

# Ealing Southall & Middlesex A.C.

Affiliated to: England Athletics, SEAA, Middlesex CAA

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## YOUNG ATHLETES TEAM NEWSLETTER - CROSS COUNTRY - NO.2 -SEASON 2013/14

Dear Athletes and Parents/Carers,

**The Middlesex County Championship** - this Saturday 4<sup>th</sup> January at Wormwood Scrubs - first race 11.00am - Tim and Kay have already given out all the details - hopefully all the hard training in December and over the Christmas break will bear fruit and we should be pushing for several County team places in most age groups, good team placings and in a couple of age groups at least we should be aiming for the top spot. Although Wormwood Scrubs is flat it is likely to be pretty muddy so come prepared - definitely size 9 spikes & possibly 12s.

**The Met League** - race no.4 is a home fixture at Horsenden Hill on Saturday 11<sup>th</sup> January. First race 1.15pm. Tim and Kay will have all the details. In the Under 17s/Under 15s Womens/Girls league we are in third place (out of 20 A and B teams) and only 10 points off the top. The top 5 placings are Woodford Green - 384; Herts Phoenix 382; ESM 374; Shaftsbury Barnet 310; TVH 304. With a top turn out in race 4 and the final fixture in February we could overhaul Herts and Woodford Green. Every single team member counts! The first 4 for the A team position and everyone after that for the B team position and to push our rivals further down the placings.

Our Under 13 Girls are also third. The top team, Shaftsbury Barnet, may now be out of reach (441 points), but our girls on 308 points, could still overtake TVH (331 points), & claim the runners up spot, if everyone turns out for the last two races.

Our boys' and men's teams have suffered from a patchy turn out in the first three races. A good turn out in race 3 gave the Under 13s a third place finish but they are currently tenth in the league. The Under 17 Men/Under 15 Boys are also tenth. If we can up our game for the last two fixtures both teams could move several places up the league.

**North West London League** - not our immediate focus as the next race is not until the beginning of February but we have to turn out in numbers for the last two fixtures (1<sup>st</sup> February and 1<sup>st</sup> March) to have a chance of trophies or medals.

I hope everyone has had a good Christmas and that we are all raring to go for the busy January and February cross-country calendar - Go Ealing!

Best wishes.

Graham French