

# London Heathside Junior Club Newsletter

February 2020



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## Congratulations

Congratulations to Mia Rosen who broke the U13G 800m record twice setting new club records and UK leading times. Fleur Eltringham set a new indoor U13G 200m record with Martha Jolly the U13G indoor Long Jump.

Mia also won the Southern Indoor U13G 800m Gold Medal with Benjy Bediako winning silver in the U13B 800m and Bronze in the U13B Long Jump.

The Club had record representation in the Middlesex Schools Championships, well done to all the young Heathsiders who represented their Boroughs. Spike Blake won the Junior Boys title and there were top 10 finishes in their respective races for Ben Redland (4<sup>th</sup>), Mia Manttan (7<sup>th</sup>), Hattie Munday (8<sup>th</sup>) and Alice Metcalf (8<sup>th</sup>). Thomas Archer won the Essex Schools Inter Boys Title.

The Met League Race doubled as the club XC Championships for the U11's And U13's and U15 Girls. Congratulations to Kiara Corkin (U11G), Ben Redland (U11B), Hattie Munday (U13G), Tynan Parker (U13B) and Alice Metcalf (U15G) for all medallists see the race results below.

## Club Membership

For all Juniors U13 and above (i.e. over 11) you must be a member of the Club and therefore a member of England Athletics to take part in Championship Cross Country Races or enter the Track and Field Championships. You can find further details and sign up if necessary by following this link:- [Membership Details](#)

## Middlesex XC Championships 2020 - Results

A sunny Wormwood Scrubs played host to the 2020 Middlesex Cross Country Championships on 4<sup>th</sup> January 2020. The ground was soft, but the recent dry spell had helped firm up most of the course, but the northern section remained muddy with some standing water making the going very hard. We had a pretty successful afternoon winning the U15 Boys and U17 men's titles with 2nd places in the U11 Girls, U13 Boys, U17 Women and Senior Men plus 3rd place for the Senior Women. Individually Seyfu Jamal won the U20 Men's title with 2nd places for Ben Redland (U11G), Kiara Corkin (U11G), Thomas Archer (U17M), Mimi Blake (U17W).

*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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### U11 Boys (1500m, 28 runners)

1st A Phillips (SBH) 5:31, 2nd Ben Redland 5:34 🏆, 6th Sam Turner 6:04

1st Highgate 19 pts, No London Heathside Team

### U11 Girls (1500m, 31 runners)

1st P Shaw (SBH) 5:45, 2nd Kiara Corkin 5:53 🏆, 21st Elkie Baker 7:08, 25th Lettice Gundry 7:23

1st Highgate 21 pts, 2nd London Heathside 48 pts 🏆

### U13 Boys (3,000m, 42 runners)

1st Z Jones (SBH) 11:28, 4th Tynan Parker 11:57, 7th Ivor Joslin 12:18, 11th Benjy Bediako 12:32, 27th Kamran Bakhshi 13:34, 28th Gregory Berrisford-Sweet 13:35

1st Highgate 17 pts, 2nd London Heathside 22 pts 🏆

### U13 Girls (3,000m, 48 runners)

1st An Abdirahman (Hill) 12:19, 8th Hattie Munday 13:21, 11th Issy Watkins 13:31, 15th Ruby Walls 13:38, 21st Lucy Corkin 14:00, 31st Amara Odeogberin 14:34, 32nd Milly Watkins 14:44

1st Highgate 17 pts, 4th London Heathside 34 pts

### U15 Boys (4,000m, 30 runners)

1st A Hamud (Hill) 14:29, 6th Spike Blake 15:29, 7th Jack Davis-Black 15:35, 8th Michael Smith 15:36, 18th Bedo Draskoczy 16:50, 24th Stan Hasson 17:58, 25th Fred Beale 18:21

1st London Heathside 🏆

### U15 Girls (4,000m, 40 runners)

1st L Mannes (B&B) 16:34, 8th Anna Pritchard 18:18, 26th Lorna Dumbleton 20:02

1st Highgate 21 pts, No London Heathside Team

### U17 Women (5,000m, 21 Runners)

1st M Radus (SBH) 24:49, 2nd Mimi Blake 25:10, 14th Evelyn Dumbleton 29:04, 17th Mia Manttan 30:47

