

# London Heathside Junior Club Newsletter

August 2019

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## Congratulations

Liam Garrett and Thomas Archer both took part in the National School Championships at Birmingham with Thomas 5<sup>th</sup> in the Intermediate Boys 1500m and Liam 12<sup>th</sup> in the Senior Boys 3000m.

Well done to Leon Seale, Ruairi McGonagle, Mimi Blake, Oliver O'Connor, Rose Garrett, Sam Ingram Thomas Archer and Erin Heritage who all represented Middlesex in the U17 8 Counties Athletics Championships at Chelmsford on 21<sup>st</sup> July. Thomas Archer won the 3000m A race.

Also earning County recognition were Thomas Wassermann, Montana Dennis, Tynan Parker and Benjy Bediako representing Middlesex at the Derek Crookes U13 Inter-Counties Match at Kingston on 27<sup>th</sup> July. Thomas and Tynan had busy afternoons taking part in 3 events each while Montana and Benjy were competing against boys a year older. Well done lads.

Several Junior Club Records fell during July: -

- Thomas Archer followed his 1500m record in June by running the 9<sup>th</sup> fastest U17M 3000m at Chelmsford for Essex in 8:40.01 breaking the club record by 27 sec, he then broke it again at the Watford Graded Open with 8:38.33, the 7<sup>th</sup> fastest by a U17M this year.
- Benjy Bediako set a new U13B mile record at the Ealing Mile with a time of 5:33.
- Still awaiting confirmation but Izzy Watkins potentially improved her U13G 800m record running 2:24 at the London Youth Games Athletics Finals finishing in 3<sup>rd</sup> place.

## Middlesex Youth Athletics League

The last meeting of the season took place at Allianz Park on 21<sup>st</sup> July. The club finished 2<sup>nd</sup> behind Highgate. The U11 and U13 Boys and Girls both won their age groups. While Suraya Frost, (U11G Long Jump), Fleur Eltringham (U13G Long Jump), Kaine Khan (U11B Long Jump), Benjy Bediako (U13B Long Jump), Tynan Parker (U13B Shot Put), Thomas Wassermann (U13B Javelin) and Etienne Munday (U15B High Jump) all won their individual events.

The track events were all relays of which the U13 Girl 4x200m team (Amara Odeogberin, Kasia Bradshaw, Ella Mia Hancock, Hattie Munday), Girls Medley Relay (Suraya Frost, Fleur Eltringham, Skye Kelly and Mia Manttan), U11B 3x600m (Eden Brown, Axel Bournas, Ben Redland), U13B 3x800m (Henry Pulham, Tynan Parker, Benjy Bediako), U15B 4x300m (Tyreese Rodné, William Johnson, Caleb MacBruce, Avery Dietrich) and Boys Medley Relay (Elijah Kwandahor, Montana Dennis, Elshuah Henry, William Johnson) all won their races.



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As ever many thanks to all the Juniors who competed, these are truly team events with every point counting, many athletes competed in higher age groups or tried field events for the first time. It really demonstrates the strength of the Club to perform so well against established clubs such as Shaftesbury Barnet Harriers and Enfield & Haringey.

The Club finished with 4,312 pts to finish in 2<sup>nd</sup> place overall 255 pts behind Highgate Harriers who were on 4,843.5 pts with Shaftesbury Barnet Harriers 3<sup>rd</sup> on 3,882 pts. Highgate retained their league title and have won all three MYAL league titles since it was founded in 2017. However it was a brilliant effort from all the LH Juniors who competed as we had a particularly young team this season. Especially well done to the U11 and U13 Girls who both completed clean sweeps by winning their age group in all 4 meetings.

## Training over Summer

Athletics for Infants and Introduction to Athletics sessions only run during Term Time and will recommence on Sunday 8<sup>th</sup> September.

Mary and the other Junior coaches are running a "Summer Training Camp" over August until September 5<sup>th</sup> at Finsbury Park Track.

Tuesday and Thursday 5.30pm to 7.00pm

Sunday 10.00am to 11.30 am

Price £5 per session with a 20% discount if attending 10 or more sessions.

