

Jersey Spartan Fitness First Spring 10k 2009 Men's results

Place	Name	Woman (w)	Time
1	Phil Maguire		28.40
2	Josh Brien		29.04
3	Jon Coote		29.15
4	Dave Holmes		29.22
5	Jamie Barker		29.30
6	Phil Ahier		29.43
7	Nick Gorrod		30.31
8	Jo Gorrod	w	31.02
9	Bryce Alford		31.11
10	Steve Billington		31.26
11	Katie Thompson	w	32.13
12	Gerry Toudic		32.29
13	Fintan Kennedy		32.47
14	Christian Marian		33.04
15	Glenn Springate		34.12
16	Sylvia Thompson	w	34.22
17	Andy Du Val		34.51
18	Paul Huddleston		35.31
19	Bernie Arthur		36.43
20	Dave Woodsford		37.02
21	Della Roderick	w	37.16
22	Colin Hidrio		37.23
23	Rob Benest		37.33
24	Sue Le Ruez	w	37.41
25	Sue Mawson	w	39.07
26	Judith Russell	w	39.28
27	Gil Blackwood		39.34
28	Lyndon Farnham		39.44
29	Jon Mawson		40.42
30	Melanie Bull	w	41.37
31	Ellen Barr	w	41.59
32	Vic Gonsalves		46.05

Juniors	lap	Time
1 lap		
1	Yasmin Lookess	8.20
2	Daniel Roderick	8.56
3	Hattie Thompson	12.56
4	Tilly Thompson	13.27
5	Izzy Thompson	14.37
2 laps		
1	Isaac Du Val	14.58
2	Jack Kennedy	15.01
3	Peter Holmes	15.18
3 laps		
1	William Brown	21.45
2	Jack Leerson	23.48
3	Gemma Gothard	23.57
4	Daniel Du Val	26.07