

Ealing Southall & Middlesex A.C.

Affiliated to: England Athletics, SEAA, Middlesex CAA

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YOUNG ATHLETES TEAM NEWSLETTER - 2014-2015 CROSS COUNTRY - NO.1

Dear Athletes and Parents/Carers,

I normally do a newsletter at the beginning of the road relay and cross country season but this year that was not possible, so the first newsletter comes when we are nearly half way through the cross-country season.

We are off to a good start in the older age groups in both the North West London league and the Metropolitan league, but can definitely still improve, and the key to this is full team turn outs at every race.

We had some excellent individual performances and some good team performances in the County and the South of England road relays and cross-country relays earlier in the Autumn. In January and February we have the biggest Club cross-country events of the year, the County, South of England and National Championships. More of these in a minute but first our local leagues.

North West London League

(For the benefit of new members) the league consists of 10 clubs. After three races out of five, our under 15 boys are currently in joint first place tied with London Heathside. The under 17 men are in third place. Under 15 girls are in joint second place tied with Thames Valley Harriers, just behind Shaftsbury Barnet. The under 17 women are in third place. Under 11 and under boys and girls are both doing well but presently outside the trophy/medal places. There is still time, in the last two races, to consolidate and improve our league positions - and if we get a really good turn out across all age groups that will increase our chances of going for the girls/women and boys/men overall trophies (calculated by putting together all results in the age groups for each gender). The next North West London league races are not for some time - 31st January 2015 at Harrow and (last race of the season) 28th March 2015 Wormwood Scrubs, but put them in your diaries now!

Metropolitan League

Fourteen clubs compete in this league, many fielding both A & B teams. After two races our under 13 boys are 16th out of all the A & B teams, under 13 girls are in 6th. The combined under 15/17 boys are in the 3rd place with the B team in 14th place. The combined under 15/under 17 girls are in 5th place with B team in 14th. The next race is the Saturday before Christmas - **Saturday the 20th December at Hillingdon**. Tim and Kay will provide all the details but with a really good turn out we should be able to push up the leagues. The under 13 boys should be aiming to get into the top 10 and with a full turn out the under 13 girls could potentially push up two places. The older age groups can push up the table too if everyone is there and gives it their all !

The next few weeks

On the 3rd January 2015 the Middlesex County Championships is at Alexander Palace. We usually have some team and individual wins in this event, which is also the qualification event for the County team for the National Inter-Counties competition in March. So it is really important to train hard and regularly over the next few weeks. Over the Xmas/New Year break some training sessions will be in the day rather than the evening. Details to be circulated shortly. What better way to shake off Christmas torpor than a brisk training session on Horsenden Hill !

Everyone also needs to stay fit & train regularly for the Southern in Brighton on the 24th January, & the National Championships at Parliament Hill on the 21st February.

Good luck too to our athletes who have been selected to represent the County at the South of England inter Counties event next Saturday in Oxford.

Wishing everyone a great Christmas and a New Year (and final races of 2014) of successful racing!

Best wishes.

Graham French