

## RUNNING

## SPORTS BRIEFS

# Cox, McDonald win half marathon

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On Saturday more than 30 people participated in the BVI Half Marathon.

The event attracted twice as many runners than last year's race, according to one organiser Kay Reddy.

"A half marathon is quite a personal feat involving months of preparation, so I was surprised how easily most of the runners managed to cover the course well ahead of the expected average," Ms. Reddy said.

The event was put together by a seven-member committee and it took 14 volunteers to make sure everything ran smoothly on race day.

This year's event offered \$500 to the runner who could break the course record of 1:17.38' set by Jeremy Zuber.

"The inclusion of \$500 for breaking the course record will attract elite athletes," Ms. Reddy said. "In addition, the reintroduction of finishers medals is important to a race of this length is quite a personal achievement."

The prize money was enough to attract OECS Half Marathon third-place finisher Curtis Cox.

The Trinidad and Tobago native would win the event in 1:10:57.13, but due to a rogue mark his time had to be adjusted to 1:15.52' to correct the .8 shortfall of the half marathon distance. But his time was still good enough to break the record and take home the money.

It was his first time visiting the Virgin Islands and was persuaded to make the trip by his friend Darwn Peters who is also an avid runner here.

"I enjoyed the course, it was flat," Mr. Cox said. "And it wasn't windy."

He did run into a little trouble near Sea Cows Bay when a slow-moving vehicle's exhaust literally left him in a cloud of smoke. But he still managed to keep a five minute and 47 second pace per mile.

During the first mile, Steve Asson who finished second with a personal best time of 1:14:11.27' was in the lead, but Mr. Cox managed to take control of the race when he realised what time he needed to break the course record.



Around the 11<sup>th</sup> mile he started having cramps, but he said it wasn't anything too serious and was able to over come it.

"I am thankful I won the race and I broke the record," Mr. Curtis said. "I love to run."

On Sunday Mr. Cox will be running a marathon in Barbados.

"I didn't want to run to hard today. Just enough to break the record," Mr. Cox said. "It will give me a good confidence boost for next weekend."

His best time in a marathon is 2:21'.

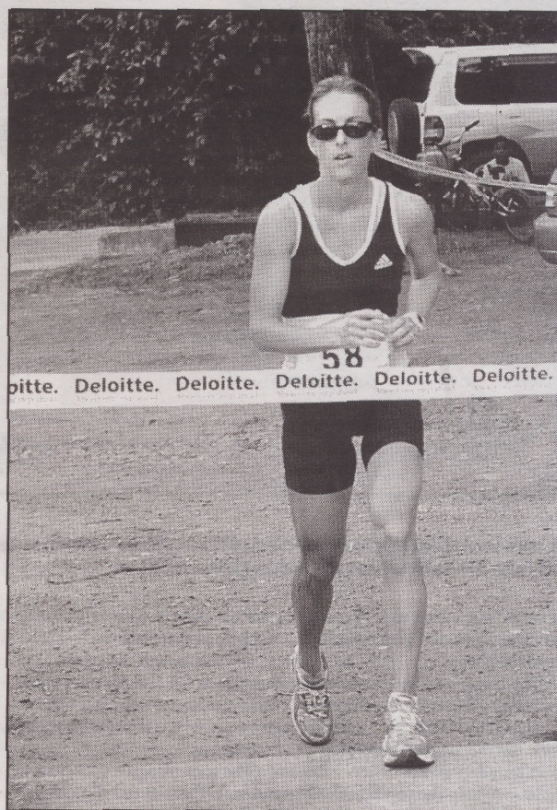
In February he will do another marathon in T&T. He said he competes around the world and sometimes organisers pay for his travel and accommodations for him to compete at their events. In fact, he used a free airline ticket to come here that he had won during a race in Barbados last year. He usually only competes in races that offer cash prizes.

"I put a lot of training in and there are expenses like buying vitamins and shoes," the 41-year-old filing clerk said.

He enjoyed his stay here, because it reminded him of his native country, Tobago.

"I will be back," Mr. Cox said. "I love it here."

Runners started at 6 a.m. from the Tortola Sports Club. They then ran to the Port Purcell Roundabout and headed West to Pockwood Pond where they turned around and headed back to the finish line



Photos: TODD VANSICKLE

(Top) Curtis Cox of Trinidad and Tobago runs near Paisea early Saturday morning during the BVI Half Marathon. He would go on to win the event and break the course record against a field of 35 runners. (Below) Rachel McDonald crosses the finish line at the Tortola Sports Club. She took first place for the female runners. It was her third time winning the event.

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# Running: 35 runners finish half marathon

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at the TSC.

In the Women's Division, Rachel McDonald broke her own record with a time of 1:36.33.09, which had stood since 2006. It was her third time winning the event. Belinda Boyd was last year's champion and came in second place also ahead of the previous record.

