



Intertrust



Athletics Development Officer

Welcome to the first edition of the Guernsey Athletics eNewsletter. The purpose of this is to reach out and communicate in a new way to our members. We are really happy that the social media pages have received so much interaction over the past couple of years but it can be difficult to get more lengthy messages or certain types of communications out via those channels. This new platform should allow us to keep you all updated on the various goings on at the club – and also answer some questions that you might have. Please feel free to send me any questions on wider club issues which we can tackle in the eNewsletter for the benefit of everyone. I am also keen to hear from our members regarding any features you'd like to see included in the eNewsletter.

The plan is to release an edition every month throughout the year. Most of the content will be written by myself but I will reach out to other key figures within the club for added insight in different sections. There will be regular items as well as one-off features. Some sections will be delivered in the first person and will be by default from myself unless stated otherwise.

The upcoming month is sure to be an exciting one for some of our youngest members as we look forward to welcoming the current year 6 athletes into the "junior" group for Tuesdays and Thursdays. They are classified as U13 athletes now by UK Athletics and therefore are junior athletes rather than colts. Moving up to train with the older athletes can be a daunting event of course but plenty of planning and organisation has gone into devising the most effective environment for the youngsters. The coaches are looking forward to receiving their new athletes and we hope the athletes are excited too.

In terms of competition on island – the Chertsey House series continues as the road running season gets fully underway with plenty of opportunities both locally and in the UK. The indoor track season is reaching its conclusion for our juniors too. Not to mention six of us are working hard to prepare for April's Commonwealth Games in Australia.

Plenty going on – check out the subsequent pages for lots of info!

Yours in sport,

Tom

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Track & Field news

The Intertrust Track & Field Challenge is the primary track series locally and is in place to offer competitive opportunities for senior and junior athletes. The seniors are able to claim cash prizes up to £100 to be presented the following January/February at the club's annual awards. Juniors also have the incentive of trophies for placing in the top 5 of each age group. The points scoring is detailed on the website and rewards consistency in partaking in the series as well as of course the level of performances. The scoring system will be explained in the April edition ahead of the series beginning.

The main Track & Field fixtures have been confirmed – please see the list below:

Sun 29th April – Intertrust T&F Challenge (including U13 Quadrathlon)

Thu 3rd May – Intertrust Field Fest

Sun 27th May – Intertrust T&F Challenge (including U13 Quadrathlon)

2nd or 3rd June TBC – Intertrust Athletics Games

Thu 14th June – Intertrust Field Fest

23rd or 24th June TBC – Inter-Insular (in Jersey)

Sun 8th July – Intertrust T&F Challenge

Thu 19th July – Intertrust T&F Challenge

Thu 26th July – Intertrust Field Fest

Thu 2nd August – Intertrust T&F Challenge

Thu 16th August – Intertrust T&F Challenge

Thu 30th August – Intertrust Field Fest

Sun 9th September – Intertrust T&F Challenge (including U13 Quadrathlon)

Endurance news

Guernsey AC will send strong Senior and Junior teams to the Home Countries International and, after clearance by the organisers the team will feature Ryan Burling who has set course records on his opening two local road race events. Prior to the Home Countries international a large squad will be looking for fast times on the flat Eastleigh 10k course.

Home Countries International 24th March 2018, Wollaton Park, Nottingham.

Senior Men :- Lee Merrien Ryan Burling
 Steve Dawes Richard Kowenicki

Junior Men(U20 on 31st Aug 2017)

 Richard Bartram Dan Galpin
 Ed Mason Alex Rowe

Hendy Ford Eastleigh 10k 18th March 2018

Men:- Richard Bartram, Danny Blake, Ryan Burling, Steve Dawes, James de Garis, Dan Galpin, Chris Gillman, Warwick Helps, Dave Hockey, Mikey Ingrouille, Ed Mason, Andrew McArthur, Tom Shaw, Chris Way, Michael Way.

Women:- Laura McCarthy, Louise Perrio, Sam Ingrouille, Laura Quayle



FNB

Endurance news – Hampshire XC report

by Louise Perrio

The annual sojourn at the County Cross Country Championships was once again well supported, with approximately 60 athletes travelling, broadly equally split between juniors and seniors. A very advanced party of Team Laura landed bright and early in Southampton on Friday morning to get the hotel staff on side and were followed in dribs and drabs by the majority of the rest of the senior team and the younger juniors. Most of us had managed to book the correct (same) hotel and were soon out to dinner, where despite having pre-ordered the restaurant deemed it necessary to go through the normal rigmarole of looking at the menu before we could have any food. Regaled by Ingy's Intercounties memories, the team then repaired to rest with high aspirations for the day to follow. The squad was completed in the morning by a strong contingent of reinforcements who variously arrived in time for breakfast or the magical mystery bus (considerably posher than last year, it had a functioning toilet on board, what more could a pre-race athlete want?!).

