

London Heathside Junior Club Newsletter

December 2019

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Congratulations

Congratulations to Laila Tempesta (U15), Fleur Eltringham (U13), Rufus Tansey (U17), Larissa Wilson (U15), Chloe Savva (U17) Suraya Frost (U13) and Thomas Wassermann who all set new club records at the December Open at Lee Valley.

Well done to all the young Heathsidiers who ran for their Boroughs at the London Youth Games Cross Country on Hampstead Heath on 16th November. Mimi Blake, Thomas Archer, Ben Redland, Kiara Corkin, Hattie Munday and Izzy Watkins all recorded top 10 places. With 55 young Heathsidiers taking part this was the clubs record representation.

The MYAL have updated their meeting records with young Heathsidiers responsible for 8 new individual marks Mia Manttan (U17), Skye Kelly/Hattie Munday (U13) High Jump, Laila Tempesta (U13) Long Jump, Tynan Parker (U13) Shot Put, Ben Redland (U11) 600m and Suraya Frost (U11) 75m and Long Jump.

Met League 2# - Results

The Junior team saw great representation with 29 taking part producing a brilliant performance with the Junior Women winning their race, the Junior Men finishing 2nd and U11 Boys in 3rd place. Individually there were race wins for Thomas Archer (Junior Men) and Ben Redland (U11 Boys) with Mimi Blake (Junior Women) and Kiara Corkin (U11G) both in 2nd place. There were also 5 other top 10 finishes showing the strength and depth of the clubs' runners.

As a result the Juniors on 94 points are 3rd overall in the Junior Club standings 1 point behind Shaftesbury Barnet Harriers with Woodford out in front.

Many thanks as ever to Ruth, Zac, Russell and Kabir who provide such great support to the runners as well as the parents braving the rain and traffic to get the runners there.

U11 Boys (1700m, 48 runners)

1st Ben Redland 5:13, 8th Sam Turner 5:37, 22nd Chayil John 6:07 (6th U10), 23rd Rory Willis 6:08 (7th U10), 39th Chokhmah John 6:40

1st WGH&EL 165 pts, 3rd London Heathside 138 pts



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U11 Girls (1700m 48 Runners)

1st P Shaw (SBH) 5:36, 2nd Kiara Corkin 5:40, 17th Elkie Baker 6:14

1st WGH&EL 149 pts, 7th London Heathside 73 pts

U13 Boys (3,000m 62 runners)

1st G Stibbs (SBH) 10:34, 9th Benjy Bediako 11:35, 16th Tynan Parker 11:53, 24th Eric Beale 12:21, 38th Gregory Berrisford-Sweet 12:49

1st Shaftesbury BH 231 pts, 4th London Heathside 158 pts

U13 Girls (3,000m, 41 runners)

1st A Reid (WGH&EL) 10:59, 17th Hattie Munday 12:54, 23rd Amara Odeogberin 13:48

1st WG&EL 150 pts, 8th London Heathside 44 pts

Junior Men (4,000m, 100 runners)

1st Thomas Archer 14:01, 7th Jake Evans 14:26, 11th Oliver O'Connor 14:34, 30th Spike Blake (8th U15) 15:19, 53rd Michael Smith (20th U15) 16:32, 71st Arthur Reed (34th U15) 17:14, 79th Stan Hasson (39th U15) 17:42, 81st Avery Dietrich (41st U15) 17:49

1st Shaftesbury BH 357 pts, 2nd London Heathside 351 pts, 18th London Heathside B 120 pts

Junior Women (4,000m, 53 runners)

1st J Miranda (SBH) 16:05, 2nd Mimi Blake 16:08, 9th Rose Garrett 17:20, 10th Evelyn Dumbleton 17:26, 16th Mia Manttan 18:17, 23rd Maia Hampton-Phillips (7th U15) 18:48, 36th Lorna Dumbleton (17th U15) 20:12, 51st Fabienne Weston (27th U15) 21:17

1st London Heathside 175 pts

Current League Positions

U11 Boys 2nd Place 244 pts

U11 Girls 6th Place 141 pts

U13 Boys 3rd Place 295 pts

U13 Girls 5th Place 201 pts

Junior Men 3rd Place 731 pts

Junior Women 3rd place 265 pts

Howard Williams Trophy (Junior)

1st WH&EL 103 pts

2nd Shaftesbury BH 100 pts

3rd London Heathside 93 pts

North West London Cross Country League 3# - Result

A large contingent of juniors took part in the third instalment of this season's NWLL at Trent Park. Conditions were challenging with thick mud adding an extra challenge to the rough ground. The Team secured wins in U17W and U15B age groups with 4 other teams placing 4th. Individually Mimi Blake (U17W) made it 3 victories from 3, Hattie Munday (U13G) and Oliver O'Connor (U17M) secured 2nd places with Mia Rosen (U13G) and Jack Davis Black (U15B) 3rd with 7 other top 10 places.



