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SPORTS

Runner breaks coach's record

Jamie Clark one-upped his coach at the recent 2006 Fraser Valley Track and Field Championships.

The Grade 10 Thomas Haney Secondary student (pictured) was "going hard" when the junior track athlete broke club coach Andrew Lenton's record for the fastest 1500-metre race by a junior boy at the Fraser Valley meet. The record of 4:11.30 had stood since 1984 before Clark ran the race in 4:09.78.

"It felt good because he was a good runner in his time," said Clark during an interview Monday at Thomas Haney. "It shows me I'm doing all I can to go places."

The middle distance runner, who trains with Golden Ears Athletics, said he knew he could beat the 1500-metre record because he had run faster than the old record this year during a Fraser Valley qualifier.

During the race, Clark said he had to plan strategically because he knew there were two other junior athletes who would challenge him. So, Clark ran just behind one of those two competitors until there was 150 metres left.

"I just stepped it up and started to sprint" at that point in the race, said Clark, who has been racing competitively since he was nine years old.

Clark also managed to set another Fraser Valley record during the meet, in the 800 metres, but he came second by six one hundredths of a second after a photo-finish.

"It was a good run," Clark said of the 800-metre race, in which three junior athletes finished within seconds of each other. "It felt good because it was the first time I broke the two-minute barrier."

For his efforts at the Fraser Valley Championships, Clark received the plaque for being the overall top junior boy at the event. Clark also competes in another sport, cross-country mountain biking, and he finished first in the Grade 10 category in the heavy bike division at provincials this past weekend in Whistler.



"I just do mountain biking for fun."

Clark heads to provincials this week, when he will be competing against both juniors and seniors during the 1500-metre and 300-metre events.

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