

## Contents

Congratulations  
Meeting Report – MYAL 4#  
Meeting Report – UYDL 3#  
Up-Coming Club Young Athletes Fixtures  
2022-2023 Winter Season  
Jack Petchey Award

## Congratulations

Congratulations to Ndidi who set both a MYAL League best and U17W club record in the Hammer. Trey Corlis set a new League best in the High Jump.

Well done to Ivy Paitoo and Gabriel Edwards who represented Middlesex in the U13 Inter-Counties Match on 24<sup>th</sup> July.

The Club retained the Middlesex Youth Athletics League Title well done everyone who has competed for the Club over the season and contributed to our success.

## Meeting Report: - Middlesex Young Athletics League 4#, Perivale, 25.6.22

Simon sent in this report "The Club capped another exceptional season for the club's young athletes winning the fourth and final MYAL meeting at StoneX making it 4 wins out of 4 and ensuring we retained the League title in convincing style. This season had also included the extra challenge of leading clubs Harrow and Thames Valley Harriers also joining the league.

There were age group wins for the U11 Boys, U15 Boys, U11 Girls, U15 Girls and U17 Women. There were also 12 individual event wins Kingston Bennett (U11B 75m and LJ), Nyah Brown (U13G HJ), Ivy Paitoo (U13G SP and JT), Gabriel Edwards (U13B LJ), Milli Bridgman Athanasatos (U15G LJ), Ndidi Stewart Fraser (U17W HJ and SP), Trey Corlis (U17M HJ), Ake Akpan (U17M SP), Marcel Baczek (U17M JT) and U15G 4x100m. Trey and Ndidi both set new League bests with Ndidi's 32.69m in the U17 Hammer also a New Club AG record as were the U17W and U15G 4x100m teams performances. Indeed, the U15 Girl's time of 51.23s is a new Overall Club Record.

The U11 Girls won their match with Shiya Daley performing strongly in the sprint and long jump. Grace Wood however showed her versatility running our fastest 75m and 800m. Kingston Bennett was the standout performer for the Boys winning his 3 events and helping the relay team finish 2<sup>nd</sup>. Only 5 U13 Girls were available but Ivy, Nyah, Maya, Lila and Ava still secured 2<sup>nd</sup> place. The U13 Boys 2<sup>nd</sup> place include the usual excellent performances from Gabriel but also worthy of mention was Lincoln's 1.30m in the high jump after running the 1500m. The U15 Girls completed their 4<sup>th</sup> win with Elkie contributing 58 of the teams 209 pts in the throwing events. The U15 Boys also completed another win despite no event wins however there were a host of PBs including all those in the 100m. The U17 Women saw Dee win both Shot and Hammer as well as contribute to the relay in a fantastic all-round performance with the team winning by a considerable margin. The U17 men only comprised 5 with Trey, Milton, Akpan, Artie and Marcel finishing in a close 3<sup>rd</sup> place.

Well done to all the Young Athletes who have competed for the club this season and to Ruth, Mary, Israel, Russell and Rachel for managing the team. Thank you to all the parents and officials for also giving their time to help the Club achieve this stunning achievement."

### Meeting 4# Result

**1st London Heathside 89 pts, 2nd Shaftesbury Barnet Harriers 81 pts**

#### U11 Girls

**1st London Heathside 140 pts, 2nd Shaftesbury Barnet Harriers 99 pts**

#### 75m

Shiya Daley 10.95 A 4th [AAA Grade 4](#)

