

London Heathside Junior Club Newsletter

November 2021



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Congratulations

To **Kiara Corkin** (Met League U13G) and **Issy Watkins** (NWLL U15G) who won their age group cross country races during October. Well done to all the Juniors who took part in the London Mini-Marathon.

Report: - Met league – Race 1

Following on from our great results in the NWLL Race at Horsenden Hill we had 46 Juniors running at the first Met League race of the season, many making their debut in club colours and testament to the hard work by the club's junior endurance coaches, Kabir, Zac, Russell and Ruth. In the team competition the U11 Boys and U13 Girls both finished in 2nd place and the U13 Boys in 3rd. In the overall Howard Williams Trophy, the club sits in 2nd place behind the 2019 overall champions WG&EL. Individually there were 6 top 10 finishes with Kiara Corkin winner of the U13G race and Charlotte Beale 3rd in the U11 Girls.

With the early morning rain clearing and Claybury bathed in sunshine the U11's got proceedings underway with the boys race. ory Willis led home our 8 runners in 5th place with debutant Alex Kirk next in 11th place. Pip Young and Alex Rankin in 18th and 21st place made up the scoring team which finished behind ESM. We only had two U11 Girls with Charlotte Beale finishing 3rd, her best position, and only four seconds behind the winner. Another debutant Isla Kavanagh was 18th.

The U13s followed with a very competitive race with Sam Turner and Bed Redland the first Heathside's home within three seconds of each other, Eden Brown in 17th and Albie Waddell completed the scoring team in 17th and 29th. The girls race saw a superb run by Kiara Corkin who took the lead towards the end of the first lap to finish first ahead of a fine field including Jorja March (Barnet) and Posie Shaw (SBH). Amy Kirk in her first season also had another impressive race finishing 6th with Caitlin Roberts 13th and Lettice Gundry 15th to help the club to 153 points just 2 points behind winners WG&TH. There were also great runs by Ivy Gray, Lila Blustin and Maya Westgate and it was great to see 11 Girls in total running in Heathside colours.



The U15s and U17s run together in the Junior Men's and Women's races. The first Heathside man was Roni Kizilkaya in 18th with Janak Subberwal next in 33rd place with the team completed by Bedo Draskoczy and Michael Smith all U17s. Gregory Berrisford Sweet was first U15 home in 60th place followed soon after by Eric Beale and Ben Ryan. A great turnout with 13 Juniors running and hopefully they will build on this performance.

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There were seven Junior women taking part with Issy Watkins producing another great run to finish 8th with LH U15 Girls dominating the race. Issy's sister Milly was 15th and Ruby Walls and Mia Rosen making up the remainder of the scoring team to secure a 4th place.

This was another impressive performance from everyone. It was especially good to see the comradery shown in supporting teammates, many for whom cross country running is a new experience. Hopefully, this sets the tone for the rest of the season, and we can improve our 3rd place overall in the Junior standings in 2019.

Met League 1# - Results

U11 Boys 1500m (38 runners) 2nd London Heathside: - 5th **Rory Willis** 5:48, 11th **Alex Kirk** 5:59, 18th **Pip Young** 6:13, 21st **Alexander Rankin** 6:19, 22nd **Sebastian McNeely** 6:23, 25th **Charlie Roberts** 6:26, 26th **Connor Roberts** 6:28, 37th **William Edwards** 7:11

U11 Girls 1500m (33 runners) 5th London Heathside:47 pts - 3rd **Charlotte Beale** 6:18, 18th **Isla Kavanagh** 7:04

U13 Boys 3000m (43 runners) 3rd London Heathside 107 pts: - 8th **Sam Turner** 11:28, 11th **Ben Redland** 11:31, 17th **Eden Brown** 12:09. 29th **Albie Waddell** 13:12, 38th **Harry Conley** 14:10, 41st **Noa Sotiroff** 14:19

U13 Girls 3000m (47 runners) 2nd London Heathside 153 pts: - 1st **Kiara Corkin** 11:43, 6th **Amy Kirk** 12:40, 13th **Caitlin Roberts** 13:02, 15th **Lettice Gundry** 13:10, 17th **Ivy Gray** 13:18, 23rd **Lila Blustin** 13:58, 26th **Maya Westgate** 14:05, 31st **Margot Hunt** 14:32, 35th **Elkie Baker** 14:54, 38th **Lucy Ryan** 15:31, 40th **Lydia Negatu** 15:37

