Here we come

- Albert Town High
- Tacky High
- Marcus Garvey Tech
- Ocho Rios High
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Small Team from Albert Town

Albert Town High located in Trelawny will be represented at Boys and Girls Champs by three athletes, two girls and one boy. They are fourth formers; Marvia McLeish, Loiann Clarke and Andrew Palmer. McLeish will be doing the 800, 1,500 and 3,000 metres; Clarke-100 and 200 meters Class 3 and Palmer 800 metres Class 1.

Coach for the team, Ronald McLean said that last year Albert Town participated in champs and were able to get eight points. He is expecting some amount of improvement this year.

"Last year Marvia McLeish who was in Class Two reached the finals in the 800 and 1,500 metres. I am expecting her to medal this year especially in the 1500 metres because right now her timing is very good. McLeish placed 3rd at the Western Relays in the 1500-metre open and 2nd in the 800 and 3,000 Metres. Loiann Clarke reached the finals at Western Relays in the 100 meter at the end of the competition Albert Town High placed 11th over all in the girls section and 12th in the boy's section. Andrew Palmer was also a finalist in the 800 meter and we had a 4x4 relay team who got to the finals as well."

The confident coach said that McLeish is a real medal prospect and that her only contender would be defending champion, Jessica McLeod from Edwin Allen High in Clarendon. "I am expecting McLeish to at least reach the finals this year seeing that this is her first year running in Class Two."

Mr. McLean spoke about the preparation of his team for the championship "We have been training since October. When we started out there were about thirty five students, majority of them did not make the qualifying time so it doesn't make sense to carry them to champs because if they do not make the time they will not pass the first round. The students who did not make the

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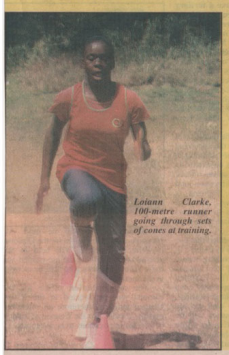
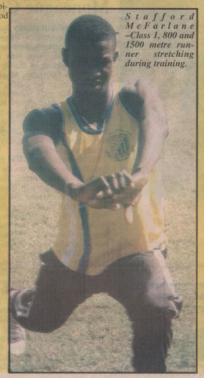
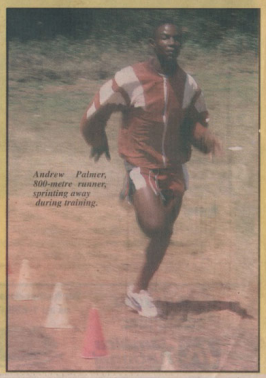


Loiann Clarke, 100-metre runner going through sets of cones at training.



Stafford McFarlane -Class 1, 800 and 1500 metre runner stretching during training.



Andrew Palmer, 800-metre runner, sprinting away during training.

Marcus Garvey Tech will send only boys to Champs this year

Marcus Garvey Technical in St. Ann is one of the schools participating in Boy's champs this year. Even though it's a co-head school, there will not be any female athletes taking part this year.

Coach for the Boys Champs team, Khalio Walsh said, "the athletes participated in the G.C. Foster Classic on Saturday, March 6 and the ladies did not run any qualified time so we cannot bring the girls to Girl's champs."

Coach Walsh said that the team of three is well prepared for the Boy's champs. "We have been putting in at least 3 1/2 hours each day, from Monday to Friday and at least one hour on Saturdays. We look mostly at flexibility and abdominals. Usually in our training sessions we warm up first for at least 20 minutes then we stress for about15 minutes."

The Coach told The Times that they also do biomechanical drill routines. He says that do the drills according to the distance that the athletes are doing and the events. He further explains that the athletes then tone down for 10 minutes. "The athletes also jog for at least 2 - 3 minutes so that their chances of straining their muscles will be less possible."

The three top athletes are Stafford McFarlane, Raymond Richards and Parquie Parry. McFarlane will be participating in the 800m and 1500m Class 1 events, Richards in the 400m &800m and Parry, 100m and 200m Class 2.

The coach said that he is very confident in his team and hopes that they will go to the champs and win as many medals as possible.

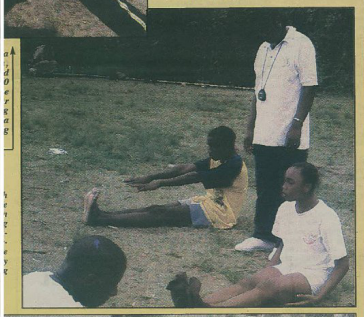
The three athletes are also very confident that they will walk away with medals. They said that they have done all the necessary preparation and hope that they will be victorious and will bring home medals.

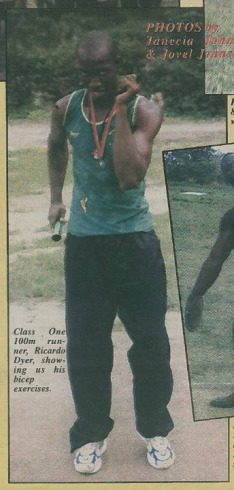
Here we come Champs

The Ocho Rios High champs team in rigorous training for the upcoming Boys & Girls Champs.

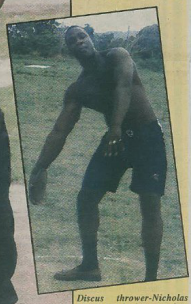
Raymond Richards -400 and 800 metre, Class 1 athlete warming up during training.

PHOTOS BY Janecia Johnson & Jovel Johnson

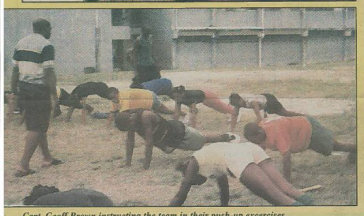




Class One 100m runner, Ricardo Dyer, showing us his bicep exercises.



Discus thrower-Nicholas Mendez is looking good as he takes a throw with the Discus during a training session after school.



Capt. Geoff Brown instructing the team in their push-up excercises.

Neucurth Harrison, 100-metre runner leading the team in stretching exercises.