

Lasaldo dominates OECS half-marathon



WINNING FORM:
Shermin Lasaldo

TRINIDAD and Tobago's Shermin Lasaldo outclassed her rivals to capture the women's title at the Nemwil OECS (Organisation of Eastern Caribbean States) half-marathon in St Vincent and the Grenadines earlier this month.

Lasaldo completed the 13.1-mile course in one hour, 39 minutes, 18 seconds. Vincentian Lisa Daniel finished a distant second in 1:43:27. Grenada's Kenisha Pascall was third in 1:50:39 while fifth spot was captured by T&T athlete Samantha Shukla (2:09:49).

Lasaldo is enjoying a fine run of form. One week after her OECS triumph in St Vincent, the 20-year-old distance runner emerged victorious in the women's 6K event at the T&T Cross Country Championships, in Couva.

Zepherinus Joseph was in dominant mood at the OECS half-marathon, the 34-year-old St Lucian stopping the clock at one hour, 14 minutes, 13 seconds to win the men's title for the fifth year running.

Another St Lucian, Victor Ledger, was second in 1:15:21 while third spot

RESULTS

Men

1. Zepherinus Joseph (St Lucia)—1:14:13
2. Victor Ledger (St Lucia)—1:15:21
3. Curtis Cox (T&T)—1:16:13
4. Pamenos Ballantyne (SVG)—1:17:48
5. Jules La Rode (T&T)—1:20:43

Women

1. Shermin Lasaldo (T&T)—1:39:18
2. Lisa Daniel (SVG)—1:43:27
3. Kenisha Pascall (Grenada)—1:50:39
4. Nadia Delpesche (SVG)—2:04:30
5. Samantha Shukla (T&T)—2:09:49

was copped by T&T's Curtis Cox in 1:16:13.

St Vincent's Pamenos Ballantyne (1:17:48) was fourth and Cox's compatriot, Jules La Rode, clocked 1:20:43 to finish fifth.

At the T&T Cross Country Championships, Cox and La Rode were second and third respectively in the men's 8K, behind champion Richard Jones.

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