

# London Heathside Junior Club Newsletter

October 2021



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## Congratulations

To Amy Kirk and Rory Wills who won their first individual races in Club Colours, Amy in the NWLL league and Rory in the Chingford League. Fred Beale was 1<sup>st</sup> home in the 5km Crouch End Road Race with Hattie Munday 1<sup>st</sup> girl home. Jessica Lappin won the U14 mile race.

Well done to all the Junior Heathsiders who qualified and represented their Boroughs at the London Mini marathon.

## Track and Field Season Review

The 2021 Track and Field Season came to an end on the 30th of September. 2021 has been exceptionally successful for the Club Juniors. Trey Corlis won silver in the 80m Hurdles at the National Schools Championships and Suraya Frost won a silver in the 70 Hurdles at the SEAA South of England Championships. The Club had our best ever Middlesex County Championships coming overall top of the medal table with 11 Junior County Champions. We also won the MYAL for the first time with Heathsiders setting 7 new meeting records in the process. 5 Heathsiders registered AAA Grade 1 performances their highest grading.

Well done to all the Heathsiders and their Coaches who have performed so well despite the problems created by Lockdown.

### AAA Grade 1 Performances (Top 7.5% performance)

100m (U13G) Suraya Frost 13.38s  
100m (U15B) Trey Corlis 11.58s  
200m (U13G) Suraya Frost 13.38s  
800m (U15G) Issy Watkins 2:18.29  
1500m (U13G) Kiara Corkin 5:04.87  
70mH (U13G) Suraya Frost 11.61s  
75mH (U15G) Imani Quamina 11.79s  
80mH (U15B) Trey Corlis 11.29s

### Top 10 UK ranking

1st U13B 60m Gabriel Edwards  
3rd U15B 80m Hurdles Trey Corlis  
4th U13G 70m Hurdles Suraya Frost  
6th U13B Hammer (3Kg) Jerome Henry  
7th U13G Hammer (3 Kg) Ivy Paitoo

### Top 20 UK Ranking

12th U13B 150m Gabriel Edwards  
13th U13B Mile Koppany Szentes  
14th U13B Mile Edward Metcalf  
19th U20M 200m Leon Seale  
19th U15B 400m David Baah-Okyere  
19th U13B Mile Sam Turner  
19th U13G Discus (0.75Kg) Elkie Baker

### Top 30 UK Ranking

22nd U13G Long Jump Suraya Frost  
24th U13B 75m Gabriel Edwards  
25th U13G 100m Suraya Frost  
26th U15B 100m Trey Corlis  
29th U15B 80m Hurdles Thomas Wassermann  
29th U17M Mile Roni Kizilkaya

### Top 40 UK Ranking

31st U13B Javelin Edward Metcalf  
32nd U15B Pentathlon Trey Corlis  
33rd U15G 75m Hurdles Imani Quamina  
33rd U15G 800m Issy Watkins  
34th U13G 1500m Kiara Corkin  
37th U13B Shot Put Jerome Henry  
40th U15G Long Jump Martha Jolly

### Top 50 UK Ranking

41st U13B 200m Gabriel Edwards  
41st U13B Long Jump Gabriel Edwards  
44th U13B 100m Gabriel Edwards  
46th U13G 200m Suraya Frost  
47th U13B Discus (1Kg) Jerome Henry  
50th U13G Hammer (3Kg) Naya Longo

## Report: - North-West London Youth Cross Country League – Race 1

After almost 2 years the Juniors were back running Cross Country with the traditional season opener with the North West London Youth Cross Country League at Horsenden Hill/Berkeley Playing Fields. Overall numbers were down about 30% on the last race held here, a reflection of the impact the pandemic has had on Clubs and their membership. However, London Heathside had a good compliment of 30 Juniors taking part with several debuts. The weather was good and the ground perfect with a good covering of grass. Ideal for those running the Mini-Marathon next week. Team wins for the U11 Boys, U15 Girls and U17 Men while the U13 Girls finished 2nd. Individually Amy Kirk (U13G) was 1st, Bedo Draskoczy (U17M) 2nd and Issy Watkins (U15G) 3rd,

The U11s got things going with Rory Willis a week after his Chingford League win first Heathsider home in 4th place. Soon after Sean McNeely and the first Roberts twin crossed the line in 8th and 9th place. The other Roberts brother followed in 16th place with James Hampton Phillips 17th and W Edwards 20th the Boys won the team event. Debutant Mia Beeby was our only U11 Girl finishing in 10th place as a yr 5 she has another year running in this age group.

