

London Heathside Junior Club Newsletter

January 2021



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Junior Training during Lockdown

Sadly, we have had to enter another lockdown and the club cannot offer any formal training, plus unlike November schools are also closed. During this period, it is really important to keep active and get outside everyday if possible. If you are isolating then there are inside exercise options as well (see [sportshall link](#)). It is not so important what you do but something, however short, is always better than nothing!

For older athletes, your coach will be in touch with more specific training guidance or you can contact youngathletes@londonheathside.org.uk or Rachel Weston rachel@terminex.com or Ruth Miller 07709622140 if you want some training ideas. Rachel can also facilitate pairing you up with another Heathside Junior for your runs if this is helpful.

The coaches have also posted some training sessions for you on the website, so you can mix it up and keep motivated. There are suggestions for both Over 11s and Under 11's see: [Young Athletes Training Materials](#) and [Young Athletes Circuits](#). Also keep checking the website for challenges and competitions during lockdown.

The Government rules are that you can exercise with people from your household or alternatively ONE other person from another household. However, these may change so keep checking.

Tips: -

- Parks and open spaces may be busy so take extra responsibility and keep 2m away from others when at all possible.
- Try to choose locations with plenty of space or where you can run on grass or quiet wide footpaths.
- Move far to the side to avoid others slow down or stop to let people pass.
- If running at night make sure you wear reflective clothes and watch out for cars.

Do not let the cold put you off but wrap up with long sleeves/ leggings/ hat gloves and make sure to do a thorough warmup before any speed running.

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Membership Renewal:

Over 11's should continue to renew their membership when due as we hope to be able to offer training and a full competitive schedule over the summer.

Under 11's who are not participating in the paired programme (Contact Rachel Weston if interested) can delay their subs renewal until the track re-opens, hopefully after half term, when a reduced termly fee will be agreed.

Middlesex AA Virtual Club Races

Middlesex AA are running another virtual race for Juniors from between 9th to 31st January. The Club will look to arrange races to enter this competition which allows comparison between peers of the other Middlesex clubs. We will share some measured routes for you to try (U11/U13 1,500m, U15/U18 3,000m) on the club website asap. Please send your time to your coach for submission or you can enter direct on [opentrack](#).

Cross Country Season 2020-21

As we enter the New Year will see the return of some racing although the news is mixed. The Middlesex County Championships have been cancelled as have been the London and Middlesex School County Championships with the final decision on the National School Championships to be taken at the end of January. There is still no new date for the postponed English National Cross-Country Championships which had been due to take place on Hampstead Heath on 6th March. The South of England AA still have yet to comment on when or if their Relays or Championships will take place. The National Primary Schools and Year 7 Championships at Prestwold Hall, Leicestershire is still planned for 21st March 2021.

There are some organised cross-country races available on a pay to enter basis. ATW have a series of races at Merchant Taylors School Northwood with the next now planned for the 21st February with races for U11, U13, U15 and U17 age groups at a cost £12 per race.

The Club also hope to run some Cross-Country races for Juniors once we return next year potentially at Trent Park.

Indoor Track Season

Indoor events were due to commence in January and we know a host Juniors were due to compete however Lockdown has now led to more cancellations. Below is the current state of events planned to be held. (Lee Valley unless stated).

- 16-17th Jan - Southern U13/U15/U17 Champs (Cancelled)
- 30th Jan - BMC Gold Standard Meeting (Cancelled)
- 31st Jan - Be-Fit Open (Cancelled)
- 6-7 Feb - Southern U20/Senior Champs (Cancelled)
- 13-14th Feb - Essex and Eastern Champs (Cancelled)

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- 17th Feb - Middle Distance Open (tbc)
- **27-28th Feb - England Athletics Open Meeting U15/U17 (Sheffield)**
- 13th Mar - Be-Fit Open (tbc)
- 20-21st Mar - Middlesex/Herts/Kent Indoor Championships (Cancelled)
- **20-21st Mar - Southern Championships (U15 and U17)**

Outdoor Athletics Season 2021

As previously advised the competitive schedule for 2021 the proposed MYAL dates are as follows: -

24th April – MYAL 1# - Finsbury Park (To be Re-arranged later)
8-9th May – Middlesex AA T&F Championships – Lee Valley
15th May – MYAL 2# - Perivale
5th June – MYAL 1# - Finsbury Park (re-arranged)
20th June – MYAL 3# - Parliament Hill
18th July – MYAL 4# - Cophall Stadium

These dates are still very provisional and reserve days are being organised in case the season is unable to start in April. There may also be opportunities for U17's to represent the club in the Southern Athletics League meetings later in the season.

Forth-coming Club Junior Fixtures: -

None at present

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