

# London Heathside Junior Club Newsletter

May 2020



## Contents

Congratulations  
Covid-19 Young Athletes Training Ideas  
Athletics 365  
Met league 2020-21  
Forth-Coming Club Fixtures  
Summer Fixture List 2020

## Congratulations

Hope you and your families are all well and safe. Congratulations to you all for staying positive and hopefully active during this period of lockdown. Hopefully we will all be back training again soon.

## London Heathside Covid-19 Young Athletes Training Ideas

Please take a look at the club website where there are a number of training suggestions:-  
[Junior Training Suggestions](#)

## Athletics 365

English Athletics have created an app which includes a number of training materials and exercises:- [English Athletics - Athletics365](#)

## Met League 2020-21

For those who like to plan ahead the met League have now announced their fixtures for the forthcoming season:-

10<sup>th</sup> October 2020 - Met League 1# - Claybury Park, Woodford

7<sup>th</sup> November 2020 - Met league 2# - Stanborough Lakes, Welwyn

5<sup>th</sup> December 2020 - Met League 3# - Alexandra Palace

16<sup>th</sup> January 2021 - Met League 4# - Uxbridge

13<sup>th</sup> February 2021 - Met League 5# - Trent Park

## Forth-coming Club Junior Fixtures: -

At the moment, all athletics has been suspended until the end of June as a result many meetings have been cancelled now including our home MYAL meeting in June as well as the Middlesex Schools Championships and National Schools Championships. It is hoped that some of the MYAL meetings and other competitions can be re-arranged over the summer holidays.

# London Heathside Junior Club Newsletter

May 2020



## 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 (Cancelled)~~

~~18th April – MYAL 1#, Parliament Hill (Cancelled)~~

3rd May – YMCA North London Fun Run and Festival (Postponed until 20<sup>th</sup> September)

~~23rd May – MYAL 2#, Perivale (Cancelled)~~

24th May – British Athletics Mile Championships (Cancelled)

30-31st May – Middlesex Track and Field Championships (Cancelled)

~~27th June – MYAL 3#, Finsbury Park (Cancelled)~~

19th July -MYAL 4#, Allianz Park

15th August – Southern Outdoor U13/U15/U17 Championships (Under review)

tba – Club Championships, Finsbury Park

SBH are intending to run three LICC meetings at Allianz Park on 25th July, 8<sup>th</sup> and 22<sup>nd</sup> August which will be open to U13's and above.

More details on fixtures can be found here:- [Junior Club Fixture List](#)

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