

**JERSEY SPARTAN ATHLETICS CLUB FIXTURE LIST
FROM JUNE TO SEPTEMBER 2009**

- 1. ANYONE TURNING UP TO WATCH THE RACES WILL PROBABLY BE ASKED TO MARSHALL IF WE ARE SHORT.**
- 2. NO IPODS.**
- 3. WILL ALL CLUB MEMBERS MAKE SURE THEY HAVE PAID THEIR SUBSCRIPTIONS.**

| JUNE | Time | Venue |
|--------------------------|-------------|---|
| Tuesday 2 | 6.30 p.m. | 5k West Park to Bel Royal, <i>Daphne Wagstaffe Memorial Race/Fun Run</i> |
| Sunday 7 | | 5k Race for Life & Bobby Moore Charity Run/Walk |
| Tuesday 16 | 6.30 p.m. | 10k Les Platons to Les Tourelle and back – New Course |
| Sunday 21 | | Guernsey Half Marathon |
| 28 June to 4 July | | ISLAND GAMES - ALAND |
| Tuesday 30 | 6.30 p.m. | 8k race/run Check in and warm up at 6 p.m. at West Park. First Tower to St Aubin and back to West Park |
| JULY | | |
| Friday 10 | 6.30 p.m. | Queens Valley 2 laps <i>Mike Romeril Trophy</i> approx 4 miles. Anyone fancy the pub or BBQ after race? |
| Sunday 19 | | Track and Field Championships – to be confirmed |
| Tuesday 21 | 6.30 p.m. | <i>Transfer 2000 10K</i> – West Park |
| AUGUST | | |
| Thursday 6 | 6.30 p.m. | 10k Hamptonne |
| Friday 21 | 6.30 p.m. | Val de la Mare 1½ laps, <i>Sunset Trophy Cross Country</i> |
| Sunday 30 | 9 a.m. | <i>Jayson Lee 10k</i> (all proceeds to Jersey Hospice), FB Fields and back, Pre-entry required |
| SEPTEMBER | | |
| Thursday 3 | 6.30 p.m. | <i>Spar Road Race Series</i> 5k La Pulente, File Mile Road to Jersey Pearl |
| Saturday 5 | | Track and Field JSAC v GIAAC and Alderney Half Marathon |
| Sunday 6 | | Track and Field JSAC v GIAAC Juniors and Triathlon |
| Sunday 13 | 9 a.m. | THE HSBC PRIVATE BANK Autumn 10K, Longbeach Car Park – Pre entry required. |
| Sunday 27 | | Jersey Marathon |