Last year's report stated that the conditions were supposed to be much improved, it was going to be hard to follow the success of the previous year and that we had an excellent crop of debutant(s). I could well stop there this year too, but that would do no-one any justice. That report also hoped that 'this year would be an inspiration for next.' And so it proved to be: the juniors again provided a pleasing start to the day, with a silver from Summer, a surprise bronze from Sam Culverwell and a team medal in the U20s.

In response to such strong batches of youngsters on the horizon, the men surpassed themselves, with strong runs from everyone for the A team to place 3rd and win the Interinsular contest and for the B team to place 7th (co-placing with the women, much to the delight of Laura-co-61st-placer-Q, and beating Jersey's B team too!). It is, in fact, almost impossible to pick one performance out from amongst so many by the men: Richard Bartram's strong step up in distance and age group; Jim de Garis mixing it with the 32 minute 10k men and taking a number of local scalps in the process; James Priest counting for the A team on his first ever away race in club kit and with a serious spike malfunction; Richard Friedrich's judgement to perfection to come through as second scorer; Steve Mann cracking the veteran top 10 and the B team on HIS debut; Rich Hann leading home the B team; Thomas Merrien's support for Mez mature beyond his years 'Give him a run for his money, Dad!'; Chris Way's dramatic announcement that once again he was lacking a shoe (too colourful to print here, ed.).

In all seriousness, kudos to all the men for their achievements this year, you should all be proud and champing at the bit for next year!

The women, following the natural cycle of abundance, after many years of success were suffering a fallow year, with illness and injury taking their toll on squad numbers. Every place by every runner really did matter this year and 7th was a creditable finishing position. Vanessa, building on her road relay experience and at her first time at the event, took it all admirably in her stride on a tough course (which you really can't appreciate until you have been there, done that and got the FNB long sleeve t-shirt) to do the team proud and Laura Q closed us out well within the top 70.

This year's sweepstake was much simplified, however to make up for it we introduced the idea of pre-ordering Saturday night food by Google Form. That was also supposed to be for simplicity's sake, but clearly we all need a bit of a challenge in our lives and Christian more than most. Who knew Mez was really an early rising New Zealander - "rid eye steak" anyone? Participants were asked to predict the first two Guernsey Senior Male finishers and the time gap between them and, for a bonus, the non-travelling Steve Dawes' take on the same. For much of the race, it seemed there was only going to be one clear winner - Laura Q being the only one to put her faith in the up-and-coming Rich B to follow Mez through the field. 50% of the entries otherwise favoured Pete Amy and 50% Richard Friedrich. Richard Friedrich came through with a late charge and investigators are still trying to ascertain how much he profited by this. Ultimately though, Warwick took the honours, with the correct order and closest guess at the finishing gap (being only 3 seconds out). With such accuracy being shown, an overall precision prize had to be awarded to Chris G, who managed to predict the time difference to within 1 second of reality and 29 seconds of Steve's guess. Perhaps the most surprising result however was Mike Way's impressive rendition of Steve Dawes' overall thinking.

Following such excitement La Tavernetta did a good job of hitting the spot with dinner, although despite the intricate accuracy of the spreadsheet generated by the aforementioned Google Forms, it still took about the same amount of time to settle the bill. Team drinks and Warwick's annual residency followed at the FireHouse and after that, well... there are rumours of middle of the night sit-down curries and the maintenance of proper standards by the (this is not a Hilton) Premier Inn but unless you were there, who will really know?

Sunday featured a group run and since both Ingy and Mez were there for the duration it definitely counts. Later, the troops dispersed much as they'd arrived, some leaving early, some just about managing to leave in the middle and some fighting a rear-guard action in Sprinkles til the last moment.

In addition to those already expressed, great thanks are due to Ingy, Mel and Al for their team management efforts and support out on the course, to Phil and Jamie for their journalistic endeavours, to Warwick for galvanising the men (same again next year please, no pressure ;-)) and to Chris G for maintaining una bella amicizia with La Tavernetta.

The next FNB Endurance Squad away race is a repeat of last year's successful raid on the Eastleigh 10k. Let's hope it is also worth writing home about!

