

London Heathside Junior Club Newsletter

October 2019

Contents

Congratulations

Training in Winter and Safety in Finsbury Park

Autumn Half Term and Training Camp

Quadkids Results

North West London Cross Country League 1# - Result

London Heathside Cross Country Junior Club Competitions

Forth-Coming Club Fixtures

Winter and Cross-Country Season 2019/20

Indoor Track Competitions 2019/20

Congratulations

Congratulations to Kiara Corkin who was the first girl to finish and is the Middlesex U11 Road Race Champion. In the Middlesex AA Road Relays the U13 Boys (Tynan Parker, Ivor Joslin, Benjy Bediako) and U17 Men (Thomas Archer, Oliver O'Connor and Ruairi McGonagle) finished 2nd in their races while the U13 Girls (Mia Rosen, Hattie Munday, Amara Odeogberin) and U15 Boys (Jack Davis-Black, Spike Blake and Stan Hasson) both finished 3rd. Well done to all 18 juniors who turned out to run on a very hot day.

Both the U17 Men and Women also competed in the Southern Road Relays at Crystal Palace with the Women (Mia Manttan, Mimi Blake, Rose Garrett) finishing 6th while the Men (Ruairi McGonagle, Jake Evans, Oliver O'Connor, Thomas Archer and reserve Sidney Diamond) finished 4th. Thomas Archer ran the fifth fastest leg of all the runners on the day.

Training in Winter and Safety at Finsbury Park

Please ensure Junior Athletes turning up for training are dressed appropriately with rain proof tops, gloves or other layers when it gets cold. Athletes wanting to undertake endurance training should wear something reflective in case they are running in the park.

Now the nights are getting darker it is important that the children are collected from inside the track and coaches will wait with Juniors until parents arrive.

Older secondary age children (who you have informed us they are allowed to leave un-accompanied) are strongly advised to walk to and from the track in groups and preferably with an adult. We advise using the Manor House Gate as it is the closest to the track and the path is well lit. We strongly advise NOT to walk un-accompanied to the Finsbury Park Station Gate, as there have been a number of reported incidents of anti-social behaviour and intimidation.

Autumn Half Term and Training Camp

There will be no Introduction to Athletics sessions over Half Term.



London Heathside Junior Club Newsletter

October 2019

Mary is again running a Junior training Autumn Camp over half term at the Finsbury Park Track and the gym where we have an indoor circuit in bad weather. It costs £5 per session and will be held on Sunday 20th October, Tuesday 22nd October, Thursday 24th October and Sunday 27th October.

Other training Groups should as usual check arrangements with their coaches.

Quadkids Results

The Club held it's autumn Quadkids competition on Sunday 22nd September. There was a great turnout with 50 U13's and 21 U8's taking part.

The U13 Boys competition was won by Marley Sawford and Edward Metcalf who both scored 233 points with Thomas Wassermann third with 213 points. The U13 Girls was won by Kiara Corkin (196pts) with Maddy Paitoo (190 pts) 2nd and Willow Bouch (165 pts) 3rd.

In the Under 8's Jude Parnell (155 pts) was 1st, Yinka Oluseye (81 pts) 2nd and Thomas Leal (77 pts) 3rd. In the girls Grace Wood (188 pts) was 1st, Emily Metcalf (173 pts) 2nd and Ellis Gentles (158 pts) 3rd.

The full results of this and previous Quadkids results can be found on www.quadkids.org.

North West London Cross Country League 1# - Result

The Cross Country season kicked off with the NWLL meeting held at Horsenden Hills. The recent rain had slightly softened the ground and the day was warm and humid but pretty much perfect for running. There have been some changes to the format this season with now just 4 races with boys and girls in the same age groups running together over the same distances. In hopefully a taste of the season to come there were some great performances with the U15 Boys team winning their team competition with the U17 Women and U13 Boys both 2nd in theirs. Individually Mimi Blake won the U17 Women race while Ben Redland (U11 Boys), Spike Blake (U15 Boys), Oliver O'Connor (U17 Men) all finished in 2nd place. Ivor Joslin (U13 Boys), Mia Rosen (U13 Girls) and Jack Davis-Black (U15 Boys) all finished 3rd.

Thanks to Ruth and Zac for managing on the day and all the parents who negotiated the awful traffic to be there.

U11 Boys (2000m, 37 runners)

1st A Seddon (*Dacorum*) 6:55, 2nd Ben Redland 6:56, 8th Eden Brown 7:28, 15th Sam Turner 7:40

1st Cookham 43 pts, 4th London Heathside 63 pts

U11 Girls (2,000m, 33 runners)

1st O Insley (*Cookham*) 7:36, 9th Elkie Baker 8:32

1st Highgate 26 pts, 7th London Heathside 111 pts



London Heathside Junior Club Newsletter

October 2019

U13 Boys (3,000m, 41 runners)

1st Zico Jones (SBH) 9:03, 3rd Ivor Joslin 9:26, 4th Tynan Parker 9:28, 10th Benjy Bediako 9:45, 27th Gregory Berrisford-Sweet 10:34

1st Highgate 23 pts, 2nd London Heathside 44 pts

U13 Girls (3,000m, 57 runners)

1st A Abdiraham (Hillingdon) 9:41, 3rd Mia Rosen 9:56, 10th Hattie Munday 10:23, 27th Amara Odegoberin 11:19, 39th Ella Higgins 11:48