In the U13's Ben Redland was running well in the top 5 before twisting his knee and having to retire so Sam Turner who has had a great track season was the first Heathsider home in 5th place, Frank Bailey just crossed the line under 13 minutes to finish 8th and debutant Noa Sotiroff was 19th to see the team finish in 4th place. The Girls competing against a strong Cookham team finished in 2nd place. Amy Kirk won her first race in Club Colours with a very controlled race pulling away from the 2nd placed runner after the halfway point. Caitlin Roberts was 4th with Jessica Lappin 8th and Lila Blustin 11th showing the depth the Club has in this age group.

Our U15 Girls are arguably our strongest age group this year and they produced a dominant performance to win the team competition anchored by Issy Watkins in 3rd place with Hattie Munday 5s behind in 4th Mia Rosen was 6th only a further 5s behind followed by Ruby Walls in 7th and Milly Watkins 12th. It was great to see Hattie and Ruby back running after injury. The boys' team was more depleted however George Saint produced a solid debut to finish 18th and Artie Feeny-Willings having gone out hard 30th place.

The U17 Men also look very strong this year and won the team event led home by Bedo Draskoczy in 2nd place Roni Kizilkaya was next in 5th with Janak Subberwal and Lee Ake in 10th/11th just under the 18-minute mark. Arthur Reed was 18th and Avery Dietrich 20th. In the Woman's race Maia

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Hampton Philips and Tess Walker enjoyed a race long tussle with Tess coming in one place ahead of Maia.

Well done to all who took place and Kabir and Zac for their team management on the day. The next race will be Met League at Claybury on the 16th.

## Results

**U11' Boys** (2,000m 20 runners) - 1st London Heathside 37 pts - 4th Rory Willis 7:55, 8th S McNeely 8:31, 9th C Roberts 8:39, 16th C Roberts 9:06, 17th J Hampton-Phillips 9:14, 20th W Edwards 9:54

**U11 Girls** (2,000m 12 runners) - 8th London Heathside 49 pts - 10th Mia Beeby 9:35

**U13 Boys** (3000m 25 runners) - 4th London Heathside 58 pts - 5th Sam Turner 12:18, 8th Frank Bailey 12:59, 19th Noa Sotiroff 14:27

**U13 Girls** (3000m 17 runners) - 2nd London Heathside 24 pts - 1st Amy Kirk 13:19, 4th Caitlin Roberts 14:01, 8th Jessica Lappin 14:57, 11th Lila Blustin 15:06

**U15 Boys** (4000m 32 Runners) - 8th London Heathside 114 pts - 18th George Saint 15:47, 30th Artie Feeny-Willings 17:41

**U15 Girls** (4000m 28 runners) - 1st London Heathside 20 pts - 3rd Issy Watkins 15:51, 4th Hattie Munday 15:56, 6th Mia Rosen 16:01, 7th Ruby Walls 16:12, 12th Milly Watkins 17:48

**U17 Men** (5000m 20 runners) - 1st London Heathside 28 pts - 2nd Bedo Draskoczy 16:17 - 5th Roni Kizilkaya 16:45 - 10th Janak Subberwal 17:57, 11th L Ake 19:22, 18th Arthur Reed 19:22, 20th Avery Dietrich 20:11

**U17 Women** (5000m 17 runners) - 7th London Heathside 77 pts - 10th Tess Walker 21:26, 11th Maia Hampton-Phillips 21:39

## Cross Country Season 2021-22

The Clubs main focus is the Met League races which are competitive and generally on harder courses than the North West London XC League which is an ideal introduction to the sport with the courses generally flatter and less demanding. You need to compete in 4 out of 5 races to qualify for league recognition with both Met League and North West London XC League who both award medals to the top runners in each age group. The Club will also be looking to enter teams in the Middlesex, South of England and National Championships.

The Autumn/Winter has a very full fixture list: -

### 2021

16th October - Met League 1#, Claybury, Woodford

23rd October - North West London XC League 2#, Fryent Country Park (Cancelled may be on 30<sup>th</sup> at Uxbridge)

23rd October - SEAA XC Relays, Wormwood Scrubs

30th October - ECCA National XC Relays, Mansfield

13th November - Met League 2# Stansborough Park, Welwyn Garden City

20th November - London Youth Games Cross Country, Parliament Hill

27th November - North West London XC League 3#, Trent Park

4th December - Met League 3#, Uxbridge

### 2022

8th January - Middlesex XC Championships, Horsenden Hill, Greenford

15th January - Met League 3#, Wormwood Scrubs

19th January (tbc) - Middlesex Schools XC Championships, Harrow

29th January - SEAA South of England XC Championships, venue tbc (Minimum age 11)

