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## Congratulations

To **Issy Watkins**, **Milly Watkins** who in finishing 14<sup>th</sup> and 17<sup>th</sup> in the ESAA National Cross Country Cup led their school to a Silver medal in the Girls Intermediate Race.

Well done to **Syrha Langley Bradshaw** (U13G Indoor Shot), **Gabriel Edwards** (U13 Indoor 60m), **Magdeline Paitoo** (U15G 60m) and **Casia Langley Bradshaw** (U15G 60mH) and **Martha Jolly** (U15G 60m) who all set new Club records at the Lee Valley Indoor Open.

Well done to **Koppany Szentes**, **Sam Turner**, **Kiara Corkin**, **Hattie Munday**, **Gregory Berrisford Sweet** and **David Baah-Okyere** who all represented Middlesex in the South of England Inter-County XC Championships.

## Report: - Met league – Race 2 - Welwyn

Another great turnout of Juniors at Welwyn saw us consolidate 2nd place overall on the Junior Howard Williams Trophy. Individually it was one of those days with only Rory Willis recording a top 3 place, however there were 8 top 10 performances across the age groups. The U13 Girls again finished 2nd, with 3rd places for the U11 and U13 Boys as well as the Junior Women.

The U11's kicked off the day's action thundering around the one lap course. Rory Willis improved on his 5th place at Claybury to finish 2nd, only just failing to catch the winner Jack Hayward of ESM. Alex Kirk also improved his position from Claybury finishing 9th with debutant Mikail Wahid 15th and Alex Rankin 19th completing the scoring team which just missed out on 2nd place to Shaftesbury by 1 point, The narrow course caused some problems for many athletes and Charlotte Beale got stuck in traffic and was only able to finish 13th in the girls race after her 3rd place at Claybury. She was supported again by Isla Kavanagh in 20th.

Sam Turner had the misfortune to trip on tree roots in the wooded section losing 3 places but still matched his 8th place at Claybury. Koppany Szentes was close behind in 10th with Gus Kendall 26th and debutant Isaac Walker 33rd completing the team which finished 3rd. Kiara Corkin who won at Claybury, had a frustrating race, maybe pushing a little hard on the first lap to stay with the Woodford Green runner, and finished 5th. She was followed by Amy Kirk in 7th who is getting stronger as the season progresses. The scoring team was completed by Lettice Gundry and Lila Blustin in 18th and 23rd places. The Club has a good squad of U13's this year with 9 running on Saturday and a good spread of 1st and 2nd years, testimony to coach Ruth's hard work.

The Junior Women were missing the Watkins sisters but still secured 3rd place, led home by Hattie and Mia in 8th and 9th places. Maia Hampton Phillips is also improving as the season progresses finishing 21st - an improvement of 15 places on Claybury. Ella Mai Hancock in her first cross country race completed the scoring team in 35th place and Maddison Frawley was 38th. There were 10 Junior men running on Saturday, led home by Roni Kizikaya in 14th

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place. David Baah-Okyere in his 2nd race of the season finished 22nd but was the 3rd U15 to finish. Fred Beale and Janak Subberwal completed the scoring team in 25th and 28th places. The team finished in 6th place which was also good enough to move the team up to 6th in the overall standings.

After 2 of the 5 races the club sit in 2nd place, 94 pts ahead of Shaftesbury in 3rd who have 88 pts.

