

London Heathside Junior Club Newsletter

March 2020



Contents

Congratulations
Health and Safety
Met League 5# - Results
National XC Championships – Results
Met League 2019/20 - Final Placings
London Heathside Cross Country Points Competition
Forth-Coming Club Fixtures
Winter and Cross-Country Season 2019/20
Indoor Track Competitions 2019/20
Summer Fixture List 2020

Congratulations

Congratulations to Hattie Munday, Thomas Archer, Ivor Joslin, Tynan Parker, Spike Blake and Jack Davis Black who all represented Middlesex at the Inter-Counties Championship Race at Loughborough on 7th March 2020.

Four club records were broken by the U13 and U15 girls in February. Martha Jolly whose 4.44m long jump leap put her in 11th place in the UK this year. Martha with a time of 30.12s also set a new club record in the U13 200m while fellow U13 Suraya Frost improved her club record in the 60m hurdles 10.50s. Larissa Wilson ran a new club U15 record of 46.40s in the 300m.

Good luck to the record number of Juniors who have been picked to represent Middlesex, London and Essex in the National Schools Cross Country Championship and for Haringey in the National Primary Schools Championships.

Health and Safety

Given the current health crisis and adverse weather conditions please keep checking the club website for any announcements if training arrangements need to change. As with general advice from the Government all Juniors are recommended to ensure they regularly wash their hands and avoid close contact with their peers. The club will seek to ensure the washrooms at the Finsbury Park track is are well stocked with soap.

Met League 5# - Results

The climax of the Met league season took place at Trent Park on Saturday 8th February. The race saw a tremendous turnout of young Juniors with many debutants. The Club secured 3rd Place overall (for the season) in the Howard Wilson (Junior) Trophy, one of the club's best ever performances. In a great series set of races, Jake Evans won the Junior Men's race; with 2nd places for Ben Redland (U11) and Kiara Corkin (U11). Hattie Munday (U13) also secured a top 10 finish.

U11 Boys (1,500m, 52 Runners)

1st A Phillips (SBH) 5:11, 2nd Ben Redland 5:18, 21st Sam Turner 5:56, 22nd Prince John 5:57, 25th Max Pelosi 6:04, 31st Chayil John 6:15 (11th U10), 34th Rory Willis 6:19 (14th U10), 46th Cholkmah John 6:59

London Heathside Junior Club Newsletter

March 2020



1st Shaftesbury Barnet Harriers 180 pts, 3rd London Heathside 137 pts, 10th London Heathside B 45 pts

U11 Girls (1,500m 43 runners)

1st P Shaw (SBH) 5:37, 2nd Kiara Corkin 5:39, 23rd Elkie Baker 6:28, 29th Charlotte Beale 6:42 (6th U10), 34th Jessica Lappin 6:59, 35th Felicite Fudge 6:59

Team:- 1st WG&EL 152 pts, 5th London Heathside 88 pts

U13 Boys (3,000m, 62 runners)

1st G Stubbs (SBH) 10:27, 12th Benjy Bediako 11:55, 19th Sam Lindsall 12:06, 26th Eric Beale 12:27, 28th Ivor Joslin 12:36, 29th David Baah-Oykere 12:37, 33rd Gregory Berrisford-Sweet 12:44, 35th Tynan Parker 12:53, 45th Lucas Keys 13:34

Team:- 1st SBH 229 pts, 5th London Heathside 152 pts, 11th London Heathside B

U13 Girls (3,000m, 48 runners)

1st A Reid (WG&EL) 11:13, 7th Hattie Munday 12:18, 18th Ruby Walls 13:14, 26th Ella Higgins 13:50, 33rd Amara Odeogberin 14:12

Team:- 1st WG&EL 162 pts, 4th London Heathside 104 pts

Junior Men (4,000m, 87 runners)

1st Jake Evans 13:50, 21st Michael Smith 14:57 (6th U15), 55th Stan Hasson 16:42 (28th U15), 62nd Fred Beale 17:10 (34th U15), 70th Rafi Brodtkin 17:37 (39th U15), 73rd Kit Naylor 17:54

Team:- 1st SBH 305 pts, 8th London Heathside 204 pts, 23rd London Heathside B 29 pts

Junior Women (4,000m, 64 Runners)

1st J Miranda (SBH) 16:06, 25th Rose Garrett 18:14, 62nd Fabienne Weston 23:00 (43rd U15)

