



Junior Monthly Newsletter

August 2021

Congratulations

Congratulations to Trey Corlis who won a silver medal in the 80m Hurdles at the National Schools Track and Field finals in Manchester on 9-11th July setting a new PB and Club record of 11.29s. Well done to Thomas Archer who ran 4:01.57 in the Senior Boys 1500m.

Well done to Gabriel Edwards who set a new Club U13 Boys 150m record of 19.55s the 2nd fastest by an U13 Boy this year. Suraya Frost also set a new Club U13G 100m record with 13.38s and 70m Hurdles of 11.61s and is ranked 4th in the UK this year. She also set a new MYAL meeting record of 4.48m in the Long Jump. Imani Quamina also set a new Club U15 Girls record in the 75m Hurdles with 11.79s and was part of the 4x100m relay team that set a new club record of 52.78s. With 11.68s Trey Corlis also set a new MYAL meeting record in the 80m Hurdles.

Jerome Henry set a new U13 Boys hammer record of 21.66m while Edward Metcalf broke the Javelin record throwing 30.48m

Imani Quamina competed in both the U15 Girls 200m and 75m Hurdles at the English National Championships in Manchester.

A special well done to all the medalists at the Middlesex County Championships (see below).

Middlesex Young Athletics League

On the hottest day of the year the Juniors served up some scorching performances at the last MYAL of the year in the half built StoneX stadium. Although Shaftesbury, the home team, won the meeting we secured second place and with 57 pts enough to secure the League title for the first time finishing on 222 pts to SBH's 194 pts

The Club won the U11 Boys, U15 Boys, U13 and U15 Girls age groups, The U13 and U15 Girls completed clean sweeps of all 4 meetings. There were 19 event wins for Gabriel Edwards (U11B 150m and Long Jump), Suraya Frost (U13G 70mH and Long Jump), Sam Turner (U13B 1500m), Emilia Watkins (U15G 1500m), Imani Quamina (U15G Long Jump), Sapphire Thornbourne (U15G Shot Putt), Ivy Paitoo (U13G Discus), Patrycja Jarosz (U15G Hammer), U15G 4x100m, David Baah-Okyere (U15B 1500m), Trey Corlis (U15B 100m, 80mH, Long Jump), Thomas Wassermann (U15B Discus, Shot Putt), Michael Lee (U15B Hammer) and Artie Feeny Willings (U15B High Jump). 5 Club records were broken by Gabriel Edwards (U13B 150m), Suraya Frost (U13G 100m and 70mH), Imani Quamina (U15G 75mH) and U15G 4x100m. There were also 4 new meeting records set by Heathsidiers in the U11B 150m, U13G 70mH and Long Jump, U15B 80mH.

The U11's kicked events off with the girls finishing 2nd Eliza Burrige producing the fastest 150m and Long Jump of the Heathsidiers. The relays saw the A team finish 2nd to a very strong Shaftesbury Team. Gabriel Edwards anchored the U11 Boys team setting a new meeting record in the 150m which is the 9th ranked time nationally by an U13Boy and over 2 s faster than the next U11. He also matched his PB in the Long Jump. Rory Willis came 2nd in the 800m with Charlie Watkins 2nd in the Vortex to win the age group.



In the U13 Girls Suraya Frost was in fine form breaking the club U13G 100m record while finishing 2nd to Angle McLeod who is ranked 3rd U13G in the UK, Suraya set a new meeting record in the Long Jump and then lowered her 70mH Club record in the 4th fastest time this year. Amy Kirk and Caitlin Roberts were the first two Heathsiders home in a very hot 1500m their first races over the distance. Elsewhere Elkie Baker finished 2nd in the Shot and Discus to add valuable points as the girls completed a clean sweep of 4 age Group. In the Boys Sam Turner produced a great 1500m to improve his PB by 5s and beat the previously unbeaten Arthur Philips of SBH. Max and Tristian both recorded 2nd places in the High Jump and Hurdles respectively.

Both U15 teams completed a clean sweep winning all four matches. The Girls saw a great 1-2 in the 1500m with Emelia responding to Mia's kick to overtake again on the home straight for the win. Imani finished 2nd in the 100m and 75mH but set a new club record in the Hurdles, the 14th fastest this year. The girls were dominant in the field events winning every event they entered with Imani (LJ), Sapphire (SP), Ivy (Discus), Patrija (Hammer) sharing the wins. The meeting was rounded off with a sensational relay win against a very strong Shaftesbury quartet setting a new club record in the process. The boys were boosted by Trey back from his medal winning performance in the National Schools but won every event apart from the relay. He was in superb form setting a PB while winning the 100m which he followed with the Long Jump and then the hurdles setting a new meeting record. David Baah Okyere ran a totally dominant 1500m leading from the front to win. In the other field events Thomas again won the Shot and Discus with Artie gaining a win in the High Jump and Michael the Hammer the win was never in doubt.

The U17's were hit by some late drop outs which left Janak Suberwall the only U17M competing, running a good 3rd place in the 1500m. In the women Issy Watkins stepped up an age group and set a new 1500m PB finishing second Tess Walker made her debut in the same race. Ave finished third in the 100m. The U15 Girl B relay team stepped up to compete in the relay producing a creditable time of 57.7s.

