

Contents

Congratulations
Training over Easter School Holidays
Race Reports – Tri-Counties Indoor Championships
Race Report - Spring QuadKids
Forth-Coming Club Young Athletes Fixtures
Track and Field Fixtures 2022
Volunteers
Jack Petchey Award

Congratulations

Congratulations to newly crowned Indoor County Champions Trey Corlis (U17M 60mH), Milton Cooper (U15B 200m/300m), Ella Burridge (U15G 300m) and Martha Jolly (U15G Long Jump) as well as the 5 other medallists 7 Club records were also broken. (See report and results below)

Well done to Izzy Watkins, Milly Watkins, David Baah-Okyere and Amy Kirk who all represented their County Schools Association at the National Schools Cross Country.

Maia Hampton Phillips won February's Jack Petchey Award.

Training Over Easter School Holidays

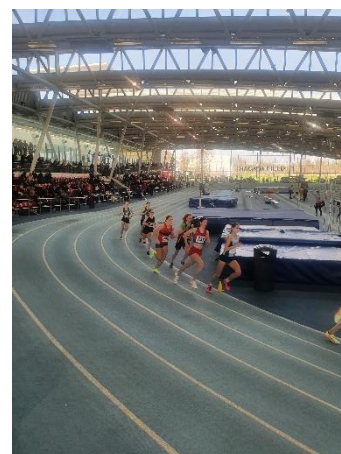
There will be no general Young Athletics Training over the Easter Holidays between Sunday 3rd and Sunday 17th April. The first session back will be Tuesday 19th April.

Those athletes in Zac, Kabir, Israel and Mary's training groups should check arrangements with their respective Coaches

Championship Reports: - Tri-Counties Indoor Championships, Lee Valley

It was again a highly successful County Championships for the club coming away from Lee Valley on 19th-20th March 16 Medals and 7 New Club Records. The Club now has 5 New Middlesex Champions with Milton Cooper (U15B 200m, 300m), Martha Jolly (U15G LJ), Trey Corlis (U17M 60mH) and Ella Burridge (U15G 300m). Milton now has county, southern and national 300m titles setting a new championship best at the weekend and negotiated the heats of the 200m before winning the final. In his 300m final he set a new Championship Best which had previously been held by National U15B Outdoor Champion Zico Jones. Despite

setting a new AG club record in the 200m Trey Corlis finished 3rd behind Zico in the U17 Men's 200m but improved his placing by an easy win in the 60mH with clubmate Thomas Wasserman 3rd. Martha Jolly won her heat before finishing 3rd in the final behind Angel McLeod (SBH).



60m U17 Men

H1 3rd Trey Corlis 7.39
Final 6th Trey Corlis 7.41

60m U15 Boys

H2 3rd Montana Dennis 7.84
H2 4th Joshua Adeoye 8.28

60m U15 Girls

H2 1st Martha Jolly 8.32
H3 3rd Casia Langley-Bradshaw 8.77
Final 3rd Martha Jolly 8.29 🏆
Final 7th Casia Langley-Bradshaw 8.71