Team:- 1st SBH 226 pts, 17th London Heathside 41 pts

National Cross Country Championships, Nottingham, 22 February 2020

A smaller than usual cohort of Heathsiders headed for Nottingham to run, paddle and slosh out their way through the National Cross-Country Championships. But the sun shone, the atmosphere was electric and the stunning setting of Wollaton Park – its grounds and stately home towering over the course, were a sight to behold! The conditions under foot were in part atrocious so plaudits to the all those Juniors who took part. The highlight was Thomas Archer's 13th place which helped the U17 Men to 10th place overall. There were top 100 places for Jake Evans, Spike Blake and Hattie Munday.

U13 Girls (3km, 357 Runners)

1st Z Gilbody (Chiltern Harriers) 15:00, 77th Hattie Munday 17:16, 255th Amara Odeogberin 19:42
Ruby Walls finished but lost her chip

U13 Boys (3km, 384 Runners)

1st A Collier (Chiltern Harriers) 14:21, 153rd Tynan Parker 16:57, 168th Eric Beale 17:09, 194th Benjy Bediako 17:19, 251st Ben Ryan 17:55, 285th Kamran Bakhshi 18:34

Team:- 1st Chiltern Harriers 100 pts, 26th London Heathside 766 pts

U15 Girls (4Km, 390 Runners)

1st K Dee (Highworth) 18:35, 386th Fabienne Weston 30:20

U15 Boys (4Km, 396 Runners)

1st L Sullivan (St Edmund Pacers) 16:30, 65th Spike Blake 18:19, 137th Michael Smith 19:18, 237th Bedo Draskoczy 20:31, 280th Fred Beale 21:18, 285th Rafi Brodtkin 21:25

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London Heathside Junior Club Newsletter

March 2020



Team:- 1st South London Harriers 62 pts, 24th London Heathside 719 pts

U17 Women (5km, 257 Runners)

1st M Todd McIntyre (Rushcliffe) 21:49, 119th Rose Garrett 25:47

U17 Men (5km 274 Runners)

1st W Barnicoat (Windsor) 22:42, 13th Thomas Archer 23:51, 63rd Jake Evans 25:05, 155th Ruairi McGonagle 26:52, 205th Sidney Diamond 28:05

Team:- 1st Windsor Slough Eton & Hounslow 86 pts, 10th London Heathside 436 pts

Met League 2019/20 - Final Placings

This year proved to be one of the club's best Met League seasons finishing third overall behind Woodford and Shaftesbury. The club finished no lower than 5th but special mention must go to the U11 teams who both finished third led respectively at the front by Kiara Corkin and Ben Redland, who both won individual silver medals. Other great individual performances include U17's Mimi Blake who was third woman overall and Jake Evans 4th in the men. Hattie Munday 5th U13 Girl and Michael Smith 6th U15 Boy.

A total of 8 Juniors have earned Met League Stars for taking part in all 5 races, so well done to; Ben Redland (U11), Rory Willis (U11), Kiara Corkin (U11), Elkie Baker (U11), Eric Beale (U13), Hattie Munday (U13), Amara Odeogberin (U13) and Michael Smith (U15).

Howard Wilsons Trophy (Junior)

1st Woodford Green & Essex Ladies 102 pts, 2nd Shaftesbury Barnet Harriers 101 pts, 3rd London Heathside 91 pts

Overall Team Placings

U11 Boys:- 1st WG&EL 776 pts, 2nd SBH 726 pts, 3rd London Heathside 620 pts

U11 Girls:- 1st WG&EL 644 pts, 2nd SBH 389 pts, 3rd London Heathside 373 pts

U13 Boys:- 1st SBH 947 pts, 4th London Heathside 671 pts, 11th London Heathside B 110 pts

U13 Girls:- 1st WG&EL 867 pts, 5th London Heathside 521 pts

Junior Men:- 1st SBH 1666 pts, 4th London Heathside 1475 pts, 15th London Heathside B 648 pts

