

## **Inter-insular 2008**

Well done to all the athletes who attended the Inter-insular in Guernsey last weekend when Jersey won the overall trophy. Thank you to all the coaches who helped to make the weekend a success. Some of you haven't yet paid for the trip so if your name is below, please will you send a cheque made payable to JSAC for £30 if you went by boat and £60 if you flew as soon as possible to Mrs K Dingle, Cavatina, 82 Miladi Farm, Longueville, St Saviour JE2 7QH:

### **Boat athletes (£30)**

Marc Alner

Jodi Bull

Gemma Dawkins

Lauren Therin

Jenny Browne

Liz Murfin

Callum Forrest

Daniel Halksworth

Nick Foxworthy

### **Plane athletes (£60)**

Stephanie Goncalves

Cameron Davies

Tom Cussen

Heidi Smith

Sam Dawkins

### **Training**

The coaches are now having a well-deserved break for three weeks with outdoor training resuming on Tuesday 30<sup>th</sup> September from 6.30 to 7.30pm at the track. I will let you know in the next news sheet when indoor training starts.

Karen Dingle (JSAC Secretary)

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