London Heathside Young Athletes Club Newsletter

April 2022



200m U17 Men

H3 1st Trey Corlis 24.00

Final 3rd Trey Corlis 23.65 🏆 New Club U17M Record by 1.1s

200m U15 Boys

H2 1st Milton Cooper 24:39

H2 3rd Montana Dennis 25.26

Final 1st Milton Cooper 23.77 🏆 New Club U15B Record by 0.79s

200m U15 Girls

H3 1st Magdeline Paitoo 27.26

H3 2nd Ella Burrridge 27.17

Final 2nd Magdeline Paitoo 27.06 🏆 New Club U15G Record by 0.48s

Final 3rd Ella Burrridge 27.17 🏆

300m U15 Boys

Final 1st Milton Cooper 38.03 🏆 CBP

300m U15 Girls

Final 1st Ella Burrridge 42.91 🏆 New Club U15G Record by 3.24s

Final 2nd Magdeline Paitoo 43.47 🏆

800m U17 Men

Final 8th Artie Feeny-Willings 2:32.61

1500m U17 Women

Final 5th Ruby Walls 5:11.96

60mH U17 Men

Final 1st Trey Corlis 8.39 🏆 New Club U17M Record by 0.08s

Final 3rd Thomas Wassermann 9.11 🏆

60mH U15 Girls

Final 4th Casia Langley-Bradshaw 10.24

Long Jump U15 Girls

1st Martha Jolly 4.74m 🏆

2nd Milli Bridgeman-Athanasatos 4.69m 🏆

High Jump U17 Men

3rd Artie Feeny-Willings 1.40m 🏆

Triple Jump U15 Girls

2nd Milli Bridgeman-Athanasatos 8.78m 🏆 New Club U15G Record

Shot Put U15 Girls

2nd Elkie Baker 7.69m 🏆 PB New Club U15G Record

Race Report:- Spring Quadkids, Finsbury Park, 27th March 2022



The results of the Quadkids competition held on 27th March are as follows: -

The U13 Competition results are below.

Number	Athlete Name	75m		600m		Long Jump		Howler		POINTS	Individual Rankings			UKA Awards	
		Time	Points	Time	Points	Distance	Points	Distance	Points		Athlete	Boys	Girls		Overall
269	Ennio Ka	12.4	46	2.05	65	3.48	52	38.1	76	239	*	1	1	1	Bronze
202	Haydon Th	15.6	14	2.39	31	1.73	10	11.2	22	77		11		29	Step 1
205	Henry Ha	12.9	41	2.11	59	3.14	41	17.3	34	175	*	2		2	Step 4
206	Edgar Am	14.2	28	2.31	39	2.41	17	16.8	33	117		5		15	Step 1
207	Kymani Ga	12.7	43	2.34	36	2.00	10	12.3	24	113		6		18	Step 1
208	Caspar Ga	13.7	33	2.41	29	2.45	18	14.8	29	109		8		22	Step 1
209	Bruno Vi	14.1	29	2.49	21	2.09	10	11.6	23	83		10		28	Step 1
210	Pip Yo	13.6	34	2.06	64	2.12	10	21.1	42	150	*	3		5	Step 3
211	Kit Yo	13.0	40	2.27	43	2.77	29	07.2	14	126	*	4		12	Step 2
212	Elisha Ad	13.4	36	2.40	30	2.85	31	07.8	15	112		7		19	Step 1
213	William Ed	14.3	27	2.48	22	2.66	25	14.0	28	102		9		24	Step 1
101	Imogen Go	13.9	31	2.36	34	2.72	27	10.2	20	112	*		13	19	Step 3
102	Reke Sz	13.6	34	2.29	41	2.97	35	19.4	38	148	*		4	7	Step 5
103	Florin St	14.4	26	2.23	47	2.61	23	11.5	23	119	*		10	14	Step 3
104	Sisley St	13.9	31	2.35	35	2.32	13	11.5	23	102	*		16	24	Step 3
105	Lila Bl	13.8	32	2.30	40	2.86	32	11.0	22	126	*		9	12	Step 4
107	Edie Wa	11.5	55	2.34	36	3.14	41	09.3	18	150	*		3	5	Step 5
108	Anais Th	13.3	37	2.22	48	2.53	21	20.3	40	146	*		5	8	Step 5
109	Mia Be	13.8	32	2.28	42	2.08	10	15.7	31	115	*		11	16	Step 3
110	Tamara Pu	13.1	39	2.28	42	3.22	44	13.2	26	151	*		2	4	Step 5
111	Lyra Sa	13.9	31	2.52	18	2.27	12	08.5	16	77			19	29	Step 1
112	Verity Mi	13.8	32	2.43	27	2.33	14	12.7	25	98			18	27	Step 2
113	Abigail He	14.7	23	2.29	41	2.14	10	14.2	28	102			16	24	Step 3
114	Chiara Pe	12.7	43	2.22	48	2.59	23	11.7	23	137			6	9	Step 4
115	Sophie Mu	13.2	38	2.30	40	2.88	32	12.8	25	135			7	10	Step 4
116	Clara Mu	13.8	32	2.29	41	2.61	23	09.1	18	114			12	17	Step 3
117	Alice Ro	11.8	52	2.27	43	2.45	18	11.2	22	135			7	10	Step 4
118	Stefano Li	17.5	10	2.40	30	1.65	10	06.5	12	62			20	31	Step 1
119	Sofia Bu	13.5	35	2.31	39	2.41	17	10.4	20	111			14	21	Step 3
120	Cecily Ha	12.3	47	2.23	47	3.23	44	09.1	18	156	*		1	3	Step 5
121	Aaliyahi Ol	13.4	36	2.41	29	2.47	19	12.4	24	108			15	23	Step 3
122	Juliette Ca	15.4	16	3.00	10	2.17	10	08.4	16	52			21	32	Step 1

