

# London Heathside Junior Club Newsletter

November 2019

## Contents

Congratulations  
Minithon Results  
Met League 1# - Results  
North West London Cross Country League 2# - Result  
London Heathside Cross Country Points Competitions  
Forth-Coming Club Fixtures  
Winter and Cross-Country Season 2019/20  
Indoor Track Competitions 2019/20

## Congratulations

Congratulations to Benjy Bediako who broke the U13 indoor 600m record at the Lee Valley Minithon with a time of 1:42.37 which is the 10<sup>th</sup> fastest recorded this year. Suraya Frost also broke the clubs U13 indoor 200m record with a time of 31.07s.

Well done to our U13 Girls (Hattie Munday, Issy Watkins and Amara Odeogberin) and U15 Boys (Jack Davis Black, Stan Hasson and Spike Blake) who competed in the Southern XC Relay Championships finishing 17<sup>th</sup> and 21<sup>st</sup> respectively.

Good luck to all the young Heathsidiers picked to run for their Boroughs at the London Youth Games Cross Country on Hampstead Heath on 16<sup>th</sup> November.

## Minithon Results

A number of Juniors competed in the Lee Valley Minithon which is aimed at U11's and U13 athletes. It is a great opportunity to compete against young athletes from across the UK.

**60m Boys:** 8<sup>th</sup> Benjy Bediako (U13) 8.86s PB

**60m Girls:** 6<sup>th</sup> Suraya Frost (U13) 8.96s PB, 8<sup>th</sup> Martha Jolly (U13) 9.09s PB, 29<sup>th</sup> Elkie Baker (U13) 9.73s PB, 48<sup>th</sup> Erin Jolly (U13) 10.18s PB, Grace Wood (U9) 11.1s

**60m Hurdles Boys:** 14<sup>th</sup> Sam Turner (U13) 13:63 PB

**200m Boys:** 34<sup>th</sup> Max Wassermann (U11) 36.12s PB

**200m Girls:** 12<sup>th</sup> Suraya Frost 31.07s PB CR, 27<sup>th</sup> Elkie Baker 32.48s PB, 55<sup>th</sup> Erin Jolly 35.87s PB, Grace Wood 38.1s PB

**600m Boys:** 1<sup>st</sup> Benjy Bediako 1:42.37 PB CR, 15<sup>th</sup> Sam Turner 2:03.35 PB

**600m Girls:** 14<sup>th</sup> Elkie Baker 2:07.47, 16<sup>th</sup> Martha Jolly 2:09.02 PB

**High Jump Boys:** 7<sup>th</sup> Sam Turner 1.20m PB

**Long Jump Boys:** 5<sup>th</sup> Benjy Bediako 4.11m, 13<sup>th</sup> Max Wassermann 2.98m

**Long Jump Girls:** 3<sup>rd</sup> Suraya Frost 4.09m, 5<sup>th</sup> Martha Jolly 3.85m, 38<sup>th</sup> Erin Jolly 2.90m, 5<sup>th</sup> Grace Wood 2.48m PB

**Shot Put (3 kg) Boys:** 7<sup>th</sup> Sam Turner 4.05m PB

**Shot Put (2 Kg) Boys:** 1<sup>st</sup> Max Wassermann 5.04m PB

The next Minithon is on Saturday 21<sup>st</sup> December.



# London Heathside Junior Club Newsletter

November 2019

## Met League 1# - Results

The first Met League race of the year was held on 5th October at Claybury and conditions couldn't have been more different from the sun of the last 2 years and maybe a taste of the season to come with pools of water and slippery slopes of mud. with 35 young Heathsidiers taking part there were a host of great performances with none of the teams finishing below 5th, 8 runners with top 10 finishes and Ben Redland 1st in the U11 Boys and Kiara Corkin 2nd in the U11 Girls Race.

As a result the Juniors on 94 points are 3rd overall in the Junior Club standards 1 point behind Shaftesbury Barnet Harriers with Woodford who as home team packed the races out in front.

Many thanks as ever to Ruth, Zac, Russell and Kabir who provide such great support to the runners as well as the parents braving the rain and traffic to get the runners there.

