

London Heathside Junior Club Newsletter

November 2020



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Congratulations

Welcome Back to everyone.

Congratulations to you all for staying active through lockdown especially those who paired up and trained around the Emirates Stadium or in your Local Parks.

Christmas Holiday Training

The last full Junior Session will be Sunday 20th December with sessions restarting on Tuesday 5th January 2021.

There is an extra training session on Tuesday 22nd December - so please pre-book and check the start times below or with your coach.

For athletes who train with Rachel, Russell, Filipe, Mary and Israel, this session will be combined into "one" session - rather than the normal two sessions.

In the case of athletes who train with Rachel and Russell, this session will start at 5:30pm - please pre-book by texting or Whatsapp to Rachel on 07739 575773

In the case of Mary and Israel's Groups, please contact them direct to pre-book and to confirm start times

Athletes in Kabir and Zac's Junior Groups should confirm with them direct about any training sessions on the 22nd.

If you are unsure who to contact, please contact Rachel for help

Please remember the track can be very cold over winter and we cannot use the inside of the building so wrap up warm and bring gloves if possible. Please include name tags in gloves in case they go astray. Make sure you have your coach's contact details in case due to poor weather training has to be cancelled.

Always remember to stay safe if running on roads keep your distance from others and wear bright reflective clothing as well as let someone know your route and estimated return time.

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With cases rising in London it is very important to please continue to adhere to the Club's Covid-19 rules:-

- a) DO NOT attend training if you feel unwell or self isolating
- b) Self Distance when training or while at the Finsbury Park Athletics Track.
- c) Adhere to the instructions of your coach at all times.
- d) Follow Hygiene requirements i.e. wash hands, clean equipment before and after use, no spitting.
- e) Agree for participation records to be kept to assist the NHS Test and Trace program.

Middlesex Virtual Club Races

The Club had another successful competition against the other Middlesex Clubs. We had a big turnout of U11's tackling the 1500m on the track won both Boys and Girls races with a host of great performances. Frido Lawrence produced a great run of 5:44 to finish 2nd overall, Axel Bournas with 6:03 was 4th and Zachary Boultoak 10th at 6:25. In the girls race Caitlin Roberts was first with a time of 6:08, Pheobe Wilhoft-King 3rd with 6:26 and 4th in Lila Blustin 6:48 with the girls like the Boys winning the team competition.

In the U13 Boys race Gus Kendall was 9th with 6:12, Dylan Rice 11th and Samuel McDermott 14th. In the girls' race Tara Sweetnam was 3rd with a time of 5:46, Amy Kirk 7th 5:59 and Lettice Gundry 10th with 6:07 an improvement of 30 s on the last race.

In the U15 Boys race Ivor Joslin was 5th with two U13's Ben Redland and Thomas Conley also running 3,000m to finish 2nd overall. Ruby Walls with 11:23 was the first U15 Girl, Anna Pritchard finished 4th with a time of 12:03. In the U17 Women Mia Manttan was the first Heathsider in 4th place, Lorna Dumbleton was 10th and Fabienne Weston 13th.

Team Scores:-

U11 Girls - 1st London Heathside (Roberts 6:08, Wilhoft-King 6:26, Blustin 6:48) 19:22

U11 Boys - 1st London Heathside (Lawrence 5:44, Bournas 6:03, Boultoak 6.25) 18:12

U13 Girls - 1st Harrow 17:18, 2nd London Heathside (Sweetnam 5:46, Kirk 5:59, Gundry 6:07) 17:52

U13 Boys - 1st ESM 15:40, 2nd London Heathside (Kendall 6:12, Rice 6:24, McDermott 6:38) 19:14

U15 Boys- 1st Harrow 32:54, 2nd London Heathside (Joslin 11:23, Redland 11:29, Conley 12:22) 35:14

U17 Women - 1st Trent Park 41:12, 2nd London Heathside (Manttan 13.01, Dumbleton 13:32, Weston 15:51) 42.24

Nike London Youth Games Cross Country Races

Almost 100 Juniors took part in races the club organised for the Nike LYG Virtual Cross Country. The times were submitted on behalf of the athletes respective London Borough. Shorter 400m and 800m races was held for younger runners.

