

JSAC Healthspan Road Race Series 8km race, Jardin d'Olivet
22nd March 2009

Before the race there was a round of applause for timekeeper Betty McGough, a recent winner of the Sports Council award for unsung heroes. Betty has been timekeeper for over 30 years for the Spartans and the hand clapping mirrored the high esteem in which she is held.

The winner of the race was Dave Ibbotson. Fresh from not having competed against the GIAAC last week, he took an early lead and was never challenged, coming home a convincing winner in 27 minutes and 39 seconds. Second place went to Bryce Alford, also absent from Guernsey. He's training for the London Marathon and is attempting to break the world record for running the Marathon in a superhero costume, which currently stands at 2 hour 49 minutes. On Sunday he ran in blue superman top and leggings, but will leave the cape and red underpants until the big day itself. He finished in 29 minutes and 16 seconds, just ahead of 3rd placed Jon Coote (29 minutes and 22 seconds). Whilst the injured Jo Gorrod watched from the sidelines, husband Nick continued his return to form winning the Division B race and was in 10th place overall in 31 minutes and 25 seconds. Second in Division B and first lady home in 32 minutes was Sarah Corcoran with a big PB. She was followed home by Dave Woodsford (32.32) which means that they share the Division B title for most points gained over the series. Sue Le Ruez (35.12) beat Debbie Donaldson to win the Division C race and secure the Division C title, as did Terri O'Donoghue in Division D, who just edged out an improving Judith Russell.

There were some good performances all round, but run of the day went to Stephen Billington. In finishing 8th in 31 minutes 17 seconds, Steve has shown a lot of improvement all season, and was rewarded for his efforts by being selected to run for the Jersey Spartans against the GIAAC in the cross-country last weekend.

The next Spartan race is the annual 5km handicap race for the Wilson Trophy. It is from West Park shelter at the first lay-by at 2.30 p.m. with a check in at 2.15 p.m. on Saturday 28th March. Former European triple jump champion Ashia Hansen is due to be in attendance to present the prizes and trophy to the winner.

Results

Place	Name	Time	Division
1	David Ibbotson	27.39	A
2	Bryce Alford	29.16	A
3	Jon Coote	29.22	A
4	Luke Shobbbrookk	30.08	-
5	Andy Godden	30.11	-
6	Peter Le Couilliard	30.26	A
7	Jack Johnson Deeley	30.41	A
8	Stephen Billington	31.17	A
9	Anthony Smith	31.24	-
10	Nick Gorrod	31.25	B
11	Doug Gorman	31.50	-
12	Sarah Corcoran	32.00	B
13	Dave Woodsford	32.32	B

14	Carol Knight	32.53	B
15	Kevin Lovatt	32.59	B
16	Sarah Bruce	33.00	B
17	Paul Huddleston	33.37	B
18	Glen Robinson	34.00	B
19	Sam Horsfall	34.24	B
20	Brenton (Bomber) Lee	34.25	A
21	Bernie Arthur	35.00	B
22	Dominic Wormell	35.02	-
23	Sue Le Ruez	35.12	C
24	Digby Ellis	35.32	-
25	Debbie Donaldson	36.42	C
26	Jon Mawson	37.00	C
27	Terri O'Donoghue	37.16	D
28	Judith Russell	37.32	D
29	Jane Wilson	37.59	D
30	Dave Speed	38.09	D
31	Sue Mawson	39.08	C
32	Pauline Alderman	39.37	C
33	Ruth Le Cocq	41.45	-
34	Angela Raimbault	45.12	D
35	Janine Fossey	53.57	D

Age group winners for the race were:-

Senior men	Dave Ibbotson
Vet men	Jon Coote
Supervet men	Peter Le Couilliard
Senior women	Terri O'Donoghue
Vet women	Sarah Bruce
Supervet women	Sarah Corcoran

Perpetual Trophy Age Group road race series winners were:-

Senior Men	Dave Ibbotson 2 wins
Vet Men	Jon Coote 5 wins
Super Vet Men	Peter Le Couilliard 3 wins
Senior Women	Terri O'Donoghue and Kerry Petulla 2 wins
Vet Women	Jo Gorrod 3 wins
Supervet Women	Sarah Corcoran 3 wins

Healthspan Road Race Series Final Results

Division A	(1) D. Ibbotson 52, (2) B. Alford 47 (3) J. Coote 46 (4) A. Murfin 39 (5) J. Gorrod 24
Division B	(1) S. Corcoran + D. Woodsford 52 (3) C. Knight 44 (4) K. Lovatt 30 (5) N. Gorrod 27
Division C	(1) S. Le Ruez 69 (2) D. Donaldson 39 (3) J. Mawson 35 (4) P. Alderman 28 (5) C. Matthews 25
Division D	(1) T. O'Donoghue 60 (2) J. Russell 46 (3) D. Speed 28 4 B. Cave + R. Benest 24