Coaching

The coaching structure was one of my main priorities when I took up my post three years ago and it will remain so as athlete demographics evolve and we evolve the coaching structure in an athlete-centred manner to provide as best we can for as many athletes as we can. The reason why coaching is so important is because it is the coach who dictates the athlete experience and can ultimately decide whether athletes ultimately succeed (bearing in mind that success for some may simply mean continuing to partake in and enjoy the sport in the long term).

This section will look at a certain facet of coaching in each issue and will also draw on experiences of individual coaches within the club – some of whom are hugely experienced and others are just beginning their coaching journey.

We have seen numerous small tweaks in the coaching structure over the past couple of years. Some of these changes have been forced – others have been strategic. But I am pleased to say that I am genuinely happy with the potential of the current set-up with the various diverse event groups and stages of development well covered. I would ask that athletes who favour the throws and their parents are sympathetic to the situation we find ourselves in as Sara Queripel is currently the only full-time regular coach of that discipline. This will be remedied in time but I would like to thank Sara for the brilliant job she is doing in coaching across a wide range of abilities.

I would like to recognise the great work happening at the U13 level with Dave Walley, Matt Mason and Steve Allaway really invigorating that section of athletes. All three are working hard to develop their groups and indeed collaborate together where possible to elicit the best experience and progression of the athletes.

Finally – next month we are holding the formal qualification of Coaching Assistant...this is the first genuine step onto the qualification ladder. I am offering this opportunity to all athletes on the Elite Athlete Support Programme as part of their non-monetary benefits. Athletes can often make great coaches due to their own experiences and obvious engagement in the sport...and although many won't be able to undertake full-time coaching straight away, I am hopeful that this investment will bear fruit in the years to come. Anyone either on the programme or not on the programme can contact me to discuss the possibility of undertaking the qualification.

Coaching - Endurance

Senior Endurance training update from Paul Ingrouille – Director of Endurance Section

We are approximately 6 months into the altered setup for senior endurance training and it is probably worthwhile having a brief update on where we are.

The main club endurance groups have seen high numbers turning out, particularly when sessions are shared with the Middle Distance group. On occasions this has seen some very large numbers at sessions (up to 30, see image). The Long Distance group is undergoing targeted training for events in the Cross Country/5k/10k range with sessions adjusted as we near major island level events. Athletes with other focusses (longer distance, triathlon, 5k etc) are receiving options to adapt sessions based on their goals. Ingy is leading these sessions from a program set by Alan Rowe – anyone wishing to be added to the Facebook group detailing the weekly program should contact Ingy. ingrouille1@me.com

So where does Lee Merrien's One-to-One group fit in ?

Athletes on supported level (broadly speaking "island games level") have access to Lee Merrien on a one-to-one basis. Lee also takes S&C sessions for these invited athletes. Lee's focus is towards invited athletes that take him up as their named coach and may include sessions set outside the normal Tue/Thur/Sat framework. It is feasible for Supported level athletes to work independently of Lee if they chose.

Some other athletes are occasionally invited to join Lee's group, this is on the basis that they are assisting the training of the established group members.

Middle Distance performance group Sessions:-

Led by Alan Rowe and although sometimes seen as the "junior group" these sessions are open to senior athletes with a middle distance focus. As the local and UK based student athletes develop the age based association has largely disappeared and it has been good to see athletes with a 5k goal such as James Priest, George Nichols and Andrew McArthur occasionally tapping into these sessions. As we transition into summer track work the Saturday session will become more speed focussed and Alan may also be setting specific options for younger athletes on the performance pathway.

Guernsey Athletics Senior Endurance coaches:

Lee Merrien:- Middle Distance & Endurance Performance One-to-One coach.

Alan Rowe :- Middle Distance Performance coach & Endurance program coach

Paul Ingrouille:- Endurance Club coach.

Chris O'Neill – Assistant coach.

Sadly Sandie Bohin has had to step down due to other commitments. Our thanks go to Sandie for her support in developing the athletes and training group to this stage.

Athlete Development

The club and myself personally in the role as Development Officer have many facets of athletics that we are responsible for. Arguably the most important fundamental issue is that of Athlete Development – after all, at all levels of athletics it is all about the athletes. This is never more true than during the important teenage years where young athletes are learning about the sport and where they want to go within it.

As with Sports Science generally, the field of athlete development is extremely young and therefore the pace of change and progression of research is relatively fast. This can be extremely challenging for professionals working in the industry such as myself but at the same time can be extremely exciting and interesting to follow. The importance of the field of Athlete Development first came to my attention back in 2008 when I undertook my undergraduate dissertation with a qualitative study on the Youth Sport Trust's Multi-Sport Academy initiative. That experience showed me that Athlete Development is one of those concepts filed under "the art of applying the science."

