



LONDON HEATHSIDE

# Junior Newsletter

## Welcome Back

Great news as the Club can welcome you all back to training from Tuesday 30th March . In addition the Club hope to provide a range of competitions and events to build your fitness and competitive edge ahead of what hopefully will be an almost normal summer of Athletics.

Hopefully most of you have been keeping active with many able to follow the training programs provided by your Coaches during Lockdown.

We've missed you and looking forward to seeing you all again.

## Return to Training

Initially the Club will still be required to follow Covid Secure protocols which means we will continue to train in small groups of 12, a register of attendees will be taken and you will be asked to try and social distance when at all possible. The indoor facilities at the track remain closed at least until 12th April so remember to wear appropriate clothing i.e. warm and waterproof.

Your Coach should be in touch to confirm your group and when your training slot is schedules. To accommodate everyone training sessions will again be hour long. We ask you to assist social distancing that you please leave the track as soon as possible after training finished.

Parents are permitted to wait at the track while their child is training. However if possible the Club would prefer this to be kept to a minimum. If the weather is bad the covered area by the entrance may be used by training groups who cannot do so.

If you don't know who your Coach is or if you think you have not been allocated a Coach or Group please contact Rachel Weston. ([Rachel@terminex.co.uk](mailto:Rachel@terminex.co.uk))

## Membership Renewal

The Club ask all those who have yet to renew your membership, please can you do so now. The Club is entirely run by volunteers and all fees go towards track hire, competition fees and equipment. For those who have already paid the Club are looking at ways to compensate for the loss of 3 months training either by reducing future membership fees or extending your membership period.

Under 11's who are not participating in the paired program (Contact Rachel Weston if interested) can delay their subs renewal until the track re-opens, when a reduced termly fee will be agreed.



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## Track and Field Fixture List

While it remains early and many detail may change due to the restrictions placed by having to provide a Covid Secure environment .At the moment declared fixtures look like as follows:-

- 11th April—Finsbury Park Junior Sprints (U11/U13)**
- 18th April—Finsbury Park Senior Sprints (U15's and over) \***
- 14th April—Finsbury Park Spring Open (U15's and over) \***
- tbc April—Finsbury Park Spring Open (U15's and over) \***
- 4th-23rd May—1st Round ESAA Track and Field Cup (School Competition)**
- 8-9th May - Middlesex AA Championships at Lee Valley—Potential to be rescheduled.**
- 22nd-23rd May—MYAL 1# at venue to be confirmed**
- 26th May—London, Middlesex & Kent Combined Events at Lee Valley**
- 5th-6th June—MYAL 2# at a venue to be confirmed**
- 8th-18th June—Regional Finals ESAA Track and Field Cup**
- 12th June—London School Championships at Battersea Park**
- 12th June—Middlesex Schools Championships at Lee Valley (tbc)**
- 15th June—London Schools Years 7 & 8 Championships at Mile End**
- 20th June—MYAL 3# at Parliament Hill**
- 26th June—LICC Open Meeting at StoneX Stadium (Cophthall)**
- 3rd July—Final ESAA Track and Field Cup**
- 8th-10th July —ESAA National School Championships in Manchester**
- 18th July—MYAL 3# at StoneX**

\* Subject to Licence and confirmation Track is free

## Junior Intra-Club Competition

The Outdoor Track and Field season is starting to take shape. However with some form of restrictions in place until 21st June meetings before this may have less events or restrictions on age groups that can take part.

The Club know how much the Juniors enjoy competing and have agreed a schedule of events for you during the Sunday Training Sessions:-

- 11th April - Sprint Competition (50m, 75m and 100m)**
- 18th April—Jump Competition (Long Jump/High Jump)**
- 25th April—Middle Distance Competition (400m, 600m =, 800m)**
- 2nd May—Throw Competition (Vortex, Shot Put)**

The events will form part of a Quad kids for U11's and Quadrathlon for older athletes with points awarded for each performance and combined to give an overall score. These events will also provide Juniors with a benchmark to compare their performances at the end of the season.

