

Jersey Spartan Fitness First Spring 2013 10k Women's Results

Position	Name	Time
1	Jo Gorrod	37.53
2	Arlene Lewis	39.33
3	Andrea Banks	40.37
4	Philippa Worth	41.37
5	Sylvia Thompson	42.03
6	Elizabeth Le Guillo	42.19
7	Sam Horsfall	42.54
8	Claire Lidster	44.31
9	Rebecca Guy	44.40
10	Jodi Fowler	45.08
11	Patrycia Bocianowska	45.58
12	Sue Le Ruez	47.01
13	Siobhan Lynch	47.50
14	Sue Mawson	49.23
15	Claire O'Hagan	49.40
16	Karyn Martin	49.56
17	Sarah Harris	50.20
18	Stacy Morris	50.20
19	Judith Russell	51.33
20	Ellen Barr	52.02
21	Natalie Harris	52.33
22	Louise Woodland	52.53
23	Allison Caldeira	53.09
24	Rhiannon Small	53.49
25	Alexa Saunders	53.49
26	Fiona Smith	53.51
27	Rebecca Glover	54.51
28	Aimee Brennan	55.46
29	Andrea Firby	57.17
30	Sarah Pierce	59.14
31	Sarah Jane Jones	59.28
32	Emma McCarthy	59.38
33	Elizabeth Kendrick-Lodge	62.22
34	Lynette Mitchell	62.42
35	Melinda Lowther	64.57
36	Laura Storey	65.08
37	Tatiana Kassaveti	84.10

Jersey Spartan Fitness First Spring 2013 10k Men's results

Position	Name	Time
1	Tom Perchard	34.26
2	Tony Banks	34.35
3	Nathan Woodland	35.17
4	Dave Ibbotson	35.27
5	Sam Firby	35.40
6	Damian Maher	35.51
7	Philip Maguire	35.59
8	Nestor Ronconcio	36.00
9	Nick Gorrod	36.33
10	Dominic Maher	36.50
11	Ken White	37.14
12	Robbie Campbell	37.21
13	Jon Coote	37.28
14	Michael Charlton	37.29
15	Ben Seymour-Smith	37.56
16	Daniel Thomas	37.57
17	Simon Lester	38.08
18	Bryce Alford	38.56
19	Jamie Barker	39.28
20	Ricardo Ventura	39.42
21	Michael du Feu	39.47
22	Russell Kinnaird	40.18
23	Joshua Brien	40.31
24	Matt Gambles	40.52
25	Grant Hogan	41.27
26	Peter Le Couilliard	41.32
27	Glenn Springate	41.41
28	Gerard Mooney	42.19
29	Gavin Quenault	42.25
30	Alex Harrison	42.29
31	John Cunningham	42.37
32	Dave Woodsford	43.05
33	Terry Rumney	43.20
34	James Tinnelly	43.36
35	Alexander Wood	43.55
36	Simon Dowling	44.24
37	Bernie Arthur	45.06
38	Vaughan Robinson	45.12
39	Spencer Wells	45.35
40	John Legge	45.44
41	Aaron Smith	46.10
42	Stuart Syvret	46.35
43	John Robinson	46.44
44	Gary de Gruchy	47.33
45	Kevin Goodbody	48.10
46	Jon Mawson	49.23
47	Colin Smith	49.50
48	Genesis Perez	51.03
49	Duncan McEnaney	51.25
50	Victor Gonsalves	51.38
51	Ray Hampton	51.41
52	Daniel D'Avoine	51.43
53	Daniel Bannister	55.40
54	Lyndon Farnham	55.46
55	Peter Robertshaw	56.42
56	Phil Bradshaw	58.12
57	Wayne Quenault	58.53
58	Dale Quenault	58.53
59	Roy McCarthy	59.39