**U11 Boys (1700m, 43 runners)** - 2nd Rory Willis 5:41, 9th Alex Kirk 5:59, 15th Mikail Wahid 6:08, 19th Alexander Rankin 6:13, 24th Sebastian McNeely 6:17, 39th Sam O'Connor 7:27, 40th Kymani Gaillard 7:39

1st ESM 138 pts, 2nd SBH 132 pts, 3rd London Heathside 131 pts, Overall: - 1st ESM 262 pts, 2nd London Heathside 225 pts, 3rd WG&EL 202 pts

**U11 Girls (1700m, 35 runners)** - 13th Charlotte Beale 6:55, 20th Isla Kavanagh 7:17

1st WG&EL 103 pts, 7th London Heathside 31 pts, Overall:- 1st WG&EL 208 pts, 5th London Heathside 78 pts

**U13 Boys (3,000m, 43 runners)** - 8th Sam Turner 11:42, 10th Koppány Szentes 11:59, 26th Gus Kendall 13:47, 33rd Isaac Walker 14:30

1st SBH 135 pts, 2nd WG&EL 111 pts, 3rd London Heathside 79 pts, Overall:- 1st SBH 272 pts, 2nd WG&EL 249 pts, 3rd London Heathside 186 pts, 17th London Heathside B 9 pts

**U13 Girls (3000m, 49 runners)** - 5th Kiara Corkin 12:25, 7th Amy Kirk 12:44, 18th Lettice Gundry 13:40, 23rd Lila Blustin 14:22, 25th Jessica Lappin 14:30, 28th Maya Westgate 14:43, 29th Elkie Baker 14:44, 34th Evie Hipwell 14:59, 40th Lucy Ryan 15:28

1st WG&EL 169 pts, 2nd London Heathside 147 pts, 7th London Heathside B 84 pts, Overall:- 1st WG&EL 324 pts, 2nd London Heathside 300 pts, 5th London Heathside B 175 pts

**Junior Men (3000m, 94 runners)** - 14th Roni Kizilkaya 15:19, 22nd David Baah-Okyere (U15) 15:45 (3rd U15), 25th Fred Beale 15:51, 28th Janak Subberwal 16:08, 39th George Saint (U15) 16:51 (11th U15), 40th Gregory Berrisford-Sweet (U15) 16:51 (12th U15), 48th Michael Smith 17:22, 63rd Ben Ryan (U15) 17:54 (29th U15), 89th Artie Feeny-Willings (U15) 20:06 (U15 52nd), 93rd Alex Butcher (U15) 20:21 (56th U15)

1st Shaftesbury Barnet 350 pts, 6th London Heathside 291 pts, London Heathside B 190 pts, 26th London Heathside C 8 pts, Overall:- 1st SBH 681 pts, 6th London Heathside 518 pts, 13th London Heathside B 287 pts, 28th London Heathside C 23 pts

**Junior Women (5000m, 52 runners)** - 8th Hattie Munday (U15) 18:02 (5th U15), 9th Mia Rosen (U15) 18:06 (6th U15), 21st Maia Hampton-Phillips 19:21, 35th Ella Mai Hancock (U15) 21:28 (21st U15), 39th Maddison Frawley 22:15

1st Harrow 127 pts, 3rd London Heathside 119 pts, 15th London Heathside B 9 pts, Overall:- 1st WG&EL 370 pts, 2nd London Heathside 343 pts, 17th London Heathside B 82 pts

## Report: - North-West London Youth Cross Country League – Race 3 – Trent Park

The arctic winds provided a pretty brutal introduction to Cross Country for the bumper numbers of Heathside debutants who ran at Trent Par. The wind combined with the course shifted from the normal location to an exposed sloping field provided a real challenge. Our Girls lead the way again with wins in the U13 and U15 Girls races and 2nd place for the U17 Mens team. Although there were no individual race wins Izzy Watkins (U15G) was 2nd and Koppány Szentes 3rd plus another 12 top 10 finishes.