If you do not wish to receive this newsletter, please let us know and we will remove you from the circulation list.

The Under 9 results are below: -

Number	Athlete Name	75m		600m		Long Jump		Howler		POINTS	Athlete	Individual Rankings			UKA Quadrathlon
		Time	Points	Time	Points	Distance	Points	Distance	Points			Boys	Girls	Overall	
21	Kai Duberry	08.6	44	1.30	50	2.93	100	11.1	32	226	*	1		1	Bronze Step 3
23	Meelah Anderson-Watson	10.8	22	2.02	18	1.41	35	08.9	27	102	*		5	6	Bronze Step 3
24	Elizabeth Paitoo	08.7	43	1.32	48	2.23	76	07.7	25	192	*		3	4	Bronze Step 3
25	Yemisi Oluseye	09.3	37	1.33	47	2.51	90	07.3	24	198	*		2	3	Bronze Step 3
26	Yinka Oluseye	09.1	39	1.31	49	2.47	88	10.9	31	207	*	1		2	Silver Step 4
27	Abigail Edwards	10.0	30	1.53	27	1.92	61	02.2	14	132	*		4	5	Step 4

Fourth-coming Club Young Athletes Fixtures: -

UYDL 1#, Sutcliffe Athletics Stadium, Eltham, 24th April 2022

Part of a combined team with Highgate Harriers and VP&TH full program of events for **U17** and **U20** athletes including sprint hurdles and long throws. If you want to compete let your coach know.

Middlesex Youth Athletics League 1#, Parliament Hill, 8th May 2022

The first MYAL will be at Parliament Hill on Sunday 8th May starting at 11.30am.

U11 Events: - 150m, 600m, Long Jump, Vortex

U13 Events: - 200m, 800m, Hurdles, Long Jump, High Jump, Javelin, Discus, Shot

U15 Events: - 200m, 300m, 800m, Hurdles, Long Jump, High Jump, Pole Vault, Javelin, Discus, Shot

U17 Events: - 200m, 300/400m, 800m, Long Jump, High Jump, Pole Vault, Javelin, Discus, Shot

Details to follow

Middlesex Centenary Track and Field Championships, Lee Valley, 14-15th May 2022



This year's County Championships celebrate 100 years since the founding of the County Association and some special events are planned. Entries for the event is now open with a full range of events with Seniors, U120's and U17's competing on Saturday and U15 and U13 athletes on the Sunday. Well run and officiated this is an ideal introduction to Championship athletics and a chance to win medals and selection for the County T&F team. [Entry Details](#)

2022 Track and Field Fixtures

This year's outdoor season is now starting to take shape. We will be competing in the **MYAL** which will provide competition for U11, U13, U15 and U17 athletes. This season we will also compete as part of a combined team in the **Upper Youth Athletics League** with Highgate Harriers and VP&TH, this is for U17 and U20 athletes only. It will be Middlesex AA's Centenary so the County Championships will feature special medals and events to celebrate.

