the race we shall have tea and refreshments. So we look forward to seeing all of you there on Boxing Day, Friday 26th December.

With love and best wishes to all from the Road Running and Cross country sub-Committee'.

Monday November 3, 2008 15:01:

Toby Edwards was a clear winner in the Jersey Spartan 10K road race series event sponsored by Healthspan at Les Laveurs at the weekend. In cloudy damp conditions and hampered by a north-east wind the teenager ran away from the field, a convincing winner in 36 minutes 33 seconds. Jon Coote was second home out-sprinting Bryce Alford by 3 seconds to finish in 37.05 seconds. Fourth home and first lady was Jo Gorrod in 37 mins 20 seconds. The Division B race was lead early on by Kevin Lovatt who ran so well recently at Val de la Mare. He was passed around halfway by second lady finisher Carol Knight, who in turn was eclipsed by former Alderney half marathon champion Dave Woodsford close to home. Chris Matthews was the first Division C runner home with his best time for 10km for 18 years. Terri O'Donoghue, always looking strong was triumphant in Division D. Run of the day went to Jamie Bara 37 mins and 45 seconds and Sylvia Thomspen 41 minutes 46 seconds, both recording big personal bests. Age group winners were, men – Toby Edwards (senior) Jon Coote (vet) and Peter Le Couilliard (supervet) and women Terri O'Donoghue (senior) Jo Gorrod (vet) and Carol Knight (supervet)

The next race is the Modern Hotels Jersey Spartan Half-Marathon from F.B Fields on Sunday 16th November at 9.o'clock. Sunday October 5, 2008 15:49:

Jo Gorrod 'storms' to victory in the Standard Chartered Jersey Marathon. Her time (unofficial) 2.58.14 in testing conditions.

The 'Flying Doctor' Andrew Hennessey took the honours in the mens race in a brilliant 2.29.05 (unofficial) beating his time of last last by 7 minutes!!!

More details and results on our Club News page

Saturday October 4, 2008 16:51:

TALENTED Jersey track and road runner Jo Gorrod has won countless long distance titles, but tomorrow's Standard Chartered Jersey Marathon is set to be her toughest – as well as longest – race yet.

The multi-Island Games medallist is a champion at 5,000m, 10,000m and the half-marathon, but she has never before run the full 26.2 mile course. In her first ever attempt Gorrod hopes to crack the three hour mark, but says she will be more concerned with how her body adapts to the distance.

She said: 'Obviously I'm going to have to see how it goes, because I don't know how I'm going to react past 20 miles. My aim is to run just under three hours, but I think it's going to depend a lot on what the weather will be like.'

Gorrod decided earlier this year that she would step up her training in preparation for the Jersey Marathon, although she admits it is something she has been thinking about for some time.

'I think everybody who is involved in long distance running wants to have a go at doing a marathon, although it doesn't suit everybody. I've been thinking about it for quite a long time, but I had to get the timing right, so that I'm not concentrating on the Island Games or other competitions.

Friday September 26, 2008 18:52:

News from the Road and X-Country Committee reagrding fixtures and feed back - here - please read and comment back.

Monday September 22, 2008 21:03:

The HSBC Autumn 10k results are up - here - and a race report is - here - Congratulations to all runners and prize winners.

Sunday September 14, 2008 22:09:

Thursdays 5k Road Race report (results link above):

Tom Brown raced to victory in the Jersey Spartan Athletic Club 5K road race series event at Les Platons on Thursday night in a time of 16 minutes 13 seconds having survived a steward's enquiry on cutting corners during the race.

His victory by 6 seconds over Andy Murfin was achieved when he managed to break loose in the last 2 km from the lead bunch.

Toby Edwards had the lead early on but paid for his brave effort in the later stages, reduced to walking and then withdrawing from the race. Third home in 16.30 was Dave Ibbotson, a specialist on the shorter distance, followed home by Jon Coote just in front of Phil Ahier the new Alderney Half

Marathon Champion. Jo Gorrod was first lady home in sixth place and was happy with her win as she builds up to the Jersey Marathon in October.