### **U11 Boys** (1,500m 41 runners)

1st Ben Redland 5:29, 8th Harry Conley 6:00, 15th Rory Willis (6th U10) 6:23, 38th Zac Bakhshi (12th U10) 7:39

1st WG&EL 143 pts, 2nd London Heathside 106 pts

### **U11 Girls** (1,500m 34 Runners)

1st P Shaw (SBH) 5:47, 2nd Kiara Corkin 5:53, 13th Elkie Baker 6:37, 19th Charlotte Beale (5th U10) 7:12

1st WG&EL 95 pts, 3rd London Heathside 60 pts

### **U13 Boys** (3,000m 52 runners)

1st Gianleo Stubbs (SBH) 10:42, 9th Tynan Parker 11:38, 14th Benjy Bediako 11:49, 22nd Eric Beale 12:21, 30th Kamran Bakhshi 12:35 34th Thomas Conley 12:49

1st SBH 189 pts, 5th London Heathside 129 pts, 18th London Heathside B 17 pts

### **U13 Girls** (3,000m, 58 runners)

1st Abigail Reid (WG&EL) 11:10, 7th Issy Watkins 12:20, 9th Hattie Munday 12:25, 23rd Milly Watkins 13:19, 40th Amara Odeogberin 14:01

1st WG&EL 207 pts, 4th London Heathside 148 pts

### **Junior Men** (4,500m 114 runners)

1st B Sloan (WG&EL) 13:48, 11th Oliver O'Connor 14:23, 14th Jake Evans 14:28, 23rd Ruairi McGonagle 15:03, 28th Jack Davis-Black (6th U15) 15:09, 30th Spike Blake (7th U15) 15:11, 48th Michael Smith (16th U15) 15:49, 58th Sam Ingram 16:12, 61st Lucas Maher (24th U15) 16:16, 64th Bedo Draskozy (25th U15) 16:18, 80th Arthur Reed (35th U15) 16:55, 97th Kit Naylor 17:45, 104th Fred Beale (47th U15) 18:16

1st WG&EL 403 pts, 4th London Heathside 363 pts, 11th London Heathside B 249 pts, 19th London Heathside C 107 pts



# London Heathside Junior Club Newsletter

November 2019

## **Junior Women** (4,500m 62 runners)

*1st Freya Stapleton (SBH)*. 4th Mimi Blake 16:09, 10th Rose Garrett 16:40, 21st Mia Manttan 17:51, 23rd Evelyn Dumbleton 18:01, 35th Lorna Dumbleton 18:40 (14th U15), 40th Ella O'Flaherty 19:13 (18th U15), 52nd Allanesse Dacoco 21:03 (25th U15)

*1st SBH 224 pts, 3rd London Heathside 190 pts, 13th London Heathside B 60 pts*

## **Howard Williams Trophy (Overall Junior Team)**

*1st WG&EL 103 pts, 3rd London Heathside 94 pts*

## **North West London Cross Country League 2# - Result**

Half Term plus the weather failed to put off 22 young Heathsidiers who took part in the 2nd NWLL fixture of the year on Saturday 26<sup>th</sup> October at a wet and windy Fryent Park, Kingsbury. While relatively little mud the course featured a lot of rough grassland which was a particular challenge for the younger runners. The club recorded two team and individual wins as well as two other podium finishes and 9 top 10 finishes. Race wins for Thomas Archer and Mimi Blake, Ben Redland 2nd and Mia Rosen 3rd. Outstanding results from all!

Thanks as always to Ruth for her support as Team Manager especially given her disappointment at the All Blacks loss in the Rugby earlier.

The next Junior race is the Met League at Welwyn on Saturday 9th November.

## **U11 Boys** (2,000m 58 runners)

*1st A Sedona (Dac)* 6:37, 2nd Ben Redland 6:38, 30th Chomkah John 7:57

*1st Cookham 35 pts, 10th London Heathside 139 pts*

## **U11 Girls** (2,000m, 44 runners)

*1st J March (Barnet)* 7:12, 20th Elkie Baker 8:21, 28th Eorwyn Brown 8:36

*1st Highgate 22 pts, 9th London Heathside 129 pts*

## **U13 Boys** (3,000m, 45 runners)

*1st Z Jones (SBH)* 11:26, 8th Tynan Parker 12:16, 9th Ivor Joslin 12:19

*1st Highgate 40 pts, 7th London Heathside 105 pts*

## **U13 Girls** (3,000m, 50 runners)

*1st A Abdirahman (Hill)* 12:10, 3rd Mia Rosen 12:59, 6th Hattie Munday 13:16, 33rd Amara Odegoberin 15:30

*1st TVH 35 pts, 5th London Heathside 93 pts*

## **U15 Boys** (4,000m, 39 runners)

*1st A Hamud (Hill)* 13:10, 5th Spike Blake 13:47, 8th Michael Smith 14:15, 9th N Oduro 14:18, 12th Lucas Maher 14:25, 24th Avery Dietrich 15:48, 37th Bedo Draskoczy 17:46

*1st London Heathside 34 pts*



# London Heathside Junior Club Newsletter

November 2019

## U15 Girls (4,000m, 38 runners)

1st N McGovern (Hill) 14:26, 13th Mia Hampton Phillips 16:55

1st Harrow 37 pts, 9th London Heathside 130 pts

## U17 Men (5,000m, 24 runners)

1st Thomas Archer 15:40, 4th Jake Evans 16:23, 14th Sid Diamond 17:41, 16th Sam Ingram 17:50, 19th R O'Connor 19:05

