Jersey Spartan Club Championships 17<sup>th</sup> July 2011

The Jersey Spartan Club Championships were held last Sunday despite the horrendous weather conditions for. It is a true testament to the commitment and enthusiasm from both competing athletes, parents, officials and helpers that so many people turned out in such trying conditions to make this a very successful day for the club.

Unsurprisingly there was only one club record broken on the day, however it was very fitting that it was by Edward Cook in the U13 boys hammer, who broke a 6 year old record, throwing 21.38 m. Edward has recently attended a hammer coaching training weekend with English coach Mick Jones and this has obviously paid dividends for the young thrower, who also won gold in the Shot put.

Despite this being the only club record broken there were many personal bests achieved by athletes throughout the age groups. U17 high jumper Marc Alner jumped 1m 94 to claim gold in very testing conditions. U15 athletes Ellie Heyes and Holly Widdowson won gold and silver respectively in the same event both jumping 1m 48 - a PB for both of them. Ellie, also won the shot put with a throw of 8.01m and silver in the long jump.

On the track Daniel Robinson continued his great form by winning both the 800m and 1500m in the U17 boy's age group. Robbie Stenhouse, who will be competing in the Junior Commonwealth games later this year, also won two gold medals in the 100m and 200m sprints. Stanley Livingston won the U17 400m convincingly despite running up an age group and also claimed the U15 boy's 100m sprint. Josh McGowan threw 40.3m in the javelin to claim gold as well as winning a gold in the shot and silver in the high jump.

In the U15 boy's competition Josh Plowright won two gold's for the hammer and 200m and silver in the 100m. Tom Ward, who has been steadily improving his times all season won both the 800m and 1500m. Barney Murray claimed silver in the 800m with a new PB of 2.22.3. In the same age group for the girls, Mary Hegarty, a newcomer to the club, won gold in the 100m with a time of 13.8. Middle distance athlete Gemma Gothard ran a PB time of 2.25.9 to win the 800m and also won the 200m.

At U13 level Alice Bain continued her great form from the Hampshire Championships by winning gold in the 200m, 800m and 1500m. Bali Eden won both the 100m sprint and the long jump in this same age group. Yasmin Lookess won silver in the 800m and 1500m and a gold in the sprint hurdles in undoubtedly the worst conditions of the day! Charlotte Pollard, better known for her gymnastic achievements, jumped to a PB of 1.35m, winning the high jump and also won silver in the long jump. In the boys U13 events Jack Leerson collected three gold medals for the 800m, 1500m and the javelin, where he threw a PB of 29.0m. Josh Daniels won both the high jump and long jump.

In the minis competition, which consists of children in school years 3 through to 5, the competition was fierce as this age group turned out in great numbers. So much so that in the U11 girls 60m sprints the organisers had to run 3 heats, which made for an extremely competitive final! Olivia Allbutt, won the gold medal, however 2<sup>nd</sup> and 3<sup>rd</sup> positions were so close that officials had to hand out a silver medal each to Olivia Mehigan and Tallula Norman and a bronze medal each to Grace McCarthy and Maya Shobbrook-Walton! Olivia Mehigan went on to win a gold in the 600m just outsprinting Florence Gothard in the home straight – a reversal of the result in the Primary Schools inter insular two weeks ago. Tallula Norman showed her further skill in the field events winning gold in the long jump and silver in the high jump.Olivia Allbutt also won a further gold in the high jump and silver in the long jump.

Louis Bootland, another of the many newcomers to Spartans this season, won two gold medals in the U11 boy's 600m and cricket ball. Rory Drummond showed his versatility by winning gold in the high jump and 60 m sprints and silver in the long jump. The long jump had the highest number of any competitors in the minis events with more than 40 children entering and in the U11 boys was won by Ben Daniels.

In the U9 girls competition Kate Beechey won gold in the 60m sprint and silver in the long jump. A number of young athletes won their first gold medals ever: Sophie Robinson in the cricket ball, Lena Holden in the long jump and Honor Daniels in the high jump. In the boys competition Jack Perchard won gold in the 60m sprint and long jump, whilst Daniel Fernandes won both the 600m and the cricket ball throw.