



Jersey Spartan Athletic Club News

Spring 2008

President's Report

Richard Wilkinson

Happy new year to all members.

Firstly, I would like to thank all those members who give up their valuable spare time to help the club. These include all Committee, Subcommittee members, coaches, timekeepers, road race organisers and marshals, track and field officials, clubhouse cleaners and tea ladies.

I would also like to thank David and Anne Crossland who have given the club £10,000 sponsorship for 2008.

I am pleased to report as follows:

2007 Achievements

- 1. Island Games - Rhodes**
Our best ever medal haul – 5 Gold, 8 Silver, 2 Bronze.
- 2. Hampshire Track and Field Championships**
Again a record number of medals won – 28 Gold, 22 Silver, 18 Bronze.
- 3. England (formerly AAA) Championships – all age groups**
2 Bronze medals.

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Dublin Boy

Roy McCarthy

*The day was dying and the wind was sighing
As I lay crying in my prison cell
And that old triangle, went jingle jangle
Along the banks of the Royal Canal*

And spookily, there is Brendan Behan (or at least his sculptured likeness) as one plods along the canal bank. Half-turned on his bench he could be saying 'looking good' as you go wearily by.



My early days in Dublin are spent in a hotel room north of O'Connell Street, focus of the 1916 Easter Rising that led to the creation of the Irish Free State and later the Republic. After a few days of acting the typical tourist however other priorities take precedence, not least those of obtaining gainful employment and also a permanent roof over my head.

Both of these come within the month of January which is very pleasing.

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4. **English Schools Championships**
2 Silver medals
5. **SEAA Indoor Championships**
Best ever – 2 Gold, 1 Silver, 2 Bronze
6. **State Street Track and Field Inter-Insular**
Beat Guernsey by 54 points. Many new records set.
7. **Hampshire Cross Country Championships**
2 Gold, 1 Silver – Jo Gorrod won the women's Gold.
8. **State Street Cross Country Inter-insular**
Many individual winners and 4 team Golds.
9. **Road Running**
 - (a) **Fitness First Spring 10K and HSBC Private Bank Autumn 10K**
Tom Brown and Jo Gorrod won both.
 - (b) **Modern Hotels Half Marathon**
Jo Gorrod won the women's race and 'Bomber' Lee was the best Jersey runner in the men's race.
10. **Standard Chartered Jersey Marathon**
Catherine Hutton – 4th – Highest placed Jersey woman.
Phil Ahier – 9th – Highest placed Jersey man.
Veteran Women's relay team won silver medal.
11. **Channel Island Athletic Club**
Won promotion to British Athletics Men's League Division 3 and
UK Women's League Division 3.

2008 Objectives

1. Beat Guernsey in both Track and Field and Cross Country Inter-insular.
2. Jeux des Iles (Guadeloupe in May)
Win medals – Gold if possible.
3. World Junior Championships (Poland)
Jamie Stevenson to qualify for GB.
4. Commonwealth Youth Games (India)
Record 3 to qualify.
5. All other events
Exceed 2007 achievements. ■

Junior Awards Evening 2008 (for 2007 season)

We have decided to hold another Junior Awards Evening to celebrate the successes of the junior members of the club.

The Club would like to invite athletes and parents to the evening which is open to all who were in the second year U13 - U17 age groups last season (first year U13 athletes are not included as they would have been invited to the Minis Awards).

Awards will be presented to athletes who appeared in the UK age group ranking lists last year and any athlete who achieved an AAA Grade 1, Jersey Spartan record or Inter-insular record during the season. The annual Athlete of the Match Award for the Inter-Insular and Club Championships will also be awarded. If you know that you achieved a Grade 1 or record during the season and your name is not on the list below, please contact Club Secretary, Karen Dingle, telephone: 722377 so that your award is included.

If you have won an award, but are unable to attend, maybe one of your parents would like to accept the award on your behalf.

The event will be held on Saturday 8th March at the Clubhouse starting at 7.30pm and finishing at approximately 9.00pm. The dress code is smart/casual and snacks and soft drinks will be available during the evening.

RSVP, Karen Dingle, Club Secretary, telephone: 722377.