This season the club have put in place a divisional system for series races based on ability to encourage better competition. Division winners from the 5km race (A) Tom Brown (B) Sarah Corcoran (C) Jon Mawson and (D) Judith Russell.

The next Jersey Spartan Athletic Club race is the Autumn 10km event sponsored by HSBC Private Bank on Sunday 21st September at 9 o'clock from Longbeach Car Pak. Closing date for entries is Thursday 18th.

#### PERPETUAL TROPHY

Age Group firsts were:-

Senior Men – Tom Brown

Veteran – Jon Coote

Supervet - Gerry Toudic

Senior Women – Liz Murfin

Veteran – Jo Gorrod

Super Veteran –Sarah Corcoran.

Tuesday September 9, 2008 13:50:

Phil Ahier broke the record for the Alderney half marathon on Saturday.

The Jersey Spartans runner clocked a time of 1.23:38 for the two lap course of the Island, much to the surprise of the organisers.

He was ahead by such a margin they thought he was running the single lap 10km race being held at the same time.

"He came past the finishing post and he carried on and did another lap in a record time," said organiser Rod Paris.

Ahier was the first Jersey runner to complete last year's Jersey marathon in a time of 2.56:13.

Despite gale force winds 57 runners took part at Alderney, double the amount that ran last year.

Full Results from the race

Monday September 1, 2008 17:49:

It's arrived, Roy McCarthy's report on his 'First and Last' Marathon, titled the 'Lengthy lanes of Longford' is here for all to see, enjoy.

Sunday August 31, 2008 21:09:

Report and Results from the Dol to Combourg Half Marathon in Brittany:

Over 400 started out in wet and windy conditions on a course of which rolling hills are a prime feature. The first three women home were all Jersey Spartan athletes, a fantastic performance by all 3 girls.

The winner was Jo Gorrod in 1.23.45, 2nd was Carol Knight 1.32.55 and in 3rd coming back to form after an injury hit season was Sarah Bruce 1.34.30. Other Jersey runners and their times included Dave Woodsford 1.38.48, Beccy Roberts 1.40.21, Glenn Robinson 1.40.41, John Robinson 1.43.20, Jeffrey Baron 1.59.11, Angela Raimbault 2.05.00.

Wednesday August 27, 2008 8:16:

Latest newsletter from Paul R is - here - please give it your full attention.

Tuesday August 19, 2008 15:40:

Jersey Spartan Autumn 10k Entry forms are out, available at all 'good outlets' (Sports centres and shops).

Thursday August 14, 2008 14:18:

Healthspan 10k Road Race

The Healthspan 10K road race took place at Hamptonne on the Waterworks Valley course recently. The race which is organised by the Jersey Spartan Athletic Club saw a bumper field of 56 runners. First home was early leader Dave Ibbotson in a time of 35.25. 22 seconds ahead of Jon Coote a former winner on that course. Third place went to Bryce Alford in 36.33, followed by fourth home and first lady runner Jo Gorrod in 36.54. Eleventh finisher and 2nd lady runner was Carol Knight in 40.08 Sarah Corcoran was 14th overall and 3rd lady home in 40 minutes 48 seconds.

Afterwards the prizes to the first 3 men and first 3 ladies home were presented by Healthspan's Carol Knight who was delighted with the large turnout.

The next J.S.A.C race is a 5km road race series event from Les Platons at 6.30 p.m. on Thursday 11 September. Both club and non-club members most welcome. Saturday August 2, 2008 16:13:

Latest Road race results up + report below

The Jersey Spartan Athletic Club 8km Road Race

Carol Knight and Dave Ibbotson were the women's and men's winners in a 8 km road race held at Jardin d'Olivet recently.

Twenty eight started the race but unfortunately two runners veered off course and ended up down Bonne Nuit! Despite the wet conditions there were some good performances' The gallant knight galloped away to win the ladies race from Kerry Petulla, with 3rd placed Sam Horsfall recording a PB by 3 and a half minutes not far ahead of 4th placed Barbara Parker, just back from victory in a French race. Dave Ibbotson was a 28 second victor in the Men's race from veteran Phil Ahier. Fellow Veteran Jon Coote was third, followed home by Damian Mahrer.