Eliza Burrige 12.14 B 3rd

Grace Wood 11.88 ns PB

Lucy Poole 12.51 ns PB

Kyla Lockwood 12.76 ns PB

Violetta Galajhi 13.62 ns PB



# London Heathside Young Athletes Club Newsletter

August 2022



## 800m

Grace Wood 3:00.47 A 2nd

Mia Beeby 3:17.15 B 2nd PB

## Long Jump

Shiya Daley 3.50m A 3rd

Eliza Burrridge 2.88m B 3rd

Violetta Galajhi 2.43m ns PB

## Vortex

Mia Beeby 19.90m A 5th

Violetta Galajhi 14.85m B 1st

## 4x100m

2nd London Heathside (Daley, Burrridge, Wood, Galajhi) 65.47

## U11 Boys

**1st London Heathside 137 pts**, 2nd Shaftesbury Barnet Harriers 132 pts

## 75m

Kingston Bennett 10.83 A 1st 🏆 PB by 0.27s

Maddox Agwu 10.66 B 1st PB

Khalil Adams 11.1 ns PB

Jayden Smith 12.17 ns

Elijah Adeoye 12.61 ns

## 800m

Kit Young 3:08.74 A 7th

William Edwards B 3:07.93 B 3rd PB by 12s

## Long Jump

Kingston Bennett 3.86m A 1st 🏆

Khalil Adams 3:04m B 1st PB

Jayden Smith 3.23m ns PB

Elijah Adeoye 2.99m ns PB

## Vortex

Kingston Bennett 33.60m A 1st 🏆

## 4x100m

2nd London Heathside (Bennett, Agwu, Smith, Adams) 59.56

## U13 Girls

**1st Shaftesbury Barnet Harriers 209 pts**, **2nd London Heathside 180 pts**

## 100m

Ivy Paitoo 14.11 A 6th PB by 0.22s AAA Grade 4

Nyah Brown 15.19 B 2nd

Ava Poole 15.30 ns

## 1500m

Maya Westgate 5:41.53 A 2nd

Lila Blustin 5:50.90 B 1st

## High Jump

Nyah Brown 1.25m A 1st 🏆 AAA Grade 4

## Long Jump

Nyah Brown 4.17m A 2nd PB by 10cm AAA Grade 4

## Shot Put

Ivy Paitoo 7.26m A 1st 🏆 AAA Grade 4

Ava Poole 5.39m B 1st

## Javelin

Ivy Paitoo 15.37m A 1st 🏆 PB by 35cm

## Discus

No Competitor

## 4x100m Relay

2nd London Heathside (Paitoo, Brown, Westgate, Poole) 57.92

## U13 Boys

**1st Shaftesbury Barnet Harriers 218 pts**, **2nd London Heathside 182 pts**

## 100m

Gabriel Edwards 13.30 A 3rd AAA Grade 3

Lesham-Tyree Stephens 13.20 B 1st PB by 0.15s AAA Grade 3

Freddie Burrridge 15.03 ns

## 1500m

Rory Willis 5:17.31 A 5th

Lincoln Harrison 5:51.08 B 3rd PB

Pip Young 6:06.74 PB by 16s

## High Jump

Lincoln Harrison 1.30m A 4th PB AAA Grade 4

## Long Jump

Gabriel Edwards 4.71m A 1st 🏆 AAA Grade 2

Freddie Burrridge 3.87m B 2<sup>nd</sup>

## Shot Putt

Roderic Alonso-Pascual 6.45m A 2nd

Freddie Burrridge 5.79m B 1st

## Javelin

Roderic Alonso-Pascual 14.60m A 4th

Isaiah Fadojutimi-Lewis 7.85m B 4th PB

## Discus

No Competitor

## 4x100m

3rd London Heathside (Edwards, Burrridge, Stephens, Willis) 57.47

## U15 Girls

**1st London Heathside 206 pts**, 2nd Harrow. 146 pts

## 100m

Magdeline Paitoo 13.02 A 2nd PB by 0.21s AAA Grade 4

Ella Burrridge 13.12 B 2nd AAA Grade 4

Samiyah Wilson 13.51 ns PB by 0.12s

Casia Langley-Bradshaw 13.75 ns PB by 0.03s

Kyra Smith 13.95 ns PB by 0.27s

## 1500m

No Competitor

## High Jump

Magdeline Paitoo 1.35m A 3rd PB

## Long Jump

Milli Bridgman-Athanasatos 4.48m A 1st 🏆

Ella Burrridge 4.41m B 1st

Kyra Smith 4.03m ns

## Shot Putt

Elkie Baker 7.83m A 3rd

Malia Anderson 7.31m B 1st PB

## Javelin

Elkie Baker 20.66m A 2nd PB by 1.97m

Malia Anderson 16.71m B 1st PB

## Hammer

Elkie Baker 19.14m A 2nd PB

Malia Anderson 15.99m B 2nd PB

## 4x100m

1st London Heathside (Paitoo, Burrridge, Smith, Langley-Bradshaw)

