

# London Heathside Junior Club Newsletter

January 2020

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## Congratulations

Congratulations to Larissa Wilson (U15) and Amara Odeogberin (U15) who both set new club records at the New Years Day Open at Lee Valley.

Well done to Thomas Archer who in his first year as an U17 ranked 8<sup>th</sup> Nationally in the 3,000m

Well done to all the young Heathsiders who have been picked to run for their Boroughs in either the Middlesex or London School Cross Country Championships in January.

## Met League 2# - Results

The remoteness of Uxbridge, County commitments and pre-Christmas events unfortunately impacted on the number of Juniors taking part with the club unable to put full teams of 4 in any of the U11 or U13 races. However the 21 who did performed admirably, despite the heavy ground and as always highly competitive fields, recording 2nd places for Kiara Corkin and 3rd places for Ben Redland and Mimi Blake with Michael Smith the 3rd U15 in the Junior Men's race.

**U11 Boys** (2,000m 54 runners)

*1st A Shaw (SBH) 7:56*

3rd Ben Redland 8:12

17th Eden Brown (8th U10) 8:52

29th Rory Wills (14th U10) 9:32

*1st SBH 203 pts*

6th London Heathside 116 pts

**Overall:** 1st WG&EL 493 pts, 2nd SBH 426 pts, **3rd London Heathside 360 pts**, 4th ESM 268 pts.

**U11 Girls** (2,000m 40 runners)

*1st P Shaw (SBH) 8:30*

2nd Kiara Corkin 8:43

13th Elkie Baker 9:42

*1st WG&EL 126 pts*

5th London Heathside 65 pts

**Overall:** 1st WG&EL 382 pts, 3rd SBH 242 pts, **4th London Heathside 206 pts**, 5th Barnet & D 179 pts

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## U13 Boys (3,000m, 51 runners)

1st Z Jones (SBH) 11:58

11th Ivor Joslin 12:55

17th Eric Beale 13:14

20th Kamran Bakhshi 13:22

1st WG&EL 170 pts

5th London Heathside 108 pts

**Overall:** 1st SBH 569 pts, 2nd WG&EL 522 pts, **3rd London Heathside 403 pts**, 4th VP&TH 395 pts

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

1st A Abdirahman (Hill) 12:36

4th Hattie Munday 13:13

24th Amara Odeogberin 15:08

1st TVH 158 pts

7th London Heathside 70 pts

**Overall:** 1st WG&EL 521 pts, 4th VP&TH 393 pts, **5th London Heathside 271 pts**, 6th Harrow 260 pts

## Junior Men (4,000m 81 runners)

1st J Kramer (Serp) 14:33

8th Oliver O'Connor 15:27

13th Ruairi McGonagle 15:51

20th Michael Smith (3rd U15) 16:23

48th Arthur Reed (17th U15) 17:34

54th Stan Hasson (23rd U15) 17:50

55th Avery Dietrich (24th U15) 18:00

1st Hillingdon 293 pts

4th London Heathside 236 pts

**Overall:** 1st SBH 1,036 pts, 3rd Hillingdon 977 pts, **4th London Heathside 967 pts**, 5th St Mary Richmond 788 pts

## Junior Women (4,000m 57 runners)

1st J Miranda (SBH) 16:42

3rd Mimi Blake 16:47

14th Rose Garrett 18:29

21st Mia Manttan 18:50

22nd Maia Hampton Phillips (9th U15) 18:53

54th Fabienne Weston (31st U15) 24:03

1st SBH 208 pts

4th London Heathside 172 pts

**Overall:** 1st SBH 581 pts, **2nd London Heathside 537 pts**, 3rd VP&TH 484 pts

## Howard Williams Trophy (Juniors)

1st WG&EL 102 pts, 2nd SBH 100 pts, **3rd London Heathside 93 pts**, 4th Hillingdon 83 pts

## Middlesex Youth Athletics League 2020 Fixtures

The dates of the forthcoming MYAL fixtures have now been agreed and are as follows:-

Saturday 18th April - Perivale  
Saturday 23rd May – Parliament Hill



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Saturday 27th June – Finsbury Park

Sunday 19th July – Allianz Park

## 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.

Coaches are instructed not to let Juniors leave the track unaccompanied and will wait with Juniors at the Track until parents arrive. Those athletes running off site will be always be accompanied by adults.

