

Herts County Cross Country Championships

Held in Fairlands Valley Park on Sunday 5th January on a cold and damp afternoon. There was a reasonable turnout by the club's hardy endurance athletes across all the age-groups and some excellent results. Although the courses were reasonably flat, they were made very demanding by the muddy conditions underfoot.

*The Senior Women's race was won by Lizzy Janes who finished just **ahead** of Emily Ruane with both ladies having run shoulder to shoulder for most of the race. They were supported by veteran athlete Deborah Rushman and Isabel Found to win the Team trophy.*

Lottie Rowedder ran very strongly to win the Under 20 Women's race and Brett Rushman came third in the Under 20 men's race. The under 15 Boys' Team of George Ward, Ben Caret, Ted Featherstone and Fynn Rushman packed well to finish 3rd Team in their race. The under 11 Girls' team of Josie Gumble, Isabel Hawks and Amber Smits were bronze medal winners in their team race.

Well done to all those who competed.

Metropolitan Cross Country League

Seniors:

Well done to the senior six women and eight men who finished well at Alexandra Palace on the 11th January after 5 miles of mud and elevation.

Lizzy Janes (pictured) won the Senior Women's race by a country mile, leading the team of Lottie Rowedder, Sally Judd, Deborah Rushman,



*Isabel Found and Yvonne Jones to a win in their Division, which they now top with only one fixture to go. **Please support the team by competing at the next meeting on the 8th February which should see us promoted as long as we perform well.***

Our Senior Men's Team is currently in 11th place of 12 in Division 2, and will be relegated unless we can perform better. There are relatively few points between us and the

10th placed team, so please support the team by competing at the next meeting. We really must close a full team, and preferably without having to rely upon our older runners to score.

Juniors:

The club's junior runners have enjoyed some classic cross country conditions in the races so far this season at Claybury, Stanborough, Hillingdon and recently at Alexandra Palace. Of the 46 runners who have represented the club this season 10 are in a position to secure league placings with one more race to come at Trent Park on 8th February.

Top placings so far go to Dan Gill (pictured, left) and Daniella Skater (pictured, right). Dan is 7th in the u17s Junior Men's and Daniella is 5th in the u15 Girls' both achieving consistent top10 finishes in all races so far in their debut seasons in their highly competitive age groups. Other special mentions to Josie Gumble and Willow Thomas in the Girls u11s and u13s and Kingston Griffiths and Ben Dorman in the Boys u13s. Best overall team placing so far is the Junior Men's team who are currently 7th with strong contributions from Dan Gill, Matthew Dorman, Ben Carter, George Smith and Andrew McCann.

We are hoping for a great turnout from all runners at Trent Park, Cockfosters on the 8th February. See you there!



Minithon at Lee Valley Athletics Centre

Well done to Mia Taruvinga and Olivia Judge, two of our U13 athletes who competed at the Lee Valley Minithon on the 21st December.

Impressive results with Olivia gaining a new PB in the 200m.

This an indoor athletics event for children in school years 3-7. See the website to enter the next event in March.

<https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competitionentry-forms/>



2020 Sportshall Regional Final

On the 19th January several of our athletes went to Essex University to take part in the Sportshall East Regional Final.

The club took 2 large U11 teams, Herts Phoenix and Herts Pegasus to compete against 4 other teams from across the East of England. The boy's Herts Phoenix team finished in 2nd place with only 12 points behind the winners, Essex. The girls Herts Phoenix team finished in 4th. Both Herts Pegasus teams finished in 6th place. All the children put in a great effort and it was a lot of fun.



(The U11s Herts Phoenix and Herts Pegasus teams)

2020 Sportshall Regional Final

*The **U13 and U15** teams were selected from across Hertfordshire to represent the county against five other counties, including very strong teams from Norfolk and Essex.*

Boys:

Max Chisholm, Reuben White, Alfie Franklin, Ben Palmer and Casey Hawtin were chosen for the U13 boys' team. After a hard-fought competition Hertfordshire U13 boys came first

and will represent the East of England in the National Final at Sheffield in April.

Congratulations!

Hertfordshire U15 boys finished in 3rd position. Peter Holmes, Daniel Biddulph, Nathan Reeves & Bradley Gifkins were the boys that were selected from Herts Phoenix. The boys performed brilliantly as they represented the County with hardly any notice. All gave impressive performances against the other strong teams.

Girls:

The U13 team was made up of five Herts Phoenix girls, Bethany Botheras, Freya Brown, Amelie Horn, Alice Lynn and Keira Shaw and 3 girls from other clubs. The girls put in a great effort and finished 5th.

The U15 team was comprised entirely of Herts Phoenix athletes, Louise Grenfell, Trinity Meikle, Adele Pereira, Alisha Pereira, Daniella Skater, Isabel Wildgoose. They finished in 4th position with a standout performance from Louise Grenfell who came 2nd in the U15 girls All-Rounder competition – well done!

(The boys U13 and U15 teams)

(The girls U15 team)

Indoor Athletics

South of England AA U13 / U15 / U17 Championships

Several of our Herts Phoenix athletes attended this competition at Lee Valley on the 11th and 12th of January. Amelia Gittens reached both the finals in 60m and 200m whilst achieving new PBs of 7.96s in the 60m and 26.94s in the 200m. Tiana Rizzo while still in the first year of u15's reached the semi-finals for 60m achieving a new PB of 8.25s. Josh Heesom achieved a new PB of 7.65s in the 60m and Serena Thomas also ran the 60m matching her previous PB of

8.10s. Matthew Cox achieved a PB of 13.27m for triple jump which is English schools qualification standard.

London Indoor Games

This open meeting took place at Lee Valley on the 25th and 26th January. Maxwell Chisholm (U15M) achieved a new PB in the 300m with 42.36 secs. Reuben White (U15M) ran the 200m in 26.70 secs, a new PB. Tiana Rizzo (U15W) improved once again on her 60m time with 8.18. Brianna-Marie Smith and Hannah Owolabi both U15W competed in the 60m and both achieved new PBs with 8.56 and 8.87 respectively. Isabel Wildgoose (U17W) ran the 300m in a new PB of 45.22.

The National Athletics League

Last November the British Athletic League (BAL) and the UK Women's Athletic League (UKWAL) agreed to re-form into a combined men's and women's league, the National Athletics League (NAL).

Our Senior Women's Team has long been a member of the UKWAL and last season were competing in Division 1 (the second tier of this national league). Last season our Senior Men's Team affiliated to BAL and, as a new member of the league, competed in Division 4. The new NAL will have three divisions, the Premiership, the Championship and Division One. As a result of the status of our women's team, Herts Phoenix will be in the Championship. The matches will be scored on a combined basis so, for us to be competitive and maintain our status in this division, it is most important that we have a good turnout from both the male and female members of the team

The matches are on Saturday 2 May in Crawley; Sunday 14 June in Bournemouth; Sunday 5 July in Chelmsford; and Sunday 2 August in Bedford. Please keep them free so that you can compete for the Club. It is also important that we fill all the events so, if there are gaps, I would also ask you to consider competing in an event that is not your speciality.