UK ranked athlete medals – 2007

Amy Dingle, U17W, 300m Hurdles, 46.10, 20th
Zane Duquemin, U17M, Discus, 47.16, 8th
Kathryn Rothwell, U15G, Shot Putt, 10.99, 12th
Kathryn Rothwell, U15G, Discus, 31.83, 9th
Shadine Duquemin, U13G, Shot Putt, 10.69, 1st
Shadine Duquemin, U13G, Discus, 35.21, 1st
Marc Alner, U13B, High Jump, 1.56, 3rd
Thomas Morgan, U13B, High Jump, 1.50, 15th
Hugo Barette, U13B, High Jump, 1.50, 15th
Hugo Barette, U13B, 75m Hurdles, 12.4, 5th

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However I am determined to keep up my running. This was going badly (i.e. even worse than usual) at the time I left Jersey. However a great Christmas Day run in Birmingham, during which I made many detours just to extend it, had given me a lot of hope for better things to come. Happily, the Royal Canal, starting in Dublin and reaching across the country, was just up the road. And the paths are kept in good condition too. So my regular long run has been quickly established.

The first landmark along the route, in the middle of the city, is Croke Park, home of the Gaelic Athletic Association and also temporary home, after much political infighting, to the soccer and rugby boys whilst Lansdowne Road is redeveloped. Croke Park is an impressive stadium today, the rubble resulting from the aforementioned 1916 Rising forming the present Hill 16. Croker (as it is known locally) has seen its horrors too, being the scene of indiscriminate shooting by British forces in 1920 resulting in 14 civilian deaths.

"The running culture here is very strong."

But onwards, past Brendan and Mountjoy Prison, as the canal edges westwards out of the city through a series of locks. The inner northern suburbs of Dublin have little going for them, and the canal with its swans and other wildlife is a haven to savour for many locals. Happily, Irish dogs seem less inclined to want to rip runners to shreds than their Jersey counterparts, and maybe their owners have something to do with that. So on we go to the 5-mile mark, where hopefully I catch a breather at the crossing at Ashtown railway station before heading for the nearby Phoenix Park.

The Phoenix Park (always with the definitive article here) is always thick with walkers, joggers and runners – even on a weekday. The park is huge, with a perimeter wall of 16km in length with paved paths and plenty of grassy trails for those inclined. Some member-runners will know it from the Dublin Marathon. My preference has been to cut across the park from Ashtown and take the long winding perimeter path on the south side. On the way one passes the Irish President's residence, that of the US Ambassador, and the Papal Cross marking Pope John Paul II's visit in 1979 which was attended by an estimated 1m people.

But really it is my fellow runners that catch the eye mostly – singly, in twos or groups, the running culture here is very strong. Everywhere there are plodders, running snakes and every speed in between, so you feel part of a family almost.

Soon now, in preparation for the Cork Marathon, I'll be building in extra loops, but for now it's past the Wellington Monument and out of the park back towards the city. The streets of Dublin are not runner-friendly at all, and a good way back into town is along the Luas tramlines (watching out for trams of course!) Past Croppy's Acre, Smithfield, Four Courts and into the centre of things again. About 12 miles now (my Garmin 305 is now working perfectly!).

So, my early days as an Irish resident and national proceed. In the meantime I wish everyone at Spartans, especially my ex-junior athletes, the very best of luck for the coming season.

*In the female prison there are seventy women
I wish it was with them that I did dwell
Then that old triangle could jingle jangle
Along the banks of the Royal Canal. ■*

HAMPSHIRE TRACK AND FIELD CHAMPIONSHIPS

The Championships this year take place at the Mountbatten stadium on Saturday 10th and Sunday 11th May 2008.

If you are interested in competing, please ask your coach for a letter. Spaces are limited.

Any questions, please contact JSAC Secretary, Karen Dingle, telephone:722377. ■

Club matters

Please could those athletes who won trophies at last year's Annual dinner, polish and return them. The Club house is open on Tuesday or Thursday evenings from 6.30 to 7.30 or Saturday or Sunday mornings from 10.30 to 12.

