

Newsletter

Issue: March 2017



U13/U15 Youth Development League 2017

Club News

Hi guys, welcome to the 5 edition of the Team Hounslow newsletter.

The indoor season has now come to the close and the club can now boost having 4 Middlesex champions.

Now we move to the outdoor season, with many of the clubs athletes competing on the 1st April in Windsor.

The YDL season begins away in Battersea. We are going to need as many of you as possible for us to build on last year's achievements in the YDL.

Unfortunately we won't have a coach taking us to and from the event, but many of the clubs parents have offered to give lifts to those you are unable to travel otherwise.

You can also get a train from Isleworth to Queenstown Road, which is only a 15 minute walk to the Millennium Arena.

I hope to see you all there.

JB

Team Hounslow are once again entered in the U13/U15 age range. We will be competing in the Southern Region (Central 2) as one of 6 teams. The competitions will be against: **Dartford Harriers, Herts Phoenix, Hillingdon, Reigate Priory, Belgrave Harriers, and ourselves.**

The competitions for this U13/U15 age range will be held on and the dates below:

<i>Sat 22nd April</i>	<i>Belgrave Harriers</i>	<i>Venue - Battersea Park</i>
<i>Sat 20th May</i>	<i>Hillingdon AC</i>	<i>Venue - Hillingdon</i>
<i>Sun 18th June</i>	<i>Belgrave Harriers</i>	<i>Venue - Battersea Park</i>
<i>Sat 15th July</i>	<i>Dartford Harriers</i>	<i>Venue - Dartford</i>

Please make yourselves available for these dates

The first event is at 11.30, and the day finishes with the relays at approx 16:30 (a long day you will need a packed lunch).

All athletes must register with the Team Hounslow team managers 1 hour prior to their event.

The way it works

The club enters 2 U13 athletes and 2 U15 athletes into the track field events. Points are awarded to each club depending on the finishing position of those athletes.

It is really important for the team, that all those participating turn up on time or give their apologies well in advance.

On the day is really not acceptable.

We really want to encourage ***ALL OUR ATHLETES*** to participate in their preferred event, or at least try another event if the team needs you!!

Parents will also need to get involved – we need both qualified and unqualified officials to be at each match, working on the events we are assigned for that match.

Jonathan will be the team manager at the competition venue and will be doing the team selection / co-ordination.

If you want to be considered for team selection please let me know ASAP.

Club Notices

- Annual subscriptions fees and/affiliation are due 1st March 2017.
Your current subscription expires on Tuesday 28th February.
There has been an increase in membership to £40 for the athletics year. Competing athletes should note that, included in your subscriptions is the £14 England Athletics fee for your athlete registration number.
- April 2017, **Fusion** will be increasing the track fee for members and non members.
- Anyone interested in taking part in this year's London Youth Games, please contact Eleanor.Cranfield@fusion-lifestyle.com, who will be able to advice you on which sport/event you are eligible to take part in.
- The last session before the Easter break will me Wednesday 27th March. We will be returning week starting Monday 17th April
- Club kit is available to order. Please contact Jonathan for more details.
- Remember to check the clubs website for all updates about the club.



Featured Athlete

Jeslyn Agyei-Kyem

Personal Best

60m – 8.10

75m- 10.11

100m – 13.81

150m- 20.47

200m – 28.34

300m- 46.05

SP3K – 7.05

Long Jump – 3.52

SP2.72K- 6.89

How did you get in to athletics?

My year 2 teacher needed a team for indoor borough athletics competition so she asked us to run so that she could pick a team. I came first and since then, I have been representing my school at athletics every year. During one of these competitions I got picked by my athletics coach to join his club.

What do you enjoy most?

I enjoy the competitions and the challenges of competing against other athletes. I also enjoy the different types of training sessions that are required to be a good athlete. Also I get very excited when I get PB's.

What is your biggest achievement to date?

My biggest achievements is winning my school district championships and winning the Middlesex athletics championships.

What are your goals for next season?

My goals for next season are to make big improvements on my PB's and become number 1 in my chosen events.

