

“Leg It”

The Longwood Harriers Newsletter

June 2014

The track and field season has started with Longwood making their mark. We are top of our division in the Northern track & field league (under 17 and Seniors) having won the first two matches and promotion to division 3 is in our sights. In the Yorkshire & District Athletics League (Under 13 – Under 17) we have won one match and came second in the other again putting us top of the division table.

Presentation Evening

We held our annual presentation evening at the end of March at Kirkheaton cricket club. Thank you to all who helped organise the event.

The Committee have tried to reward athletes who not only show promise but also commitment to the club and the sport over a longer period of time. It is always difficult to choose as there are so many talented people.

Please don't be disappointed if you were not one of the trophy winners, you are still a valuable part of our club, and there is always next time... We hope the awards inspire you to even greater things in the coming year.

The winners were:

Natalie McGuire	Most promising female young athlete_T&F
James Garner	Most promising male young athlete_T&F
Alex Walker	Most promising female young athlete_cross country
Luke White	Most promising male young athlete_cross country
Jack Kirk	Outstanding contribution to the Young Athletes League
Rebecca Morris	Junior female athlete of the year_ Richard Hardcastle Trophy
Nathaniel Stock	Junior male athlete of the year_ Richard Hardcastle Trophy
Jim McCormack	Best veteran performance
Martin Maynard	Best field event performance
Jason Newsome	Best marathon performance
Eddie Berry	Outstanding contribution to the club
Danny Walsh	Athlete of the year

New Members

We welcome the following new members to Longwood

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Dominic Lamb U17
Ben Williams U15
Oliver North U11
Richard Bretherick Senior
Emily Holmes U15
Alice Akerman U11
Megan Gill U11
Anna Dmosynski U15
Samantha Lister Senior
Isabel Laycock U15

Up & Coming Events

West Yorkshire Track & Field League			
Meeting	Age	Date	Venue
Event 4	All	Wednesday 25 th June	Wakefield, Thornes Park
Event 5	All	Wednesday 16 th July	Cleckheaton, Spenborough track
Event 6	All	Sunday 3 rd August	Wakefield, Thornes Park

Northern League			
Meeting	Age	Date	Venue
Match 3	U17 & Seniors	Sunday 13 th July	*Grantham, Kesteven Stadium
Match 4	U17 & Seniors	Saturday 9 th August	Cleethorpes

Yorkshire & District Athletics League			
Event	Age	Date	Venue
Event 3	U13-U17	Sunday 20 th July	Cudworth, Barnsley
Event 4	U13-U17	Sunday 10 th August	Wakefield, Thornes Park

Northern Athletics Championships		
Age	Date	Venue
U15 -U17	Saturday 16 th August & Sunday 17 th August	Wigan, Robin Park

West Yorkshire Track & Field Championships		
Age	Date	Venue
All	Saturday 6 th September & Sunday 7 th September	TBA

*We've hired a coach for travelling to the Northern League Grantham meeting. If you would like to book a seat please add your name to the list on the notice board in the reception area. Seats are £5 for competitors and £10 for spectators

For further information about the above events and how to enter please ask at the Longwood desk on training nights.

We often get to know about other individual events and we put information about these on the club notice board at Leeds Road, so next time you're at training have a look to see what's going on.

Results

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The turnout for the track and field meetings has been terrific this season and we have achieved excellent team results and lots of individual PB's. We're on track (pardon the pun) to be promoted in both the Northern League (U17 & Seniors) and the Yorkshire & District League (U13-U17).

A big thank you to all the athletes that have turned out and to the coaches, team managers and supporters who have organised the events. Team spirit is high and it is great to see the athletes encouraging and supporting each other. Well done to everyone who has taken part and for those of you who haven't where have you been? Please speak to your coach about getting involved in the next round of matches.

There have been so many good performances we can't mention them all but here's a few.....

West Yorkshire Track & Field League _ Match 1

Longwood put in some great performances with wins for Danny Walsh, Jack White & Finlay Firth

West Yorkshire Track & Field League _ Match 3

Another great set of results with our younger athletes doing especially well. Henry Crowhurst, Tiger Steel, Jack White and Finlay Firth all put in fine performances in the sprints. Watch out Danny!

In the middle distance races, Isabelle White and Ella Nicholson ran well in the 600m and Alicia Marriott stormed home in 1st position in the 1500m.

Other firsts came from Rhianna Finch and Maisie McNab, both in the 100m.

Yorkshire & District Athletics League _ Match 1

Natalie McGuire set a new league record in the U17 ladies 300m

Our relay teams ended the day by smashing all the opposition including the 'Premiership' teams putting in some magnificent performances.

Poorest performance - the gazebo. Although the team were a force to be reckoned with the force of the wind was too much for the gazebo, it collapsed and broke beyond repair (Tom was that you again?-Ed). But don't panic, we've bought another. Let's hope it will withstand our summer weather.



The girls did us proud

Yorkshire & District Athletics League _ Match 2

We narrowly missed winning coming second to Barnsley, but we had some fantastic results to keep us on top of the division.

Rhianna Finch and Iyrwah Gooden both achieved PB's in the high jump. Finlay Firth, Dominic Lamb and James Garner also got PB's in the 100m.