So there ends another season this time after finishing second twice a new name will go on the trophy which has been won by Highgate since the league started. The season has seen more Juniors compete across the full range of events than ever before and hopefully those who have taken part are already looking forward to next year when hopefully other clubs will also be at a full complement.

Thanks again to team managers Ruth, Rachel, Mary and Russell particularly having to deal with a very tight competition timetable and the impact of athletes having to isolate at the last minute. Thanks to all the volunteers and officials Miriam and Claudia who braved the heat to ensure the competition ran smoothly. Thanks for the parents for getting your athletes there to compete and of course most of all to the Juniors who have turned up, trained hard and competed so well often in events very new to them.

So until next April when the competition restarts London Heathside are **MYAL Champions 2021!**

Middlesex County Track and Field Championships

The Juniors had the opportunity for some individual success and a taste of championship events at the Middlesex Championships at Lee Valley. Numbers were somewhat down on previous years due to the impact of school holidays and the impact of self-isolating. The Championships had been moved from May to avoid Covid restrictions and allow athletes to reach full fitness.



The Young Heathsiders there certainly took the opportunity with both hands winning 25 medals and the Club can now boast 11 County Champions; Milton Cooper (U15B 300m, Hammer), Trey Corlis (80mH, High Jump), Koppany Szentes (U13B 800m), Max Wasserman (U13B Shot), Edward Metcalf (U13B Javelin), Suraya Frost (U13G 70mH and Long Jump), Ivy Paitoo (U13G Shot) and Elkie Baker (U13G Discus).

In the U15 Boys Milton Copper ran a superb bend to pull in front on the home straight and take the 300m as well as adding the Hammer title an event he only picked up this season. Trey Corlis started his day with a win in the Hurdles with Thomas Wasserman just behind in third, he then won the High Jump by 10cm before securing a silver in the 100m behind Zico Jones of SBH who is ranked 4th in the UK. Thomas also won silver in the Shot.

The U15 Girls saw two strong runs by the Watkins sisters in the 800m and 1500m both winning silver against strong opposition. Imani Quamina finished 2nd behind the National Schools silver medalist Ava John (WSE&H). Ella Burrigide ran a strong 300m to take silver and Magdelaine Paitoo won bronze in the long Jump and just missed out on a medal in the 200m.

All 3 U13 Boys won gold, Koppany Szentes ran a great PB in the 800m to convincingly win his race. Edward Metcalf who was injured and unable to compete in the 1500m set a new PB winning the Javelin as did Max Wasserman in the Shot.

The U13 Girls saw Suraya Frost produce another excellent hurdles performance in tricky conditions to take gold, she set a new club record in the 100m heats before just missing out on silver in the final by 0.02s. She also had the energy to win the Long Jump with Milli Bridgeman-Athanasatos taking silver. Elkie Baker won the full set of Gold in the Discus with a PB, Silver in the Shot which Ivy Paitoo won by 3cm, Elkie then won bronze in the Javelin.

The 25 medals won was the highest of any other club with Shaftesbury next winning 22. Heathside finished 2nd on the medal table with Shaftesbury one gold medal higher. This must be the best ever performance the Club has had in the Middlesex Championships in 2019 when last held the club won a total of 19 medals with only 4 in these age groups.

Club Championships

We are hoping to hold some Club Championships before the end of the season please keep an eye out for an announcement on the Club Website.

Preliminary Winter Fixture List

Sunday 12th September - Middlesex Road Relays - Hayes
Saturday 26th September - SEAA 6/4/3 Road Relays - Crystal Palace
Saturday 26th September? - NWLL XC League - Horsenden Hill
Saturday 16th October - Met League - Claybury
Saturday 23rd October - SEAA XC relays - Wormwood Scrubs
Saturday 30th October? - NWLL XC League - Fryent Park
Saturday 13th November - Met League - Welwyn Garden City
Saturday 13th November - ESAA XC Cup Regional Finals
Saturday 20th November - London Youth Games - Hampstead Heath
Saturday 27th November? - NWLL XC League - Trent Park
Saturday 27th November - Chingford League - Trent Park



**LONDON
HEATHSIDE**

Saturday 4th December - Met League - Uxbridge
Saturday 4th December - ESAA XC Cup Final - Newquay
Saturday 8th January - Middlesex Championships - Horsenden Hills
Saturday 15th January - Met League - Wormwood Scrubs
Wednesday 26th January? - Middlesex Schools Championships - Harrow
Saturday 29th January - SEAA Southern Championships - tbc
Wednesday 2nd February? - London Schools XC Championships - Wormwood Scrubs
Saturday 12th February? - NWLL XC League - tbc
Saturday 19th February - Met League - Trent Park
Saturday 3rd March? - National Championships - tbc
Saturday 13th March? - National Schools Championships - Ashford
Saturday 20th March? - NWLL XC League - tbc
Saturday 27th March - SEAA U15/U17 Championships - tbc