

Report

The Graeme Le Maistre Cross Country Series kicked off at Val de la Mare at the weekend in crisp sunny conditions perfect for running.

Thirty-five runners took part in the event, organised by Jersey Spartan Athletic Club, a one lap 3 mile run for the juniors and a two lap 6 mile for the seniors. This season to encourage competition senior runners are in 4 groups depending on ability, age and sex doesn't count. The junior race was won by Felicity Johnson-Deeley who took the lead early on to come home a convincing winner from Danielle Leeson with Matthew Raimbault third ahead of Anna Fenton.

Former Scunthorpe United footballer Andy Murfin led the seniors home finishing half a minute ahead of Alderney Half Marathon champion Phil Ahier who ran a caggy race, overhauling third placed Toby Edwards in the latter stages. Jon Coote was fourth finishing ahead of Jersey Ladies Marathon winner Jo Gorrod with Damian Maher in sixth.

Run of the day went to 9th overall and winner of the B division Kevin Lovatt. Having recently turned 50 he's been putting the miles in as he prepares for the half-marathon in November. First C division runner was Sue Le Ruez, First D division runner was Terri O'Donoghue. Age group wins went to Andy Murfin, Phil Ahier (Vet) and Gerry Toudic (Supervet) and in the womens, Kerry Petulla, Jo Gorrod (Vet) and Carol Knight (Supervet).

The next Jersey Spartan event is the Healthspan Road Race Series 10km from Les Laveurs, five Mile Road at 9 a.m. on Sunday 2nd November. Due to safety concerns, no Ipods will be allowed to be worn by the competitors.