

Monday December 15, 2008 18:07:

Latest X Country results up on the X Country page.

Friday December 12, 2008 8:43:

An updated Fixture list, regarding all running races has now been produced - here - or on the relevant page.

Also - Position Vacant - the Club is looking for someone to run the 2009 Raffle this year. If anyone is interested then please contact Karen Dingle - karendingle@hotmail.com or +44 (0) 1534 722377.

Tuesday, December 9, 2008 20:11:

A training week-end is being arranged by Sarah Corcoran in early 2009. Coaches from the UK are being brought over, these being Martin and Liz Yelling, who run a company called 'Full Potential'.

For more information on this please click here. It should prove to be a very good weekend, please support this venture!

Monday, December 8, 2008 23:10:

The latest x-country results are now up on the x-country page.

Saturday December 6, 2008 19:19:

Information regarding the Hampshire Championships in Jan 09- here - more from Paul on the cross country page.

Friday December 5, 2008 13:21:

Message from the Road running committee:

'Dear Spartans

On Boxing Day at 10 a.m. we shall be running a 10km Race/Fun Run/Fancy Dress from the clubhouse.

Afterwards (11.15ish) we shall make the club draw for London Marathon places for those unsuccessful in getting in to the 2009 race. So if you've been a Spartan Club Member since March either bring down your refusal notice or contact Dave 07707 889594 or Janine 07797 888153 or Jon 07797 833362 and you will go into the club draw. There are 5 places available this year so good luck.

After the race we shall have tea and refreshments. So we look forward to seeing all of you there on Boxing Day, Friday 26th December.

With love and best wishes to all from the Road Running and Cross country sub-Committee'.

**Tuesday November 25, 2008 9:22:**

Updated information from David Lawson on our Mini's can be found on their page.

**Tuesday November 18, 2008 22:23:**

Modern Hotels Jersey Half Marathon 2008 Draft Results are now up on our Half Marathon page.

**Tuesday November 18, 2008 18:02:**

Quick update still awaiting the results from Sundays results.

**Sunday November 16, 2008 20:44:**

Well its been and gone.....what a great day, 300+ runners, all enjoying the day. Its amazing how the good weather doesn't produce PB's (?) I must do a study on this (!)

Mary you are stunning, you and your helpers yet again make a great day. Pictures are on the way, as are the results....patience please as the 'scribe' is heading off to spain (!! ).....thats me by the way (!!)

**Saturday November 15, 2008 17:55:**

Latest news on the Half Marathon front. Over 300 entries, weather Mild and slight Drizzle, helping wind along the east side..

**Tuesday November 11, 2008 10:56:**

Update on the Modern Hotels Jersey Half Marathon on our Half Marathon page - here

229 entries so far, weather improving.....

**Monday November 10, 2008 12:48:**

Two (2) job vacancies need filling within the JSAC.

Club House Manager

Club Statistician

Anyone interested please contact the Club Secretary Karen Dingle +44(0)1534 722377

**Sunday November 9, 2008 21:19:**

The 3rd Race in the Advisa Financial X-Country Series took place on Saturday, the results and report are up on the X-Country page.

**Friday November 7, 2008 14:33:**

UK Ranking are listed on our Track and Field page. Several members are mentioned .

**Monday November 3, 2008 15:10:**

The latest running results - Healthspan 10k Road Race - are up on the running page.

Volunteers are still needed for the Half Marathon!!

**Thursday October 30, 2008 21:49:**

Various updates on the Modern Hotel Jersey Spartan Half Marathon are on the Half Marathon page.

Looks like a good race in New York. 02nd November (Sunday) on Eurosport 1400hrs.

**Tuesday October 21, 2008 20:52:**

We now have a Language page. Check it out on the left hand side panel. French,Portugese,Italian and Polish.

**Sunday October 19, 2008 23:33:**

Graeme le Maistre X-Country results and report are in. Report here

**Sunday October 19, 2008 15:25:**

Saturdays Advisa Financial X-Country Series, race 2, results and report on our X-Country page

**Saturday October 18, 2008 13:19:**

Great Britain youth athlete Jamie Stevenson is being showered with awards again. The 18 year old Jersey Spartan thrower has been informed that he has won the Scottish Athletics Association's Blue Riband Trophy for most meritorious athlete.

And if that was not enough, the former Haute Vallee and Highlands student is also on the shortlist for the Senior Scottish Athlete Award which will be announced next month in Glasgow.

Shot putter Stevenson, a multi-national age group championship winner, represented Team GB in the World Youth Championships in Poland this summer.