Juniors who regularly attend at these times on a pay as you go basis are welcome to attend. It would be helpful to let Mary know in advance so she can ensure there are enough coaches or plan the sessions. If your child is new to the club please let Mary know in advance their age. Mary can be contacted at [helenekehoe@gmail.com](mailto:helenekehoe@gmail.com).

As usual, older Junior athletes should discuss directly with their Coaches any training arrangements over the summer holidays, as some sessions times may vary.

There are some proposed changes to the Junior Athletics Training Groups as the Club aims to build on the success of this season and offer a more focused training program for the young athletes see next months Newsletter and the Club website in due course for more details.

## Finsbury Park Consultation

Haringey Council have opened a consultation about Finsbury Park and proposed changes which include potentially closing the Park to cars. This will effect access to the track when dropping off or picking up Juniors from training. If you have a view please take part the details can be found at:- <https://www.haringey.gov.uk/local-democracy/have-your-say-haringey/consultation-finsbury-park>

## Quadkids

The club held a Quadkids competition on Sunday 7th July. Details and results can be found on [www.quadkids.org](http://www.quadkids.org), another will be held in the autumn.



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## Other Track and Field Competitions over Summer

On **11<sup>th</sup> August** Newham & Essex Beagles are holding an **Academy Minithon** for School Yrs 1-6 at Stratford Community Track with a 10.00am start. Athletes can choose 3 events from 75m, 150m, 600m, Long Jump and Vortex. Cost £12 [www.uk.entry4sports.com](http://www.uk.entry4sports.com).

**Woodford Green Open** is on Tuesday **13<sup>th</sup> August** with a range of events, pay on the day to enter. [www.wgel.org.uk](http://www.wgel.org.uk) There is another meeting on 3<sup>rd</sup> September.

Entry closes on the 6<sup>th</sup> August for the **South of England Athletics Championships** on **17<sup>th</sup>-18<sup>th</sup> August** at Julie Rose Stadium, Ashford for U13, U15 and U17 age groups. Details can be found on the following link:-[www.seaa.org.uk](http://www.seaa.org.uk)

The **Watford Open Graded Meeting** on Wednesday **21st August** offers a range of events to enter <https://entries.opentrack.run/org/watfh/>. There is another meeting on 4<sup>th</sup> September.

On **26<sup>th</sup> August** there is the **Southend Open** with a range of events for U13s upwards as well as U11 events. Medals awarded for top 3. £4 per event. For details:- [southendac@hotmail.co.uk](mailto:southendac@hotmail.co.uk)

The **AAA National U15/U17 Championships** are on the **31<sup>st</sup> August to 1<sup>st</sup> September** with entries closing on 9<sup>th</sup> August for athletes which have achieved the required entry standards. Details on [www.englishathletics.org.uk](http://www.englishathletics.org.uk)

The **London Interclub Challenge** has one further meeting at Allianz Park on **31<sup>st</sup> August**. There is a full range of events with mixed races graded on time. These meetings are ideal for U13's and over £4 per event just turn up and register on the day. They also hold a Quadkids competition for U11's before the main meeting. Details:- [www.londonathletics.org](http://www.londonathletics.org)

On **8<sup>th</sup> September** is the **Watford Junior Open Meeting** in Watford with a choice of 3 events for U7 to U13's including Hurdles, 75m, 800m, Long Jump, Shot Put. Cost £3. For full details see:- [www.watfordharriers.org.uk](http://www.watfordharriers.org.uk)

**Highgate Harriers/City of London** hold their end of season meeting at Parliament Hill Track on **11<sup>th</sup> September 2019**. There are U11 specific events before the main meeting including 75m, Long Jump and 600m. Cost £3 per event. Details [www.highgateharriers.org.uk](http://www.highgateharriers.org.uk)

The **Jubilee Hall Trust** are organising a 2k, 5k and 10k charity on Hampstead Heath on **Saturday 14<sup>th</sup> September** details [www.jubileehalltrust.org/run](http://www.jubileehalltrust.org/run).

