

# “Leg It”

## The Longwood Harriers Newsletter

September 2015

Where did the summer go? It seems like 5 minutes since we were organising the teams for the track and field season but the nights are now drawing in and the cross country season is fast approaching.

We've had some great successes in track and field and it has been fantastic to see so many of our younger athletes taking part for the first time. Well done to Zak Wimpenny, Alicia Marriott, Lei-Van McGilvary and Hakan Dalbal who were selected to represent Kirklees schools in the European Kids Athletics Games which took place in Italy and the Czech Republic.

This summer we ended the track and field season with the inaugural club championship. This was held over 2 nights and was a terrific success. We hope this will encourage more of our young athletes to compete for the club.



One of the club's finest moments was the Men's Seniors winning the 4x100m relay at the Sheffield Northern League meeting, breaking the club record that has stood for 40 years. The icing on the cake was getting a mention in the Huddersfield Examiner on the same page as Bolt and Gatlin. Well done to Dan Walsh, Tennaawe Douglas, Michael McGowan and Dominic Lamb.

### Up & Coming Fixtures

Keeping with tradition we're again kicking off the cross country season with the Club point to point races at Castle Hill on Saturday 10<sup>th</sup> October. It would be nice to see all athletes taking part including the youngsters. Please come along and support your club.

Date	Event Type	Venue	Age Group
10 <sup>th</sup> October	Club Point To Point Race	Castle Hill	All
17 <sup>th</sup> October	Northern Athletics Cross Country Relay Championships	Sheffield	All
18 <sup>th</sup> October	West Yorkshire Cross Country Race 1	Wakefield	U11 and above
31 <sup>st</sup> October	West Yorkshire Cross Country Race 2	Fartown	U11 and above
7 <sup>th</sup> November	Northern Athletics Indoor Open	Sheffield	U13 and above
14 <sup>th</sup> November	West Yorkshire Cross Country Race 3	Keighley	U11 and above
5 <sup>th</sup> December	Northern Athletics Indoor Open	Sheffield	U13 and above
6 <sup>th</sup> December	West Yorkshire Cross Country Race 4	Leeds	U11 and above
20 <sup>th</sup> December	Sale Harriers Indoor Open	Manchester	TBC

The 2<sup>nd</sup> West Yorkshire cross country races on the 31<sup>st</sup> October are being held at Fartown (North

Huddersfield School) and hosted by ourselves so we need parents to step forward and help on the day. Please let us know asap if you can help in any way.

**Please remember you must be a club member to take part in events so if you haven't registered please do so as soon as possible.**

If you haven't been to an event before please come along and compete, although competitive the environment is friendly and supportive. Most events start at 11am and end around 4pm, so bring a packed lunch and make a day of it.

When competing please remember your Longwood vest and red shorts. Vests can be purchased from the club and red shorts from most sports shops.

### **Track & Field Review**

Dan Walsh had a great season, winning the English Schools 100m and going on to represent England in the under 20s squad in Cardiff.

In the Northern championships James Clark came second in the under 17 triple jump, jumping 12.32m, a personal best and club record.

One of our most promising young athletes, Zak Wimpenny, had an excellent 1<sup>st</sup> season representing the club. He's current ranked 3<sup>rd</sup> in the UK in the U13's 60metres and hopefully he will continue on to further success.



#### **West Yorkshire League**

The best performance in the West Yorkshire League came from Alicia Marriott who won the under 15 girls competition. Trophies were also won by Natalie McGuire (2<sup>nd</sup> in the under 17 ladies) and Jack Kirk (3<sup>rd</sup> in the under 20 Mens). Other high finishers were: Isabel White (6<sup>th</sup> – under 11 girls), Jack Quinn (6<sup>th</sup> - under 11 boys), Finlay Firth (3<sup>rd</sup> – under 13 boys) and Zak Wimpenny (6<sup>th</sup> – under 13 boys).