1st SBH 16 pts, 2nd London Heathside 33 pts 🏆

### U17 Men (8,000m, 33 Runners)

1st M Ali (ESM) 20:47, 2nd Thomas Archer 21:04 🏆, 4th Jake Evans 22:06, 10th Oliver O'Connor 23:25, 15th Ruairi McGonagle 23:57, 25th Sam Ingram 26:07

1st London Heathside 16 pts 🏆

## Met League 4# - Results

There was again a host of fantastic racing in challenging conditions at the 4<sup>th</sup> Met League race hosted by the club at Ally Pally on 11<sup>th</sup> February 2020. There were wins for the U11 Boys and 2nd places for the U11 Girls and Junior Men's Team the U13 Girls in 3<sup>rd</sup> place. Individually there were 2nd places for Kiara Corkin (U11G), Ben Redland (U11B), Jake Evans (JM) and 3rd places for Mimi Blake (JW) and Edward Metcalf (U11B).

### U11 Boys (2,000m, 39 runners)

1st A Phillips (SBH) 7:00, 2nd Ben Redland 7:09, 3rd Edward Metcalf 7:10, 6th Eden Brown 7:33 (1st U10), 18th Sam Turner 8:01, 21st Rory Willis 8:18 (7th U10)

1st London Heathside 123 pts

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**Overall League:** - 1st WG&EL 604 pts, 2nd SBH 546 pts, 3rd London Heathside 483 pts

### **U11 Girls** (2,000m 34 runners)

1st P Shaw (SBH) 7:00, 2nd Kiara Corkin 7:05, 15th Elkie Baker 8:13, 16th Lettice Gundry 8:15, 22nd Charlotte Beale 8:48 (7th U10)

1st WG&EL 114 pts, 2nd London Heathside 81 pts

**Overall:** - 1st WG&EL 492 pts, 2nd SBH 299 pts, 3rd London Heathside 285 pts

### **U13 Boys** (3,000m, 48 runners)

1st G Stubbs (SBH) 12:14, 8th Tynan Parker 13:10, 11th Ivor Joslin 13:32, 26th Kamran Bakashi 14:13, 29th Gregory Berrisford Sweet 14:21, 30th Eric Beale 14:30

1st SBH 149 pts, 5th London Heathside 116 pts

**Overall:** 1st SBH 718 pts, 3rd Highgate 521 pts, London Heathside 519 pts

### **U13 Girls** (3,000m, 49 runners)

1st A Reid (WG&EL) 10:54, 5th Hattie Munday 11:43, 9th Milly Watkins 12:08, 13th Ruby Walls 12:26, 25th Ella Higgins 13:24, 27th Amara Odeogberin 13:25, 36th Martha Jolly 13:59, 40th Libby Judd-Hawkes 14:38

1st WG&EL 180 pts, 2nd VP&TH 154 pts, 3rd London Heathside 144 pts, 10th London Heathside B 44 pts

**Overall:** 1st WG&EL 705 pts, 4th Hillingdon 551 pts, 5th London Heathside 417 pts, 18th London Heathside B 51 pts

### **Junior Men** (4,000m, 88 Runners)

1st M Musa (SBH) 13:07, 2nd Jake Evans 13:09, 7th Oliver O'Connor 13:58, 20th Jack Davis-Black 14:34 (6th U15), 23rd Michael Smith 14:37 (7th U15), 26th Ruairi McGonagle 14:47, 27th Bedo Draskoczy 14:50 (10th U15), 55th Stan Hasson 15:55 (26th U15), 61st Arthur Reed 16:15 (31st U15), 66th Lucas Maher 16:30 (33rd U15), 74th Fred Beale 17:02 (41st U15), 76th Kit Naylor 17:33

1st SBH 325 pts, 2nd London Heathside 304 pts, 10th London Heathside B 185 pts, 22nd London Heathside C 51 pts

**Overall:** - 1st SBH 1361 pts, 2nd WG&EL 1273 pts, 3rd London Heathside 1271 pts, 15th London Heathside B 619 pts, 26th London Heathside C 162 pts

### **Junior Women** (4,000m, 66 Runners)

1st J Miranda (SBH) 15:43, 3rd Mimi Blake 15:59, 17th Evelyn Dumbleton 17:07, 18th Alice Metcalf 17:11 (8th U15), 35th Maia Hampton Phillips 18:08 (17th U15), 37th Lorna Dumbleton 18:13 (19th U15), 54th Ella O'Flaherty 19:35 (34th U15), 65th Fabienne Weston 22:02 (44th U15)