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Thanks to Ruth and Russell for managing on the day. The next and last club XC race of the year is the Met League at Uxbridge Saturday 7th December, with its infamous river crossing.

U11 Boys (2,000m, 53 runners)

1st A Seddon (Dacorum) 6:56, 4th Ben Redland 7:12, 8th Eden Brown 7:31, 31st Connor Roberts 8:23, 36th Charles Roberts 8:34

1st Cookham 41 pts, 4th London Heathside 73 pts

U11 Girls (2,000m, 45 runners)

1st O Insley (Cookham) 7:42, 15th Caitlin Roberts 8:23, 19th Elkie Baker 8:28, 23rd Lettice Grundy 8:43, 30th Eowyn Brown 9:12, 34th Mia Westgate 9:38

1st Cookham 31 pts, 4th London Heathside 81 pts

U13 Boys (3,000m, 42 runners)

1st Z Jones (SBH) 10:39, 6th Tynan Parker 11:21

1st SBH 49 pts, 8th London Heathside 108 pts

U13 Girls (3,000m, 53 runners)

1st A Svihalkova (TVH) 11:22, 2nd Hattie Munday 11:47, 3rd Mia Rosen 11:53, 31st Amara Odeogberin 13:43, 32nd Libby Judd Hawkes 13:43, 46th Selma Lawrence 16:27, 49th Larissa Wilson 16:51

1st TVH 22 pts, 4th London Heathside 54 pts

U15 Boys (4,000m, 43 runners)

1st F McGrath (Cookham) 14:05, 3rd Jack Davis Black 14:27, 5th Spike Blake 14:31, 6th Michael Smith 14:35, 9th Lucas Maher 15:21, 12th Stan Hasson 15:33, 24th Avery Dietrich 16:24, 26th Fred Beale 16:36, 29th Arthur Reed 16:48

1st London Heathside 23pts, 5th London Heathside B 70 pts

U15 Girls (4,000m, 43 runners)

1st S Whitlum (Dacorum) 16:03, 16th Anna Pritchard 17:36, 21st Maia Hampton Phillips, 18:07, 39th Fabienne Weston 20:42

1st Dacorum 30 pts, 7th London Heathside 110 pts

U17 Men (5,000m 25 runners)

1st S Burnell (Dacorum) 18:12, 2nd Oliver O'Connor 18:21, 15th Sam Ingram 20:58

1st Dacorum 18 pts, 4th London Heathside 60 pts

U17 Women (5,000m, 11 runners)

1st Mimi Blake 20:35, 4th Mia Manttan 23:52

1st London Heathside 29 pts

Winter Training

Just a reminder that youngsters should bring gloves, warm clothing and preferably reflective outer garments for evening training for the older children who are doing endurance training off the track.



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London Heathside Cross Country Point Competitions

There have now been 5 rounds of the Club XC Points Championships. The current standings are as follows:-

U11 Boys - 1st Ben Redland 40 pts, 2nd Eden Brown 14 pts Sam Turner 13 pts

U11 Girls - 1st Elkie Baker 37 pts, 2nd Kiara Corkin 16 pts, 3rd Eorwyn Brown 13 pts

U13 Boys - 1st Tynan Parker 38 pts, 2nd Benjy Bediako 21 pts, 3rd Ivor Joslin 15 pts

U13 Girls - 1st Hattie Munday 37 pts, 2nd Amara Odeogberin 30 pts, 3rd Mia Rosen 24 pts

U15 Boys - 1st Spike Blake 23 pts, 2nd Michael Smith 19 pts, 3rd Jack Davis-Black 15 pts

U15 Girls - 1st Myah Hampton-Phillips 30 pts, 2nd Lorna Dumbleton 21 pts, 3rd Anne Pritchard 16 pts

U17 Men - 1st Oliver O'Connor 30 pts, 2nd Sam Ingram 24 pts, 3rd Jake Evans 21 pts

U17 Women - 1st Mimi Blake 40 pts, 2nd Mia Manttan 25 pts, 3rd Rose Garrett 14 pts

With the best 6 and 7 results scoring and 11/13 qualifying races there is plenty of time to change.