#### **West Yorkshire Championships**

Rhianna Finch (under 15), Finlay Firth (under 13) and Suzanne Pickersgill (Seniors) stole the show at the championships early in the month. Rhianna came 2<sup>nd</sup> in the high jump and 3<sup>rd</sup> in long jump. Finlay was 2<sup>nd</sup> in the 80m and the long jump and 3<sup>rd</sup> in the shot putt. Suzanne finished 1<sup>st</sup> in the discus and shot and 2<sup>nd</sup> in the hammer and javelin.

Other medal winners were Tiger Steel, (under 13) 2<sup>nd</sup> in the 80 m and Jack Kirk (under 20) 3<sup>rd</sup> in the long jump.

### Yorkshire & District Young Athletes league

We had a mixed bag of results in the Young Athletes League and just managed to stay in Division 1. We had a promising start finishing 1<sup>st</sup> in Match 1 but due to lack of numbers we didn't do so well in the other meetings coming 4<sup>th</sup>, 4<sup>th</sup> and 3<sup>rd</sup>. There were some great individual performances but we really need more of you to take part.

### Northern League

Sadly after the success of last season where we gained promotion we've been relegated mainly due to exam commitments of the younger athletes resulting in us not being able to field a full team for most of the matches.

### Club Championships



Winners of each age group and individual event winners were presented with medals.

Under 11 Girls	1 <sup>st</sup> Isabel White 2 <sup>nd</sup> Ellie Fedzin 3 <sup>rd</sup> Leanna Lunn Individual event winners: Ellie Fedzin (howler)
Under 11 Boys	1 <sup>st</sup> Isaak Hanson 2 <sup>nd</sup> Andrew Fleming 3 <sup>rd</sup> John Connolly Individual event winners: Andrew Fleming (150m)
Under 13 Girls	1 <sup>st</sup> Emily Holmes 2 <sup>nd</sup> Mollie Bakewell 3 <sup>rd</sup> Alex Walker & Soraya Crodden Individual event winners: Soraya Crodden (80m), Robyn Lawrence (shot), Mollie Bakewell (300m) and Alex Walker (800m)
Under 13 Boys	1 <sup>st</sup> Shahbaz Tariq, 2 <sup>nd</sup> Tiger Steel & Kai Riley-Thomas, 3 <sup>rd</sup> Monroe Dixon-Shepherd Individual event winners: Tiger Steel (80m & 800m), Kai Riley-Thomas (Long Jump), Zak Wimpenny (high Jump & 300m)
Under 15 Girls	1 <sup>st</sup> Rhianna Finch, 2 <sup>nd</sup> Isabel Buckley, 3 <sup>rd</sup> Caitlin Lunn Individual event winners: Isabel Buckley (long jump)
Under 15 Boys	1 <sup>st</sup> Hakan Dalbal
Under 17 Girls	1 <sup>st</sup> Natalie McGuire, 2 <sup>nd</sup> Abby Bakewell, 3 <sup>rd</sup> Molly Robinson & Lucy Home
Under 17 Boys	1 <sup>st</sup> James Clark, 2 <sup>nd</sup> Niall O'Connell
Under 20 Ladies	1 <sup>st</sup> Francesca Robinson
Under 20 Mens	1 <sup>st</sup> Jack Kirk



### **Stop Press**

Our guys stole the show at the Netherthong 10k on Sunday 27<sup>th</sup> September. All finished in the top 12 and Peter Hoyle won in a magnificent time of 36 minutes on a very hilly course.. Well done to Peter, Niall O'Connell, Donald Kennedy, Elliott Thompson and Nathaniel Stock.

### **Contacts**

We're now sharing the newsletter by e mail. If we don't have your e mail details please send them to [sec1longwood@mail.com](mailto:sec1longwood@mail.com).

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

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E mail us at: [sec1longwood@mail.com](mailto:sec1longwood@mail.com) or call in and see us at the desk on training evenings