In addition the Club plan to offer a series of championship events which will offer experience of dealing with multi round competition. Details will be released as soon as possible.

## Park Run Returns

We know lots of Juniors enjoy Parkrun and have missed it since it stopped 12 months ago. The organisers have now set out their proposed timetable to return.

Junior Park Run can return from 2nd June. However they will restrict participants to 10 years old. There are 600,000 U11-U14's registered for Park Run and they fear if all U14's took part events would be dangerous for the youngest runners taking part. Older siblings are welcome to volunteer or accompany younger brothers and sisters around the course.

Our local Park Run's at Priory Park, N8, Highbury Fielda N5 have yet to indicate when they hope to restart.

The main ParkRun is scheduled to return on 5th June.



## Vitality Westminster Mile

The organisers plan to run this race again this year on Saturday 30th May. Entry details [here](#)

This is a well run race with an iconic course along the Mall finishing in front of Buckingham Palace. The race includes the National Mile Road Championships for U13 and U15s as well as Junior or Family races.





Eric Beale taking part in the ATW race in December



## YMCA Crouch End 10k and Fun Run

The organisers of this popular race which includes a fun run in Priory Park have announced a revised date of Sunday 19th September.

This is a major source of funds for the YMCA North London who do such great work for the homeless.

While the big race is for Seniors there are 1500m races around the park for Juniors from School year 3 and up.

Entry details can be found [here](#)



## Cross Country Season 2020-21

Unfortunately Lockdown has led to the remaining Cross Country Season to be cancelled, certainly for the School Races .

However if anyone is still keen to race Cross Country there are two opportunities remaining at the ATW Race at Merchant Taylors School on Saturday 10th April. There are races for all age groups U11 to Seniors in a very well organised Covid Secure environment. The standard of the previous races was very high and featured youngsters from across the South East including regional and national champions.

They are also offering a race on the 17th April which will feature a short course time trial for juniors.

Details can be found [here](#)

Those in Haringey who have taken part in the Primary School Nationals at Prestwold Hall the race has again been cancelled , however the organisers plan to hold an event on 26th June details will follow.

## ESAA Virtual National Cross County

With the prestigious national School Championships cancelled the ESAA have decided to organize a virtual race with times submitted by schools or clubs.

Athletes are asked to submit times over a measured 2,000m or 5,000m course depending on Age Group. (Junior Yr 8/9, Intermediate Yr 9/10, Senior Yr 11/12).

They have chosen those distances as they are the same as Park Run courses which are the most accessible measured courses available to everyone.

If your school is not taking part the Club could help support you by verifying a time on either the Finsbury Park or Priory Park Park Run courses.

[Details can be Found Here](#) or on the ESAA website.

## ESAA National Athletics Championships

Press release ESAA

It is the sincere wish of the ESAA to stage a Track and Field Championship over the usual weekend in July but we must be aware of the uncertainty that England still finds itself in following the Governments' announcement last week. We are desperate that athletes have competition but we must take into account of the safety, health and well-being of all our participants. All dates announced by the Government are subject to the Country meeting a number of targets as we go through each stage of lifting restrictions making forward planning even more difficult.

Taking all this into account we are looking at plans to stage a reduced Championships with the Senior age group on Friday, Intermediates on Saturday and Juniors on Sunday with no hotel accommodation offered by ESAA. Athletes will travel to the venue on the day, compete and then leave. This allows for a reduced number of Officials, Team Staff and Adult only Volunteers.

Detailed planning has already taken place and County Secretaries circulated with a document to consider how best they may be able to organise the selection of athletes from their County. It is impossible to say if County Schools' Championships will be able take place in June and what the guidance/restrictions may be that determine what some local authorities might put in place.

If restrictions are increased beyond what the Prime Minister envisages and it is not possible to hold a Championship then we will revert to a 'virtual' competition as in 2020.

As discussions continue, within each County and ESAA, and the timeline of "opening" the Country back up begins we will continually update our website and all social media sites once there is something more to report.



## Jack Petchey Foundation

London Heathside has been supported by the Jack Petchey Foundation for over 10 years and is grateful for the support they offer to our young athletes.