1st SBH 235 pts, 2nd VP&TH 218 pts, 3rd London Heathside 192 pts, 17th London Heathside B 45 pts

**Overall:** - 1st SBH 820 pts, 2nd London Heathside 732 pts, 16th London Heathside B 160 pts

### **Harold Wilson Trophy (Juniors)**

1st WG&EL 102 pts (11 Wins), 2nd SBH 100 pts (9 wins), 3rd London Heathside 94 pts (2 wins), 4th VP&TH 80 pts (0 wins)

## **Southern XC Championships 2020 - Results**

This was one of the Club's most successful Championships. We usually struggle as it comes hard on the heels of the Middlesex Schools Championships, which is held less than 48 hours earlier, and as a result many of our runners arrive on the start line with a hard run already in their legs.

The Junior Teams matched their best turnout in the last 10 years, fielding five full teams in the eight Junior Races. While they couldn't match the 2nd place in the U20 Mens race last year the U17 Men finished 4th and the U15 Boys battled to a great 10th place. There were several great individual performances. Seyfu Jamaal got one place better than last year to finish 4th with Jem O'Flaherty in 9th in the U20M race while Thomas Archer was 5th in the U17M race.

**U13 Girls** (3,000m, 287 Runners)

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1st F Baxter (Chiltern) 12:20, 79th Kiara Corkin (U11) 14:12, 84th Mia Rosen 14:14, 95th Hattie Munday 14:24, 245th Amara Odeogberin 16:21, 262nd Libby Judd Hawkes 16:40

1st Chiltern Harriers 78 pts, 22nd London Heathside 503 pts

### U13 Boys (3,000m 304 Runners)

1st A Collier (Chiltern Harriers) 11:24, 98th Ivor Joslin 13:08, 194th Benjy Bediako 14:09, 201st Gregory Berrisford-Sweet 14:13, 208th Eric Beale 14:17, 263rd Thomas Conley 14:54

1st Chiltern Harriers 86 pts, 28th London Heathside 701 pts

### U15 Girls (4,000m 304 runners)

1st C Dewar (Windsor & Hounslow) 17:00, 135th Anna Pritchard 20:12, 194th Maia Hampton Phillips 21:22, 222nd Lorna Dumbleton 21:55, 235th Ella O'Flaherty 22:09, 263rd Edie Friedlander 22:48, 291st Allanese Dacoco 24:44

1st Windsor & Hounslow 38 pts, 30th London Heathside 786 pts.

### U15 Boys (4,500m 317 runners)

1st L Sullivan (St Edmund) 14:24, 53rd Bedo Draskoczy 15:54, 65th Michael Smith 15:58, 80th Spike Blake 16:10, 107th Jack Davis Black 16:33, 216th Arthur Reed 17:54, 228th Stan Hasson 18:03, 275th Fred Beale 18:59, Lucas Maher and Nana Oduro-Nyaning both finished but no time recorded.

1st South London Harriers 82 pts, 10th London Heathside 305 pts

### U17 Women (5,000m 158 Runners)

1st B Wood (Salisbury) 19:13, 60th Mimi Blake 22:20, 76th Rose Garrett 22:58

1st Aldershot 80 pts

### U17 Men (6,000m 206 Runners)

1st M Taylor (Tonbridge) 21:50, 5th Thomas Archer 22:39, 13th Jake Evans 23:10, 92nd Ruairi McGonagle 25:17, 95th Oliver O'Connor 25.23, 161st Sam Ingram 27.12

1st Windsor & Hounslow 49 pts, 3rd South London Harriers 153rd, 4th London Heathside 205 pts

## London Heathside Cross Country Point Competition

There have now been 6 rounds of the Club XC Points Championships. The current standings are as follows: -

**U11 Boys** - 1<sup>st</sup> Ben Redland 48 pts, 2<sup>nd</sup> Eden Brown 27 pts Sam Turner 25 pts

**U11 Girls** - 1<sup>st</sup> Elkie Baker 44 pts, 2<sup>nd</sup> Kiara Corkin 40 pts, 3<sup>rd</sup> Lettice Gundry 19 pts