**Thursday October 16, 2008 20:15:**

There was further disappointment last night on the athletics field for Zane Duquemin, who had been thought by many as the team's best medal hope in the discus. Duquemin injured himself in the first round and could throw no further than 46.29m – almost five metres away from his PB – despite reaching the final eight.

There was consolation for the Sanne Group-supported team in the performance of Jenna Murphy, who competed exceptionally well in the high jump to equal her PB of 1.65m, beating a number of highly rated athletes to finish in seventh place.

Wednesday October 15, 2008 21:54:

Commonwealth Youth Games update:

400m runner Gemma Dawkins, who ran a great semi-final yesterday but was unfortunate to have been edged out for a final place. The 17-year-old's medal chances were scuppered as she finished sixth in the race, and just over a second outside the qualifying time for the final.

Zane Duquemin was not so happy with his performance in yesterday's shot put, recording a putt of 14.96m, which left him ninth in the placings and well over 3m off a medal.

Tuesday October 14, 2008 16:13:

The Commonwealth Youth games are under way in Pune. Gemma Dawkins has made it through in the 400m hurdles, Stephen De La Haye suffered a disappointing session trying to get to the high jump final. To keep upto date click - [here](#).

Monday October 6, 2008 22:12:

Overdue payments from the Inter-Insular - [here](#) - please pay ASAP, its the clubs money!

Monday, October 6, 2008 14:04:

Latest 200 Club winners are as follows:

The draw took place and the winners were as follows:

August

No. 136 Betty McGough £100

No. 97 Jerry Keen £50

September

No. 26 Kerry Carter £100

No. 179 Mike and Laura Stilwell 50

October

No. 73 Mark Harris £100

No. 30 Anne-Marie Clarke £50

Monday October 6, 2008 8:11:

Update on the Marathon. A JSAC team also won the Relay race. Congrats to all and I hope no one is suffering to much this morning!

266 finishers in the Full race - [here](#)

242 finishing teams in the Relay race - [here](#)

258 finishing the 3k fun run - [here](#)

(The JSAC cannot be held responsible for any errors in the results)

**Sunday October 5, 2008 15:49:**

Jo Gorrod 'storms' to victory in the Standard Chartered Jersey Marathon. Her time (unofficial) 2.58.14 in testing conditions.

The 'Flying Doctor' Andrew Hennessey took the honours in the mens race in a brilliant 2.29.05 (unofficial) beating his last time by 7 minutes!!!

More details above.....

**Saturday October 4, 2008 16:53:**

Catch a pre-race interview with Jo Gorrod regarding Sunday's Marathon on our Road Running page.

**Sunday September 28, 2008 20:11:**

More updates regarding the Cross Country section and the Mini's section of the club. Click on the left hand links please.

**Friday September 26, 2008 18:52:**

News from the Road and X-Country Committee reagrding fixtures and feed back - [here](#) - please read and comment back.

**Tuesday September 23, 2008 8:35:**

We have some urgent updates for you. These are information on Juniors/Minis training sessions and if you have not yet paid for your Inter-Insular trip, then please do so!!

**Monday September 22, 2008 21:03:**

The HSBC Autumn 10k results are up - [here](#) - and a race report is - [here](#) - Congratulations to all runners and prize winners.

**Sunday September 14, 2008 22:39:**

Thursdays 5k Road Race results are up on the Road Running page.

**Friday September 12, 2008 21:07:**

Thérin shelves field events for bobsleigh

TRACK and field athlete-turned-British bobsleigh team member Lauren Thérin is giving up training for javelin and discus – for which she won Island Games gold medals – for good.

Thérin's heavy bobsleigh schedule, which demands months of training and travelling, means she has had to make a tough decision between her two specialist sports.

The former Grainville student started out on the field when she was 11 and went on to win bronze medals in javelin and discus for Jersey at the Commonwealth Youth Games in Australia in 2004 and three gold medals at last year's Island Games in Rhodes.

She trialled for the bob-skeleton team three years ago, and though she failed to make the squad, Thérin was later invited to a training camp in Austria and subsequently selected to be part of the British team.

**Thursday September 11, 2008 15:21:**

Sportingbet Channel Islands Athlete of the Year

Jersey's Peter Irving has won the above award. Read more on our Track & field page, Congrat's to him.

**Tuesday September 9, 2008 16:02:**

Message from Rachel Wilkinson regarding a letter asking for volunteers for the forthcoming Disabled games (Nov 15th 08).

Its from Jeannine Carey - here - if any more information is required you can contact Rachel on 741282

The Junior X-Country Series - 'Advisa Financial Services' - has just been announced. Details are on the X-Country page.

