

London Heathside Junior Club Newsletter

August 2020



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Congratulations

Congratulations to Mia Rosen who broke the Club U13G 800m record with a time of 2:25.05 at the LICC meeting at Lee Valley which is the fastest in the age group nationally this year.

Well done also to Benjy Bediako who broke the Club U13B 400m record running 63.9 at Finsbury Park.

Junior Training

The Club Coaches hope that you are all finding the re-organised training with its smaller groups an improvement. As always please discuss with your coach if there are any other events or specialisms you would like to try. There are Junior Training Sessions at the track on Tuesday and Thursday Evenings as well as Sunday Mornings. For the new term planning, it is essential that you let your coach know which sessions you would like to attend. (younger athletes please email Rachel Weston rachel@terminex.co.uk or Mary Kehoe helenekehoe@gmail.com your session requests)

Virtual Middlesex Junior Races and Relays

Middlesex AA decided not to hold their Annual Relay competition this year due to Covid-19. Instead they are holding a virtual competition which is an opportunity to compare yourselves to your peers at clubs across Middlesex. There will also be a team competition combining the aggregate time of the top 3 runners. U11's and U13's will race 1,500m with U15, U17 and U20's 3,000m.

The Club will be holding timed races at Finsbury Park during the week 6th-13th September which we would like as many as you as possible to enter.

Races will be held at the track on **Monday 7th September** as part of Zac's Finsbury Park Track Series.. These meetings have an official starter and timekeepers so are as close to an official race as we can create. **Please email Zac zac@british-athletics.co.uk asap to enter and copy in youngathletes@londonheathside.org confirming your 'Virtual Middlesex relays entry'**

If successful similar virtual events may take place over the autumn while cross country racing remains suspended.

Met League and Cross Country Season 2020-21

Unfortunately the restrictions on racing has led the Met League and the Northwest YA league to cancel the first three races of the season but hope to rearrange the 2021 races:-

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10th October 2020 - Met League 1# - Claybury Park, Woodford (Cancelled)

7th November 2020 - Met league 2# - Stanborough Lakes, Welwyn (Cancelled)

5th December 2020 - Met League 3# - Alexandra Palace (Cancelled)

16th January 2021 - Met League 4# - Uxbridge

13th February 2021 - Met League 5# - Trent Park

However the Club hopes to be able offer some smaller competitions that meet the Social Distancing requirements. To be confirmed.

Forth-coming Club Junior Fixtures: -

As yet there is only a limited Athletics program generally for U15's and above.

27 th August	Harrow AC Race Night (800m/1500m), Bannister Sports Centre (+U15)
29 th August	South Of England Open Meeting, Chelmsford (U13,U15, U17)
5 th September	LICC 3#, Lee Valley featuring Relays and Hurdles (U13,U15,U17)
6 th -13 th September	Middlesex Junior Road Relays (Virtual) (U11, U13, U15, U17, U20)
20 th September	South of England Relays, Crystal Palace (U13, U15, U17)
4 th October	English Road Relays, tbc (U13, U15, U17)

More details on fixtures and races can be found here:- [Junior Club Fixture List](#)

The Club are more than happy to facilitate an intra club competition in any event, within the limitations created by Covid-19, please speak to your coach and Zac and we will try to arrange it for you.

Membership

Like many organisations Covid-19 has had an impact on London Heathside and the reduced group sizes we can coach has inevitably seen a fall in income which helps pay for track hire and equipment. We would therefore be grateful if all Juniors (11 years and above) could ensure their Club Membership is up to date. It is great value allowing access to training sessions 4 days a week, EA Membership and entry fees to Championship Races paid.

<https://www.londonheathside.org.uk/membership>

Under 11's cannot join the Club formally however the club will offer term membership paid in advance which will cover training. (Higher ratio's required)

Under 11's NEW Charging Structure from September is: £60 per term for up to 2 sessions a week. We hope to have payment via the website in operation shortly but for now please make payment to:

Bank: HSBC

Account Name: LON HEATH AC

Sort Code 40 07 25

Account: 41129368

If you do not wish to receive this newsletter, please let us know and we will remove you from the circulation list.

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Reference: please use your child's first and last name as the reference

Any parents who offer to help with coaching (and/or admin) may be able to have a discount on their children's fees - to be decided at the discretion of the coaches.

Previous Newsletters can be accessed here:- [Junior Club Newsletters](#)