

London Heathside Junior Club Newsletter

April 2020



Contents

Congratulations
NWLL 2019/20 - Final Placings
Inter-Borough Challenge
Cross Country Points Competition
Covid-19 Young Athletes Training Ideas
Forth-Coming Club Fixtures
Summer Fixture List 2020

Congratulations

Some great performances from the 7 Juniors who took part in the National Schools Cross Country in Liverpool on 14th March. Thomas Archer was the highest placed finishing 6th in the Inter Boys race. Spike Blake, Hattie Munday, Oliver O'Connor, Mia Manttan, Rose Garrett and Jake Evans all ran in what is the most prestigious Junior XC race.

The club also had several runners competing in the Inter-Counties XC, Loughborough 7th March with great runs from Thomas Archer, Spike Blake, Jack Davis-Black, Ivor Joslin, Tynan Parker and Hattie Munday.

5 Juniors ran in all 11 potential races for the club so well done to Elkie Baker (U11G), Ben Redland (U11B), Hattie Munday (U13G), Amara Odeogberin (U13G) and Michael Smith (U15B).

Juniors also excelled at the Middlesex Indoor Athletics Championships at Lee Valley on the weekend of 14-15th March. Amara Odeogberin set two new club records in the U15G 300m (46.15 sec) and 800m (2m 34 sec) in which she won the silver medal. Mia Manttan despite running the XC the day before finished 2nd in the U17W 1500m. Sam Ingram won the U17M Pole Vault competition (2.20m) and was 2nd in the 60m Hurdles (10.34 sec). Other juniors competing were Laila Tempesta, Larissa Wilson and Tynan Parker.

Well done to Benjy Bediako who was 2nd in the Vitality Little Half on 1st March.

Recognition for Thomas Archer in his first year as a U17 was ranked 20th nationally by Athletics Weekly.

NWLL 2019/20 – Final Placings

With the Cross Country Season and indeed all athletics activity abruptly curtailed it meant the conclusion of the North West London Youth League. The last fixture in Harrow had been cancelled due to bad weather and the final fixture scheduled for the 28th March at Wormwood Scrubs could no longer take place. This is the most disruption the league has had in it's 54 year history. As a result final places were decided on the three races that were run with prizes awarded to the first 6 individuals as well as the Team competition.

As in the Met League, we had an outstanding year and were joint 1st with Cookham in the Boys competition and 5th in the Girls. This was the clubs first overall win for over 10

London Heathside Junior Club Newsletter

April 2020



years. The Club won the U15 Boys Team competition and were 2nd in the U17 Women and 3rd in the U17 Men. Individually Tynan Parker (U13 Boys) and Mimi Blake (U17 Women) both won their age groups. In her first Mia Rosen (U13 Girls) tied on points for 1st place but missed out on on countback. Ben Redland (U13 Boys) as in the Met League was 2nd. Spike Blake (U13 Boys) and Oliver O'Connor (U17 Men) both recorded 3rd places. 6 other young Heathsiders finished in their respective age group top 10

North West London YA Cross Country League 2019-2020

Overall Team Placings

U11 Girls - 1st Highgate Harriers 29 pts, 8th London Heathside 13 pts
U13 Girls - 1st TVH 29 pts, 4th London Heathside 20 pts
U15 Girls - 1st Dacorum & Tring 30 pts, 7th London Heathside 11 pts
U17 Women - 1st TVH 29 pts, 2nd London Heathside 27 pts
Overall Girls – 1st Dacorum & Tring 86 pts, 5th London Heathside 71 pts

U11 Boys - 1st Cookham 30 pts, 5th= London Heathside 16 pts
U13 Boys - 1st Highgate Harriers 29 pts, 5th= London Heathside 15 pts
U15 Boys - 1st London Heathside 30 pts
U17 Men - 1st Dacorum & Tring 29 pts, 3rd London Heathside 23 pts
Overall Men - 1st=London Heathside 84 pts, 1st= Cookham 84 pts

Individual Placings

U11 Girls - 6th Elkie Baker 106 pts
U13 Girls - 2nd Mia Rosen 141 (level on points with 1st but 1 lower placing), 4th Hattie Munday 132 pts
U15 Girls - None
U17 Women - 1st Mimi Blake 195 pts, 5th Mia Manttan 91 pts

U11 Boys - 2nd Ben Redland 142 pts
U13 Boys - 1st Tynan Parker 132 pts
U15 Boys - 3rd Spike Blake 138 pts, 6th Michael Smith 128 pts, 10th Jack Davis Black 94 pts
U17 Men - 3rd= Oliver O'Connor 127 pts, 8th Sam Ingram 104 pts

Inter-Borough Challenge, Finsbury Park, 10 March 2020

The club hosted the annual Inter-Borough Challenge and Mini-Marathon trials on a course around the Park.

The U7 Race winners were Zachery Boullouak and Cleo Calver, the U9's Abraham Lock and Phoebe Willhoff-King and the U11's Billie Cooke and Paloma Guisset.

In the Inter-Borough Challenge run over a 3,000m course Johnny Brindle (Islington) was 1st Ruairidh McIntyre (Camden) 2nd and Thomas Bradbury (Hackney) 3rd. In the girls race Kiara Corkin was 1st from Ruby Walls and Skye Kelly. In the U15's race Jack Davis Black (Haringey) was 1st with Bedo Draskoczy and Michael Smith in 2nd and 3rd place. In the Girls race Ruby Higgins (Newham) was 1st with Jess Parry (Camden) 2nd and Mimi Johnson (City of London) 3rd. In the U17's Jonah Kramer (Camden) was first home followed by Theo Chesire (City of London) and Paul Oso (Newham). In the women's race Ellen Donald (Camden) was 1st ahead of Evelyn Dumbelton and Kiara Valkenberg (City of London).