Each month a young athlete is presented the Jack Petchey award in recognition of their efforts for London Heathside and an amount of money is allocated to be spent on activities to support our young athletes.

January Nominees were:

Fabienne Weston

Caitlin Roberts

Ben Ryan




## European Athletics Indoor Championships

We hope you caught some of the action from the European Indoor Championships held in Poland. Particularly inspirational was 19 year old Keely Hodgkinson's gold in the 800m. If you missed the action there are still clips on the BBC Sport website.



## Finsbury Park Meetings

The Club and Coach Zac subject to Licencing have planned some races on 11th and 18th April. The Races on the 18th will be open to Athletes over U15.



**U13's & U11's Sprint Tournament**  
Finsbury Park, London, N4 2NQ  
Sunday 11th April 2021 from 10.30am

Entry Limits  
Under 11 Boys = 28    Under 11 Girls = 28  
Under 13 Boys = 24    Under 13 Girls = 24

Parents Are Requested To Enter online  
<http://www.british-athletics.co.uk/covid19/2021/spring/ysp>

Entry Is Free


Under 11 Boys 75 Metres	Under 11 Girls 75 Metres	Under 13 Boys 100 Metres	Under 13 Girls 100 Metres
<b>HEATS</b>	<b>HEATS</b>	<b>HEATS</b>	<b>HEATS</b>
Heat 1 10.30am Heat 2 10.33am Heat 3 10.36am Heat 4 10.39am Heat 5 10.42am Heat 6 10.45am Heat 7 10.48am	Heat 1 10.55am Heat 2 10.58am Heat 3 11.01am Heat 4 11.04am Heat 5 11.07am Heat 6 11.10am Heat 7 11.13am	Heat 1 11.20am Heat 2 11.23am Heat 3 11.26am Heat 4 11.29am Heat 5 11.32am Heat 6 11.35am	Heat 1 11.40am Heat 2 11.43am Heat 3 11.46am Heat 4 11.49am Heat 5 11.52am Heat 6 11.55am
Winner and 5 fastest losers to qualify	Winner and 5 fastest losers to qualify	Winner and 6 fastest losers to qualify	Winner and 6 fastest losers to qualify
<b>SEMI FINALS</b>	<b>SEMI FINALS</b>	<b>SEMI FINALS</b>	<b>SEMI FINALS</b>
Semi F 1 12.00pm Semi F 2 12.03pm Semi F 3 12.06pm	Semi F 1 12.15pm Semi F 2 12.18pm Semi F 3 12.21pm	Semi F 1 12.25pm Semi F 2 12.28pm Semi F 3 12.31pm	Semi F 1 12.35pm Semi F 2 12.38pm Semi F 3 12.41pm
Winners and fastest loser to qualify	Winners and fastest loser to qualify	Winners and fastest loser to qualify	Winners and fastest loser to qualify
<b>FINAL</b>	<b>FINAL</b>	<b>FINAL</b>	<b>FINAL</b>
Final 12.45pm	Final 12.50pm	Final 12.55pm	Final 13.00pm

Start list, results and seeding for the Semi Finals and Final will all display on the website.

On the day of the competition, parents or carers must regularly view this website, and take responsibility for ensuring that your child reports to the start line five minutes before their race is due to start.

<http://www.british-athletics.co.uk/covid19/2021/spring/ysp>

For any additional information email Zac at: [zac@british-athletics.co.uk](mailto:zac@british-athletics.co.uk)



**Senior Men's and Senior Women's Sprint Tournament**  
Finsbury Park, London, N4 2NQ  
Sunday 1st April 2021 from 1.00pm

Obviously this date is a fiction, but as soon as the law allows, the date (A Sunday) will be confirmed, and the competition will go ahead.