Ms. McDonald said the weather and motorists cooperated to make the run a lot easier. She said she has been doing some training for the event.

"You can't do one of these things without doing a few long runs," she said. "Otherwise it hurts too much."

Ms. McDonald also had some challenges during Saturday's event including troubles with her watch and competing against "a good crowd of women."

At the halfway point she was about a minute ahead of her training partner, Ms. Boyd. "I had to run really well to stay ahead of her," Ms. McDonald said.

She said the HLSCC/Highland Spring Race series has helped to get the youth involved in running.

"It is very important. There are

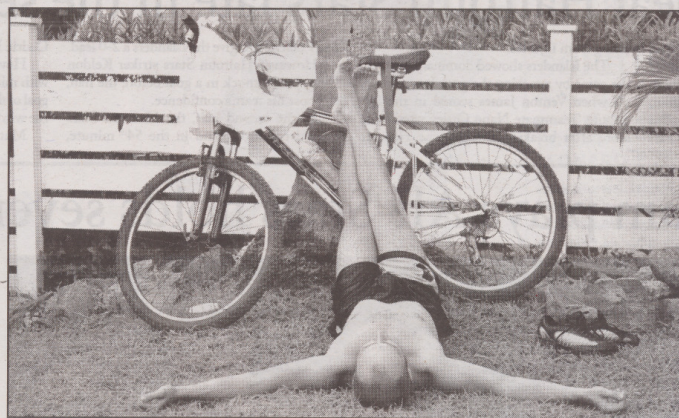


Photo: TODD VANSICKLE

Adrian Copaceanu takes a break after the race at the Tortola Sports Club. Mr. Copaceanu finished in fifth place with a time of 1:34.26.

friends and families out here and it helps raise the profile of running. I am so enthusiastic for all the kids getting involved in any kind of

sport," Ms. McDonald said. "It is just a way to keep a healthy balanced life."

Ms. Reddy crossed the finished

line by doing a cartwheel. She came in fourth place with a time of 1:54.15.

"I talked and laughed all the way round the course, not a personal best, but definitely more fun," Ms. Reddy said. "I'm impressed that all the runners made it look so easy."

Adrian Dale took third place in the Men's Division.

"The weather was perfect and my legs felt great today," Mr. Dale said. "I knew from the start there was two fast runners and I knew I wasn't going to be able to compete against them. It's a great way to end the season for me."

Mr. Dale was happy with his time of the 1:27.12. He isn't a stranger to athletic events. He has recently competed in other running series, mountain bike races and triathlons, but he doesn't credit these events to his recent success.

"It is just me being greedy and wanting to do everything," Mr. Dale said. "It's probably not the best preparation. Running is my best, I know I am not going to get much better, so why not do this and enjoy everything else. Next year I might think differently."

Ms. Reddy is optimistic about the future of the event and running in the VI.

"We expect the event to grow and possibly host the OECS Half Marathon in 2010/11," she said.


## RESULTS

### Men:

1. Curtis Cox, 1:10:57.13.
2. Steven Asson, 1:14:11.27.
3. Adrian Dale, 1:27:12.75.
4. Glen Millar, 1:32:00.96.
5. Adrian Copaceanu, 1:35:26.91.
6. Brandon Folkes, 1:36:33.09.
7. Jeff Moore, 1:41:36.70.
8. Chris Conway, 1:42:08.49.
9. Mark Abrahams, 1:44:34.42.
10. Craig Smith, 1:48:37.25.
11. Mark Chiurri, 1:50:38.45.
12. Simon Hudd, 1:51:09.56.
13. Howard Moore, 1:52:56.54.
14. Charles Kerins, 1:54:29.83.
15. Wilhelmus Kerkvliet, 1:54:47.22.
16. Anthony Rossi, 1:55:00.50.
17. Paul Hubbard, 1:56:01.42.
18. Mike Jennings, 1:56:59.06.
19. Garfield Neita, 1:58:24.03.
20. Chris Ghiorse, 2:07:38.92.
21. Mark Smith, 2:13:34.90.

### Women:

1. Rachel McDonald, 1:36.33.09.
2. Belinda Boyd, 1:42.15.26.
3. Jessica Broderick, 1:44.46.51.
4. Kay Reddy, 1:54:15.08.
5. Beth Pletz, 1:57.43.62.
6. Rebecca Paul-Rowlette, 2:00.23.56.
7. Hannah Piggott, 2:01:24.36.
8. Adele Perrot, 2:03.56.13.
9. Rhiannon Jones, 2:05.17.37.
10. Philomena Robertson, 2:05.46.50.
11. Augusta VanRensburg, 2:07.36.89.
12. Clare-Louise Whiley, 2:10.39.70.
13. Darwn Peters, 2:17.24.42.
14. Musonda Poole, 2:42:53.74.



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