

Junior Club Newsletter

April 2019

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Congratulations

Jem O'Flaherty running for Middlesex produced the best ever result by a LH junior at the English National School Cross Country finishing 3rd in the Senior Boys Race. Seyfu Jamaal running for London was 20th and Liam Garrett 38th. Other Heathsidiers running for Middlesex or London included Mimi Blake, Rose Garrett, Mia Manttan, Bedo Draskoczy, Spike Blake and Lemi Mideska. Athletes Weekly in their Cross Country season review ranked Thomas Archer the 14th Best U15B nationally.

Younger Heathsidiers also represented Haringey at the National Primary School Cross Country Championships at Loughborough competing with over 2000 other young athletes. Ben Redland in 58th was the highest placed Heathsider but Elkie Baker, Kamran Bakhshi, Joel Briars-Coan and Amara Odeogberin will all have learnt from the experience.

Mia Manttan (U17W 1500m) and Ruairi McGonagle (U15B 800m) were both medalists at the Middlesex Indoor Championships. Mia now holds 3 Middlesex 1500m titles. Thomas Wasserman also set a new club U13B indoor High Jump Record at the Lee Valley Pentathlon.

The Islington Running League concluded on March 25th with Stan Hasson and Sid Diamond the leading individuals in their age groups. Jack Davis-Black and Benjy Bediako both set new Age Category Bests at the Ally Pally and Hackney Marsh Park Runs. Seyfu Jamaal (U20M) won the London Landmark Marathon in a course record and new club U20M record time of 68 mins 14 sec.

Congratulations to all the Young Heathsidiers who have been selected to run for their Borough at the Virgin Mini-Marathon on 28th April.

Cross Country Awards

Russell and Ruth invite all the Junior Runners and their parents to the Club XC Awards evening where trophies and medals will be to the Male and Female Athlete of the season as well as the XC Points Championship (see March Newsletter for results). The event starts at 6.30 pm Sunday 7th April at the Maynard Arms, Park Road, Crouch End N8.

Training over the Easter Holidays

London Heathside Juniors (Members)

All London Heathside Junior Intermediate and Advanced coaching groups, currently run by Kabir, Nathan and Zac will still be taking place during the Easter School Holidays. However please liaise with your coach to check for any changes to training times etc. Please also let your coach know if you are away and so not attending training, as this will help these coaches to plan the sessions around everyone's holiday plans etc.



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Introduction to Athletics (Members and Non Members) - no training over Easter period

The Introduction to Athletics sessions are NOT taking place over the Easter period. The last session will take place on Sunday 7th April and will resume on Tuesday 23rd April (the day after Easter Monday).

In addition on Sunday 28th April, there will only be "Introduction to Athletes" for children in Year 3 and below - as children in Year 4 and above will have attended the MYAL on the previous day (27th April at Perivale). As this is also the day of the Mini Marathon there will only be a limited number of coaches available. Any Yr 4 children not competing in the MYAL may also attend training on Sunday but should let the coaches know in advance as places will be limited.

NEW - Easter Training Camp - Specialist workshops - £5 charge

As many parents are aware, the "Introduction to Athletics" sessions do not take place during any school holiday periods - this is to give many of our volunteer coaches a well deserved break. However due to demand from several parents and children, the club is looking to offer some specialist training workshops over the Easter Period (available to children who would usually train in the Introduction to Athletics groups). In order to ensure these sessions can be well planned and to cover the cost of paid coaches, we are asking for pre-registration of athletes and payment of £5 (in advance) for each of the sessions that you are interested in attending.

N.B. The Easter Camp is not funded by the membership fee, and as such any members who also wish to participate will also need to pay the £5 charge.

The timetable for the Easter Training Camp is as follows (so very similar to Term Time training - except a 5:30pm start time on Tuesdays):

Tuesday 9th April: 5:30pm - 7pm
Thursday 11th April: 5:30pm - 7pm
Sunday 14th April: 10am - 11:30am
Tuesday 16th April: 5:30pm - 7pm
Thursday 18th April: 5:30pm - 7pm

The Easter workshops will focus on the following activities: Sprints, Hurdles; Starts (including learning how to use blocks); Throws, Jumps, Relays (particularly baton changes).

