

Dear Fellow Spartans

Here is a list of races for the forthcoming next few months. **Please note** this list at present is **incomplete**. We still need to find out the date for the Annual Dinner which will be when we have the 5km handicap for the Wilson Trophy. Can Glen Robinson defend his title? So the end of February and all of March looks a little threadbare race wise at present, but by December we should know when the dinner will be and can then pencil it in on the racing calendar with the addition of another race or two.

**Healthspan** have agreed to sponsor this season's **Road Race Series** and there will be prizes for the first 3 in **Divisions A,B,C and D** at the seasons end. We normally have a 'do' just before the Sands 10 and would like to get feedback from you the club members. Do you want an awards night with a buffet? An awards night in a pub but no buffet? Or no awards night at all? Please let us know your views, but if we put something on and invite our various sponsors, it won't look to good if only a dozen people turn up.

What did surface during the Autumn 10km was that runners with IPODs seemed unaware of approaching traffic, we had a couple of complaints therefore we've taken the decision, with the unanimous support of the Executive to ban all IPODS in all Jersey Spartan Athletic Club races forthwith. This will apply both to road and cross-country events, and the beach race if it ever returns!

Here is the list of races so far.

<b>OCTOBER</b>	Sun 5 <sup>th</sup>	Jersey Marathon
	Sun 12 <sup>th</sup>	Tout Rennes Court
	Sun 19 <sup>th</sup> - 0900	Val de la Mare – Graeme Le Maistre X C Series
<b>NOVEMBER</b>	Sun 02 <sup>nd</sup> - 0900	Les Laveurs 10K – Healthspan Road Race Series
	Sun 16 <sup>th</sup> - 0900	JSAC Half Marathon – FB fields
	Sun 30 <sup>th</sup> - 0900	Pont Marquet – Graeme Le Maistre X C Series
<b>DECEMBER</b>	Sun 14 <sup>th</sup> - 0900	Noirmont – Graeme Le Maistre XC Series
	Fri 26 <sup>th</sup> - 1000	Boxing Day 10K (FB) Followed by London Marathon Draw. THIS IS A PROPER RACE, YOU CAN RUN IT, RACE IT, RUN IT IN FANCY DRESS AND ENJOY IT. BUT IT IS A PROPER RACE. CHECK IN AT 9.50.
	Sat 27 <sup>th</sup> - 1430	Bouley Bay Hill Climb
<b>JANUARY</b>	Sat 10 <sup>th</sup>	Hampshire X Country
	Sun 11 <sup>th</sup> - 0900	St Catherine's Woods - Graeme Le Maistre X C Series
	Sun 25 <sup>th</sup> - 0900	Former Bal Tabarin Site, top of l'Etacq 10K Healthspan Road Race Series
<b>FEBRUARY</b>	Sun 08 <sup>th</sup> - 0900	Les Creux – Graeme Le Maistre X C Series
	Sun 22 <sup>nd</sup> - 0900	Les Laveurs 15K Healthspan Road Race Series

<b>MARCH</b>	Sun 15 <sup>th</sup>	Inter Insular Cross Country V Guernsey in Guernsey
	Sat 21 <sup>st</sup>	English Schools Cross Country
<b>APRIL</b>	Sun 05 <sup>th</sup> - 0900	Freedom Tree – Fitness First Spring 10K
	Sun 26 <sup>th</sup>	London Marathon
<b>MAY</b>	Sun 03 <sup>rd</sup> - 0900	Andy Coughlan Sands 10 Mile
	Sun 17 <sup>th</sup> - 0900	Jersey Hash House Harriers Half Marathon

**P.S.** Will try to get all Cross Country races off at 0900hrs If we are a little late it's because we have not quite set up the course. We would appreciate anyone arriving early would pick up a few flags and help, and then there is more chance of getting a prompt start. Thanks.

Best of luck to all of you who are doing the Jersey Marathon!

Those fans of the Grand Prix will know they always award a drive of the day. We shall be adding something similar to this to our reports in future. So our race of the day in the Autumn 10K was Jack Johnson Deeley for his high placing and setting a PB at the age of 52. Well done Jack!

**Road Running and Cross Country Committee**