

Jersey Spartan Spar Autumn 10k results 11th September 2011

Name	Age category	Time
Men		
James Cunningham	0	33.50
Phil Ahier	40	36.06
Sam Firby	0	36.06
Philip Taylor	0	37.03
Jamie Barker	0	37.03
Peter Kamau	0	37.12
Simon Roderick	40	37.20
Eliot Lincoln	0	37.26
Matt Ebbrell	0	37.42
Bryce Alford	40	38.31
Michael Charlton	40	38.32
Errol O'Driscoll	40	39.38
Matthew Gambles	40	39.43
Daniel Barry	0	40.31
Matthew Fletcher	0	40.53
Glenn Springate	40	40.59
Richard Worth	0	41.16
Dave Woodsford	50	41.25
Marcelo Rodrigues	40	41.32
Kevin Lovatt	50	42.32
Stephen Collins	0	43.19
Joao Afonso	60	43.23
Andrew Heaven	40	44.10
Harry McAlinden	50	44.32
Spencer Wells	0	45.03
Peter St George	50	47.26
Bob Strathie	40	48.33
Victor Gonsalves	60	49.55
Lyndon Farnham	40	50.19
Jorge Oliveira	50	53.21
Jim Evans	60	65.24
Derek Taylor	60	65.40
Tony Banks	0	dnf
Women		
Jo Gorrod	35	37.28
Claire Wilson	0	38.01
Arlene Lewis	35	39.43
Andrea Banks	35	42.02
Kerry Petulla	0	42.19
Philippa Worth	35	42.31
Sylvia Thompson	45	42.55
Sarah Corcoran	45	43.04
Claire Malzard	0	43.28
Helene Perree	35	44.20
Lucy Adnams	0	44.41
Jane Grace	35	45.58
Rachel Maher	35	46.49
Nicola Lockhart	0	46.49
Sue Le Ruez	55	47.07
Jane Hamilton	45	47.29
Terri O'Donoghue	35	47.56
Lena Oliveira	55	47.56
Sue Mawson	45	48.19
Deborah Donaldson	45	50.08
Pauline Alderman	45	51.51
Natasha Clark	35	53.59
Ana Goncalves	35	55.25
Karen Le Cornu	35	59.54
Kersten Watkins	35	60.02