Enter online, and you will be informed of the competition date:  
<http://www.british-athletics.co.uk/covid19/2021/spring/ssp>

Entry Is Free

Senior Men's 100 Metres	Senior Women's 100 Metres
<b>HEATS</b>	<b>HEATS</b>
Heat 1 1.00pm Heat 2 1.05pm Heat 3 1.10pm Heat 4 1.15pm Heat 5 1.20pm Heat 6 1.25pm Heat 7 1.30pm	Heat 1 1.40pm Heat 2 1.45pm Heat 3 1.50pm Heat 4 1.55pm Heat 5 2.00pm Heat 6 2.05pm Heat 7 2.10pm
Winner and 5 fastest losers to qualify	Winner and 5 fastest losers to qualify
<b>SEMI FINALS</b>	<b>SEMI FINALS</b>
Semi F 1 2.30pm Semi F 2 2.35pm Semi F 3 2.40pm	Semi F 1 3.00pm Semi F 2 3.05pm Semi F 3 3.10pm
Winner and fastest loser to qualify	Winner and fastest loser to qualify
<b>FINAL</b>	<b>FINAL</b>
Final 3.30pm	Final 3.45pm

RULES

1. No electronic timing will be used for this competition.
2. After the first false start, the whole field will be put on warning. Any subsequent false starts will result in disqualification.
3. Athletes may use their own starting blocks. Due to Covid-19 measures, it is possible that stadium blocks will not be available.
4. Young athletes, under 15 and older may compete alongside the seniors.

Start list, results and seeding for the Semi Finals and Final will all display on the website.

On the day of the competition, athletes must regularly view this website, to be aware of their start times, and ensure that they report to the start line five minutes before their race is due to start.

<http://www.british-athletics.co.uk/covid19/2021/spring/ssp>

For any additional information email Zac at: [zac@british-athletics.co.uk](mailto:zac@british-athletics.co.uk)

In addition it is hoped there will be a more substantial Open Meeting with a variety of events at the Track for U15s and above although as yet no date has been confirmed.

## Pole Vaulters and Throwers

While most of you focus on running, and jumping and maybe the shot put there are other athletics events you can try at the club in particular the long throws (Javelin, Discus and Hammer) as well as the Pole Vault.

If you are interested please let your coach know and the club will look to creating some time in the training schedules for you to learn the basics or build on your existing foundations.



## Volunteers Wanted

Athletics is a sport that relies on it's volunteers whether coaches, parent supporters, club helpers or officials. In particular the Club are keen to encourage parents or elder Juniors if they wish to qualify as an Athletics Official.

The process is simple a course followed by officiating at 4 meetings will get you to Level 1. There are lots of specialisms from field official to track judge to Starter.

The Club will pay the course fee and can provide the opportunity to get your meeting experience. It is a great way to get involved and get close up to the action.

If you are interested let your or your child's coach know and the Club will be in contact.



## Middlesex Virtual Race Rankings

There were 3 Middlesex Virtual races held over the winter. Athletes ran times over road, cross country and track. However we can compare the three races to rank the Heathside performances which made the Top 10. in their respective Age Category

### U11 Boys

2nd Frido Laurence 5:44  
4th Axel Bournas 6:03  
8th Rory Willis 6:12  
9th Freddie Burrige 6:13

### U11 Girls

2nd Caitkin Roberts 6:08  
4th Pheobe Wilhoft King 6:26  
5th Violet Lyons 6:28  
6th Charlotte Beale 6:31  
7th Maya Westgate 6:33  
9th Lila Blustin 6:48

### U13 Boys

2nd Eric Beale 5:05  
4th Benjy Bediako 5:18

### U13 Girls

2nd Kiara Corkin 5:29  
6th Tara Sweetnam, 5:46  
7th Amy Kirk 5:49

### U15 Boys

6th Tynan Parker 10:57  
9th Ivor Joslin 11:23

### U15 Girls

1st Ruby Walls 11:23  
2nd Alice Metcalf 11:25  
5th Anna Pritchard 11:31  
9th Anna Odeogberin 12:03

### U17 Women

8th Mia Manttan 13:01

## Middlesex Virtual Races

Middlesex AA organised a 3rd Virtual race during January. Initially it had been hoped clubs would again organise time trials and races but Lockdown rules meant Juniors had to run their own times and let their coaches know. There were 121 entries in the end from LH, ESM, Belgrave, TVH, Trent Park and St Mary's. London Heathside had the largest entry testament to the hard work the club coaches have tried to ensure the Juniors have been able to keep engaged.