**U13 Boys** - 1<sup>st</sup> Tynan Parker 54 pts, 2<sup>nd</sup> Ivor Joslin 45 pts 3<sup>rd</sup> Benjy Bediako 34 pts

**U13 Girls** - 1<sup>st</sup> Hattie Munday 54 pts, 2<sup>nd</sup> Amara Odeogberin 43 pts, 3<sup>rd</sup> Mia Rosen 31 pts

**U15 Boys** - 1<sup>st</sup> Spike Blake 52 pts 2<sup>nd</sup> Michael Smith 48 pts, 3<sup>rd</sup> Jack Davis-Black 43 pts

**U15 Girls** - 1<sup>st</sup> Maia Hampton-Phillips 52 pts, 2<sup>nd</sup> Lorna Dumbleton 40 pts, 3<sup>rd</sup> Anne Pritchard 32 pts

**U17 Men** - 1<sup>st</sup> Oliver O'Connor 51 pts, 2<sup>nd</sup> Jake Evans 43 pts, 3<sup>rd</sup> Sam Ingram/Thomas Archer 32 pts

**U17 Women** - 1<sup>st</sup> Mimi Blake 56 pts, 2<sup>nd</sup> Mia Manttan 37 pts, 3<sup>rd</sup> Rose Garrett 28 pts

With the best 6 (U11) and 7 (Others) results scoring and 11/13 qualifying races there is plenty of time for the standings to change.

## London Heathside Cross Country Point Competition

Juniors are reminded to wear appropriate clothing if attending sessions at the track e.g. gloves hats and tracksuit bottoms. It may also be worth bringing spikes (preferably with support) for practicing hurdles when the track is slippery.

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## 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 5# - Trent Park

The last Met League Cross country meeting of the season is at Trent Park on **Saturday 8th February 2020** with the race held over rolling parkland. The first race U11 Boys starts at 12.25pm. Please see the club website fixture list for details.

## NWLL 4# - Bannister Stadium, Harrow

The next NWLL XC race will be held at the Banister Stadium, Uxbridge Road, Harrow HA3 on **Saturday 15<sup>th</sup> February 2020**. Races start at 12.00pm. Please see the club website fixture list for details.

## National Cross-Country Championships 2020

The club will be arranging Coach Transport from Finsbury Park to Nottingham and back check with Ruth Miller for details.

## 3Km Inter-Borough Challenge and Mini-Marathon Trials

The Inter-Borough Challenge and Mini-Marathon trials will be held at the Finsbury Park Track on Sunday 8<sup>th</sup> March. For details see the Fixture List on the Club Website.

## 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 **21<sup>st</sup> March** for details see [www.visitleevalley.org.uk](http://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.

## Middlesex Indoor Championships 2020

Entries Are now open for the Middlesex Indoor Championships at Lee Valley on 14-15<sup>th</sup> March 2020. Full indoor program for U15's and above.

Entries are now open on the Lee Valley website ([www.visitleevalley.org.uk](http://www.visitleevalley.org.uk)) for a number of open meetings with specific events for U13 and U15's and U13/U15 Heptathlon.

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## Winter and Cross-Country Season 2019/20

The following dates have been confirmed for the remainder of the winter season. For all League races you do not need to register just turn up and run: -

- Wednesday 5<sup>th</sup> February – London Schools XC Championships, Wormwood Scrubs
- 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 XC Championships, Wollaton Park, Nottingham
- Saturday 7<sup>th</sup> March – CAU Inter-Counties XC Match
- Sunday 8<sup>th</sup> March – 3k Inter-Borough Challenge, Finsbury Park
- Saturday 14-15<sup>th</sup> March – Middlesex Indoor T&F Championships, Lee Valley
- Saturday 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

## 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](http://www.visitleevalley.org.uk).

- 19<sup>th</sup> February 2020 – Lee Valley Middle Distance Open
- 22<sup>nd</sup> February 2020 – Lee Valley U13/U15 Open Meeting
- 14-15<sup>th</sup> March 2020 – Middlesex Indoor Championships (U13, U15, U17 and Seniors)
- 21<sup>st</sup> March 2020 – Minithon – Events for U9, U11 and U13.
- 29<sup>th</sup> March 2020 – Lee Valley U13/U15 Open and Pentathlon