**Tuesday September 9, 2008 13:48:**

Phil Ahier breaks Alderney Half Marathon record. More on our Road Running page.

**Monday September 8, 2008 21:43:**

The Results and report on the Inter-Insular are up on the Track & Field page. Well done to all!

Urgent message from Karen Dingle (JSAC Secretary) and Inter-Insular Organiser, please read that **\*\*here\*\***

**Monday September 1, 2008 17:56:**

Our Road Running page holds the wonderful adventure of the 'Lengthy Lanes of Longford' written by Roy McCarthy, his 'first and last marathon'.....enjoy.

Monday September 1, 2008 17:28:

'The great Zane' is at it again. Zane Duquemin wins the U17 Discus at the UK Schools Games. More on our Track & Field page.

Sunday August 31, 2008 21:07:

Several Spartan members travelled to Brittany (Dol to Combourg) for their Annual Half Marathon. Results on the road running page.

Saturday August 30, 2008 0:18

More changes to the Inter-Insular listings (!!)

Please check the Track and Field page if your involved.

Wednesday August 27, 2008 8:14:

News update for our middle distance runners and the cross country guys. A newsletter from Paul R is on the x-country and road runners page(s), enjoy.

Tuesday August 26, 2008 20:23:

Lots of Inter Insular updates on our Track & Field page, please review if it involves you!

Tuesday August 19, 2008 15:40:

Jersey Spartan Autumn 10k Entry forms are out, available at all 'good outlets' (Sports centres and shops).

Tuesday August 19, 2008 8:14:

Inter-insular team lists updated.

Thursday August 14, 2008 14:21:

Healthspan 10k Results are up on the Road running page

Monday August 11, 2008 16:22:

More Track & Field information just up loaded.

Friday August 8, 2008 16:21:

Youth Games in India

JERSEY will send 12 competitors to the third Commonwealth Youth Games in Pune, India, in October.

There will be four representatives each from three sports, athletics, swimming and tennis, making it the biggest team the Island will have sent to the event, which is held every four years.

A meeting of the validation committee, described as 'long and hard' by Commonwealth Games Association of Jersey secretary Alan Cross, last night decided to fill all the 12 spaces, although only around a quarter had attained the standards set by the sports.

The Pune event, near Mumbai, will take place from 12 to 18 October and is expected to attract around 1,200 under-18 competitors from some 71 Commonwealth nations and territories.

The team consists of an athletics squad: 400m runner Gemma Dawkins (17) (pictured), high jumpers Jenna Murphy (16) and Stephen de la Haye (17), and thrower Zane Duquemin (16)

**Saturday August 2, 2008 16:15:**

Jardin D'Olivet 8k Road Race report and results on our Road Running page.....

**Saturday August 2, 2008 9:06:**

More news (update) on the Inter-Insular -

News Update (August)

Great article on Sophie Twinam in Friday's JEP (sorry don't have copy!!!) Not sure who wrote it but a copy for here would be GOOD!!!

**Wednesday July 30, 2008 16:26:**

Three Spartan members travelled to France recently. Check out how they did on our Road Running page.

**Saturday July 26, 2008 21:59:**

Important information on the Inter Insular posted on our Track & Field page..... PLEASE READ.

**Monday July 21, 2008 16:33:**

Zane's at it again. Close to the British Record....read more here

**Friday July 18, 2008 8:40:**

The Multi Noel Event, held last night, results are up - Here

**Thursday July 17, 2008 9:06:**

Transfer 2000 10k results and report on our Road Running page

**Wednesday July 16, 2008 22:03:**

200 club draw

The draw took place and the winners were as follows:

July

No. 33 Paula Corrigan £100

41 Stephen De La Haye £50.

**Monday July 14, 2008 15:34:**

Zand Duquemin strikes Gold at the English Schools Championships in Gateshead. Read more.....

**Friday July 11, 2008 20:10:**

Television listings for Track & Field events are on our T&F page.

**Thursday July 10, 2008 18:50:**

Twinam and Irving invited to GB Olympic Trials. More on our T&F page

**Wednesday July 9, 2008 15:55:**

Sophie Twinam has been at it again, this time an excellent PB. Report - here

**Tuesday July 8, 2008 14:09:**

Good luck to Jamie Stevenson competing in the World Junior Championships in Poland.

Results from the Tuesday Shot Putt (6kg) Jamie's putt 17.69 - 12th in his group.

**Tuesday July 8, 2008 8:54:**

Congrat's to Derek Taylor on his great effort during the recent Royal Windsor Triathlon. An amazing performance considering what he has been through. Report - here.