16th April – LICC Open – Lee Valley

20th April – Highgate Harriers Spring Open – Parliament Hill

24th April – UYDL 1#, Sutcliffe Athletics Stadium, Eltham

3rd May – ESAA T&F Cup Round 1 – Lee Valley

6th May – ESAA T&F Cup Round 1 – Lee Valley

8th May - MYAL 1#, Parliament Hill

14-15th May - Middlesex County Championships, Lee Valley

16th May – LB Haringey Athletics Championships (Yr7/8) – New River

If you do not wish to receive this newsletter, please let us know and we will remove you from the circulation list.

21st May – MYAL 2#, Finsbury Park

26th May – LB Haringey Athletics Championships (Yr9/10/11) – New River

29th May – UYDL 2#, Erith Athletics Track, Erith

7th-17th June – ESAA T&F Regional Final (Middlesex) - tbc

11-12th June – County Schools Championships, Lee Valley/Battersea

18th June – Middlesex Schools U17/U15 Championships – StoneX

25th June – LICC Open Meeting – Stone X

26th June - UYDL 3#, Lewes Athletics Track, Lewes

27th June – Middlesex Schools Yr7/Yr8 Championships – Lee Valley

3rd July – MYAL 3#, Perivale

8th-9th July – ESAA Championships, Sportscity Manchester

10th July – London Youth Games Athletics Championships – Lee Valley

24th July – LICC Open Meeting - StoneX

30th July - MYAL 4#, Stone X Stadium

7th August – UYDL 4#, Tooting Bec Athletics Track, Tooting

13th-14th August – Southern U13/U15/U17 Championships, Chelmsford

27th-28th August - English U15/U17 Championships, tbc

28th August – LICC Open – StoneX

10th September – Inter-counties U15/U17 Championships, tbc

Meetings in **green** are school events, **grey** open meetings the athlete needs to enter themselves.

Middlesex Young Athletics League

This is the main focus of the club's track and field season with 4 meetings held between May and July. We are also the League Champions although this year new League entrants Harrow and Thames Valley Harriers will certainly add to the competition provided by Shaftesbury Barnet and Highgate. There are a selection of events for U11, U13, U15 and U17 athletes which vary between the matches which are held at Perivale, Finsbury Park, Parliament Hill and StoneX. Talk to team captains Ruth, Mary, Rachel and Russell about taking part.



Upper Youth Development League

This season we have joined Highgate Harriers and Victoria Park & Tower Hamlets combined team to compete in the UYDL which is a competition for U17 and U20 athletes. Our entry is specifically aimed at young athletes in more specialist events e.g., Hurdles, Hammer whose events are not provided at the MYAL or Southern Athletics League. However, anyone can be nominated to enter, unlike many open meetings the matches are held on weekends and free for Heathside athletes. The other teams in our league group are generally based in Southeast London but will offer strong competition. If you want to take part let Coach Israel know.



Southern Athletics League

The Clubs Seniors compete in the Southern Athletics League with U17 and U20 athletes able to compete alongside Seniors. However, all events use senior implements and standards so these may not be suitable for all specialist events.



London Inter-Club Challenge

Hosted by Shaftesbury at StoneX (or Lee Valley) these are open meetings and include a Quadkids competition and wide range of both track and field events.

Road Races

The Vitality Westminster Mile is also a family friendly event run over a Central London course and finishing in front of Buckingham Palace. Details [here](#)



London Heathside Young Athletes Club Newsletter

April 2022



The YMCA Crouch End 10k, 5k and Fun Run is on Sunday 8th May 2022. This however clashes with the first MYAL meeting so check if you will be competing before entering the YMCA race. [Entry Details are here](#)



Quadkids

This is the premier form of athletic competition for U11's who compete in 4 events 75m, 600m, Long Jump and Vortex Throw with points awarded according to performance. The Club will hold 3 or 4 competitions over the year although dates are yet to be confirmed. Highgate and Shaftesbury will also be holding regular competitions.