The next race is the HealthSpan 10 km Road Race at Hamptonne on Tuesday 12th August at 6.30 p.m.

Wednesday July 30, 2008 16:20:

French Races Away

Three Jersey Spartan runners took part in the St. Symphorien 10.8k race in Brittany on Saturday 26 July.

The race was a 3 lap undulating mixed terrain course in a very scenic rural area of Brittany.

Jo Gorrod was the ladies race in a brilliant time of 38.44 and Carol Knight was second lady in 43.08.

Dave Woodsford was 36th overall in 44.08

Thursday July 17, 2008 8:48:

The inaugural running of the Transfer 2000 10km road race took place at West Park in foggy and windy conditions. There were however some exceptional performances and Dan Hawksworth and Carol Knight were the first man and woman home in a field of 41 starters. Triathlete Hawksworth is currently averaging sixty miles of running per week and the training seems to be paying off. After battling for the lead with Jon Coote and Dave Ibbotson he began to move clear at the 1km mark to come home a comfortable winner in 33 minutes 39 seconds. Ibbotson finished second in 35 minutes 14 seconds, while Phil Ahier back in 3rd place in 35 minutes and 55 seconds was ecstatic with his performance having been out injured since the London Marathon.

The women's race was a much tighter affair. The early leaders were Carol Knight, Sarah Corcoran and Liz Murfin. Knight and Corcoran dropped Murfin before halfway and despite Corcoran's best efforts was unable to catch the faster Knight who finished 9th overall and first woman in 39.57, a hard earned victory by 17 seconds. Just behind Sarah Corcoran in 3rd place was Kerry Petulla who passed the tiring Liz Murfin to come home in 40 minutes and 27 seconds. A delighted Carol Knight put her success down to her Marathon training and her Tuesday night speed sessions at West Park. After the race, the trophies were presented to the first three men and women home by sponsor Transfer 2000's Justin Crow who was delighted with the race and the turn out and vowed to make it an annual event.

The next Jersey Spartan race is an 8km run from Jardin D'Olivet on Thursday 31st July at 6.30 p.m.

Sunday July 6, 2008 15:58:

Report on the Mike Romeril Trophy:

'Dave Ibbotson and Jo Gorrod won the men's and women's races respectively at Queens Valley recently for the Mike Romeril Trophy.

Ibbotson newly crowned as Jersey Spartan 1500 metre champion, went off fast and fought to establish a lead whilst being pursued by pre-race favourite Bryce Alford. The two lap, four-mile course was dry underfoot, perfect conditions for a fast run race. Ibbotson slowly extended his lead finishing in 22 minutes 05 seconds, over forty seconds clear of second placed and much improved Damian

Mahrer. Triathlete Bomber Lee was third followed home by veteran Jon Coote with Bryce Alford back in fifth. Sixth home and first lady was Jo Gorrod; she wasn't greatly pleased with the run but has been clocking up the mileage recently as she wrestles with the choice of whether or not to run the Jersey Marathon. Carol Knight is definitely aiming for the marathon and was the second lady home after a tough battle with 800 metre runner Liz Murfin. The biggest cheer of the day was reserved for Nick Gorrod when he finished the race. It was his first race for nearly 12 months as the comeback kid has had surgery to both his heels.

Prizewinners apart from Ibbotson and Gorrod, were Sam Horsfall (vet. women) Carol Knight (super vet. woman), Jon Coote (vet. man) and Gerry Toudic (super vet. man).

The next race JSAC race is the Transfer 2000 10km race at West Park starting at 6.30 on Tuesday 15 July. The race is open to club members and non club-members alike' Saturday June 21, 2008 16:15:

Report on the Club Sunset Trophy:

'Report on the Jersey Spartan Athletic Club Sunset Trophy held on Thursday 19th June at 6.30 pm., at Val de la Mare Reservoir.