London Heathside Junior Club Newsletter

April 2020



Well done to Camden who retained their Trophy.

London Heathside Cross Country Points Competition

The final positions of the Club XC Points Championships are as follows as follows: -

- U11 Boys** - 1st Ben Redland 48 pts, 2nd Sam Turner 32 pts, 3rd Eden Brown 27 pts
- U11 Girls** - 1st Kiara Corkin 40 pts, 2nd Elkie Baker 44 pts, 3rd Lettice Gundry 19 pts
- U13 Boys** - 1st Tynan Parker 55 pts, 2nd Ivor Joslin 50 pts 3rd Benjy Bediako 48 pts
- U13 Girls** - 1st Hattie Munday 56 pts, 2nd Amara Odeogberin 44 pts, 3rd Mia Rosen 31 pts
- U15 Boys** - 1st Spike Blake 52 pts 2nd Michael Smith 48 pts, 3rd Jack Davis-Black 43 pts
- U15 Girls** - 1st Maia Hampton-Phillips 52 pts, 2nd Lorna Dumbleton 40 pts, 3rd Fabienne Weston 39 pts
- U17 Men** - 1st Oliver O'Connor 51 pts, 2nd Jake Evans 51 pts, 3rd Thomas Archer 40 pts
- U17 Women** - 1st Mimi Blake 56 pts, 2nd Mia Manttan 37 pts, 3rd Rose Garrett 28 pts

London Heathside Covid-19 Young Athletes Training Ideas

Coach Ruth Miller circulated the following training suggestions. The current government advice is to **avoid group situations**, but it is currently alright to go out, as long as **you keep 2 metres from other people**. The training ideas below are based on current government guidance but if further restrictions are applied please follow the new guidelines and maybe move your exercise indoors!

We ask you avoid training in a group and go with a responsible person to an open space or park when it is less busy.

Safety: Go with **one** other person preferably from your household– maybe it is time to get you mum, dad, uncle or big sister/brother running (or cycling) with you! But we have included some ideas if your ‘responsible person’ stays in one place to watch you.

Try to get outside everyday – and try to alternate the sessions below with a good walk or kick about with ONE other person from your household. Do at least *3 different sessions* each week (of the 4 sessions below).

We’ve given a guide for u11’s and over 11’s but see what works for you.

Warmup:

- fast walk or very easy jog to the park/open space/ street corner.
- Then do some of the warm-up drills that we do at the track to get you going:
 1. high knees
 2. heel flicks to your bottom
 3. lunges
 4. can-can leg swings
 5. high skips

	Under 11's	Over 11's
Park Run: Increase your distance	Easy running for at least 5 minutes without stopping . Comfortable not puffing. Each park run, try and go a couple of minutes longer before stopping. U11's could build this up gradually to 15 -20 minutes	Same but start with at least 10 minutes and build up to 20 -30 minutes
Lamp- posts: (fartlek)	This is also continuous running with no stopping, but this time we <i>vary</i> the pace <i>fast and slow</i> . You could use lamp posts or trees or 60 sec on a sports watch– first interval faster, second	Same but start with 10 min and build up to 20 min

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London Heathside Junior Club Newsletter

April 2020



Continuous run with varying speeds - Fast and slow	interval slow but try to keep going without stopping. Like we did in the Summer around Finsbury park. Again start with 5 minutes and build up to 10- 15 min.	
	Under 11's	Over 11's
Rose bowl: Repeats of fast running (long)	Find an open space or sports field(or if necessary a very short block around the roads) and work out a circuit about the size of the running track or small football field – (actually running around the edge of a sports pitch is ideal) This time you run around medium pace and then rest for about 2 minutes before doing it again If there are 2 of you, you could take turns and treat it like a relay. Try for about 4 circuits	Same but build up to at least 6 circuits
Sprints: Repeats of fast running (short)	Find a nice grass area about 60 - 80 metres long and mark off your start and finish place. Do a few more warm up drills before this session! Sprint the 60-80 metres using good technique (high knees and arms staying locked at a right angle) Walk back slowly after each effort. Try at least 6 times - aim to get faster with each one.	100m x 8-10 sprints
Warm down:	Stretch holding each stretch for at least 30 seconds (calves, quads, hamstrings and bottom muscles!) and then walk home	Stretch and wall /jog home

Athletics 365

English Athletics have created an app which includes a number of training materials and exercises:- <https://www.englandathletics.org/young-athletes-and-schools/athletics-365/athletics-365-app/>

Forth-coming Club Junior Fixtures: -

At the moment all athletics has been suspended until the end of May as a result many meetings have been cancelled or postponed. The Middlesex Schools Championships and National Schools Championships have also been cancelled. It is hoped that some of the MYAL meetings can be re-arranged over the summer holidays.

Summer Fixture List 2020

The Summer fixture list is now almost set key events are as follows:-

- ~~8th April – Highgate Harriers/City of London Open Meeting (Cancelled)~~
- ~~18th April – MYAL 1#, Parliament Hill (Cancelled)~~
- 3rd May – YMCA North London Fun Run and Festival (Postponed until September)
- ~~23rd May – MYAL 2#, Perivale (Cancelled)~~
- ~~24th May – British Athletics Mile Championships (Cancelled)~~
- ~~30-31st May – Middlesex Track and Field Championships (Cancelled)~~
- 27th June – MYAL 3#, Finsbury Park**
- 19th July -MYAL 4#, Allianz Park**
- tba – Club Championships, Finsbury Park
- 15th August – Southern Outdoor U13/U15/U17 Championships

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