Junior Men 5000m (94 Runners) 8th London Heathside 227 pts:- 18th **Roni Kizilkaya** 14:52, 33rd **Janak Subberwal** 15:36, 41st **Bedo Aron Draskoczy** 16:11, 57th **Michael Smith** 16:51, 60th **Gregory Berrisford-Sweet** 16:53 (22nd U15B), 68th **Eric Beale** 17:12 (29th U15B), 70th **Ben Ryan** 17:16 (30th U15B), 81st **Amarin Preka** 18:15, 85th **Gus Kendall** (U13B) 18:40, 89th **Thomas Conley** 19:02 (46th U15B), 91st **Kamran Bakhshi** 19:17 (47th U15B), 92nd **Alex Butcher** 19:18 (48th U15B), 93rd **Artie Feeny-Willings** 19:31 (49th U15B)

Junior Women 5000m (74 Runners) 4th London Heathside 224 pts, 8th **Issy Watkins** 16:31 (6th U15G), 15th **Milly Watkins** 16:53 (9th U15G), 21st **Ruby Walls** 16:59 (13th U15G), 29th **Mia Rosen** 17:55 (19th U15G), 36th **Maia Hampton Phillips** 18:11, 51st **Tess Walker** 19:26, 65th **Maddison Frawley** 21:37 (41st U15G)

Report: - North-West London Youth Cross Country League – Race 2

The 2nd NWLL race of the season was held in conjunction with the North London Championships as the normal races at Frynt Park the week before were cancelled. Despite Half Term and atrocious morning weather the races saw a great turnout with 28 young Heathsiders taking part with 6 debutants. A good course with firm ground and sunshine greeted the runners. There were some great results with team wins for the U15 and U13 Girls and individual win for Issy Watkins (U15G) with 11 finishers in the top 10.

The U11's saw a bumper field of 75 runners head off first with debutant Charlie Nicolson leading the boys team home in 7th just 7s ahead of Rory Willis. The scoring team was completed by Seb and Noah in 21st and 24th place ensuring the Club secured 2nd place overall. Arun, Wes and Kymani made up our representation with solid runs. In the girls race Reke Szentes was first home in 14th, with Malu and Mia completing the team.

The Under 13's also saw a big field with Koppany our first boy home in 5th place followed by Ben Redland in 8th and Alex completing the team. Our U13 Girls are showing some real depth of talent this season with Lettice producing her best performance so far in finishing 5th, followed by Ivy and Lila in 8th and 9th to see the girls win the team competition by 1 pt from Cookham.

Our strongest year group this year is the U15 girls who produced a completely dominant performance on Saturday with Issy winning the race sister Milly 3rd and Hattie 4th and Mia 5th, we look forward to seeing the girls perform in the championship races later this season. The U15 boys saw a first XC run this season for David Baah-Okyere who produced a fine run finishing 6th with support from Artie and Alex. In the U17 men Roni continued his fine form finishing 4th followed by teammates Michael, Amarin and Avery.



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Well done to all and a great base ahead of the many fixtures in November with 2 Met League races, NWLL at Trent Park and London Youth Games.

NWLL 2# - Results

U11 Boys, (2000m 52 runners): - 2nd London Heathside 63 pts. 7th **Charlie Nicolson** 7:56, 11th **Rory Willis** 8:03, 21st **Seb McNeely** 8:39, 24th **Noah Iffland** 8:48, 27th **Arun Chopra** 8:51, 48th **Wes Edwards** 10:17, 50th **Kymani Gaillard** 10:41,

U11 Girls (2000m 23 runners) 6th London Heathside 75 pts: - 14th **Reke Szentes** 9:33, 17th **Malou Cole** 9:51, 19th **Mia Beeby** 10:03,

U13 Boys (3000m, 50 runners) 5th London Heathside 95 pts 5th **Koppány Szentes** 12:08, 8th **Ben Redland** 12:34, 31st **Alex Rankin** 14:38

U13 Girls (3000m, 29 runners): - 1st London Heathside 52 pts, 5th **Lettice Gundry** 14:19, 8th **Ivy Gray** 14:46, 9th **Lila Blustin** 15:03