Entry for the **Lee Valley Minithon** for school years 3-7 at the Lee Valley Indoor Track are now open to be held on **19<sup>th</sup> October** and **21<sup>st</sup> December** for details see [www.visitleevalley.org.uk](http://www.visitleevalley.org.uk)

## London Heathside Juniors U11 75m Competition

Zac is holding a U11 75m competition at Finsbury Park for Boys and Girls on Sunday 8<sup>th</sup> September. To give our youngest Juniors a taste of Championship competition Heats and depending on numbers Semi-finals will be held before a Final with medals for the top 3. More details available soon.



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Zac is willing to arrange similar races for other age groups that want please contact him direct on [zac@cgsystems.co.uk](mailto:zac@cgsystems.co.uk).

Recent competitions Zac has arranged include:-

## U11G

**Long Jump:** 1<sup>st</sup> Suraya Frost (3.95m), Maya Westgate (3.00m), Kiara Corkin (2.95m)

**800m:** 1<sup>st</sup> Kiara Corkin (2:51.1), 2<sup>nd</sup> Elkie Baker (3:00.3), 3<sup>rd</sup> Caitlin Roberts (3:04.2)

**Vortex:** 1<sup>st</sup> Elkie Baker (22.18m), 2<sup>nd</sup> Kiara Corkin (18.88m), 3<sup>rd</sup> Eorwyn Brown (12.75m)

## U11B

**Long Jump:** 1<sup>st</sup> Harry Conley (3.38m), 2<sup>nd</sup> Max Wassermann (3.00m), Shakai Palmer (2.93m)

**800m:** 1<sup>st</sup> Ben Redland (2:39.0), 2<sup>nd</sup> Eden Brown (2:50.4), 3<sup>rd</sup> Sam Turner (2:52.8)

**Vortex:** 1<sup>st</sup> Eden Brown (27.33m), 2<sup>nd</sup> Arun Chopar (27.22m), 3<sup>rd</sup> Axel Bournas (24.41m)

## Winter and Cross-Country Season 2019/20

For your diaries the following dates have been confirmed for the forthcoming autumn and winter season:-

- Sunday 15<sup>th</sup> September - Middlesex County Road Relay Championships, Minet Park, Ruislip
- Saturday 28<sup>th</sup> September – NWLL 1#, Horsenden Hill
- Saturday 12<sup>th</sup> October – Met League 1#, Claybury
- Saturday 19<sup>th</sup> October – Southern Cross Country Relays, tbc
- Saturday 26<sup>th</sup> October – NWLL 2#, Kingsbury
- Saturday 9<sup>th</sup> November – Met League 2#, Welwyn
- Saturday 16<sup>th</sup> November – London Youth Games XC, Parliament Hill
- Saturday 23<sup>rd</sup> November – NWLL 3#, Trent Park
- Saturday 11<sup>th</sup> December – Met League 3#, Uxbridge
- Saturday 4<sup>th</sup> January 2020 – Middlesex Cross Country Championships, Wormwood Scrubs
- Saturday 11<sup>th</sup> January – Met League 4#, Alexandra Palace
- Saturday 18<sup>th</sup> January – ESAA County Schools Cross Country Championships
- Saturday 25<sup>th</sup> January - Southern Cross-Country Championships, Parliament Hill
- Saturday 8<sup>th</sup> February – Met League 5#, Trent Park
- Saturday 15<sup>th</sup> February – NWLL 4#, Bannister Stadium, Harrow
- Saturday 22<sup>nd</sup> February – National Cross-Country Championships, Wollaton Park, Nottingham
- Sunday 1<sup>st</sup> March – 3k Inter-Borough Challenge, Finsbury Park (tbc alt date 8<sup>th</sup> March)
- 14-15<sup>th</sup> March – Middlesex Indoor T&F Championships, Lee Valley
- 14<sup>th</sup> March – English Schools Cross Country Championships, Liverpool
- Saturday 21<sup>st</sup> March – National Primary School and Yr7 Cross Country Finals, Prestwold Hall
- Saturday 28<sup>th</sup> March – NWLL 5#, Wormwood Scrubs

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