5th February - North West London XC League 4#, Bannister Stadium, Harrow

19th February - Met League 4#, Trent Park

26th February - National XC Championships, Parliament Hill (Minimum Age 11)

5th March - North West London XC League 5#, Wormwood Scrubs

12<sup>th</sup> March – National Schools XC Championships, Hop Farm, Kent

Details of all Club Fixtures can be found on the Club Website

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## Forth-coming Club Junior Fixtures: -

### Met League 1# – Claybury, 16<sup>th</sup> October 2021

**Race Location:** Claybury Park, London, IG8

**Race Headquarters:** From 11:15 onwards Ashton Playing Fields, 598 Chigwell Road, Woodford Green IG8 8AA. Nearest tube station is Woodford (Central Line) NB take the train towards 'Epping' and get off at Woodford to save time.

The race start is a 10 minute walk from race HQ off Roding Lane North (directions). Look for the Heathside club flags, this is where you can get your race number and leave your kit etc. If you are planning to arrive already in your race kit, then head straight over to the start.

**Club Vest:** If you are a member of Heathside you can simply turn up and run. You MUST however wear club kit. Vests will be available on the day

**Race Number:** collect these from the Team managers Ruth or Kabir at least 30 mins before the start of your race. You will need to reuse this number for the rest of the series so Please **DON'T THROW IT AWAY.**

**Footwear:** Road shoes or even racing flats are normally suitable for the course. In periods of dry weather, it is very hard underfoot and spikes are not recommended. The Club will have a selection of different sized XC Spikes for Juniors if needed.

**Warm Up:** Get to the course at least 40 minutes before the start of your race this will give you plenty of time to get your number, get a warm up done while still allowing plenty of time to get to the start.

**Run Etiquette:** you can't run with music / phones, don't cut, block or trip people up don't be scared of the mud, focus on racing other clubs not your own teammates most importantly – give it your best effort and ENJOY IT

**The Course:** Parkland setting, undulating course, with one steep climb per large lap, on grass and woodland paths.

12.25 pm U11 Boys Race 2,000m  
12.30 pm U11 Girls Race 2,000m  
12.40 pm U13 Boys Race 3,000m  
12.45 pm U13 Girls Race 3,000m  
1.00pm U15 Boys/U17 Men 4,000m  
1.05 pm U15 Girls/U17 Women 4,000m

This race will score in the Club Junior XC Points Championship.

## SEAA Southern Cross-Country Relays, Wormwood Scrubs 23rd October 2021

Relay event with teams of 3. The Club have to enter teams by Friday 8<sup>th</sup> October. If you are interested in running speak to your coach or Ruth Miller.

11.00am Under 17 Women / Under 20 Women 3 Stages x 3km  
11.30am Under 17 Men / Under 20 Men 3 Stages x 3km  
12.10pm Under 13 Girls 3 Stages x 2km  
12.40pm Under 13 Boys 3 Stages x 2km  
1.10pm Under 15 Girls 3 Stages x 2km  
1.35pm Under 15 Boys 3 Stages x 2km

## Indoor Track Season

The indoor Track and Field season will recommence in early December. UKA have yet to publish their season timetable or indicate what restrictions may be needed to permit indoor competition. Our nearest facility is Lee Valley which holds open meetings as well as County and South of England

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Championships. For details of open meetings see their website: - Lee valley Athletics Centre. The Middlesex Indoor Championships for U15s and above are planned for March 2021. They also run Minithons for U13's with the option of 3 events over the day and medals for the top 20 in each age group.

## Lee Valley Minithon

For younger athletes in school years 7 and under Lee Valley will be holding their Minithons over the winter. These are fully licenced and officiated meetings with athletes able to choose 3 events from 60m, 60m Hurdles, 200m, 600m, High Jump, Long Jump, Shot Putt. They cost £18 to enter. Mary will be there to support any athletes competing.

Saturday 30<sup>th</sup> October 2021 – [Bookings Open](#)  
Saturday 8<sup>th</sup> January 2022  
Saturday 26<sup>th</sup> March 2022

## Finsbury Park Track Repairs

Work is needed to repair the surface of the Finsbury Park Track. This may be taking place in October. As a result, the location of training may be shifted or take place in the park please keep in contact with your coach.

*Previous Newsletters can be accessed here: - [Junior Club Newsletters](#)*