U15 Boys (4000m, 32 Runners) 9th London Heathside 98 pts, 6th **David Baah-Okyere** 15:52, 29th **Artie Feeny Willings** 20:08, 30th **Alex Butcher** 20:33

U15 Girls (4000m 32 runners) 1st London Heathside 13 pts 1st **Izzy Watkins** 16:39, 3rd **Milly Watkins** 18:16, 4th **Hattie Munday** 18:23, 5th **Mia Rosen** 18:27, 30th **Maddison Frawley** 21:09

U17 Men (5000m 25 runners) 5th London Heathside 72 pts: - 4th **Roni Kizilkaya** 18:23, 21st **Michael Smith** 21:09, 23rd **Amarin Preka** 22:45, 24th **Avery Dietrich** 23:27

Report – London Mini-Marathon

The return of the London Marathon and Mini marathon saw a record number of young Heathsiders compete for their Boroughs over a shorter 2.6km course along the embankment and finishing on the Mall. Despite a very early start and long wait for their races it was a great experience for all involved. Issy Watkins 18th place and Kiara Corkin's 31st were the leading performances by Heathsiders on the day.

U13 Girls: - 31st/5th **Kiara Corkin** (Islington) 9:30, 87th/14th **Amy Kirk** (Haringey) 10:01, 128th/23rd **Caitlin Roberts** (Haringey) 10:16, 155th/33rd **Lettice Gundry** (Islington) 10:28, 261st/67th **Maya Westgate** (Hackney) 11:14, 268th/71st **Ivy Gray** (Haringey) 11:16, 283rd/78th **Violet Lyons** (Hackney) 11:22, 334th/96th **Lydia Negatu** (Islington) 11:56, 358th/108th **Reke Szentes** (Islington) 12:23, 393rd/123rd **Sofia De Brunsen** (Islington) 13:06

U13 Boys: - 122nd/9th **Koppány Szentes** (Islington) 9:10, 253rd/52nd **Sam Turner** (Haringey) 10:04, 255th/53rd **Frank Bailey** (Islington) 10:04, 272nd/63rd **Eden Brown** (Haringey) 10:12, 358th/109th **Harry Conley** (Islington) 11:18, 379th/125th **Ylone Carels Louis Charles** (Islington) 12:03

U15 Girls: - 18th/7th **Issy Watkins** (Haringey) 9:13, 34th/10th **Hattie Munday** (Haringey) 9:32, 61st/24th **Lucy Corkin** (Islington) 9:49, 86th/38th **Mia Rosen** (Enfield) 10:01, 95th/44th **Milly Watkins** (Haringey) 10:05, 224th/100th **Amara Odeogberin** (Islington) 10:55

U15 Boys: - 52nd/15th **David Baah Okyere** (Haringey) 8:38, 126th/45th **Ivor Joslin** (Islington) 9:12, 146th/56th **Gregory Berrisford Smith** (Islington) 9:20, 207th/83rd **Alex Smith** (Islington) 9:44, 269th/101st **Benjy Bediako** (Hackney) 10:11, 306th/116th **Thomas Conley** (Islington) 10:33, 311th/118th **Lloyd Pritchard** (Islington) 10:36

U17 Women: -104th/41st **Alice Metcalf** (Hackney) 10:08, 138th/53rd **Anna Pritchard** (Islington) 10:21, 142nd/54th **Maia Hampton-Philips** (Haringey) 10:22, 427th/134th **Lorna Dumbleton** (Hackney) 17:07

U17 Men: - 82nd/52nd **Janak Subberwal** (Enfield) 8:52, 104th/65th **Luke Pike** (Hackney) 9:01, 121st/71st **Arthur Reed** (Haringey) 9:09, 220th/96th **Michael Smith** (Islington) 9:50, 243rd/101st **Stan Hasson** (Islington) 9:58

Report – Lee Valley Minithon

A number of Juniors took part in the first of three Minithons over the winter at Lee Valley. Unfortunately, the results have not yet been published. Coach Mary, who was there to support the athletes, reports there were a host of great performances and the Juniors got to meet a Paralympian gold medallist.