**U11 Girls 2000m 39 Runners:-** 16th Malou Cole 11:15, 17th Alice Rockhill 11:17

NWLL Positions:- 1st Trent Park 37 pts, 6th London Heathside 79 pts Chingford League Positions:- 1st WG&EL 19 pts, 8th London Heathside 117 pts

**U11 Boys 2000m 57 runners:-** 9th Rory Willis 9:21, 12th M Wahid 9:27, 17th Alex Rankin 9:51, 22nd W Ascott 9:59, 26th Pip Young 10:21, 37th Jude Hampton-Phillips 11:08, 41st Kit Young 11:43, 44th Seb O'Connor 12:11, 47th R Sanderson 12:26, 48th D Beal 12:26, 50th E Tyler 12:34

NWLL Positions:- 1st SBH 37 pts 2nd London Heathside 49 pts, 7th London Heathside B 113 pts, Chingford League Positions:- 1st WG&EL 56 pts, 2nd London Heathside 60 pts

**U13 Girls 3000m 25 runners:-** 4th Lettice Gundry 14:37, 7th Caitlin Roberts 14:57, 9th Lila Blustin 15:49, 16th Ivy Gray 17:32, 23rd A Guthrie 19:01, 24th F Cole 19:53

NWLL Positions:- 1st London Heathside 22 pts, 2nd SBH 45 pts, Chingford League Positions 1st WG&EL 33 pts, 2nd London Heathside 36 pts



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**U13 Boys 3000m 48 Runners:-** 3rd Koppány Szentes 12:31, 10th Sam Turner 13:03, 36th Issac Walker 15:58

NWLL Positions:- 1st SBH 24 pts, 5th London Heathside 68 pts, Chingford League:- 1st WG&EL 57 pts, 2nd London Heathside 98 pts

**U15 Girls 4000m 32 runners:-** 2nd Izzy Watkins 17:41, 4th Milly Watkins 18:12, 5th Hattie Munday 18:31, 8th Ruby Walls 19:01, 12th Mia Rosen 19:35

NWLL Position:- 1st London Heathside 19 pts, 2nd TVH 27 pts, Chingford League Positions:- 1st London Heathside 19 pts, 2nd Trent Park 114 pts

**U15 Boys 4000m 45 runners:-** 5th David Baah-Okyere 17:06, 19th Ben Ryan 18:39, 41st Artie Feeny-Willings 21:33

NWLL Positions:- 1st Trent Park 23 pts, 6th London Heathside 96 pts, Chingford League:- 1st Trent Park 47 pts, 3rd London Heathside 111 pts

**U17 Women 5000m 20 runners:-** 10th Mia Hampton Philips 23:47, 13th Clara Leustean 25:36

NWLL Positions:- 1st Dacorum 13 pts, 4th London Heathside 63 pts, Chingford League:- 1st Barnet & District 51 pts, 4th London Heathside 65 pts

**U17 Men 5000m 22 runners:-** 4th Roni Kizilkaya 18:36, 7th Janak Subberwal 19:23, 14th Michael Smith 20:34

NWLL Positions:- 1st Trent Park 20 pts, 2nd London Heathside 39 pts, Chingford League:- Trent Park 24 pts, 2nd London Heathside 48 pts



## Report: - Met league – Race 3 – Uxbridge

A glorious day greeted runners for the last Club race of the year at Uxbridge. Despite the North Circular being shut there was another strong turnout of Heathsiders. The course had been re-orientated with the start and finish in the field closest to the A40. However, the course still incorporated the old ski slope and river crossing (U15 and above).

After the freezing conditions of the previous race the Juniors had almost perfect racing conditions, although many running the course for the first time found the ski slope a rather challenging obstacle however once negotiated the rest of the course offered soft firm ground.

The U11 Boys kicked things off with our leading Boy Rory producing a solid run to finish 4th, Alex and Kymani followed him home to finish in 8th place the team being penalised for not being able to field a full 4 scorers. The U11 Girls were also depleted with only one representative debutant Tamara Pushpanathan.