As in the previous races the Juniors produced a host of great performances to match any in the County. There were age group wins for Eric Beale (U13B), Amy Kirk (U13G) and Alice Metcalf (U15G) while Caitlin Roberts (U11G) was 2nd and Zephan Agbim (U11B) 3rd. The club won the U11 Girls, U13 Boys and Girls races and were 2nd in the U11 Boys race.

The results are below or can be found here:-

### Team Event (Top 3 Times Combined)

U11 Boys:- 2nd (Agbim, Willis, C Roberts) 18:33  
U11 Girls :- 1st (C Roberts, C Beale, J Roberts) 19:46  
U13 Boys:- 1st (E Beale, A Bournas, Aujila) 15:21  
U13 Girls:- 1st (Kirk, Baker, Grundy) 18:33

### Individual Results:-

#### **U11 Boys 1500m**

3rd 6:07.00 Zephan Agbim  
5th 6:12.00 Rory Willis  
6th 6:14.00 Connor Roberts  
7th 06:21.00 Frido Lawrence  
9th 6:39.00 Charlie Roberts  
10th 6:40.00 Thomas Gestri  
12h 7:15.00 Milan Bournas  
13th 11 :18.00 Nicholas Caffarri

#### **U11 Girls 1500m**

2nd 6:05.00 Caitlin Roberts  
5th 6:47.00 Charlotte Beale  
6th 6:54.00 Jasmina Roberts  
7th 7:25.00 Maya Westgate  
8th 7:31.88 Lucy Ryan  
9th 7:37.00 Alice Rockhill  
9th 7:37.00 Reke Szentes  
11th 7:48.00 Pheobe Mumford  
12th 7:59.00 Trixie Sant  
12th 7:59.00 Emily Metcalf  
14th 8:35.00 Eva Becker  
14th 8:35.00 Tyra Dahlen  
16th 8:41.00 Clare Jennings  
17th 12:26.00 Juliette Caffarri

#### **U13 Boys 1500m**

1st 5:02.00 EricBeale  
3rd 5:05.00 Axel Bournas\*  
4th 5:11.70 Dillon Aujila  
5th 5:13.90 Koppany Szentes  
6th 5:13.95 Edward Metcalf  
9th 5:28.40 Lukas Keys  
20th 7:50.00 Samuel McDermott  
21st 8:50.00 Nico Cote

#### **U13 Girls 1500m**

1st 5:49.00 Amy Kirk  
4th 6:10.00 Elkie Baker  
6th 6:34.00 Lettice Grundry  
13th 7:11.00 Selma Lawrence  
14th 7:56.00 Tara Sweetnam  
17th 9:44.00 Colette Chatterton Sulivan  
18th 9:59.00 Molly Dodson

#### **U15 Boys 3000m**

9th 11:46.00 Fred Beale  
10th 11:48.00 Gregory Berrisford—Sweet

#### **U15 Girls 3000m**

1st 11:25.00 Alice Metcalf^  
2nd 11:31.00 Anna Pritchard

\* U11 Runner time not checked  
^ May have been mis-categorized



# Road Map for the Return to Athletics

UKA and English Athletics issued a roadmap to explain how the sport will return to normality over the next 6 months.

**8th March**—School Sport can resume

**29th March**— Outdoor Sports Facilities can open and organized sport can resume for both adults and children. Intra Club competitions can take place as can licensed competitions. Parents can remain to supervise child but no other spectating. Travel should be minimized

**12th April**—Indoor Sports Facilities can re-open for individual s or U18 group activities.

**17th May**—The limit on travel is lifted and with accommodation re-opened larger events can take place with spectators. Organized indoor training can resume.

**21st June**—Remaining restrictions are lifted.

It should be noted that until 21st June the club have to continue to ensure for everyone's safety that we provide a Covid Secure environment. This means the club still needs to take a register of all attendees for Nhs Test and Trace, everyone needs to continue to social distance as much as possible at training please leave as soon as possible after training ends and of course please do not attend training if you feel unwell or have been asked to self isolate.

