

London Heathside Junior Club Newsletter

September 2020



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Congratulations

Congratulations to Thomas Archer who broke the Club overall 1500m record at Battersea Park and is ranked No1 nationally and whose time of 3:51.57 was the 24th fastest of all time by an British U17. He also set a new U17M 800m Club record running 1:55.51 at the LICC Meeting.

Imani Quamina (U15G) broke the Club 75m Hurdles record with a time of 12.96 at Lee Valley. Magdaleine Paitoo broke the Club U13 Girls 200m record at Finsbury Park with a time of 27.7. Ruby Walls also set a new U15 Girl 3000m record with a time of 11:23.3 at Harrow.

The U13 Girls 4x100m relay team of Ella Burrridge, Suraya Frost, Fleur Eltringham and Magdaleine Paitoo broke the Club Record and finished 3rd overall in the UKA Club Connect Relays at Lee Valley with a time of 54.68.

Junior Training

The current Covid-19 requirements mean the current training arrangements will continue through the Autumn. As the weather is more changeable remember to bring warm clothing and your own water bottle. Because the Club are unable to use the inside of the building at Finsbury Park please ensure you have contact details with your coach if training has to be cancelled.

The track can also be busy at times so please before crossing ensure you check the track is clear. When warming up use the outside lanes of the track. Please also be aware if anyone is using the infield to practice throwing and ensure you do not risk being hit.

As always the track needs to remain a Covid-19 secure area so please:-

- Do not turn up to training if you have a temperature, feel unwell or have been asked to self-isolate.
- Please ensure you have registered your attendance with your Coach or Club member taking a register before training starts.
- Please try to keep social distanced at all time and use the hand sanitiser available or your own regularly especially if you touch equipment shared with others.
- Do not share your water bottle with others. The inside of the building at Finsbury Park remains out of bounds.
- Parents should not wait at the track if at all possible as the covered area may be needed for coaching reasons.
- Any Parents that do stay at the track are asked to can they scan the displayed QR Code for the Nhs Covid-19 App.

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If you are leaving the track after dark please only do so in a group or ask a Coach to arrange for someone to accompany you to one of the Park Gates. We do not recommend using the Park Gate closest to Finsbury Park Station.

Finsbury Park – Car Parking

Haringey Council are unlikely to allow car parking in Finsbury Park in future. The nearest available street parking is subject to Residents Parking restrictions until 6.30pm Monday to Friday. Before 6.30 pm you can park on Oakfield Road at the railway bridge. The Club are in discussion with the Council about permitting access to the Park for drop off and pick up and will keep you updated.

Virtual Middlesex Junior Races and Relays

24 Heathsidiers took part in the Middlesex Virtual Junior Races, the U11's and U13's ran 1500m and U15, U17 and U20's 3000m. 179 athletes took part across the County. Individually Liam Garrett (U20M) was first in his age group. 2nd places were achieved by Freddie Burridge (U11B), Pheobe Willhoft-King (U11G), Eric Beale (U13B), Kiara Corkin (U13G), Ruby Walls (U15G) and a 3rd Place for Violet Lyons (U11G). In the team event the U11 Girls won their race with 2nd places for U11 Boys, U13 Boys and Girls and U15 Girls. The full results can be found [here](#).

Well done to everyone who took part.

Middlesex Virtual Junior Road Race, 6th-13th September 2020

U11 Girls - 1st London Heathside (Wilhoft-King 6:16, Lyons 6:29, C Beale 6:32) 19:16

U11 Boys - 1st ESM 18:35, 2nd London Heathside (Burridge 6:13, Wills 6:22, McNeely 6:26) 19:01

U13 Girls - 1st Thames Valley Harriers 17:16, 2nd London Heathside (Corkin 5:30, Westgate 5:59, Gundry 6:34) 18:02

U13 Boys - 1st ESM 15:41, 2nd London Heathside (E Beale 5:06, Bediako 5:19, Conley 5:50) 16:14

U15 Girls - 1st Thames Valley Harriers 35:10, 2nd London Heathside (Walls 11:27, Odeogberin 12:04, Leustean 12:08) 35:38

Middlesex AA have decided to hold another Virtual Race between the 18th October and 1st November. If you want to take part please speak to your coach.

Met League and Cross Country Season 2020-21

Unfortunately the restrictions on racing has led the Met League to cancel their whole season with racing commencing again for the 2021/22 Season. The NWLL has cancelled their first two meetings and may be able to hold events in the New Year. The London Youth Games and London Cross Country Championships also appear to have been cancelled. And you will of course know Park Run has also had to delay their return. Middlesex AA hope to run their Championships in January and there may also be other events that hopefully the Club can enter.

Forth-coming Club Junior Fixtures: -

Saturday 24th October - Chelmsford AC Invitational XC Relays, Chelmsford

18th-31st October – Middlesex AA Virtual Club Race

Tbc November – South of England XC Relays, details to be announced

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Chelmsford AC Invitational XC Relays, Chelmsford

The Club have entered teams in all age groups (U13,U15 and U17) for these races which will be 3 legs of 3,000m. Some of the best Clubs from across South East England have entered including Tonbridge, Windsor & Slough and Aldershot. The races will be highly competitive with medals awarded to teams and individuals. If you are interested in being selected please speak to your coach or team manager Ruth Miller.

South of England AA XC Relays

The date of these races has been moved to November and details yet to be published but the Club intend to enter teams. Again if you want to be considered for selection please speak to your coach or Ruth.

Club Open Meetings

Coach Zac has organised three more Open Meetings in October and November at the Finsbury Park Track which are free to enter. Races for Club Members of all age groups will be held at the track on Friday 9th October as part of Zac's Finsbury Park Track Series. There are further events planned on 6th and 27th November. Details from zac@british-athletics.co.uk. 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.

Membership

Mentioned last month but as a reminder we would therefore be grateful if all Juniors could ensure their Club Membership is up to date. It is great value allowing access to training sessions 4 days a week, EA Membership and entry fees to Championship Races paid.

Under 11's cannot join the Club formally however the club will offer term membership paid in advance which will cover training.

Under 11's NEW Charging Structure from September £60 per term.

Any parents who offer to help with coaching (and/or admin) can have a discount on their children's fees - to be decided at the discretion of the coaches.

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