The U13 Boys also disappointingly only had 1 runner with Issac Walker running gallantly to finish 37th. In comparison we had enough U13 Girls to field 2 teams. The girls have a really supportive team environment and that was seen in a pretty dominant display to secure the Juniors first team win of the season. Kiara, although leading at half-way was picked off by her close rivals Posie Shaw of (SBH) and Jorja March (Barnet) over the closing places finishing in 3rd. Behind her Amy Kirk ran a measured race to come in 4th. The ever-dependable Lettice Gundry followed in 10th with Caitlin Roberts in 12th to secure a convincing team win. Behind them the girls ran as a group supporting each other finishing between 21st and 26th places.



The Junior Men were the first to negotiate the River crossing which attracts an audience to add to the pressure of negotiating the water and steep banks on either side. As a result the U17's dominated this race. Bedo Draskozy ran well to secure 6th place just ahead of former Heathsider Spike Blake. Roni Kizilkaya was 13th and Janak Subberwal 18th and Luke Pike completed the scoring team which secured 2nd place overall. The Junior Womens race was the opposite with the top places dominated by the U15s. Our U15 Girls were without the Watkins sisters but were led by Hattie Munday in 13th place and Ruby

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Walls just behind in 14th. Maia Hampton Philips and Mia Rosen were next in 24th and 25th places to see the team finish in 3rd on count back.

**U11 Boys 2000m 39 runners:-** 4th Rory Willis 7:40, 22nd Alexander Rankin 8:52, 33rd Kymani Galliard 9:49

Team:- 1st ESM 107 pts, 8th London Heathside 59 pts Overall:- 1st ESM 369 pts, 2nd London Heathside 284 pts, 3rd SBH 246 pts, 12th London Heathside B 74 pts

**U11 Girls 2000m 27 runners:-** 23rd Tamara Pushpananthan 10:39

Team:- 1st WG&EL 85 pts, 14th London Heathside 4 pts, Overall:- 1st WG&EL 293 pts, 8th London Heathside 82 pts

**U13 Boys 3000m 46 runners:-** 37th Issac Walker 14:54

Team:- 1st SBH 153 pts, 16th London Heathside 10 pts Overall:- 1st SBH 425 pts, 5th London Heathside 196 pts, 20th London Heathside B 9 pts

**U13 Girls 3000m 39 Runners:-** 3rd Kiara Corkin 12:37, 4th Amy Kirk 13:05, 10th Lettice Gundry 13:47, 12th Caitlin Roberts 13:51, 21st Lila Blustin 14:35, 23rd Maya Westgate 14:47, , 5th Ivy Gray 14:53  
26th Elkie Baker 14:54, 37th Lucy Ryan 16:42

Team:- 1st London Heathside 131 pts, 6th London Heathside B 65 pts, Overall:- 1st London Heathside 431 pts, 2nd WG&EL 419 pts, 5th London Heathside B 240 pts

**Junior Men 5000m 79 runners:-** 6th Bedo Draskoczy 13:55, 15th Roni Kizilkaya 14:42, 18th Janak Subberwal 14:45, 26th Luke Pike 15:27, 37th Michael Smith 15:56, 42nd Gregory Berrisford Sweet 16:10 (16th U15), 72nd Amarin Preka 17:35, 74th Artie Feeny-Willings 17:41 (39th U15)

Team:- 1st SBH 280 pts, 2nd London Heathside 255 pts, 15th London Heathside B 97 pts Overall:- 1st SBH 961 pts, 5th London Heathside 773 pta, 14th London Heathside B 384 pts, 29th London Heathside C 23 pts

**Junior Women 5000m 56 runners:-** 13th hattie Munday 16:24 (10th U15), 14th Ruby Walls 16:34 (11th U15), 24th Maia Hampton Phillips 17:17, 25th Mia Rosen 17:25 (17th U15), 42nd Tess Walker 19:08, 46th Ella Mai Hancock 19:31 (33rd U15), 50th Libby Judd Hawkes 20:51 (36th U15), 52nd Maddison Frawley 21:43 (37th U15)

