



# JERSEY SPARTAN A.C.

**RACE: JSAC Liberation Day 5km**

**DATE: 09 May 2025**

Position	Gender Position	First Name	Surname	Time	Age-graded % (WMA)
1	M1	Bruno	Francisco	16.54	84.41%
2	M2	Gary	Le Couilliard	17.28	78.02%
3	M3	Lineekela	Henghali	17.42	74.77%
4	M4	Scott	Welsh	17.59	71.77%
5	M5	Chris	Ibberson	18.01	77.37%
6	M6	Nicholas	Pilnick	18.03	75.50%
7	M7	JJ	Gallichan	18.06	71.31%
8	M8	Phil	Ahier	18.08	87.53%
9	M9	Alan	Unwin	18.13	72.12%
10	F1	Jessica	Troy	18.38	74.60%
11	M10	Richard	Guillaume	18.45	68.36%
12	F2	Francesca	Monticelli	18.57	73.35%
13	M11	Jamie	Wright	19.05	68.85%
14	M12	Nick	Hudson	19.06	70.30%
15	F3	Rebecca	Tinnelly	19.08	74.96%
16	F4	Rosie	Adamson	19.20	72.19%
17	M13	Benjamin	Watts	19.30	74.90%
18	M14	Gerard	Mooney	19.32	75.38%
19	M15	Virgilio	Mendes	19.33	73.54%
20	F5	Claire	Boote	19.34	71.94%
21	M16	Alex	Buesnel	19.41	65.34%
22	M17	Daniel	Rogers	19.43	65.00%
23	M18	Huw	Williams	19.46	64.85%
24	M19	Paul	Bish	19.50	83.65%
25	M20	Aaron	Maynard	19.57	65.86%
26	M21	Vaughan	Robinson	20.06	70.42%



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27	M22	Thomas	Boarer	20.09	63.61%
28	M23	Saul	Muldoon	20.13	73.42%
29	M24	Daryl	Hopla	20.13	72.25%
30	M25	Rich	English	20.13	69.48%
31	M26	Alex	Syvret	20.25	64.82%
32	M27	John	Read	20.25	75.77%
33	M28	Freddy	Prouten	20.30	62.52%
34	M29	Harvey	Hill	20.31	62.47%
35	F6	Katie	Tanguy	20.40	72.62%
36	M30	Ben	Phillips	20.45	64.71%
37	M31	Gerry	Toudic	20.49	82.80%
38	M32	George	Farley	20.50	63.98%
39	M33	David	Gribben	20.51	70.62%
40	M34	Marc	Bryant	21.08	63.54%
41	M35	Andrew	du Val	21.13	74.81%
42	M36	Andrew	Pinel	21.14	67.18%
43	M37	Darren	Clark	21.18	72.63%
44	F7	Karen	Bull	21.28	72.89%
45	F8	Helen	Day	21.38	69.37%
46	M38	Thomas	Howarth	21.43	66.72%
47	F9	Zoe	Rolph	21.43	64.01%
48	M39	Nathan	Bizouarn	21.43	59.02%
49	M40	Keith	Martin	21.45	72.35%
50	F10	Lisa	Mansell	21.59	65.25%
51	F11	Kerry	Rogers	22.04	68.01%
52	M41	Jeff	Collard	22.05	73.14%
53	M42	Jacob	Wilczynski	22.09	61.99%
54	M43	Darren	Osmand	22.13	62.27%
55	M44	Spencer	Woolley	22.14	67.86%



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56	M45	Evan	Osmand	22.16	57.56%
57	M46	Darren	Arnold	22.26	65.11%
58	F12	Yasmin	Lookess	22.33	61.64%
59	M47	Daniel	Walker	22.33	61.35%
60	M48	Mark	Bolla	22.48	74.81%
61	F13	Claire	Dupoy	22.54	68.33%
62	F14	Francesca	Guarino	23.05	60.78%
63	M49	Ismail	Mahmood	23.31	54.69%
64	M50	Warwick	Long	23.35	66.15%
65	M51	Rob	Benest	23.43	66.92%
66	F15	Rachel	Selby	23.45	67.36%
67	F16	Sarah	Spears	23.53	62.27%
68	M52	Robin	Smith	24.11	64.51%
69	F17	Lisa	Garrett	24.30	63.87%
70	F18	Carolyn	O'Boyle	24.30	61.26%
71	M53	Alan	Falle	24.31	52.90%
72	F19	Terri	O'Donoghue	24.44	66.16%
73	F20	Nicola	Holmes	24.49	62.37%
74	M54	Dave	O'Brien	24.51	66.77%
75	M55	Edward	Walsh	25.24	50.46%
76	M56	Roy	McCarthy	25.45	69.43%
77	M57	Richard	Watson	25.46	59.04%
78	F21	Sue	Le Ruez	26.01	80.34%
79	F22	Debbie	Reeve	26.13	54.41%
80	M58	Dale	Quenault	26.14	49.73%
81	M59	Rob	Monticelli	26.38	59.59%
82	F23	Jo	Ahier	26.42	65.80%
83	F24	Nicola	Williams	26.50	54.14%
84	F25	Verity	Osmand	26.59	55.62%



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85	M60	Chris	Dunford	27.13	57.82%
86	F26	Joan	Inwood	27.20	61.99%
87	F27	Lohren	Bateley	27.25	50.70%
88	M61	Peter	Holmes	27.26	46.72%
89	F28	Judith	Russell	27.29	62.39%
90	M62	Paul	Byrne	27.48	58.62%
91	M63	Glenn	Springate	27.52	57.46%
92	M64	Anthony	Hancock	28.10	60.56%
93	F29	Alice	Whitley	28.39	48.97%
94	F30	Rebecca	Orpin	28.44	58.97%
95	F31	Janette	Collard	28.59	58.46%
96	F32	Harriette	Bish	29.08	47.71%
97	M65	Geoffrey	Nott	29.42	55.36%
98	M66	Anthony	Muscat	29.47	43.03%
99	F33	Sherree	Rolf	31.52	60.31%
100	F34	Suzanne	Royle	33.14	44.38%
101	M67	Ian	Francis	33.14	51.86%
102	F35	Rebecca	Fletcher	33.15	42.19%
103	M68	Stephen	Falle	33.19	48.06%