

JERSEY SPARTAN ATHLETIC CLUB FITNESS FIRST SPRING 10K

5TH APRIL 2009

The Jersey Spartan Athletic Club Fitness First Spring 10K race was run at the weekend in sunny conditions with light winds, from the Freedom Tree along the Waterfront to St Aubin and back.

Some Runners were using the race as a final tune up to the London Marathon. One of them was Bryce Alford who is attempting to run a world record time dressed as a superhero. He ran the 10k in full superman kit and the cape and red underpants didn't slow him down at all. He finished in 4th position setting a personal best time.

Tom Brown went into the race as a hot favourite and came home a comfortable winner in 34 minutes 27 seconds. He was unhappy with his time but delighted with the victory. Phil Ahier gave one of his usual gutsy efforts, being the first veteran home and finishing 2nd overall in 35 minutes 09 seconds. Third place, just ahead of Superman was Simon Roderick who finished in 35 minutes and 3 seconds. Starting at the back and working his way through to 7th spot and first Supervet was Ken White, who was happy with his run having just come out of retirement.

Favourite for the women's race was Sarah Corcoran who set a PB at 8k a couple of weeks ago. She was involved in a battle with Sarah Bruce, both girls going off at a fast pace.

Corcoran managed to edge ahead of Bruce 4 km into the race. On the way back she managed to extend her lead, winning in 40 minutes and 20 seconds. Sarah Bruce was runner up in 40 minutes 47 seconds. Third place went to Vicky Barratt who recorded a time of 41 minutes 53 seconds.

The next Jersey Spartan event is the 10 mile Andy Coughlan Memorial Race from Big Verns along the Five Mile Road via Corbiere and St Aubin to West Park, it's a 9 a.m. start, on Sunday 3rd May.