Team:- 1st TVH 193 pts, 2nd Cookham 152 pts, 3rd London Heathside 152 pts, 15th London Heathside B 38 pts Overall:- 1st TVH 524 pts, 2nd London Heathside 495 pts, 17th London Heathside B 120 pts

## Met League Overall Rankings

The current Met League Individual Standings are as follows:-

U11 Boys:- 2<sup>nd</sup> Rory Willis, 10<sup>th</sup> Alex Kirk, 18<sup>th</sup> Alex Rankin, 21<sup>st</sup> Seb McNeely

U11 Girls:- 9<sup>th</sup> Charlotte Beale, 20<sup>th</sup> Isla Kavanagh

U13 Boys:- 7<sup>th</sup> Sam Turner, 30<sup>th</sup> Isaac Walker

U13 Girls:- 3<sup>rd</sup> Kiara Corkin, 6<sup>th</sup> Amy Kirk, 13<sup>th</sup> Lettice Gundry, 14<sup>th</sup> Caitlin Roberts, 23<sup>rd</sup> Ivy Gray, 24<sup>th</sup> Lila Blustin, 26<sup>th</sup> Maya Westgate, 27<sup>th</sup> Elkie Baker, 32<sup>nd</sup> Lucy Ryan

U15 Boys:- 12<sup>th</sup> Gregory Berrisford Sweet, 29<sup>th</sup> Ben Ryan, 43<sup>rd</sup> Artie Feeny-Willings, 46<sup>th</sup> Alex Butcher

U15 Girls:- 8<sup>th</sup> hattie Munday, 13<sup>th</sup> Mia Rosen, 14<sup>th</sup> Ruby Walls, 28<sup>th</sup> Ella Mai Hancock, 32<sup>nd</sup> Maddison Frawley

U17 Men:- 14<sup>th</sup> Roni Kizilkaya, 21<sup>st</sup> Bedo Draskorcy,, 23<sup>rd</sup> Janak Subberwal, 31<sup>st</sup> Michael Smith, 36<sup>th</sup> Amarin Preka

U17 Women:- 7<sup>th</sup> Maia Hampton Philips, 14<sup>th</sup> Tess Walker

## Club Cross Country Points Championship

After 6 of 13 races completed Best 4 results score Maximum no of points 48.

U11 Girls:- 1<sup>st</sup> Charlotte Beale 16 pts, 2<sup>nd</sup> M Cole 15 pts, 3<sup>rd</sup> Mia Beeby/Isla Kavangh 14 pts

U11 Boys:- 1<sup>st</sup> Rory Willis 47 pts, 2<sup>nd</sup> Alex Rankin 23 pts, 3<sup>rd</sup> Seb McNeely 21 pts

U13 Girls:- 1<sup>st</sup> Lettice Gundry 33 pts, 2<sup>nd</sup> Amy Kirk 29 pts, 3<sup>rd</sup> Lila Blustin 29 pts

U13 Boys 1<sup>st</sup> Sam Turner 31 pts, 2<sup>nd</sup> Kompany Szentes 23 pts, 3<sup>rd</sup> Isaac Walker 19 pts

U15 Girls:- 1<sup>st</sup> Hattie Munday 35 pts, 2<sup>nd</sup> Izzy Watkins 32 pts, 3<sup>rd</sup> Mia Rosen 28 pts

U15 Boys:- 1<sup>st</sup> Artie Feeny-Willings 31 pts, 2<sup>nd</sup> David Baah-Okyere 24 pts, 3<sup>rd</sup> Gregory Berrisford Sweet 22 pts

U17 Women:- 1<sup>st</sup> Maia Hampton Phillips 39 pts, 2<sup>nd</sup> Tess Walker 22 pts, 3<sup>rd</sup> Clara Leustean 7 pts

U17 Men:- 1<sup>st</sup> Roni Kizilkaya 46 pts, 2<sup>nd</sup> Janak Subberwal 32 pts, 3<sup>rd</sup> Michael Smith 27 pts

## Entries to Championship Races

Entry Deadlines are approaching for a number of Cross Country Championship Races i.e. Middlesex and South of England Championships. To run in these races you need to be entered by the Club, who will pay for your entry (so please ensure you do run). Please sign your name up using the [Club Website](#) or let Ruth, Russell or your Coach know you would like to run.