Report – Autumn Quadkids

The Club held an Autumn Quadkid competition with over 80 Juniors taking part. The leading U9 Boys were Ylone Carels and Kingston Bennett both with 173 points and the top U9 girl Yinke Oluseye with 127 pts. In the U13 competition Sam Turner with 276 points was the top Boy and Grace Wood top Girl with 174 pts. [Full Results.](#)



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Cross Country Season 2021-22

The Clubs main focus is the **Met League** races which are competitive and generally on harder courses than the **North West London XC League** which is an ideal introduction to the sport with the courses generally flatter and less demanding. You need to compete in 4 out of 5 races to qualify for league recognition, with both the Met League and North West London XC League awarding medals to the top runners in each age group. The Club will also be looking to enter teams in the Middlesex, South of England and National Championships. As the Club needs to pre enter athletes and pay an entry fee please save the dates and let your coaches or team managers (Ruth/Russell/Kabir) know you would like to run.

The Autumn/Winter has a very full fixture list: -

2021

13th November - **Met League 2#** Stansborough Park, Welwyn Garden City

20th November - London Youth Games Cross Country, Parliament Hill

27th November - **North West London XC League 3#**, Trent Park

4th December - **Met League 3#**, Uxbridge

11th December – Southern Inter-Counties Championships, Croydon

2022

8th January - Middlesex XC Championships, Horsenden Hill, Greenford

15th January - **Met League 4#**, Wormwood Scrubs

19th January (tbc) - Middlesex Schools XC Championships, Harrow

29th January - SEAA South of England XC Championships, venue tbc (Minimum age 11)

5th February - **North West London XC League 4#**, Bannister Stadium, Harrow

19th February - **Met League 5#**, Trent Park

26th February - National XC Championships, Parliament Hill (Minimum Age 11)

5th March - **North West London XC League 5#**, Wormwood Scrubs

12th March – National Schools XC Championships, Hop Farm, Kent

Details of all Club Fixtures can be found on the Club Website.

The Club holds a XC Points competition with Juniors scoring 8 points for being the first Heathsider Home and 7 pts for the 2nd with the best 7 performances counting. Current leaders are U11 Girls **Mia Beeby** 14 pts, U11 Boys **Rory Willis** 23 pts, U13 Girls **Amy Kirk** 15 pts, U13 Boys **Sam Turner** 16 pts, U15 Girls **Issy Watkins** 24 pts, U15 Boys **Artie Feeny-Willings** 16 pts, U17 Women **Tess Walker/Maia Hampton-Philips** 17 pts, U17 Men **Roni Kizikaya** 15 pts.

Forth-coming Club Junior Fixtures: -

Met League 2# – Welwyn, 13th November 2021

Race Location: Stanborough Park, Welwyn Garden City, Hertfordshire, AL8 6DF

Transport: - Welwyn Garden City Station on the main line from Kings Cross and Finsbury Park is 1¼ mile to the north of the course.

Drivers should Leave the A1(M) at Junction 4, (after the Hatfield Tunnel). At the roundabout take the second exit to A414/A6129. At the next roundabout take the first exit A6129. At the bottom of the dual carriageway take the second exit out of the roundabout. The entrance to the car park on the north side is on your left after around 100m.

Parking: There is a fairly large car park on the north side of the park, adjacent to the course. There is a very large car park on the south side of the park, 5 minutes' walk to the course.

These car parks are 'Pay & Display'. You must display a ticket, or you may incur a fine. We have not been able to negotiate a reduced rate. There is a footpath under the road bridge, providing traffic-free access between the south side and the north side of the park.

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Access to both of these car parks is only permitted from the adjacent side of the carriageway. If you cannot find a space on the north side, to get to the south side you must drive to the roundabout at the top of the hill and return on the other side of the carriageway.

Club Vest: If you are a member of Heathside you can simply turn up and run. You MUST however wear club kit. Vests will be available on the day

Race Number: Please bring your number from the first race if it is lost or this is your first race collect a number from the Team managers Ruth or Kabir at least 30 mins before the start of your race. You will need to reuse this number for the rest of the series so Please **DON'T THROW IT AWAY**.

Footwear: Spikes are recommended although it may be dry enough for regular road shoes. The Club will have a selection of different sized XC Spikes for Juniors if needed.