## COVID-19 Roadmap 2021

# ATHLETICS & RUNNING

Step 1	Step 2	Step 3	Step 4
<p style="text-align: center; margin: 0;"><b>8<sup>th</sup> March</b></p> <ul style="list-style-type: none"> <li>Athletics &amp; running in schools and as part of wraparound care (i.e., afterschool clubs, childcare clubs) can resume.</li> <li>Athletics &amp; running in colleges and universities for educational purposes can resume.</li> </ul> <p style="text-align: center; margin: 0;"><b>29<sup>th</sup> March</b></p> <ul style="list-style-type: none"> <li>Outdoor sport facilities can open.</li> <li>Formal organised outdoor athletics &amp; running activity that is Covid-secure can take place for both children and adults.</li> <li>Outdoor unorganised activity (non-coached) can take place in groups of 6.</li> <li>Outdoor intra club competition can take place (without a license).</li> <li>Outdoor competition can take place (with a license).</li> <li>No indoor training.</li> <li>Spectating not allowed.</li> <li>Parent/carer supervision permitted (one per athlete/runner).</li> <li>Minimise travel.</li> </ul>	<p style="text-align: center; margin: 0;"><b>No earlier than 12<sup>th</sup> April (At least 5 weeks after Step 1)</b></p> <ul style="list-style-type: none"> <li>Outdoor sport facilities can open.</li> <li>Formal organised outdoor athletics &amp; running activity that is Covid-secure can take place for both children and adults.</li> <li>Outdoor unorganised activity (non-coached) can take place in groups of 6.</li> <li>Outdoor intra club competition (without a license).</li> <li>Outdoor competition can take place (with a license).</li> <li>Indoor leisure facilities open for use individually or within household groups.</li> <li>Indoor group training for u18s and disabled people.</li> <li>Spectating not allowed</li> <li>Parent/carer supervision permitted (one per athlete/runner).</li> <li>Minimise travel.</li> </ul>	<p style="text-align: center; margin: 0;"><b>No earlier than 17<sup>th</sup> May (At least 5 weeks after Step 2)</b></p> <ul style="list-style-type: none"> <li>Outdoor sport facilities can open.</li> <li>Formal organised outdoor athletics &amp; running activity that is Covid-secure can take place for both children and adults.</li> <li>Outdoor competition can take place.</li> <li>Accommodation/hotels are open allowing for two-day events and larger scale events are allowed with spectators.</li> <li>Indoor leisure facilities open for use individually or within household groups.</li> <li>Indoor organised group training for children and adults.</li> <li>No restrictions on travel.</li> </ul>	<p style="text-align: center; margin: 0;"><b>No earlier than 21<sup>st</sup> June (At least 5 weeks after Step 3)</b></p> <ul style="list-style-type: none"> <li>No legal limits on social contact.</li> <li>Club and competition can return to normal.</li> <li>Individual activity can return to normal.</li> </ul>

PLEASE NOTE: The UK Government may update guidance as we progress through the four steps of the roadmap. To stay up-to-date with England Athletics guidance visit [www.englandathletics.org](http://www.englandathletics.org)  
To stay up to date with the latest UK Government guidelines visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

## Young athletes coaches

Who's Who:-

**Russell Weston**

Qualification: Head of Junior Section

Events: Middle distance, Pole Vault, Shot, Hammer, Javelin and Discus

**Rachel Weston**

Events: Sprints, Hurdles, High Jump, Long Jump

**Helene Mary Kehoe**

Events: Sprints, Long Jump

**Israel Nworgu**

Events: Sprints, Hurdles

**Ruth Miller**

Events: Middle distance and cross-country

**Zac Zacharides**

Events: Middle distance and High Jump

**Kabir Kemp**

Events: Anything from 400m to 3000m.

**Richie Boyce**

Events: Sprints, Long Jump

**Filipe Leal**

Events: Junior Athletics