Upcoming Open Meetings

There are a number of local early season Open Meetings being held in April for those interested: -

6th April - Watford AC Open Meetings – [Entry Details](#)

10th April - Lee Valley Open Meeting – [Entry Details](#)

14th April – Harrow AC Spring Open – [Entry Details](#)

16th April - LICC Meeting, Lee Valley – [Entry Details](#)

20th April - Highgate Harriers Open Meeting – [Entry Details](#)

27th April - TVH & BMC Open Meeting – [Entry Details](#)

28th April – Harrow AC Spring Open – [Entry Details](#)

Most events appear covered races will be graded but most will limit the number of entries per event so early entry is recommended.

Qualifications Standards

If they aspire to compete in the National Schools and EA Age Group Championships this summer athletes need to achieve a qualification standard. Below are currently the ESAA Entry Standards (you still have to be picked by the County Schools Association)

Event	Junior Boys (Yr 8/9)	Junior Girls (Yr8/9)	Inter Boy (Yr 10/11)	Inter Girl (Yr 10/11)	Senior Boys (Yr 12/13)	Junior Girls (Yr 12/13)
100m	11.6s	12.7s	11.2s	12.5s	11.0s	12.4s
200m	23.8s	26.2s	22.7s	25.8s	22.2s	25.7s
300/400m	38s	42s	51.1s	41.2s	49.7s	58.3s
800m	2m 05s	2m 18s	1m 57s	2m 16s	1m 54s	2m 16s
1500m	4m 20s	4m 48s	4m 06s	4m 45s	3m 58s	4m 42s
3000m			8m 56s	10m 20s	8m 36s	10m 16s
Sprint Hurdles	12.0s	11.7s	14.0s	12.0s	15.3s	15.3s
3/400m Hurdles			58.7s	46.4s	57.5s	65.5s
Steeplechase			4m 40s	5m 23s	6m 18s	5m 17s
High Jump	1.72m	1.59m	1.88m	1.65s	1.95m	1.66m
Pole Vault	3.00m	2.70m	3.90m	3.10m	4.20m	3.20m
Long Jump	5.80m	5.20m	6.40m	5.40m	6.70m	5.40m
Triple Jump	12.00m		13.20m	10.90m	13.50m	11.10m
Shot	12.30m	10.60m	13.20m	11.60m	12.80m	10.50m
Discus	35.00m	27.00m	41.00m	33.00m	40.00m	36.00m
Javelin	44.00m	34.00m	52.00m	38.00m	52.00m	37.00m
Hammer	38.00m	37.00m	49.00m	48.00m	50.00m	43.00m

Volunteers

London Heathside is entirely run by volunteers. The Club is always looking for additional help coaching, officiating or helping organise our activities which cater for 200 Young Athletes and 500 Senior Members. The Club also have a major stake in the running and maintenance of the Finsbury Park Track and facility. If any parent is interested and has time to help, please let one of the coaches know. The Club will help fund any training courses for would be coaches or athletics officials. We are also looking for volunteers to operate the photo-finish equipment during meetings. This is a key role on putting on meetings and the Club will pay volunteers who can help.

Jack Petchey Award



This month's nominations are as follows: -

Ella Burridge - Ella completed her Indoor season with Gold in the U15 Girls 300m at the Middlesex Championships as well as bronze in the 200m. Ella has shown constant dedication since she returned to training after injury and should have a great outdoor season this summer.

Artie Feeney-Willings - Artie competed in every Club Cross Country race this season and also competed in the 800m indoors as well as securing a bronze medal at the Middlesex Indoor Championships in the U15 Boys High Jump.

Martha Jolly – Martha had a great Middlesex Indoor Championships winning gold in the U15 Girls Long Jump and securing 3rd place in the 60m sprint. Martha will be aiming to jump over 5m this summer in the Long Jump.

Emelia Watkins – Milly has seen solid improvement in her cross country running this season. This winter with sister Izzy has secured a silver medal for her school in the ESAA XC Cup and represented Middlesex Schools in the National Schools Cross Country in March finishing 74th of 331 runners.

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