Junior Women:- 1st SBH 1042 pts, 4th London Heathside 770 pts

Overall Individual Placings

Under 11 Boys:- 2nd Ben Redland, 15th Rory Willis

Under 11 Girls:- 2nd Kiara Corkin, 11th Elkie Baker

Under 13 Boys:- 11th Tynan Parker, 14th Eric Beale

Under 13 Girls:- 5th Hattie Munday, 17th Amara Odeogberin

Under 15 Boys:- 6th Michael Smith, 21st Stan Hasson, 22nd Arthur Reed

Under 17 Men:- 4th Jake Evans, 7th Oliver O'Connor

Under 15 Girls:- 19th Fabienne Weston

Under 17 Women:- 3rd Mimi Blake, 9th Rose Garrett

London Heathside Cross Country Points Competition

There have now been 12 of the 13 rounds of the Club XC Points Championships. The current standings are as follows: -

U11 Boys - 1st Ben Redland 48 pts, 2nd Sam Turner 32 pts, 3rd

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

U13 Boys - 1st Tynan Parker 55 pts, 2nd Ivor Joslin 50 pts 3rd Benjy Bediako 48 pts

London Heathside Junior Club Newsletter

March 2020



U13 Girls - 1st Hattie Munday 56 pts, 2nd Amara Odeogberin 44 pts, 3rd Mia Rosen 31 pts

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

U15 Girls - 1st Maia Hampton-Phillips 52 pts, 2nd Lorna Dumbleton 40 pts, 3rd Fabienne Weston 39 pts

U17 Men - 1st Oliver O'Connor 51 pts, 2nd Jake Evans 51 pts, 3rd Thomas Archer 40 pts

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

With the one race left there is plenty riding on the result of the NWLL at Wormwood Scrubs.

Forth-coming Club Junior Fixtures: -

All Juniors are more than welcome to run the cross-country race on Saturday 28th March and 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 Meetings diary Diary and as a list on the Junior Page of on the Club website.

NWLL 5# - Wormwood Scrubs

The last NWLL XC race of the season will be held at Wormwood Scrubs on **Saturday 28th March 2020**. Races start at 12.00pm. Please see the club website fixture list for details.

MYAL 1# - Parliament Hill

The first MYAL meeting will be on Saturday 18th April 2020 at Parliament Hill. Events will include 75m, 200m, 300m, 800m, Hurdles, Shot Put, Vortex, Javelin, High Jump and Long Jump. Juniors who want to take part should let the team managers [Rachel Weston](#) and [Ruth Miller](#) know.

Other Track and Field Competitions

The Lee Valley Minithon (www.visitleevalley.org.uk) for school years 3-7 at the Lee Valley Indoor Track on 21st March is now sold out.

Lee Valley U13/U15 Open and Pentathlon

Entries are now open on the Lee Valley website (www.visitleevalley.org.uk) for a number of open meetings with specific events for U13 and U15's and U13/U15 Pentathlon on 29th March 2020.

Highgate Harriers/City of London Early Season Open

Entries are now open for this open event held at Parliament Hill Track on Wednesday 8th April 2020. This meeting has U11 only events before the main meeting and is a great opportunity for youngsters to experience a proper meeting with starter, and timed performances which are recorded on www.powerof10.com. See www.highgateharriers.org to enter.

London Heathside Junior Club Newsletter

March 2020



Winter and Cross-Country Season 2019/20

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

- Saturday 14-15th March – Middlesex Indoor T&F Championships, Lee Valley
- Saturday 14th March – English Schools Cross Country Championships, Liverpool
- Saturday 21st March – National Primary School and Yr7 Cross Country Finals, Prestwold Hall
- Sunday 22nd March – Spring Quaddkids Competition, Finsbury Park
- 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.

- 14-15th March 2020 – Middlesex Indoor Championships (U13, U15, U17 and Seniors)
- 21st March 2020 – Minithon – Events for U9, U11 and U13 (Sold Out)
- 29th March 2020 – Lee Valley U13/U15 Open and Pentathlon

Summer Fixture List 2020

The Summer fixture list is now almost set key events are as follows:-

- 8th April – Highgate Harriers/City of London Open Meeting
- 18th April – MYAL 1#, Parliament Hill**
- 3rd May – YMCA North London Fun Run and Festival
- 23rd May – MYAL 2#, Perivale**
- 24th May – British Athletics Mile Championships
- 30-31st May – Middlesex Track and Field Championships
- 27th June – MYAL 3#, Finsbury Park**
- 19th July -MYAL 4#, Allianz Park**
- 25th July – Club Championships, Finsbury Park
- 15th August – Southern Outdoor U13/U15/U17 Championships