1st London Heathside 35 pts

## U17 Women (5,000m, 10 runners)

1st Mimi Blake 17:57

1st London Heathside 34 pts

## London Heathside Cross Country Point Competitions

There have now been 3 rounds of the Club XC Points Championships. The current standings are as follows:-

**U11 Boys** - 1<sup>st</sup> Ben Redland 24 pts, 2<sup>nd</sup>= Chomakh John, Eden Brown, Harry Colney 7 pts

**U11 Girls** - 1<sup>st</sup> Elkie Baker 23 pts, 2<sup>nd</sup> Kiara Corkin 8 pts, 3<sup>rd</sup> Eorwyn Brown 7 pts

**U13 Boys** - 1<sup>st</sup> Tynan Parker 23 pts, 2<sup>nd</sup> Ivor Joslin 15 pts, 3<sup>rd</sup> Benjy Bediako 13 pts

**U13 Girls** - 1<sup>st</sup> Hattie Munday 21 pts, 2<sup>nd</sup> Amara Odeogberin 17 pts, 3<sup>rd</sup> Mia Rosen 16 pts

**U15 Boys** - 1<sup>st</sup> Spike Blake 23 pts, 2<sup>nd</sup> Michael Smith 19 pts, 3<sup>rd</sup> Jack Davis-Black 15 pts

**U15 Girls** - 1<sup>st</sup> Myah Hampton-Phillips 15 pts, 2<sup>nd</sup> Lorna Dumbleton 14 pts, 3<sup>rd</sup> Ella O'Flaherty 12 pts

**U17 Men** - 1<sup>st</sup> Sam Ingram 17 pts, 2<sup>nd</sup> Oliver O'Connor 16 pts, 3<sup>rd</sup> Jake Evans 14 pts

**U17 Women** - 1<sup>st</sup> Mimi Blake 24 pts, 2<sup>nd</sup> Mia Manttan 13 pts, 3<sup>rd</sup> Rose Garrett 7 pts

With the best 6 and 7 results scoring and 11/13 qualifying races there is plenty of time to change.

## Middlesex XC Championships

The Middlesex AA have announced that for this seasons championship, due to be held on Saturday 4<sup>th</sup> January 2020 at Wormwood Scrubs, will include a team competition for the U11's with medals presented to the top 3 boys and girls teams.

## 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 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.



# London Heathside Junior Club Newsletter

November 2019

## Met League 2# - Welwyn

The 2nd club cross country meeting is at Stanborough Park, Welwyn on Saturday 9<sup>th</sup> November 2019 with the race held over parkland. The first race U11 Boys starts at 12.25pm.

The course is about a 5 minute walk from a pay and display car park accessed from Stanborough Road.

## NWLL 3# - Trent Park, Cockfosters

The third meeting in the North West London XC League takes place at Trent Park, Cockfosters Road on Saturday 26<sup>th</sup> November. The course is over rolling parkland. The nearest Underground station is Cockfosters (Piccadilly Line) with a car park close to the race start. The first race (U11) will start at 12.45pm. There are toilets available in the nearby Cafe.

## 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> December** for details see [www.visitleevalley.org.uk](http://www.visitleevalley.org.uk)

Entries are now open on the Lee Valley website ([www.visitleevalley.org.uk](http://www.visitleevalley.org.uk)) for the December Indoor Open on Saturday **1<sup>st</sup> December** with events for U13 and upwards.

## Winter and Cross-Country Season 2019/20

The fixture For your diaries the following dates have been confirmed for the forthcoming autumn and winter season. All League races you do not need to register just turn up and run:-

- Saturday 9th November – Met League 2#, Welwyn
- Saturday 16th November – London Youth Games XC, Parliament Hill
- Saturday 23rd November – NWLL 3#, Trent Park
- Saturday 7th December – Met League 3#, Uxbridge
- 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
- Saturday 25th January - Southern Cross-Country Championships, Parliament Hill
- Saturday 8th February – Met League 5#, Trent Park
- Saturday 15th February – NWLL 4#, Bannister Stadium, Harrow
- Saturday 22nd February – National Cross-Country Championships, Wollaton Park, Nottingham
- Sunday 1st March – 3k Inter-Borough Challenge, Finsbury Park (tbc alt date 8th March)
- 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



# London Heathside Junior Club Newsletter

November 2019

## 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 December 2019 - December Open – Events for U13, U15, U17 and Seniors
- 21<sup>st</sup> December 2019 – Minithon – Events for U9, U11 and U13
- 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

*If you do not wish to receive this newsletter please let us know and we will remove you from the circulation list.*

