

# Junior Club Newsletter

## March 2019

This months newsletter is a round up of the Cross Country Season and a look towards the Track season.

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### Congratulations

Congratulations to the 10 Young Heathsidiers Spike, Jack, Jem, Liam, Lemi, Maia, Rose, Mimi, Mia, Thomas and Bedo who have been chosen to represent either Middlesex, London and Essex Schools in the National XC Championships on 16th March in Leeds. A number of U11 Heathsidiers have also been picked by Haringey for the National Primary School Championships at Loughborough on 23rd March.

Well done to Suraya who set the 6th fastest 60m by a U13 this year in the Lee Valley Minithon. Suraya and Pheobe won gold medals, Tristian, Benjy and Thomas all Silver. Rose Garrett broke the club U17W 1500m record recording 5:00.24 at Lee Valley. 9 Junior Heathsidiers represented Middlesex in the Inter-County Championship at Loughborough on 9<sup>th</sup> March.

The Jack Petchey Award for January was won by Lemi Mideska

Good Luck also to those Heathsidiers competing in the Middlesex Indoor Championships on 16th and 17th March at Lee Valley.

### Cross Country Round-Up

Saturday 2nd March saw the club's last XC race of the season which started way back in September on a blistering hot day at Claybury. A total of 68 young runners ran for the club this season which has proven to be one of the clubs best with highlights including the boys' teams dominance at the Middlesex Championship, the Silver for the U20's at the Southern Championships and 7th places for the Junior Men and U15 Boys at the National Championships. Individual highlights include Thomas Archer placing 5th in the National Championships and Jem O'Flaherty 6th in their respective races. Benjy Bediako ran in all the club races finished 2nd overall in both Met and NWLL and did not place outside the top 3. Spike Blake, Rose Garrett, Lemi Mideska and Mimi Blake all recorded race wins.

U11 Boys - 4 Race Wins, Middlesex Champions, 2nd NWLL, 6th Met League.

U11 Girls - 9th Met League, 11th NWLL

U13 Boys - Middlesex Champions, 4th Met League, 5th NWLL

U13 Girls - 10th NWLL, 12th Met League

U15 Boys - Middlesex Champions, 7th National Championships, 2nd NWLL, 2nd Met League

U15 Girls - 1 Race Win, 5th Met League, 7th NWLL

U17 Men - 2nd Met League, 10th NWLL

U17 Women - 5th Met League, 6th NWLL.



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Congratulations to the Club's 2019 XC Champions Kiara (U11G), Benjy (U11B), Ivor Joslin (U13B), Hattie Munday (U13G), Rose Garrett (U15G) and Jem O'Flaherty (U20M)

Thanks as always goes to Russell, Ruth, Kabir, Zac, Rachel and Mary for all their hard work organising and supporting the young runners. Thanks as well to all the parents who helped Marshall, transport and stand in muddy fields cheering on the runners.

### XC Points Championship

This year the club have been running a XC points championship with points awarded for each race. The final standings are as follows:-

U11 Boys - 1st Benjy Bediako, 2nd Eric Beale, 3rd Ben Redland  
U11 Girls - 1st Elkie Baker, 2nd Kiara Corkin, 3rd Ella Burr ridge  
U13 Boys - 1st Spike Blake, 2nd Ivor Joslin, 3rd Stan Hasson  
U13 Girls - 1st Hattie Munday, 2nd Amara Odeogberin, 3rd Izzy Watkins  
U15 Boys - 1st Bedo-Aron Draskoczy, 2nd Ruairi McGonagle, 3rd Jack Davis-Black  
U15 Girls - 1st Rose Garrett, 2nd Mia Manttan, 3rd Ella O'Flaherty  
U17 Men - 1st Lemi Mideska, 2nd Stan Brown, 3rd Jake Evans  
U17 Women - 1st Mimi Blake, 2nd Evelyn Dumbleton

All juniors and their parents are invited to the Club Cross Country awards ceremony on Sunday 24th March, check the website for venue details.

### Middlesex Youth Athletics League

The Clubs main Track and Field focus over the summer will be the Middlesex Youth Athletics League for U11, U13, U15 and U17's and which will have meetings on the following days:-

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

The format is changing this year with the relays now dropped from the first 3 meetings and the final meeting at Allianz Park now just featuring relays on the track. The Team Managers Mary (U11/U13) and Ruth (U15/U17) will circulate details in due course but Athletes should let them or their coaches know their availability in advance. These meetings are also an opportunity to try new events particularly the field events such as the Discus and Hammer. We won the meeting at Finsbury Park last year and it would be great to repeat that this year.

### Quad Kids and U13/U15 Open

The club will be holding the first Quadkid competition of the year for U9's and U11's at the Finsbury Park Track on Sunday 31<sup>st</sup> March. Almost 100 young athletes took part in the last Quadkids in October. There will be a separate Open meeting with events for U13 and U15's to help set down early season markers.

If any parents can help volunteer to assist to help run the events it would be really appreciated.



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### Club Championships

This years Club Championships will be held on Sat 1st June at the Finsbury Park Track and be run in conjunction with Barnet and District AC. Last year Barnet had many Juniors taking part and it would be good to see similar numbers of young Heathside's.

### Other Upcoming T&F Meetings

The summer fixture list is being finalised and is now on the website with details of Club and other events that may involve young Heathside's. As always Athletes should talk to their Coaches about potential Open Meetings or other opportunities to compete. Events coming soon that may be of interest include:-

Sat 16th March - Middlesex Indoor Championships - Entry Closed

Sat 30th March - Woodford Green Open - U11 and above

Wed 3rd April - Watford Open Meeting - U13 and above

Sat 6th April - Lee Valley Open Meeting - U13 and above

Thur 10th April - Highgate Harriers Open - U11 and above

In all cases you will have to register and pay the entry fee yourself.

### Membership

All Members over 11 should be up to date with their Membership Subs, which includes payment of your English Athletics registration, ahead of the Summer. Any queries should be made to the Club Membership Secretary on [membership@londonheathside.org](mailto:membership@londonheathside.org)

Many Thanks

COYH

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