We also need some volunteers to go on a rota to clean the clubhouse. In addition there are currently vacancies for a Clubhouse Manager, Technical Officials Secretary and a Child Protection Officer. Anyone interested should please contact JSAC Secretary, Karen Dingle, telephone:722377. ■

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AAA Grade 1 certificates

Gemma Dawkins, U17W, 300m, 40.91
Amy Dingle, U17W, Long Jump, 5.28
Stephen de la Haye, U17M, High Jump, 1.90
Stephen de la Haye, U17M, Long Jump, 6.24
Zane Duquemin, U17M, Discus, 47.16
Felicity Johnson-Deeley, U15G, 1500m, 4:47.3
Kathryn Rothwell, U15G, Shot Putt, 10.99
Kathryn Rothwell, U15G, Discus, 31.83
Molly Jehan, U13G, 75m Hurdles, 12.00
Hannah Jauncey, U13G, High Jump, 1.40
Shadine Duquemin, U13G, Shot Putt, 10.69
Shadine Duquemin, U13G, Discus, 35.21
Marc Alner, U13B, High Jump, 1.56
Hugo Barette U13B, 75m Hurdles, 12.40
Hugo Barette, U13B, Long Jump, 4.82

Club record medals

Nicola Milner, U17W, 2000m Steeplechase, 8.49.64,
Corsica, 24/05/07
Amy Dingle, U17W, 300m Hurdles, 46.10, FB Fields,
10/06/07
Gemma Dawkins, U17W, 200m, 26.00, Medway,
28/04/07
Jenna Murphy, U17W, High Jump, 1.63, Portsmouth,
12/05/07
Danielle Leerson, U13G, 800m, 2.32.20, FB Fields,
10/06/07
Danielle Leerson, U13G, 1200m, 4.15, Portsmouth,
06/05/07
Lauren Le Moignan, U13G, 75m, 10.50, IOW,
03/06/07
Hugo Barette, U13B, 75m Hurdles, 12.40, 09/09/07
Marc Alner, U13B, High Jump, 1.56, 10/06/07

Inter-insular record medals

Amy Dingle, U17W, 300m Hurdles, 47.9, FB Fields
9/9/07
Zane Duquemin, U17M, Discus, 47.16, FB Fields
9/9/07
Felicity Johnson-Deely, U15G, 1500m, 4.57.3, FB
Fields 8/9/07
Kathryn Rothwell, U15G, Shot Putt, 10.72, FB Fields
8/9/07
Wade Le Marquand, U15B, 1500m, 4:32.2, FB Fields
8/9/07
Shadine Duquemin, U13G, Discus, 35.21, FB Fields
9/9/07
Shadine Duquemin, U13G, Shot Putt, 10.69, FB Fields
9/9/07
Hugo Barette, U13B, 75m Hurdles, 12.4, FB Fields
9/9/07 ■

Andy Coughlan Memorial Sands 10 mile race

Dave Woodsford

This year's Andy Coughlan Memorial Sands 10 mile race on Sunday 4 May is of special significance as it will be the 25th running of the race in memory of the former Jersey Spartan Athlete.

Sarah Corcoran will be organising a lunchtime barbecue at the Westhill Hotel off Queens Road behind Haute Vallee. The hotel has an outside pool and huge grounds and caters for outdoor and also indoor parties should the weather turn nasty. It is children friendly so families are welcome.

The race sponsors, Jimmy Hickey and John Lyons, will be presenting trophies and prizes at the lunch alongside Andy's three children, Sean, Maxine and Karen.

We feel sure that you will give your support to this event either by running the ten miles, or marshalling (please contact me beforehand, as this race requires a few volunteers), and/or by going to the lunch afterwards.

We shall be keeping you all informed and more details will be available nearer the time. ■

ROAD RUNNING SPRING 2008 FIXTURE LIST

MARCH

Sunday 2 March - Les Laveurs (Old Jersey Pearl course)
10K road race at 9 a.m

Sunday 16th March – Longbeach Car Park (old Autumn 10K course) at 9 a.m.

Saturday 29th March – 5K handicap. West Park to Bel Royal at 2:30 pm. Annual Dinner in evening.

APRIL

Sunday 6th April - **Fitness First Spring 10K** – Waterfront, 9 a.m.

MAY

Sunday 4th May – **Andy Coughlan memorial Sands 10 Mile Race** – Sands to West Park, 10 a.m. ■