For Track and Field Athletes there are both Middlesex and South of England Championships for over 11 year olds at Lee Valley in January to March. You will need to enter these events yourself. Please make sure you are aware of the entry deadlines.

## Cross Country Season 2021-22

The Clubs main focus is the **Met League** races which are competitive and generally on harder courses than the **North West London XC League** which is an ideal introduction to the sport with the courses normally flatter and less demanding. In both leagues you need to compete in 4 out of 5 races to qualify for league recognition, with both the Met League and North West London XC League awarding medals to the top runners in each age group. The Club will also be looking to enter teams in the Middlesex, South of England and National Championships. As the Club needs to pre enter athletes and pay an entry fee please save the dates and let your coaches or team managers (Ruth/Russell/Kabir) know you would like to run.

The Autumn/Winter has a very full fixture list: -

### 2022

8th January - Middlesex XC Championships, Horsenden Hill, Greenford

15th January - **Met League 4#**, Wormwood Scrubs

19th January (tbc) - Middlesex Schools XC Championships, Harrow

29th January - SEAA South of England XC Championships, Beckenham Palace Park, Beckenham BR3  
(Minimum age 11)

5th February - **North West London XC League 4#**, Bannister Stadium, Harrow

19th February - **Met League 5#**, Trent Park (Club XC Championships)

26th February - National XC Championships, Parliament Hill (Minimum Age 11)

5th March - **North West London XC League 5#**, Wormwood Scrubs

12th March – Inter-Counties Championships, Prestwold Hall

19th March – National Schools XC Championships, Hop Farm, Kent

Details of all Club Fixtures can be found on the Club Website.

The Club holds a XC Points competition with Juniors scoring 8 points for being the first Heathsider Home and 7 pts for the 2<sup>nd</sup> with the best 7 performances counting.

Current leaders are U11 Girls **Mia Beeby** 14 pts, U11 Boys **Rory Willis** 23 pts, U13 Girls **Amy Kirk** 15 pts, U13 Boys **Sam Turner** 16 pts, U15 Girls **Issy Watkins** 24 pts, U15 Boys **Artie Feeny-Willings** 16 pts, U17 Women **Tess Walker/Maia Hampton-Philips** 17 pts, U17 Men **Roni Kizikaya** 15 pts.

## Forth-coming Club Junior Fixtures: -

### Middlesex XC Championships, Horsenden Hill – Saturday 8<sup>th</sup> January 2022

**Entry:** You need to be pre-entered by the Club who pay an entry fee. Please let your Coach or [Ruth Miller](#) know by 20th December or enter vis the Club fixture portal.

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**Race Location:** Tir Chonaill Gaels Clubhouse, Berkeley Fields, Berkeley Avenue, Greenford, UB6 0NZ.

**Transport:** - Nearest tube station is Greenford (Central Line) which is approximately 15-20 minute walk to clubhouse. An alternative is Sudbury Hill (Piccadilly Line) also about a 20 minute walk.

**Parking:** There may be car parking on the playing fields (if dry) and on street parking nearby although this can become limited if the races are busy.

**Club Vest:** You must be entered and run in a Club Vest

**Race Number:** race numbers will be available from your Team Managers Ruth and Kabir.

**Footwear:** Spikes are recommended. The Club will have a selection of different sized XC Spikes for Juniors if needed.

**Warm Up:** Get to the course at least 40 minutes before the start of your race this will give you plenty of time to get your number, get a warmup done while still allowing plenty of time to get to the start.