1st Cookham 31 pts, 4th London Heathside 79 pts

U15 Boys (4,000m, 37 runners)

1st F McGrath (Cookham) 13:01, 2nd Spike Blake 13:10, 3rd Jack Davis-Black 13:14, 8th Michael Smith 13:35, 25th Arthur Reed 14:43, 31st Rafi Brodtkin 15:26

1st London Heathside 48 pts

U15 Girls (4,000m, 48 runners)

1st N McGovern (Hillingdon) 14:14, 12th Anna Pritchard 15:36, 24th Maia Hampton Phillips 16:18, 26th Lora Dumbleton 16:30, 29th Ella O'Flaherty 16:50, 36th Edie Friedlander 17:36, 43rd Allanese Dacoco 18:20

1st Dacorum 37 pts, 6th London Heathside 91 pts

U17 Men (5000m, 24 runners)

1st S Clapka (ESM) 14:47, 2nd Oliver O'Connor 15:07, 15th Sam Ingram 17:08

1st Dacorum & Tring 37 pts, 5th London Heathside 67 pts

U17 Women (5000m, 13 runners)

1st Mimi Blake 16:58, 5th Mia Manttan 18:33

1st TVH 23 pts, 2nd London Heathside 26 pts

London Heathside Cross Country Junior Club Competitions

A reminder the club runs a Junior XC Points Championships with 8 points awarded for the first LH Junior home, 7 for the 2nd etc. For U13's and above the Best 6 results of the 13 qualification races (Met League, NWLL plus Middlesex, Southern and national XC Championships), with the U11's the best 5 Results of a possible 11 races (League races plus the Middlesex Championships).

The Club also hold a Junior Club Championship race normally one of the XC League races with the U11 and U13's race pencilled in as the Met League race at Ally Pally in January. Other age groups should discuss with Zac whether this race or another is more suitable to count as a Championship race.

The Club also present an end of season award to the best Junior Male and Female Runners.



London Heathside Junior Club Newsletter

October 2019

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 preferably an hour but 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. If you do need spikes please allow extra time to choose them. Fixture details can be found on the meetings diary on the Club website.

Met League 1# - Claybury Park, Woodford

The 2nd club cross country meeting is at Claybury Park, Woodford on Saturday 12th October 2019 with the race held over a pretty heathland course. The first race U11 Boys starts at 12.25pm.

The Course is about a 25 minute walk from the nearest underground station Woodford (Central Line) and 10 minutes from the Race HQ. The Race HQ and nearest carparking is at Woodford Green and Essex Ladies AA Club House, Ashton Playing Fields, 598 Chigwell Road, Woodford Green IG8 8AA. The race start is in the park with the nearest entrance from Roding Lane North.

Southern Cross-Country Relay Championships, Wormwood Scrubs

As a Championship event the club needs to pre-enter any runners. You need to have expressed an interest and been notified by Ruth but the club hopes to enter some teams for these races which will be held on Saturday 19th October with races for U13's, U15's and U17's with 3 legs of 2km, 2.5km and 3km respectively.

NWLL 2# - Fryent Country Park, Kingsbury

The second meeting in the North West London XC League takes place at Fryent Park, Salmon Street/Slough Lane, Kingsbury NW9 8XY on Saturday 26th October. The course is over rolling parkland. The nearest Underground station is Kingsbury (Jubilee Line) The first race (U11) will start at 12.00am (tbc)with the last just after 12.00. There are toilets available in the nearby Race HQ the Church Hall on Slough Lane.

This race also doubles for U17 and Seniors as the North of the Thames XC Championships with medals awarded to the top 3 clubs to finish. 10 Heathsiders have already been entered but any other U17's who wish to run would also be eligible to receive medals if the team wins one.

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 **19th October** and **21st December** for details see www.visitleevalley.org.uk



London Heathside Junior Club Newsletter

October 2019

Entries are now open on the Lee Valley website (www.visitleevalley.org.uk) for the December Indoor Open on Saturday 1st December with events for U13 and upwards.

Winter and Cross-Country Season 2019/20

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

Saturday 12th October – Met League 1#, Claybury
Saturday 19th October – Southern Cross Country Relays, tbc
Saturday 26th October – NWLL 2#, Kingsbury
Saturday 9th November – Met League 2#, Welwyn
Saturday 16th November – London Youth Games XC, Parliament Hill
Saturday 23rd November – NWLL 3#, Trent Park
Saturday 11th 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/Sunday 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

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.

19th October 2019 – Minithon – Events for U9, U11 and U13
1st December 2019 - December Open – Events for U13, U15, U17 and Seniors
21st December 2019 – Minithon – Events for U9, U11 and U13
1st January 2020 - New Year's Open – Events for U13, U15, U17 and Seniors.
11-12th January 2020 - South of England U15/U17 Indoor Championships
25th January 2020 - London U17 Indoor Games
26th January 2020 – London U13/U15 Indoor Games
29th January 2020 – Lee Valley Dream Mile (>U15's)
19th February 2020 – Lee Valley Middle Distance Open
22nd February 2020 – Lee Valley U13/U15 Open Meeting
14-15th March 2020 – Middlesex Indoor Championships (U13, U15, U17 and Seniors)
21st March 2020 – Minithon – Events for U9, U11 and U13.
29th March 2020 – Lee Valley U13/U15 Open and Pentathalon

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