

London Heathside Junior Club Newsletter

September 2021



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Congratulations

To Jerome Henry (U13B Hammer), Edward Metcalf (U13B Javelin), Elkie Baker (U13G 300m) and Izzy Watkins (U15G 800m) who all set new Club records over the summer.

Imani Quamina qualified for and competed in the U15/U17 National T&F Championships in Manchester.

Suraya Frost secured a silver medal in the 70mH at the South of England Championships, missing out on gold by just 0.03s.

At the Middlesex County Championships (U17, U20m, Seniors) Thomas Archer (U20M 800m), Roni Kizijaya (U17B 1500m), Bedo Draskoczy (U17B 3000m) all won silver medals with Fred Beale (U17M 1500m) a Bronze medal. London Heathside finished on top of the Club medal table this year with 18 Gold, 13 Silver and 7 Bronze Medals.

Well done to Izzy Watkins, David Baah-Oyere and Milton Cooper who all represented Middlesex in the South of England Inter-Counties Championships. Issy won the U15G 800m race breaking her club record in the process with a time of 2:18.29.

Good luck to Trey Corlis who has qualified for the national final of the ESAA Combined Event Championships in Bedford.

Middlesex Road Relays, Hayes 12.9.21

The Club had a very successful County Road Relays with wins for the U13 Girls and U17 Men and silver for U13 Boys and both U15 Boys and Girls. Kiara Corkin (U13G) and Sam Turner (U13B) both also were the fastest laps in their races. Kiara Corkin's 11:06 was the third fastest female time for the whole day over the 3000m course. Well done everyone who took part.

U13 Race (3x3000m)

Boys - 2nd London Heathside A 37:03 (Freddie Burridge 13:47, Frank Bailey 11:49, Sam Turner 11:27)
Girls - 1st London Heathside A 37:07 (Kiara Corkin 11:06, Amy Kirk 12:10, Elkie Baker 13:51)

Fastest lap:- Kiara Corkin 11:06, Sam Turner 11:27

U15 Race (3x3000m)

Boys - 2nd London Heathside A 33:58 (Ben Ryan 11:59, Greg Berrisford Sweet 10:58, Eric Beale 11:01)
DNF London Heathside B (Artie Feeny-Willings 13:26)

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Girls - 2nd London Heathside A 34:49 (Emelia Watkins 12:08, Mia Rosen 11:26, Izzy Watkins 11:15)

U17 Race (3x3000m)

Men - 1st London Heathside A 29:20 (Roni Kizilkaya 9:49, Fred Beale 9:38, Bedo Draskolzy 9:53)

DNF London Heathside B (Luke Pike 10:47, Arthur Reed 10:57)

Women - 4th London Heathside A 37:44 (Anna Pritchard 12:08, Lucy Corkin 11:38, Maia Hampton Philips 13:58)

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 races to qualify for league recognition with both 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.

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

2021

19th September - YMCA North London Fun-Run & Festival, Priory Park

25th September - North West London XC League 1#, Horsenden Hill, Greenford

3rd October - Virgin Mini Marathon 2021, Embankment

16th October - Met League 1#, Claybury, Woodford

23rd October - North West London XC League 2#, Fryent Country Park

23rd October - SEAA XC Relays, Wormwood Scrubs

30th October - ECCA National XC Relays, Mansfield

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

2022

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

15th January - Met League 3#, 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 4#, 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

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Forth-coming Club Junior Fixtures: -

North West London XC League 1#, Horsenden Hill, Greenford

Date:- 12.00 pm Saturday 25th September 2026

Race Location - Tir Chonails Sports Club, Berkeley Avenue, Greenford UB6 0NZ

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. Kabir Kemp will have numbers and will register your details with the race organisers. Athletes should arrive at least 30 minutes before their race for warm up and briefing.

Race Times:-

12.00 pm U11 Boys and Girls 2,000m

12.15 pm U13 Boys and Girls 3,000m

12.35 pm U15 Boys and Girls 4,000m

1.00 pm U17 Men and Women 5,000m

The Course - The course is run over playing fields and is generally flat although some parts of the course can be muddy.

Getting There - There is a small car park, there may be some parking on the playing fields is allowed if ground conditions allow however in past years there have been issues with cars blocking the course. Limited street parking nearby, please car share is possible. Nearest tube stations are Greenford and Perivale (Central Line).

Scoring - First 4 Athletes to score in both the Boys and Girls Team Competitions. Details:- Boys and Girls run together this year over the same distance with separate finishing funnels.

Age Groups They equate to U11 = School Years Yrs 4/5/6, U13 = Yrs 7/8, U15 = Yrs 9/10 and U17 = Yrs 11/12

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

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. 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.

Finsbury Park Track Repairs

Work is needed to repair the surface of the Finsbury Park Track. There is no date given for these works at the moment but they may occur at short notice. As a result the location of training may be shifted or take place in the Park.

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Anti-Bullying

There have been a number of incidents of bullying recently and we want to remind all of you, that the club has zero-tolerance to bullying. When you become a member of London Heathside you agree to our code of conduct and to be friendly and supportive of your fellow athletes. Bullying or disruptive behaviour may result in you being asked to apologise, be given a warning or suspended from training sessions.

If you have any concerns about someone's behaviour towards you or to someone else, please talk to your coach or to Ruth Miller the club welfare officer who is at the track Tuesday and Thursday evenings. ruthmiller277@gmail.com

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