**The Course:** Playing Field and Parkland setting, undulating course on grass and woodland paths.

11.30 am Under 11 Boys - 1700m  
11.40 am Under 11 Girls - 1700m  
11:50 pm Under 13 Boys - 3,000m  
12:15 pm Under 13 Girls - 3,000m  
1.00 pm Under 15 Boys – 4,000m  
1.20 pm Under 15 Girls – 4,000m  
1.40 pm U17 Men – 5,000m  
2.00 pm U17 Women – 5000m

This race will score in the Club Junior XC Points Championship.

## Indoor Track Season

The indoor Track and Field season will recommence in early December. Our nearest facility is Lee Valley which holds open meetings as well as County and South of England Championships. For details of open meetings see their website: - Lee valley Athletics Centre. The Middlesex Indoor Championships for U15s and above are planned for 19<sup>th</sup>-20<sup>th</sup> March 2021. They also run Minithons for U13's with the option of 3 events over the day and medals for the top 20 in each age group.

12<sup>th</sup> December – BeFit Open  
18<sup>th</sup>-19<sup>th</sup> December – Southern Combined Events  
2<sup>nd</sup> January 2022 – Lee Valley New Year's Open  
8<sup>th</sup> January – Minithon  
9<sup>th</sup> January – BeFit Open  
15<sup>th</sup>-16<sup>th</sup> January – Southern Indoor Championships (U13/U15/U17)  
29<sup>th</sup>-30<sup>th</sup> January – Lee Valley Indoor Games (U13/U15/U17)  
5<sup>th</sup>-6<sup>th</sup> February – Southern Indoor Championships (Sen/U20)  
9<sup>th</sup> February – BMC Open  
16<sup>th</sup> February - Lee Valley Middle Distance Open  
12<sup>th</sup> March – Christine Bloomfield U13/U15 Open  
19<sup>th</sup>-20<sup>th</sup> March – Tri Counties (Middx, Herts, Kent) Indoor Championships (U15/U17/U20)  
26<sup>th</sup> March - Minithon

## Lee Valley Minithon

For younger athletes in school years 7 and under Lee Valley will be holding their Minithons over the winter. These are fully licenced and officiated meetings with athletes able to choose 3 events from 60m, 60m Hurdles, 200m, 600m, High Jump, Long Jump, Shot Putt. They cost £18 to enter. Mary will be there to support any athletes competing.

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Meeting dates:-

Saturday 8<sup>th</sup> January 2022

Saturday 26<sup>th</sup> March 2022

## 2022 Fixtures

Next years outdoor season is now starting to take shape. It will be Middlesex AA's Centenary so the County Championships will feature special medals and events to celebrate.

**30<sup>th</sup> April MYAL 1#, Parliament Hill**

14-15<sup>th</sup> May - Middlesex County Championships, Lee Valley

**21<sup>st</sup> May – MYAL 2#, Finsbury Park**

11-12<sup>th</sup> June – County Schools Championships, Lee Valley/Battersea

18-19<sup>th</sup> June – Inter-Counties Schools Championships, tbc

**26<sup>th</sup> June – MYAL 3#, Perivale**

8th-9th July – ESAA Championships, Sportscity Manchester

23rd-24th July - Southern U15/U17 Championships

**30<sup>th</sup> July - MYAL 4#, Stone X Stadium**

13<sup>th</sup>-14<sup>th</sup> August – Southern U13/U13U15/U17 Championships

27<sup>th</sup>-28<sup>th</sup> August - English U15/U17 Championships, tbc

## Junior Training over Christmas

The last Junior Training Sessions at Finsbury Park for U11 and U13's will be Sunday 19<sup>th</sup> December and will resume on Sunday January 9<sup>th</sup>.

Other Junior Training Groups (Zac, Kabir, Israel and Mary) should check the specific arrangements with their respective Coach.

Finally from all the Coaches and Volunteers at London Heathside Juniors we wish you all and your families an enjoyable Holiday and look forward to more great performances from you all in 2022

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