Warm Up: Get to the course at least 40 minutes before the start of your race this will give you plenty of time to get your number, get a warmup done while still allowing plenty of time to get to the start.

Run Etiquette: you can't run with music / phones, don't cut, block or trip people up don't be scared of the mud, focus on racing other clubs not your own teammates

most importantly – give it your best effort and ENJOY IT

The Course: Parkland setting, undulating course on grass and woodland paths.

12:28 pm Under 11 Boys - 1700m
12:30 pm Under 11 Girls - 1700m
12:43 pm Under 13 Boys - 3,000m
12:45 pm Under 13 Girls - 3,000m
1.00 pm Under 17 Men/Under 15 Boys - 4200m
1.05 pm Under 17 Women/Under 15 Girls – 4200m

This race will score in the Club Junior XC Points Championship.

NWLL Race 3# - Trent Park, 27th November 2021

Race Location: -Trent Park, Enfield

Race Information: - There is no need to pre-register you can turn up on the day. Competitors should report to the Heathside flag at the start where running numbers, club vests and spikes if required will be available. Athletes should arrive at least 30 minutes before their race for warm up and briefing.

Getting There: - The Course is 15 minutes' walk from Cockfosters Underground Station (Piccadilly Line). There is a small car park close to Go Ape and the Café, street parking is limited.

Course: - Parkland Course, Ground can get heavy spikes recommended.

12.45 pm U11 Boys and Girls 2,000m
13.00 pm U13 Boys and Girls 3,000m
13.20 pm U15 Boys and Girls 4,000m
13.45 pm U17 Men and Women 5,000m

This race will score in the Club Junior XC Points Championship.

Video Footage of Cross Country races

There are a number of YouTube contributors who post footage of XC races, Moja Sport has posted footage of the recent NWLL races. [Link Here](#)

Another regular contributor to You Tube is Tonbridge AC lead coach Mark Hookway who posts race footage of XC Championships and a series of videos with advice for the Clubs young athletes. If anyone is interested the link below is to a video where he offers some advice and thoughts to young athletes finishing in the middle and back of races and the benefit of persevering. [Mark Hookway Video](#) .

The Met League are also filming footage from their races which is available on their [website](#).

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Indoor Track Season

The indoor Track and Field season will recommence in early December. Our nearest facility is Lee Valley which holds open meetings as well as County and South of England Championships. For details of open meetings see their website: - Lee valley Athletics Centre. The Middlesex Indoor Championships for U15s and above are planned for 19th-20th March 2021. They also run Minithons for U13's with the option of 3 events over the day and medals for the top 20 in each age group.

5th December 2021 – Lee Valley Open
12th December – BeFit Open
18th-19th December – Southern Combined Events
2nd January 2022 – Lee Valley New Year's Open
8th January – Minithon
9th January – BeFit Open
15th-16th January – Southern Indoor Championships (U13/U15/U17)
29th-30th January – Lee Valley Indoor Games (U13/U15/U17)
5th-6th February – Southern Indoor Championships (Sen/U20)
9th February – BMC Open
16th February - Lee Valley Middle Distance Open
12th March – Christine Bloomfield U13/U15 Open
19th-20th March – Tri Counties (Middx, Herts, Kent) Indoor Championships (U15/U17/U20)
26th March – Minithon

Details can be found here:- [Lee Valley](#) and [OpenTrack](#)

Training in Winter

As the weather is now colder, please ensure you have enough warm clothes especially after you have finished your session. Gloves are recommended and also a hat if you wish to keep your head warm. i.e. Athletes should not wear the hood (of their hoodie) over their head during training, as the hood is a safety hazard, reducing visibility and risking an accident on a very busy track.

If possible, wear luminous clothing to improve your visibility to others in the dark although the coaches will provide bibs if training is on the streets around the park. Please also ensure you have all your kit with you when you leave the track.

Safety in Finsbury Park

Now the evenings are dark it is important to remain safe in Finsbury Park. The Club continues to lobby Haringey to improve lighting and other security measures in the park. Juniors should not leave the track on your own and preferably wait at the track to be picked up by parents. Please only use the Manor House or Endymion Road Gates and not the gate closest to Finsbury Park Station. The Coaches will wait with Juniors if Parents are late picking up or accompany Juniors to the Park Gates if needed.

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