When I first began my role in the club three years ago I quickly identified that the coaching structure is of fundamental importance to our athletes' development. Over the last couple of years I have implemented and tweaked an athlete-centred coaching structure where the aim is to cater for all athletes as best we can.

What is clear is that not all athletes will ultimately stay in the sport into adulthood, let alone achieve relatively elite levels of performance. If that is the case – then "athlete development" to some athletes will simply mean continuing to have fun doing the sport and continue to improve without performance pressures. Conversely – other young athletes will grow in their ambitions and will thrive under gradually increasing pressure to perform. The challenge for the club is to support both ends of this spectrum and everyone in between! Of course we also need to consider some athletes join the sport late at a variety of ages and that fully matured adult athletes are still "developing" within the sport in a number of ways.

The purpose of this monthly feature will be for me to present various aspects of my own interpretation of Athlete Development and keep parents and athletes 'in the loop' in terms of why certain policies are in place...and in some cases why policies may be changing. Aside from justifying what we are doing within the club, there will hopefully also be plenty of information that is simply quite interesting to parents of young athletes (and to athletes themselves). I see my ongoing self-education in this particular area as a key component of my job and embrace the challenge of applying it to our own club's circumstances here on the island. There is so much literature out there and key professionals across the UK and beyond who are happy to share best practice and I will continue to tap into these.

What is for sure is that there are so many facets to Athlete Development and so much changing all the time within it that this feature will certainly be in place for many months to come. I look forward to sharing with you!

Fixtures

Below are the upcoming fixtures taken from the website for your convenience

Sun 25 Feb	Snr/U17	Road	Info	Chertsey House Series - Race 3 10k, Pembroke	10k	10.00am
Sun 4 Mar		Road		Bath Half Marathon	13.1m	
Sat 10 Mar	Snr/Jnr	XC	TBC	Inter Counties XC, Loughborough (*4)		
Sun 11 Mar		Multi	info	Chertsey House Series - Race 4 5k, Saumarez Park	5k (2.5k jr)	9.00am
Sat 17 Mar	Jnr	XC	Leeds	English Schools XC		
Sun 18th Mar		Road	info	Church to Church 19.6mile run.		
Sun 18 Mar		Road		Eastleigh 10K	10k	
Sun 18 Mar		Road		Reading Half Marathon	13.1m	
Sat 24 Mar	Snr	XC		Home Countries International - Nottingham (*2)		
				Easter Festival		
Fri 30 Mar		Road		5km Road Race - Footes Lane	5k	10.00am
Sat 31 Mar		XC		Keith Falla Memorial Full Course	4.75m	11.00am
Sun 1 Apr		XC		XC Relay - Stonecrusher (Short version).	4 x 1m	10.30am
Mon 2 Apr		Road		10km Road Race Grandes Rocques - Northside	10k	9.30am

Colts Corner

Letters have been given out to year 6 athletes over the past week regarding the 'move' to junior athletics as of w/c 5th March. If you have not received this then please contact Nick via mar.ley@virgin.net.

Note that Friday group will remain at Beau Sejour excluding 2nd March which will be at Footes Lane. The final indoor training session will be 16th March.

Volunteers – like so many aspects of the club the smooth running of the colts section relies heavily on the volunteers who contribute their time. If any parents think that coaching either once or twice a week might be possible for them then please contact Nick to discuss. There is scope to further your coaching in the future but equally we are grateful for anyone who is simply keen to give some time whilst their child is in the colts age group.

Clothing – please send your children to outdoor training with plenty of layers! The weather is extremely cold at the moment and therefore hoodies, long tights, tracksuit bottoms etc are a must. Remember that some Guernsey Athletics children's kit is available from Print My Tees at St Martins.

Intertrust Easter Festival entry forms are available on the colts webpage and the main website www.guernseyathletics.org.gg/easter

Remember to keep an eye on the dedicated colts webpage for all the latest information – www.guernseycolts.co.uk

Athlete interview: Island Games sprinter Harry Burns

Tell us about your athletics journey from when you were a youngster, to leaving the sport, to coming back

I started athletics at a young age but couldn't quite find the distance that suited me. As when I joined Guernsey Athletics I already had a background from football, and one of my most noticeable skills was my speed. So, I naturally fell into sprinting, but as I grew up I was told that I was better suited for the longer distances. I found this a challenge having to transition skills over but with the supportive coaching I received I continued to improve. But as time went on I started to branch into different sports as I wasn't sure if I had found the sport for me. After years of doing rugby, touch rugby, swimming, I managed to go full circle and found my home back at the track. Fortunately, I had managed to maintain my speed, and as 2017 went on I managed to exceed my own expectations. Such as winning the county championship for 200m, qualifying for island games and even coming away with a silver medal from the 4x100m relay.

