

The Jersey Spartan Athletic Club Wilson Trophy 5 km Handicap  
28 March 2009

Sam Horsfall was the winner for this year's Wilson Trophy, the 5km Handicap race run at West Park on the eve of the club dinner. The early leader was a previous winner of the trophy, Janine Fossey, who held on till the last 2 km, until she was passed by Pauline Alderman. The handicapper having done his job, she then became engulfed in the closing stages by fast finishing runners.

Last year's runner-up Terri O'Donoghue took over inside the final kilometre, lasting until the last few yards to be out sprinted by the galloping Horsfall. Back in third place, finishing thirteen seconds behind the winner was Chris Matthews, who was one second ahead of fourth placed Kevin Lovatt.

The runners had gone out toward Bel Royal into a strong headwind. This was reflected by the slow times for the event. Only 3 runners managed to get under 20 minutes, Elliott Lincoln's 19 mins 17 seconds being the quickest.

The first three home were presented with gift vouchers after the race by former Commonwealth Games Triple Jump champion Ashia Hansen.

The next J.S.A.C. event is the Fitness First Spring 10K race from the Freedom Tree, along the Waterfront. Entries need to be in by Tuesday 31<sup>st</sup> March, although the club will accept late entries (£20) on the day. The race will start at 9 a.m. on Sunday 5<sup>th</sup> April.

#### Results

Place	Name	Time
1	Sam Horsfall	20.37
2	Terri O'Donoghue	22.08
3	Chris Matthews	21.20
4	Kevin Lovatt	20.21
5	Russell Kinnard	19.24
6	Dave Woodsford	20.27
7	Pauline Alderman	24.14
8	Debbie Donaldson	22.54
9	Jon Mawson	23.14
10	Elliott Lincoln	19.17
11	Lyndon Farnham	25.03
12	Sue Mawson	24.39
13	Angela Milton	23.06
14	Bruno Francisco	19.38
15	Janine Fossey	32.31
16	Derek Taylor	29.04
17	Clare Germain	27.19
18	Maria Encarnacao	28.22
19	Mike Stafford	33.52
20	Shirley Rowe	36.08