Junior 400m 1st Olayinka Oluseye 1:46, 2nd Olayema Oluseye 1:47, 3rd Eliza Campell 1:54

Junior 800m 1st Zachary Boultoak 3:12, 2nd Sebastian McNeely 3:12, 3rd Emily Metcalf 3:31

U11 Girls 1,500m: 1st Caitlin Roberts 5:54, 2nd Charlotte Beale 6:16, 3rd Pheobe Willhoft-King 6:22

U11 Boys 1,500m: 1st Laurie Charalambides 5:50, 2nd Frido Lawrence 5:59, 3rd Charlie Roberts 6:21

U13 Girls 2,000m: 1st Lena Westgate 8:29, 2nd Tara Sweetnam 8:38, 3rd Lettice Gundry 8:53

U13 Boys 2,000m: 1st Eric Beale 7:16, 2nd Edward Metcalf 7:26, 3rd Koppány Szentes 7:31

U15 Girls 2,000m: 1st Anna Pritchard 7:39, 2nd Ruby Walls 7:50, 3rd Izzy Watkins 7:57

U15 Boys 3,000m: 1st Fred Beale 11:17, 2nd Dylan Aujla 11:21, 3rd Ivor Joslin 11:41

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U17 Women 3,000m: 1st Fabienne Weston 16:14

U17 Men 4,500m: 1st Jack Davis-Black 15:34, 2nd Roni Kizikaya 15:57, 3rd Rafi Brodtkin 18:33

The full results can be found here. The final London wide results have been published by LYG but have omitted most of our results which we are raising with them. If our results are included the overall race positions would be:-

U11 Girls 1,500m: 4th Caitlin Roberts 5:54, 12th Charlotte Beale 6:16, 16th Pheobe Willhoft-King 6:22, 25th Jasmina Roberts 6:31, 27th Lila Blustin 6:32, 44th Reka Szentes 6:46

U11 Boys 1,500m: 3rd Laurie Charalambides 5:50, 6th Frido Lawrence 5:59, 28th Charlie Roberts 6:21, 34th Rory Willis 6:23, 37th Freddie Burridge 6:26, 40th Gabriel Edwards 6:31, 44th Ylone Carels 6:34.

U13 Boys 2,000m: 26th Eric Beale 7:16, 39th Edward Metcalf 7:26, 45th Koppány Szentes 7:31

U15 Girls 2,000m: 18th Anna Pritchard 7:39, 26th Skye Kelly 7:47, 30th Ruby Walls 7:50, 36th Izzy Watkins 7:57, 40th Milly Watkins 8:00

U15 Boys 3,000m: 38th Fred Beale 11:17, 43rd Dylan Aujla 11:21

U17 Women 3,000m: 15th Alice Metcalf 12:11, 17th Mia Manttan 12:22

U17 Men 4,500m: 7th Jack Davis-Black 15:34, 8th Roni Kizikaya 15:57, 25th Rafi Brodtkin 18:33, 34th Arthur Reed 19:00

We have appealed to the organisers to get the results corrected.

Cross Country Season 2020-21

Hopefully the New Year will see the return of some racing although the news is mixed. The English National Cross Country Championships due to take place on Hampstead Heath on 6th March have been postponed. The South of England AA have yet to comment on whether their Relays or Championships due to take place in January will take place. Preparations for the Middlesex County Championships are currently suspended as they were unable to get confirmation from the venue Wormwood Scrubs that they could hold the race. If it takes place it will probably now be in February. The South of England also still propose to hold an event in February or March next year.

We understand that the London and Middlesex Schools XC Championships have been cancelled and doubts remain over the remaining Races scheduled for later in the year including the National Schools Championships who will make a final decision at the end of January.

There are some organised cross-country races available on a pay to enter basis. ATW have a series of three races at Merchant Taylors School Northwood (first held on 31st October). At the moment races on 22nd December and 10th January 2021 for U11, U13, U15 and U17 age groups are still on cost £12 per race.

BeFit Academy still plan to hold a track meeting at Dagenham on Sunday 20th December 2020. Details [here](#).

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

Forth-coming Club Junior Fixtures: -

None at present

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Indoor Track Season

England Athletics will be issuing advice on the indoor season in early December. If possible, Lee Valley will be piloting events in the new year. Middlesex AA currently are still hoping to hold their Indoor Championships in conjunction with Hertfordshire and Kent in 21st to 22nd March. The South of England AA still hope to hold Indoor Covid Games on 16-17th Jan and 6-7th Feb 2021.

Outdoor Athletics Season 2021

The various leagues are starting to organise the competitive schedule for 2021 the proposed MYAL dates are as follows:-

- 24th April – MYAL 1# - Finsbury Park
- 8-9th May – Middlesex AA T&F Championships – Lee Valley
- 15th May – MYAL 2# - Perivale
- 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.

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