Club Membership

A reminder as we approach Championship season to ensure your club membership is up to date. Joining the Club is excellent value not only does the club pay your English Athletics Registration (£15), the club pay race fees and it covers training. English Athletics registration is required to compete in a host of championship races and meetings. If you have already joined make sure your membership is up to date.

Forth-coming Club Junior Fixtures:-

All Juniors are more than welcome to run there is no need to pre-register, although it is helpful to let Russell or Ruth know beforehand, just turn up on the day. However please aim to arrive at least 30-45 minutes before your race to receive your race number and club vest if needed. The club also have a bag of spiked shoes available to borrow. Fixture details can be found on the meetings diary on the Club website.

Met League 3# - Uxbridge

The 3rd club cross country meeting is at Uxbridge on Saturday 7th December 2019 with the race held over parkland. The first race U11 Boys starts at 12.25pm.

The course is about a 5 minute walk from a pay and display car park accessed from.

Middlesex Cross Country Championships

The Middlesex Cross Country Championships are due to be held on **Saturday 4th January 2020** at Wormwood Scrubs. As a Championship race the club pays an entry fee. You need to have an English Athletics Registration Number and be born or live in the County (N or NW London). If you wish to run please let Ruth Miller know by **26th December**. We are currently Champions in the U11 Boys, U13 Boys, U15 Boys and U20 Men and well as Senior Women. Medals are awarded to top three individuals and all team members of the top 3 teams.



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Other Track and Field Competitions

Entry for the Lee Valley Minithon for school years 3-7 at the Lee Valley Indoor Track are now open to be held on **21st December** for details see www.visitleevalley.org.uk. Mary will be there to support any young Heathsidiers taking part with their warm-ups and race preparation. Please let her know if you intend to take part.

Entries are now open on the Lee Valley website (www.visitleevalley.org.uk) for the New Years Day Indoor Open on **Saturday 1st January** with events for U13 and upwards.

Winter and Cross-Country Season 2019/20

The fixture For your diaries the following dates have been confirmed for the forthcoming autumn and winter season. All League races you do not need t register just turn up and run:-

- Saturday 7th December – Met League 3#, Uxbridge
- Saturday 4th January 2020 – Middlesex Cross Country Championships, Wormwood Scrubs
- Saturday 11th January – Met League 4#, Alexandra Palace
- Saturday 18th January – ESAA County Schools Cross Country Championships
- Saturday 25th January - Southern Cross-Country Championships, Parliament Hill
- Saturday 8th February – Met League 5#, Trent Park
- Saturday 15th February – NWLL 4#, Bannister Stadium, Harrow
- Saturday 22nd February – National Cross-Country Championships, Wollaton Park, Nottingham
- Saturday 7th March – CAU Inter-Counties XC Match
- Sunday 8th March – 3k Inter-Borough Challenge, Finsbury Park
- Saturday 14-15th March – Middlesex Indoor T&F Championships, Lee Valley
- 14th March – English Schools Cross Country Championships, Liverpool
- Saturday 21st March – National Primary School and Yr7 Cross Country Finals, Prestwold Hall
- Saturday 28th March – NWLL 5#, Wormwood Scrubs

Indoor Track Competitions 2019/2020

North London is blessed with a world class indoor Athletics Facility at Lee Valley who host a range of meetings over the winter with a 60m and 200m track. Details can be found at:- www.visitleevalley.org.uk.

- 21st December 2019 – Minithon – Events for U9, U11 and U13
- 1st January 2020 - New Year's Open – Events for U13, U15, U17 and Seniors.
- 11-12th January 2020 - South of England U15/U17 Indoor Championships
- 25th January 2020 - London U17 Indoor Games
- 26th January 2020 – London U13/U15 Indoor Games
- 29th January 2020 – Lee Valley Dream Mile (>U15's)
- 19th February 2020 – Lee Valley Middle Distance Open
- 22nd February 2020 – Lee Valley U13/U15 Open Meeting
- 14-15th March 2020 – Middlesex Indoor Championships (U13, U15, U17 and Seniors)
- 21st March 2020 – Minithon – Events for U9, U11 and U13.
- 29th March 2020 – Lee Valley U13/U15 Open and Pentathlon

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