

London Heathside Junior Club Newsletter

July 2019

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Congratulations

Liam Garrett won the U20 English 5000m title at Bedford to add to his South of England title in a superb race with Seyfu Jamal 8th and Jem O'Flaherty 14th. In the Women's U23 competition former London Heathside Junior Lily Beckford won the 400m title.

A host of Junior Club Records fell during June:-

- Hattie Munday and Skye Kelly in jumping 1.41m in the High Jump broke the previous 17 year old U13G record by 6cm and the 28th best nationally this year.
- Laila Tempesta improved her PB by over 60cm to set a new U13G Long Jump record of 4.47m, she would also have broken the club 100m record but for the wind being just 0.1 over the allowed limit.
- Lucas Maher set a new U15B 300m record of 39.5sec.
- Suraya Frost increased her PB by 1cm to 4.21m and still has the longest outdoor jump by an U11 Nationally.
- Rose Garrett won the U17W 3000m title at the Middlesex School Championships, Lucas Maher finished 3rd in the U15B 800m.
- Thomas Archer broke both the club U20M and U17M 1500m record with a time of 3:58.1.

Well done to Jack Petchey winners Leon Seale (April), Deji Agbede (May) and Skye Kelly (June).

A host of Juniors have represented their Boroughs in June however many results have yet to be published. In addition a number of Juniors have been picked to represent Middlesex, London or Essex including U13 Boys Benjy, Thomas, Montana and Tynan and U17W Erin. Good luck to them and the other Juniors competing especially in the National School Championships.

Middlesex Youth Athletics League

The third meeting of the season took place at Parliament Hill 23rd June. The club finished 2rd behind meeting hosts Highgate and remain in 2nd place overall with one match remaining. The U11 and U13 girls both won their age group as did the U13 Boys.

Suraya Frost, (U11G 75m, Long Jump), Jason Edwin (U11B Long Jump), Hattie Munday (U13G High Jump), Laila Tempesta (U13G Long Jump), Thomas Wasserman (U13B 75mH, High Jump), Tynan Parker (U13B Shot Put), Mia Manttan (U17W 1500m) all won their respective events. In addition there were some great sprint times from our U17 men Benjamin Folarin, Rufus Tansey and Joshua Ndionyema – we look forward to that relay team in the next match.



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As always many thanks to all the Juniors who competed, these are truly team events with every point counting. There were especially large turnouts in the U11 and U13 age groups which is a great sign for the future.

With 3,202 pts the team sit in 2nd place overall 255 pts behind Highgate and 27 pts ahead of Shaftesbury Barnet Harriers.

The last match is at Allianz Park on **Sunday 21st July**, while there is a full field program there will be a series of relays on the track which should be a great spectacle. The timetable is set out below.

	U11B	U13B	U15B	U17M	U11G	U13G	U15G	U17W
12.30pm	4x100m		Hammer	Hammer	4x100m		Hammer	Hammer
12.30pm							Long Jump	Long Jump
12.45pm		4x100m	4x100m					
1.00pm	Vortex	Shot Put		4x100m	Long Jump	4x100m		
1.15pm							4x100m	4x100m
1.20pm			Long Jump	Long Jump		Javelin		
1.30pm	3x600m				3x600m			
1.50pm	Long Jump	3x800m	3x800m				Shot Put	Shot Put
2.15pm				3x800m	Vortex	3x800m		
2.30pm			Discus	Discus				
2.35pm							3x800m	3x800m
2.45pm						Long Jump		
3.00pm	4x200m				4x200m		High Jump	High Jump
3.10pm							Shot Put	Shot Put
3.15pm		4x200m				4x200m		
3.30pm		Long Jump	4x300m				4x300m	
3.30pm		Javelin						
3.45pm				4x400m				4x300m
4.00pm	200m	200m	400m	800m		Shot Put	Discus	Discus
4.00pm			High Jump	High Jump				
4.15pm					200m	200m	400m	800m

The meeting coincides with the start of the school summer holidays but please let the team managers:- U11/U13 - Mary (helenekehoe@gmail.com) and U15/U17 - Ruth (r.miller@mdx.ac.uk) know your availability even if it is just to take part in one event.

Training over Summer

Athletics for Infants and Introduction to Athletics sessions only run during Term Time.

However during this summer's school holidays, Mary Kehoe and other Junior coaches will be running a "Summer Training Camp" where pre-registration is essential in order to manage coach/athlete ratios and to plan each session to match those athletes who are registered. Due to the bespoke nature of this programme, places may need to be limited on some days and so early registration is recommended. The session cost is £5 per session and sessions will take place at similar times to current training days/hours. To book a place, please email Mary Kehoe on helenekehoe@gmail.com.

As usual, older Junior athletes should discuss directly with their Coaches any training arrangements over the summer holidays, as some sessions times may vary.



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Quadkids

The club will hold another Quadkids competition on **Sunday 7th July**. Details and results can be found on www.quadkids.org.

Please note, that due to the Wireless Festival, vehicle access into the Park will not be possible this Sunday (7th July) and also concert perimeter barriers in the south west of the park will limit access, and so please allow more time to get to the track.

Other Competitions

Dwain Chambers Mini Sprinters at Lee Valley on Saturday 6th July choice of sprint race distances for school yrs 2-8 for details:- www.leevalley.org.uk

The London Interclub Challenge has two further meetings at Allianz Park on 27th July and 31st August. There is a full range of events with mixed races graded on time. These meetings are ideal for U13's and over. They also hold a Quadkids competition for U11's before the main meeting. Details:- www.londonathletics.org

Entry is now open for the Southern Athletics Championships on 17th-18th August at Julie Rose Stadium, Ashford for U13, U15 and U17 age groups. Details can be found on the following link:- www.seaa.org.uk

Winter and Cross Country Season 2019/20

More dates have been confirmed for the forthcoming autumn and winter season:-

- Sunday 15th September - Middlesex County Road Relay Championships, Minet Park, Ruislip
- Saturday 28th September – NWLL 1#, Horsenden Hill
- Saturday 12th October – Met League 1#, Claybury
- Saturday 26th October – NWLL 2#, Kingsbury
- Saturday 9th November – Met League 2#, Welwyn
- Saturday 16th November – London Youth Games XC, Parliament Hill
- Saturday 23rd November – NWLL 3#, Trent Park
- Saturday 11th December – Met League 3#, Uxbridge
- Saturday 4th January 2020 – Middlesex Cross Country Championships, Wormwood Scrubs
- Saturday 11th January – Met League 4#, Alexandra Palace
- Saturday 25th January - Southern Cross Country Championships, Parliament Hill
- Saturday 8th February – Met League 5#, Trent Park
- Saturday 22nd February – National Cross Country Championships, Wollaton Park, Nottingham
- 14-15th March – Middlesex Indoor T&F Championships, Lee Valley

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