Tom Brown and Jo Gorrod were the victors in the Jersey Spartan Sunset Trophy race run at Val de la Mare. The course involved two laps and was run roughly just over five miles. Twenty-five runners started the race and Tom Brown controlled the race from the front from gun to tape. Second home was the much-improved Damian Maher, ahead of third placed Jon Coote. Fourth home and first lady was Jo Gorrod who is contemplating moving up to the marathon. Seventh home and second lady was Marathon bound Carol Knight who finished 22 seconds in front of third lady Sarah Corcoran.

An interesting and unusual sight was Liz Taylor finishing in 19th place overall, having just outsprinted her dog who ran the whole way and kept her company.

The next JSAC race is on Friday 4th July a 6.30 p.m. start from the St Saviour's end at Queens Valley a 2 lap race for the Mike Romeril Trophy, with the possibility of a bite to eat at the Royal St Martin after the race'

Thursday June 5, 2008 14:52:

Report on the Daphne Wagstaffe Race-

'The Club recently held their Annual Daphne Wagstaffe Memorial 5km run/race at West Park along the seafront. It was a big turnout for the event which mixed hardened racers with social runners. Former JEP reporter Daphne Wagstaffe had been a leading light and club secretary in the early years of the Spartans. There is a trophy awarded at the end of the race for the 1st club member male and female, although it can only ever be won once by each athlete. Second place in the Mens race behind the winner Tom Brown, was Bomber Lee so he received the trophy this year. Second lady home behind another former winner Jo Gorrod, was Sarah Corcoran so she won the Women's Trophy. The trophies were presented by Nigel Wagstaffe when the last runner had finished'

The next JSAC race is a 1830hrs start at Val de la Mare, top car park, for the Sunset Trophy on Thursday 19 June.

Tuesday May 13, 2008 23:37:

Anyone running the Hash House Half for the first time (?) or in fact any race for the first time (?).  
Need some tips (?) - click here - the views made are the scribes personal experience's from various  
'real world' events.

**\*\*Latest fixture list for June-Sept 08 - here \*\***

Tuesday May 6, 2008 22:16:

Andy Coughlin 10 Mile Road Race report - here

Sunday May 4, 2008 16:20:

Message from Andrew Winnie -

Youth Commonwealth Games Qualifying Standards 2008 are published (please click the above link)

Sunday April 27, 2008 16:31:

Just received another marathon report, this time from Terri O'Donoghue (ta) read that - here - word  
of warning though, it gets a little emotional @ times!

Monday April 21, 2008 19:21:

Off island report on the Flora London Marathon by Amanda Brown:

I ran London but it was a last minute decision as have been on antibiotics twice since Jan - and was ill  
the week before- wasn't going to do it but woke up on the day thinking I'd regret it if I didn't....As it  
turned out I started out slow, then realised it was too slow and couldn't get in front of the crowds –  
sprinted the third mile and kept a fast (too fast) pace till 14 miles when my glutes and some other  
part of me cramped up and I nearly stopped. Carried on running the rest of the way in a certain  
amount of pain- sprinted the last mile and finished in 3:20:59 with blisters all over the place (on my  
feet that is!)– was hoping for better but all things considered I can't complain(need to work on my  
pacing I think..). The crowds/music amazing and I think I'll have to do another marathon sometime...

Amanda Brown.

Race Report - Fitness First 10k Waterfront

The Fitness First 10k road race report - here

Race Report - 10k Longbeach

Jon Coote returned to form with a victory in a Jersey Spartan 10K road race at the weekend. "I led  
early on like but Phil overtook me near the end so I was fortunate to get in front again. After a stop  
start season it just clicked today". said Coote. Third place went to Ken White in his first race since the  
November Half Marathon. A delighted White had this to say, " I was ok for the first 8K but dropped  
off a bit near the end. My main aim is a mountain race in Switzerland in August, so lets be honest, I  
wasn't really fit enough today" Fourth home and first lady was Jo Gorrod, who will be looking to go  
sub 37 in the Spring 10K next month. In seventh place and second lady was Catherine Hutton who

enjoyed the race but found the course tough. Eleventh overall and third lady was Carol Knight who will be looking for a fast time in the 10K road race in Guernsey on Good Friday. Forty four runners completed the course and had to endure a shower and strong gusting winds during the event. This contributed to times being a little slower than had been expected.

- Janine Fossey.