Josh Allaway oversaw your training throughout last year – the importance of coaches in athletics has been acknowledged in this eNewsletter – how important was he in your fast improvements over the course of the year?

Josh was a massive part of my development within the sport, as very early on into my training he sat down with me and spoke to me about setting goals and what I would like to achieve within the year. One thing I very much enjoyed about having Josh as my coach was the constant support and the fact he developed training sessions to focus on me, even taking a few lactic sessions that was just him and I which did turn out to be painful but enjoyable experience.

But I am very grateful for all that Josh has done with me, even though he is no longer my coach as Tom Druce has taken over. He has become my training partner and still pushes me, assists me and of course challenges me.

What has been your best experience in athletics so far?

My highlight of my athletics career has to be the 4X100m final in the Island Games at Gotland. As it was a very surreal moment being able to compete with some of the best male athletes in Guernsey but what made it more special was running with my former coach and now training partner Josh Allaway and run with arguably one of the best athletes Guernsey has, my coach Tom Druce and the young and extremely promising athlete Alastair Chalmers. But the icing on the cake was being able to take home a silver medal.



What is your least favourite training session and why?

My least favourite session has to be 350m, 300m, 250m, purely due to the fact that once you finish the grueling 350m you have to overcome the mental thought that you haven't even covered a third of the total distance of the session. The feeling of that your legs are going to fall off at the 250m start line and the lactic build up that sits with you for the rest before the final rep. But you feel the overwhelming feeling of pain and relief when you finish the session.

What does your average week look like in terms of training?

Mondays after work I go to the gym and having to complete the TRX core exercises at the end of the day is a big wall to hit.

Tuesdays is speed endurance sessions, whilst having the DOMS from gym the previous day having to complete a session that works on your lactic acid system is a big challenge for the body.

Thursday is all about speed sessions, so these sessions focus on improving those explosive actions and developing the anaerobic alactic system.

Sundays are technical days, so we focus on improving details within all aspects of a race. This varies from your positioning in the starting blocks to your technique once you are out of those blocks.

What would your message be to any young upcoming male athletes who are unsure whether to continue to do multiple sports (including athletics)?

My message would be that it is a big challenge but the rewards from doing sport is worth it all. Balancing multiple sports is difficult as it can be both physically and mentally draining. But the benefits you receive massively outweigh that, for example the social benefits you get massively improve individual's mental health, even with in individual sports such as athletics there are large social sides. I can speak from experience in saying the memories you gain from these different experiences will stay with you for the rest of your life. Overall, I would say, go out and try multiple sports. It took me years to find the sports I truly enjoyed and wanted to progress within.

Club Kit – PrintMyTees.gg

Athletes and coaches can check out the range of club kit available both in store at St Martins (on the Co-op complex) or online via this link: PrintMyTees.gg



Home Straight

(regular final page featuring some bitesize items)

AGM – the club's Annual General Meeting will be held on Monday 5th March at 7pm...venue the Garenne Stand

New athletes – for any of you who are wondering who this fast new guy is – endurance runner Ryan Burling has recently transferred to us from Luton AC having moved to the island permanently. We also have a new young hammer thrower Sia Banbury who has transferred from Walton AC – she has twice medalled at age group Southern Champs. Both are keen to represent us at Island Games – though Sia will have to wait until Guernsey 2021 as there's no hammer scheduled for Gibraltar 2019!

"TRACK!" – all athletes should be aware this call essentially means "excuse me, get out of my way" if they're standing in the way of an athlete who is mid-training rep

Volunteers – as noted throughout this eNewsletter, we are always on the lookout for new volunteers...please please get in touch!

Family affair – we all know of the talented Chalmers brothers but it was fantastic to see the younger brother Alastair drawn in the same heat as his father Chris at the recent Scottish Indoors...Chris is chasing "sub-60 before 60" in the 400m before the big milestone birthday!

Good luck to all of our juniors taking part at the national indoor champs this weekend!

Ranking toppers – Ryan Burling briefly topped the national 10 mile rankings following his Chertsey House performance...he is now 2nd. U17 sprinter Joe Chadwick remains UK number 1 over the 200m this indoor season following his island record in winning the Scottish Indoors