**Monday June 30, 2008 16:12:**

Club Championships report and results

A great day had by all. Well done Karen Dingle and helpers of course.

**Wednesday June 25, 2008 22:48:**

200 club draw

The draw took place and the winners were as follows:

April

No. 148 Janice Murphy £100

181 P. Swann £50

May

Jersey Spartan Athletic Club 2008

No. 5 Mrs C. Adams £100

87 M. Jehan £50

June

No. 52 S. Frasier £100

42 J. Dempsey £50

**Monday June 23, 2008 9:02:**

The clocks ticking guys and more volunteers are needed for the forthcoming Club Championships this Sunday 29th June. Time? From about 0900 till 1500. If your kids are competing and your going to be there, then why not help out a bit (?).

If you can help contact Karen Dingle (Club Sec);

Karen's 'E'

'Tel' - 01534 722377

**Saturday June 21, 2008 16:18:**

Important news from Karen Dingle;

Membership notes

Letter regarding Club Champs

Results from Sunset Trophy are up - Road Running page.

**Monday June 16, 2008 20:48:**

More updates on our Track and Field page. Jamie Stevenson's new shot putt record and the Championships held recently at the FB Fields.

Just a reminder, if anyone has not included their email address when re-newing or joining the club then please contact Richard Milner (membership sec.) asap, as we hope to make this club electronically friendly and a paper free club!

**Monday June 9, 2008 20:59:**

Update and information on the CIAC debut in the British National League is on our Track & Field page.

Big up to all who ran/walked/helped/marshalled over the weekend for the Race for Life and the Run for Moore charity events.

1,100 ladies and 150 guys !!

Jersey Spartan Athletic Club 2008

Well done to Jim E for all his efforts !

Thursday June 5, 2008 17:05:

Documents for the Noel Multi Event and the Club Championships 2008 are on The Track and Field page.

Wednesday June 4, 2008 13:01:

Message from Jim Evans:

'Hi Everyone,

Could ALL active road runners please note that the JSAC will meet at First Layby on Victoria Ave ON Sunday 8TH JUNE ONLY. This is to support and in some cases take part in the Mens/Ladies charity RUNS. Still need some more people for MARSHALLING duties'

JIM 'E'

Monday June 2, 2008 21:49:

Final medal count from the Jeux Des Iles Games is on our Track and Field page.

Friday May 30, 2008 20:53:

Jeux Des Iles - JEP report:

'The athletes were again in fine form with Felicity Johnson-Deeley completing a hat trick of silver medals as she again came second, this time in the 3,000m.

Stephen de la Haye set a personal best as he cleared 1.93m to take the high jump silver while team-mate Ross Jeffs also set a PB with a jump of 1.78m.

Kathryn Rothwell collected her second silver medal of the Games with a throw of 10.43m in the shot, while the girls' 4 x 400m relay team of Nicola Milner, Jenna Murphy, Lisa Luce, and Gemma Dawkins wrapped up a great week for the athletes with a silver medal.

4 x 400 Relay Team

Thursday May 29, 2008 17:10:

More from the JEP;

'ANOTHER powerful performance on day four of the Jeux des Iles in Guadeloupe has boosted Jersey's medal count to 15.

Seven medals, including a third gold, is making Jersey's stated aim of finishing in the top ten teams look a far too modest target.

The athletes continued their fine form with Zane Duquemin taking gold in the discus, to go with his silver in shot the previous day, with a throw of 49.96m.

Jersey featured twice on the podium in the 800m, with Felicity Johnson-Deeley in second and Nicola Milner third while Lisa Luce won a bronze medal in the 400m hurdles.'

**Wednesday May 28, 2008 16:39:**

Picking up 'bits' from the JEP regarding the Jeux Des Iles games:

'JERSEY put on a stunning display on day three of the Jeux des Iles in Guadeloupe lifting their medal tally to a record number of eight - two of them gold.

The athletes made a huge impact on their first day of competition, taking four medals. Gemma Dawkins won gold in the 400m, Zane Duquemin, silver in the shot and Felicity Johnson-Deeley, silver in the 1500m.

Kathryn Rothwell won silver in the discus and Jersey also finished fourth three times with Jenna Murphy in the high jump, Emma Wilton in the discus and also in the 4 x 100m girls' relay.'

**Friday May 23, 2008 22:15:**

Just found a write up on the Jeux Des Iles campaign, copied to the Track & Field page.

