

London Heathside Junior Club Newsletter

October 2020



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Congratulations

Congratulations to Ruby Walls (U15G) who improved her 3000m club record running 11:23.28 at Harrow.

At Zac's Open meeting at the track on October three Junior Club records were broken; Magdeline Paitoo (U13G) set a new 100m record of 13.5s, Eric Beale (U13B) set a new 5,000m record with 19:03.1 and Martha Jolly (U13G) set a new Long Jump record with 4.60m.

Imani Quamini (U15G) set a new 75m Hurdles record at Bromley with a time of 12.58s.

Training in Lockdown

Unfortunately, Lockdown means the club have had to suspend face to face training for the next 4 weeks. Under Government restrictions we are also unable to use The Finsbury Park Athletics Track.

Exercise however remains allowed and indeed is an important way of looking after your mental health as well as physical. The Junior section has several drills and exercises everyone can do close to home to keep active during the next 4 weeks. They can be found here on the website.

The Club Coaches are also looking at setting some targets or training regimes to help everyone. You are able to exercise with one other person or maybe parents or siblings.

Remember however 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.

Virtual Competitions

For those looking for a challenge over the next week there are two England Athletics challenges you can take part in.

Over U11's - There is a Cross Country Challenge. You can find details are [here](#)

Under 11's - There is a Sport Hall multievent competition. Sport shall Athletics are events targeted at Primary School Children and are ideal to take place home or at a local park with minimum equipment required. Great events for challenging siblings or parents to have a go as well. You can find details [here](#)

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Track and Field Season 2020

The extended outdoor track and field season officially ends on 31st October. A host of the club's Juniors have registered Top 50 National Rankings for their Age Groups on Powerof10.

U13

Suraya Frost	31 st	60m Hurdles	10.50s
	35 th	100m	13.85s
Martha Jolly	23 rd	Long Jump	4.44m (12 th best indoor)
Mia Rosen	6 th	600m	1:48.8
	7 th	800m	2:25.05
Benjy Bediako	11 th	600m	1:42.37 (1 st best indoor)

U15

Ruby Walls	40 th	3,000m	11:23.28
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U17

Thomas Archer	1 st	1,500m	3:51.57
	8 th	800m	1:55.51
Sam Ingram	24 th	Heptathlon	3,165 pts

Unfortunately Zac's Open Meetings are not UKA licenced and are not included in the national rankings otherwise there would be a number of other performances recognised.

Cross Country Season 2020-21

Sadly the Chelmsford Invitational XC Relays on 24th October were cancelled. The South of England XC Relays which were due to take place in November have been pushed into next year if they take place. The Middlesex County Championships which were due to take place on 9th January at Wormwood Scrubs have also been postponed with organisers looking for a date later in January.

There are a number of 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 19nd December and 10th January 2021 for U11, U13, U15 and U17 age groups are still on cost £12 per race. Entry details can be found [here](#) Those who are happy to travel further afield after a successful pilot on 31st October a further race is due to be held post lockdown at Prestwold Hall, Loughborough on a date yet to be confirmed. The Club are also looking at other racing opportunities such as Junior Performance XC Series.

Indoor Track and Field Season 2021

The Indoor Athletics Season is due to commence in January and South of England AA still hope to hold their Combined Events and Individual Championships in January although they may split them over different venues. Lee Valley Athletics Centre had re-opened before lockdown and potentially will host some Open Events. As yet Middlesex have not indicated if they will hold their Championships which are normally in-conjunction with Hertfordshire and Kent.

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Club Open Meetings

Coach Zac has organised one last Open Meeting at the Finsbury Park Track. These are free to enter. As part of Zac's Finsbury Park Track Series Races for Club Members of all age groups will be held at the track on Friday 4th December. Details from zac@british-athletics.co.uk. There are a range of track and field events. These meetings have an official starter and timekeepers so are as close to an official race as we can create.

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

The Club are more than happy to facilitate an intra club competition in any event, within the limitations created by Covid-19, please speak to your coach and Zac and we will try to arrange it for you. However due to current restrictions by Haringey these can only be within the confines of the Track.

Other available events include:

Be Fit Today still have a Open Meeting planned for Jim Peter's Stadium, Dagenham on Saturday 19th December with 75m (U11's), 150m (U11's), 600m, 1500m, Mile and 3,000m races available. Details are [here](#). Entries close 11th December.

Hopefully everyone stays safe and fit over the next 4 weeks and the Club and Coaches look forward to welcoming you back to the training in December.

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