

Junior Club Newsletter

May 2019

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Congratulations

Congratulations to all the juniors who competed in the Middlesex Championships, Rose Garrett won the U17W 3,000m title. Thomas Archer (U17M 800m), Lucas Maher (U15B 800m), Fabienne Weston (U15G Discus) won silver medals with Milly Watkins (U15G 1500m) and Hattie Munday (U13G High Jump) winning bronze medals.

Well done to Thomas Archer who broke the club U17M 1500m record twice with a best now of 4:01.15 and in the process achieved qualification time for the National Schools Championships in July.

Issy Watkins also set a new U13G 800m club record of 2:35.9 at the Middlesex Championships just missing out on a medal by less than 1 sec.

Suraya Frost set a new U11G 75m MYAL meeting record at Finsbury Park with a time of 10.80 sec, she also with 4.20m set a new meeting and U13G club record in the Long Jump which is the furthest outdoors by an U11 this year.

Congratulations to Ella O'Flaherty winner of the Jack Petchey award for March 2019.

Good luck to all Junior Heathsiders competing in the London and Middlesex School Championships in June.

MYAL Fixture 2

The club won the 2nd MYAL meeting held at Finsbury Park scoring 1,132 pts to finish ahead of Shaftesbury and Highgate. The U11 Girls, U13 Girls and U13 Boys all won their age groups. Individually there were A string wins for Suraya Frost (U11G 75m and Long Jump), Ben Redland (U11B 600m), Laila Tempesta (U13G 100m), Hattie Munday (U13G High Jump and 70mH), Thomas Wassermann (U13B 75mH and High Jump), Tynan Parker (U13B Shot Put, Discus), Etienne Munday (U15B Long Jump), Mia Manttan (U17W 800m) and Leon Seale (U17M 200m).

This was a superb effort from all the juniors especially those who tried events for the first time. We now sit 2nd overall just one point behind Shaftesbury Barnet Harriers. The next match is at Parliament Hill on Sunday 23rd June (See below).

Club Championships

The club held a very successful championships meeting with Barnet and District at Finsbury Park on 1st June with over 250 performances over a range of events. The event and format should be repeated next year and hopefully it will be better publicised as events are open to all Heathside members. The races were graded so featured mixed age groups. Zac is hoping to arrange specific age group races over the summer with medals presented to winners. Please contact him direct for details.

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Junior Club Training

Don't forget to bring water when training over the hotter summer months.

With the increased levels of interest in Junior Athletics at the club there are some proposed changes to Junior Training with an endurance running group added. Joel Hawes will also be available to help coaching the throwing events on Sunday mornings. The club will also be offering training for U11's and U13's during the summer holidays not just term time. Parents should ask Mary Kehoe, Russell or Rachel Weston for more details - or email Mary on helenekehoe@gmail.com

Officiating

Any parents who want to find a way to while away the time at Athletics meetings and want to try officiating. English Athletics have a number of initiatives to make the process of qualifying simpler and the club will contribute to the cost of courses for details see <https://www.englandathletics.org/officiating/> or speak to Jonathan Lichfield who organises the Clubs Officials.

Middlesex Youth Athletics League Meeting 3

The next MYAL will be on Sunday 23rd June at Parliament Hill Athletics Track NW2 2JP. The track is close to Gospel Oak Overground Station and Kentish Town London Underground Station (Central Line) is 20 minute walk away. The closest bus route is No 214 or C2. There is no car park but on street parking 5-10 minutes away. The track has changing rooms and café on site. Athletes should arrive at least 30 minutes before their event to receive their Number and warm up. The current timetable is set out below:-

	U11B	U13B	U15B	U17M	U11G	U13G	U15G	U17W
12.30 pm	800m	Shot Put	Hammer	Hammer	800m	High Jump	Hammer	Hammer
1.00 pm			Hurdles				Long Jump	Long Jump
1.15 pm	Vortex	Hurdles	Shot Put	Shot Put	Long Jump	Hurdles	Hurdles	
1.30 pm					75m	Discus		
1.40 pm	75m							
1.55 pm		100m				100m		
2.00 pm	Long Jump				Vortex			
2.10 pm			100m				100m	
2.15 pm		Discus						
2.25 pm				100m				100m
2.30 pm		High Jump						
2.55 pm						1500m		
3.00 pm			Long Jump	Long Jump		Shot Put	Javelin	Javelin
3.10 pm		1500m						
3.25 pm							1500m	1500m
3.40 pm			1500m	1500m				
3.45 pm			Javelin	Javelin		Long Jump	Shot Put	Shot Put
4.05 pm			300m				300m	
4.20 pm				400m				300m

It would be great to build on our fantastic season and those who want to compete should contact the team managers Mary helenekehoe@gmail.com (U13 and U15) or Ruth r.miller@mdx.ac.uk (U15 and U17).

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Up Coming Events

Key Dates for the Diary:-

Quad Kids and Junior Timed Races – 8th June 2019 – Finsbury Park Track

LH 5000m Open – U15+ - Friday 28th June 2019 - Finsbury Park

Middlesex Youth Athletics League - 3# - Sunday 23rd June 2019 – Parliament Hill

Middlesex Youth Athletics League - 4# - Sunday 21st July 2019 - Allianz Park/Copthall

Other Key Athletics Meetings

While not a priority there are a number of Open Meetings available for those Athletes looking for more chances to compete. 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:-

Friday 21st June – Barnet & District AC Golden Stag Mile – U13+ www.entrycentral.com/goldenstagemile

Saturday 29th June – LICC Round 3 – Allianz Park - U13+ - <https://www.londonathletics.org/licc/>

Many thanks

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