**Friday May 23, 2008 16:07:**

Good luck to the following at the South of England Championships U15/U17 24/25 May in Ashford, Kent;

U 15 Girls

Shadene Duquemin

Molly Jehan

Grace Bravery

Danielle Leerson

U 15 Boys

Marc Alner

Elliott Dorey

U17 Men

Wade Le Marquand

Tuesday May 20, 2008 22:30:

Latest fixture list for June-Sept 08 - [here](#)

Tuesday May 13, 2008 23:27:

Evening everyone, sorry about the lateness of this update, slight problems on the electronic/techno front.....

A big well done to everyone within the club for the performance in Hampshire over the week-end. The medalist's are - [here](#) -

Good luck to all running in the Hash House Half @ the week-end.....

Tuesday May 6, 2008 21:44:

Hampshire Championships in Portsmouth this week-end. Pre race report [here](#)

Travelling Coaches, Competitors and Events:

Friday

Saturday

Good Luck to one and all.....

Sunday May 4, 2008 16:20:

Message from Andrew Winnie -

Youth Commonwealth Games Qualifying Standards 2008 are published ([please click the above link](#))

Thursday May 1, 2008 22:05:

The Jersey Spartans Junior Awards Evening was held in the clubhouse on Sunday 27th. The winners of the two Outstanding Athlete of the Match cups which are presented annually to two athletes for their performances at the Club Championships and the Inter-Insular are pictured below - Amy Dingle on the left as you look and Shadine Duquemin is on the right.

For a full report on the evening and more prize winners please click - [here](#)

Friday April 25, 2008 21:14:

Just received another marathon report, this time from Terri O'Donoghue (ta) read that - [here](#) - word of warning though, it gets a little emotional @ times!

Just a little reminder, now that we are getting more members for 2008 and more 'e' address's, the weekly sheet could do with a little help, any news/ gossip/tips/hints/anything really (printable that is !!) would be considered for inclusion. 'E' me if you have anything - web manager.

Monday April 21, 2008 19:27:

Just received a report from the Flora London Marathon from Amanda Brown - [here](#)

Thursday April 17, 2008 8:58

Morning from the 'happy holiday maker', getting things up to date, just entered the 10k results from the Fitness First 10k (on the results page) and gently going through the site to update all.

Sunday March 30, 2008 16:16:

Well congrat's to all the winners at last night's little 'shindig' .

Big thanks to Sarah Corcoran on her arranging 'skills', a really good venue the RYH (judging by my head this morning anyway!...must of had a bad prawn!!..only kidding)

The buffet style menu worked well with loads to eat. The guest of honour Chris Tomlinson was well received and gave an excellent speech, as did our Club President Richard W.

Awaiting the 5k fun run results (?) and hopefully some pic's of last night might appear, if they do then they will be uploaded onto our photo gallery.

For those who missed out here's the prize winners (allow for download time please)

Thursday March 27, 2008 22:26:

Up date on our Annual Dinner Guest Speaker. Unfortunately Ashia Hansen can't make it, but we do have a replacement 'jumper'.

Mr Chris Tomlinson is an athlete in good form, taking 2nd place (Silver medal) at the recent Worlds in Valencia Spain. His bio is [here](#) , and his club is [here](#)

Thursday March 20, 2008 21:14:

Be careful out on the roads this weekend, as the wind is getting up again, latest info:

Friday - 25>28 mph from the West

Saturday - 28>34 mph from the NNW

Wednesday March 19, 2008 20:16:

Road Running results just in 10k at Gorey - [here](#) - bit of a tough day by all accounts, well done to all who ran.

Friday March 14, 2008 22:19:

Quick update on the Porto Santa Race. Monies raised by our runners - Pauline £1000.00 for Jersey Variety (running London for the same charity), Sam £300.00 for Cancer Research. Well done ladies! Images in the Photo Gallery (under overseas)

Jersey Spartan Athletic Club 2008

**Tuesday March 11, 2008 21:30:**

Important Membership Information..

If you are re-newing your membership and you wish to KEEP YOUR PRESENT RACE NUMBER, then please return your form (To Richard Milner) before the Easter period. Thank you.

Also we (the club) would like to get 'electronically friendly' which means we would like to use the email system more often, with regard to ALL of the club issue's. So please if you do have an email address (home or work) then please let us know, as we would like to keep you informed of all the club issue's. Thanks

**Tuesday March 11, 2008 16:27:**

Whilst of course not making light of the damage caused by the High winds and big swell, we do have some images from around the Island. Check out the Photo Gallery - Jersey folder.

**Thursday March 6, 2008 21:59:**

Great results from the Porto Santo Marathon and Half Marathon over the week-end. Hopefully try and get some pictures to upload, meanwhile the ladies JEP write up is - [here](#)