Lee Valley Open

Tyra Khambi-Annan, ran 8.19 in the 60m and a pb in the 200m, 27.85.

Sophia Sood, finished of her indoor running with a personal best in the 200m 28.51 and 8.36 in the 200m

Hampton Court Palace Half Marathon

I managed to get round the Hampton Court Palace Half Marathon on 19th



March in a time of 02:24:01, I was pleased with that as I haven't been able to train properly for last six weeks due to injury but still beat my PB by almost five minutes. It was a fun event and managed to Hi five Henry VIII and overtook some of his in the home straight.

Jonathan Rodgers

Richmond Half Marathon

Hounslow members also took part in the Richmond half marathon with all members running personal best.

MIDDLESEX INDOOR CHAMPIONSHIPS 18/19 MARCH, LEE VALLEY ATHLETICS CENTRE

The best athletes in Middlesex, made their way to Lee Valley athletics centre, over the weekend. Team Hounslow's had 8 athletes taking part.

The Agyei-Kyem sister had a busy Sunday afternoon, leaving with 3 medals between them.

Jeslyn negotiated her way through the rounds, running personal bests in the heats and semi final over the 60m distance (8.12 and 8.10). In the final, reacting well to the gun, pulling away from the field after 20 meters and claiming the gold medal Jeslyn is the clubs first ever 60m Middlesex under 15 champion, running a time of 8.13. She is currently ranked 23rd in the U.K.

Jeslyn even had time to win a bronze medal in the shot putt, in-between the 60m heats and jam sandwiches, with a throw of 7m.05.

Cedelle, had a long wait before she was able to take the track. The under 15 girls 300m was one of the last events on the weekend timetable. Walking around the arena with the confidence that comes from being undefeated all season, filming and taking photos of her sisters races and some of the other clubs athletes, she took to the track with two goals in her head, WIN and break the 45 second barrier. She managed both, leading from the front she crossed the line, looked at the clock and saw 44.95. She is now ranked 23rd in the U.K.

Aidan Aherne, set the tone of the weekend, when winning the under 15 boys 800m title on Saturday, in only his first race of the indoor season, in a personal best time of 2.10.40. His time currently ranks him 14th in the U.k rankings for this group.

Team Hounslow 2016 English schools 200m medallist Jak Mensah returned to the track in his first ever indoor Competition. Claiming the under 17 boys 200m title in ranks him 23rd in the U.K in his age group. Jak came back the next day and made the final of the a bad start left him with to much to do and just missed medal. His time of 7.20, ranks him 33rd

Ore Akinmolayan, had been struggling with a hamstring injury leading up to this event. This limited him to only

one training session in 3 weeks. He found it tough making it out of the heats of the 200m, been drawn in the tight lane 2 running 23.97.

Ore came back the next day and made the 60m final, finishing just outside the medals in 4th place. He ran a personal best in the semi final, in 7.19, ranking him 96 in the under 20 ranking.

Jon Awuah, failed to make the final of both the 60m and 200m in the under 15 boys age group, but left the competition having run personal best in both events, 7.90 and 26.04, which set him up nicely for the outdoor season.

Sophia Sood just missed out on making the final of the under 15 girls 60m by 1 hundredth of a second, finishing 4th in 8.46, she did however leave the competition with personal best in the long jump with a 4.26 effort.

William Paterson Denton, moved from the cold and muddy parkruns to the warmth of the indoor arena for the first time tackling the 1500m. He finished 6th in the final, running 5.29.69

Contacts:

Jonathan Barbour

Athletics Development Officer

Mobile: 07850 913468

Email: jonathan.barbour@fusion-lifestyle.com



Osterley Sports and Athletics Centre

120 Wood Lane, Isleworth, TW7 5FF

Direct Line: 0208 3266 270

www.hounslow-leisure.com

Forthcoming Events:

Saturday 1st: WINDSOR, SLOUGH, ETON & HOUNSLOW, SPRING OPEN

Saturday 8th: Lee Valley Open.

Saturday 22nd: Youth Development league. Battersea

Sunday 23rd: London Mini Marathon

Wednesday 26th: Lee Valley spring open