Please ask Mary Kehoe or Rachel Weston for more details - or email Mary on helenekehoe@gmail.com

Middlesex Youth Athletics League

The Club's main Track and Field focus over the summer is the MYAL which first meeting of the season will be on Saturday 27th April at Perivale Park Athletics Track, Stockdove Way, Perivale UB6 8TJ.

The track is close to North Greenford Station (Great Western Rail) and Perivale London Underground Station (Central Line) is 15 minute walk away. The closest bus route is No 95. There is a free car park close to the track with additional on-street parking.

The track has a covered spectator grandstand changing rooms and café on site. Athletes should arrive at least 30 minutes before their event to receive their Number and warm up.



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The timetable is set out below:-

Perivale								
Boys				Women				
U11B Yr 4/5	U13B Yr 6/7	U15B Yr 8/9	U17M Yr10/11	U11G Yr 4/5	U13G Yr 6/7	U15G Yr 8/9	U17G Yr10/11	
12.30 pm		Shot Put	Hammer	Hammer	800m	Javelin	Hammer	Hammer
12.30 pm							Long Jump	Long Jump
12.45 pm	800m							
1.00 pm			Hurdles		Long Jump		Hurdles	
1.10 pm		Hurdles				Hurdles		
1.15 pm	Vortex		Long Jump	Long Jump			High Jump	High Jump
1.30 pm					150m			
1.40 pm	150m							
2.00 pm	Long Jump	200m	Discus	Discus	Vortex	200m	Shot Put	Shot Put
2.15 pm			200m				200m	
2.30 pm				200m				200m
2.55 pm						1500m		
3.00 pm		Javelin	Shot Put	Shot Put		Long Jump		
3.10 pm		1500m						
3.25 pm							1500m	1500m
3.40 pm			1500m	1500m				
3.45 pm		Long Jump	High Jump	High Jump		Shot Put	Discus	Discus
4.05 pm			300m				300m	
4.20 pm				400m				300m

Please let team managers Mary, Ruth and Rachel your availability. Those athletes taking part in the mini-marathon may wish to consider focusing on Field Events.

Up Coming Events

Key Dates for the Diary:-

Quad Kids and Junior Open – 31st March 2019 – Finsbury Park Track

Middlesex Youth Athletics League

1# - Saturday 27th April 2019 – Perivale

2# - Saturday 25th May 2019 - Finsbury Park

3# - Sunday 23rd June 2019 - Parliament Hill

4# - Sunday 21st July 2019 - Allianz Park/Copthall

Other Key Athletics Meetings

11th-12th May 2019 - Middlesex Track and Field Championships – Lee Valley

1st June 2019 – Club Championships – Finsbury Park



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Middlesex AA Track and Field Championships

Entries are now open for the Middlesex Championships at Lee Valley on 11th-12th May 2019. Senior, U20 and U17 athletes compete on the Saturday with U13 and U15 on the Sunday. Details can be found at www.middlesexaa.org.uk.

<https://entries.opentrack.run/2019/middxtfchamps/>

Open Meetings and Road Races

While not a priority there are a number of Open Meetings available from April onwards for those Athletes looking to warm up for the MYAL. Organisers recommend booking soon as many events have limited places and will fill up. Please discuss with your coach whether they think you should take part but of particular interest may be the following:-

Saturday 6th April - Lee Valley Open, Lee Valley - For U13 plus

<https://www.visitleevalley.org.uk>

Wednesday 10th April - Highgate Harriers Open, Parliament Hill – For U11 plus

https://www.highgateharriers.org.uk/hh_open20190410.php

There are a number of road races with special junior races if young Heathsideers are looking for a different challenge to the usual Senior and Junior Park Runs.

Saturday 6th April – VPH&TH Road Races, Victoria Park – U11 (1 mile), U13 (2.6 km)

<https://vphthac.org.uk/open5/>

Sunday 17th May – YMCA Crouch End Fun Race – U7, U9, U11 and U16 (1 mile)

www.ymcanorthlondon.org.uk

Sunday 26th May – Vitality Westminster Mile – All Age Groups

www.vitalitywestminstermile.co.uk

Friday 21st June – Barnet & District AC Golden Stag Mile – U13 upwards

www.entrycentral.com/goldenstagemile

Many thanks

If you no longer wish to receive emails please let us know