## London Heathside Cross Country Point Competitions

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 21 pts Sam Turner 13 pts

**U11 Girls** - 1<sup>st</sup> Elkie Baker 44 pts, 2<sup>nd</sup> Kiara Corkin 24 pts, 3<sup>rd</sup> Eorwyn Brown 13 pts

**U13 Boys** - 1<sup>st</sup> Tynan Parker 38 pts, 2<sup>nd</sup> Ivor Joslin 23 pts 3<sup>rd</sup> Benjy Bediako 21 pts

**U13 Girls** - 1<sup>st</sup> Hattie Munday 45 pts, 2<sup>nd</sup> Amara Odeogberin 37 pts, 3<sup>rd</sup> Mia Rosen 23 pts

**U15 Boys** - 1<sup>st</sup> Michael Smith 40 pts 2<sup>nd</sup> Spike Blake 38 pts, 3<sup>rd</sup> Jack Davis-Black 23 pts

**U15 Girls** - 1<sup>st</sup> Maia Hampton-Phillips 38 pts, 2<sup>nd</sup> Lorna Dumbleton 21 pts, 3<sup>rd</sup> Anne Pritchard 19 pts

**U17 Men** - 1<sup>st</sup> Oliver O'Connor 38 pts, 2<sup>nd</sup> Sam Ingram 24 pts, 3<sup>rd</sup> Jake Evans 21 pts

**U17 Women** - 1<sup>st</sup> Mimi Blake 48 pts, 2<sup>nd</sup> Mia Manttan 31 pts, 3<sup>rd</sup> Rose Garrett 21 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.

## 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.

## Club Membership

For all Juniors U13 and above (i.e over 11) you have to 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](#)



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## Middlesex Cross Country Championships

The Middlesex Cross Country Championships are due to be held on **Saturday 4<sup>th</sup> January 2020** at Wormwood Scrubs. As a Championship race competitors will have had to have already been entered by the club. 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.

## Met League 4# - Ally Pally

The 4th club cross country meeting is at Ally Pally on **Saturday 11th January 2020** with the race held over parkland. The first race U11 Boys starts at 12.25pm. This race is hosted by the club and will also act as the club's U11 and U13 Cross Country Championship with prizes awarded to the first three runners.

The course is about a 10 minute walk from the Paddock Car Park in Alexandra Palace Park which is also served by the W3 and 144 Bus routes as well as Alexandra Palace Railway Station.

Any parents who can help the club are still looking for volunteer Marshals please contact David at robertsonhome@blueyonder.co.uk.

## Southern Cross Country Championships

The Southern XC Country Championships will be held at Hampstead Heath on 25<sup>th</sup> January 2020. As a Championship Race competitors will have had to have already been entered by the club. The race which is run over the iconic course is a great spectacle for anyone who wants to watch and cheer on the runners.

## National Cross Country Championships

All Junior Athletes wanting to take part in the National Cross-Country Championships at Nottingham on 21<sup>st</sup> February entries close on 9<sup>th</sup> January. If you want to run please let Ruth Miller or your Coach know asap. As previously mentioned you need to be a full member of the club. The club will be arranging Coach Transport from Finsbury Park to Nottingham and back

## 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 Heathsiders 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](http://www.visitleevalley.org.uk)) for a number of open meetings including the London Indoor Games with specific events for U13 and U15's and U13/U15 Heptathlon. Entry to the Middlesex Championships in March have yet to open.



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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:-

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  
Thursday 23<sup>rd</sup> January – Middlesex Schools Cross Country Championships, Harrow  
Saturday 25th January - Southern Cross-Country Championships, Parliament Hill  
Wednesday 5<sup>th</sup> February – London Schools XC Championships, Wormwood Scrubs  
Saturday 8th February – Met League 5#, Trent Park  
Saturday 15th February – NWLL 4#, Bannister Stadium, Harrow  
Saturday 22nd February – National XC Championships, Wollaton Park, Nottingham  
Saturday 7<sup>th</sup> 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](http://www.visitleevalley.org.uk).

1st January 2020 - New Year's Open – Events for U13, U15, U17 and Seniors.  
11-12<sup>th</sup> January 2020 - South of England U15/U17 Indoor Championships  
25<sup>th</sup> January 2020 - London U17 Indoor Games  
26<sup>th</sup> January 2020 – London U13/U15 Indoor Games  
29<sup>th</sup> January 2020 – Lee Valley Dream Mile (>U15's)  
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

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