Strong performances were also seen from Lei-van McGillvery-Alert in the 150m (2nd), Tobo Amahwe & Te-Naawe Douglas in the 200m (2nd and 3rd) and Luke White & Niall O'Connell in the 1500m (1st & 2nd).

Tyler Jowett impressed in the 800 m, I'm sure we'll be seeing the go faster head band again. However Nathaniel Stocks is reviewing his future tactics as it doesn't look like pace setting is for him after all.

Amahwe & Te-Naawe Douglas in the 200m (2nd and 3rd) and Luke White & Niall O'Connell in the 1500m (1st & 2nd).

Tyler Jowett impressed in the 800 m, I'm sure we'll be seeing the go faster head band again. However Nathaniel Stocks is reviewing his future tactics as it doesn't look like pace setting is for him after all. I'm afraid you had to be there to understand this one. (Apologies from the team manager to Nathaniel for the totally useless advice).

Northern Track & Field_Match 1

100m – Danny Walsh (1st), Michael McGowan (1st B string)

200m – Danny Walsh (1st), Natalie McGuire (1st)

400m – James Clark (3rd), Natalie McGuire (1st)

400m Hurdles - Kirsty Leih (2rd)

800m - James Clark (1st), Niall O'Connell (1st B String), Nathaniel Stock (3rd)

1500m – Nathaniel Stock (1st), Kirsty Leih (3rd)

3000m - Kirsty Leih (2rd)

Javelin – Chris Sampson (2nd), Meegan Leih (3rd)

Hammer – Chris Sampson (2nd), Meegan Leih (2nd)

Shot – Meegan Leih (2nd)

Discus – Chris Sampson (3rd), Meegan Leih (2nd)

Long Jump – Danny Walsh (1st), Jack Kirk (1st B string)

Triple Jump - Jack Kirk (1st)

Northern Track & Field_Match 2

Not even the wet weather could dampen the team's spirits and the new gazebo also performed well.



What a happy bunch. Is that due to another win or Nathaniel's entertainment? This time he's entertaining the crowd with his animal impressions. Can you guess what it is?

Yorkshire Championships

It was great to see so many Longwood Athletes at the Yorkshire Championships on the 17th & 18th May.

Danny Walsh (2nd 100m), Meegan Leih (3rd Hammer) & Jack Kirk (2nd Triple Jump) made it onto the rostrum.

Other performances were:

Finlay Firth – 5th 100m

Rebecca Morris – 6th Long Jump

Hannah Pearson – 7th Long Jump

Jack Kirk – 4th Long Jump

Luke White (9th 1500m)

Finlay Firth – 5th 100m

Te-Naawe Douglas – 6th 100m

James Clark – 7th 800m heats

West Yorkshire Schools Annual Athletics Championships

On the 14th June the West Yorkshire schools athletics championships was held at Cleckheaton. A large



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On the 14th June the West Yorkshire schools athletics championships was held at Cleckheaton. A large number of Longwood athletes were selected to represent Kirklees and Calderdale, they were: Tobo Amahwe, Dominic, Lamb, James Garner, Elliot Thompson, James Clark, Niall O'Connell, Danny Walsh, Michael McGowan, Te-Naawe Douglas, Francesca Robertson, Natalie McGuire, Liam Slater, Luke White, Meegan Leih, Rebecca Morris, Hannah Pearson and Iyrwah Gooden

The standard of competition was high but again our athletes put in some great performances with Danny and Iyrwah being selected to represent West Yorkshire at the English Schools Championships at Birmingham in July.



Iyrwah in the Triple Jump

Annual Club Road Race – Farnley Tyas

Winners

U11 girls – Ella Nicholson

U11 boys – Tiger Steel

Junior girls – Alex Walker

Junior boys – Elliott Thompson

Seniors – Samantha Lister

Wakefield 10K

Well done to Jim McCormack who was the 1st veteran Over 70 home.

Huddersfield Half Marathon

Donald Kennedy finished 7th

London Mini Marathon

Congratulations to Luke White who was selected to represent Yorkshire & Humberside in the mini London Marathon back in April. Luke had a great race finishing 22 and the team finished 3rd overall.



Well done Luke

If you haven't taken part in any of the events yet, why not? If you're not sure how to enter speak to your coach or ask at the Longwood desk.

If you get a PB at any of the events please let Tom know and he will update your record on the club website.

website.

Other News



For all you cross country fans here's the club President, Ian Mitchell, marking out the course for next year's point to point race after some members were overheard saying Newsome to Castle Hill wasn't challenging enough!

(Sadly this is actually Ian only part way up Mount Everest. Unfortunately he wasn't able to make it to the summit after 16 Sherpas tragically lost their lives in an avalanche in an earlier expedition a few days earlier.)

Finally we wish Tom luck as he is about to set off to Glasgow to do his stint of officiating at the commonwealth games

Contacts

If you want to hear more about our performances, see the photos or just find out what is going on have a look at our face book group. To find it go to face book and search for 'longwood harriers' and request access.

Visit our website: <http://www.longwoodhac.org.uk/>

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