51.23 🏆 New Club Record

## U15 Boys

**1st London Heathside 172 pts**, 2nd Shaftesbury Barnet Harriers 165 pts

## 100m

Sam Brown 12.17 A 5th PB by 0.4s AAA Grade 4

Mikel Alexander 12.48 B 3rd PB AAA Grade 4

Malachi David McKenzie Callum 13.05 ns PB by 0.17s

Jordan Gboho 13.38 ns PB

Tuva Agwu 13.54 ns PB

## 1500m

Alex Pountney 5:03.17 A 4th PB

Sam Turner 5:03.54 B 3rd PB by 3s

## High Jump

Jacques Hofford 1.50m A 3rd PB

Sam Turner 1.35m B 2nd

## Long Jump

Malachi David McKenzie Callum 4.59m A 5th PB by 0.18s

Jordan Gboho 3.99m B 4th

## Shot Putt

William Adjei 10.69m A 2nd PB AAA Grade 4

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

Jordan Gboho 3.99m B 4th PB

*Javelin*

No Competitor

*Hammer*

William Adjei 24.22m A 2nd PB

Xavier Agwu 23.59m ns PB

*4x100m*

4th London Heathside (McKenzie-Callum, Brown, Alexandra, Gboho, Agwu) 47.51s

### U17 Women

**1st London Heathside 205.5 pts**, 2nd Barnet & District 133 pts

*100m*

Imani Quamina 12.97 A 3rd PB by 0.1s **AAA Grade 4**

Alexandra Warner Seaton 13.30 B 3rd PB

Ndidi Stewart Fraser 13.78 ns PB

Renee Jones 14.55 ns PB

*1500m*

Madeleine Delamere 6:39.82 A 4th PB

*High Jump*

Madeleine Delamere 1.35m A 2nd PB

*Long Jump*

Imani Quamina 4.73m A 1st **🏆** PB by 25cm

*Shot Putt*

Ndidi Stewart Fraser 9.44m A 1st **🏆** PB by 1.15m

Alexandra Warner-Seaton 7.45m B 1st PB

*Javelin*

Nelle Baker 5.12m A 4th

*Hammer*

Ndidi Stewart Fraser 32.69m A 1st **🏆** PB by 13.67m New Club Record and League Best **AAA Grade 4**

*4x100m*

3rd London Heathside (Quamina, Warner-Seaton, Fraser, Jones) 53.17

### U17 Men

1st Shaftesbury Barnet Harriers 167 pts, 2nd Highgate 162pts, **3rd**

**London Heathside 155 pts**

*100m*

Trey Corlis 11.54 A 3rd **AAA Grade 4**

Milton Cooper (U15B) 11.84 B 2nd **AAA Grade 2**

Akan Akpan 12.35 ns PB

*1500m*

Artie Feeny-Willings 5:48.09 A 7th

*High Jump*

Trey Corlis 1.77m A 1st **🏆** PB by 17cm New League Best **AAA Grade 4**

Artie Feeny-Willings 1.50m B 2nd PB by 5cm

*Long Jump*

Milton Cooper (U15B) 4.17m A 5th

*Shot Putt*

Akan Akpan 9.84m A 1st **🏆** PB by 9 cm

*Javelin*

Marcel Baczek 36.50m A 1st **🏆**

*Hammer*

No Competitor

*4x100m*

3rd London Heathside (Corlis, Cooper, Brown, Akpan) 47.51

## Meeting Report: - Upper Youth Development League, 4#, Tooting Bec, 7.8.22

Results still awaited

## Up-coming Club Young Athletes Fixtures: -

### 2022 Track and Field Fixtures

This year's outdoor season is now almost over.

13<sup>th</sup>-14<sup>th</sup> August – Southern U13/U15/U17 Championships, Chelmsford (Entries Closed)

27<sup>th</sup>-28<sup>th</sup> August - English U15/U17 Championships, Bedford (Entries Closed)

28<sup>th</sup> August – LICC Open – StoneX

**6<sup>th</sup> September – London Heathside Club Championships – Day 2**

**10<sup>th</sup> September – Inter-counties U15/U17 Championships, Oxford**

**11<sup>th</sup> September – Middlesex Road Relays, Hayes**

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

## Southern Athletics League

SAL

The Clubs Seniors compete in the Southern Athletics League with U17 and U20 athletes able to compete alongside Seniors. The next matches are 13<sup>th</sup> August (Woodford) and 10<sup>th</sup> September (Perivale). However, all events use senior implements and standards so these may not be suitable for all specialist events. U17 or U20's who wish to compete should declare their availability on this [link](#)

## London Heathside Club Championships

LONDON  
HEATHSIDE

# London Heathside Young Athletes Club Newsletter

August 2022



This year's club championships will again be split over two Tuesday Evenings. Day 2 **Tuesday 6<sup>th</sup> September** will feature 200m, 800m, 3000m, 5000m, Javelin, Shot, High Jump. You can enter through the club website entry portal or let your coach know.

## 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, the last meeting will be on Saturday 28<sup>th</sup> August.

## Road Races

The next club road race will be the Middlesex Young Athletes Road Relays on Sunday 11<sup>th</sup> September at Minet Park, Hayes.



## Quadkids

This is the most common 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. Highgate and Shaftesbury also hold regular competitions. The Club will hold a competition in September.



## Upcoming Open Meetings

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

- Wednesday 10<sup>th</sup> August – Watford AC Open, Watford – [www.watfordharriers.org.uk](http://www.watfordharriers.org.uk)
- Sunday 14<sup>th</sup> August – Newham and Essex Beagles Open, Stratford - [www.opentrack.run](http://www.opentrack.run)
- Wednesday 17<sup>th</sup> August – Lee Valley Sprints Night 100m/200m, Lee Valley – [www.opentrack.run](http://www.opentrack.run)
- Sunday 28<sup>th</sup> August - London Inter Club Challenge, StoneX – [www.entry4sport.com](http://www.entry4sport.com)
- Monday 29<sup>th</sup> August - Be-Fit Academy Open, Dagenham – [www.opentrack.run](http://www.opentrack.run)
- Wednesday 31<sup>st</sup> August – Lee Valley Sprints Night 100m, Lee Valley – [www.opentrack.run](http://www.opentrack.run)

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

## 2022-2023 Winter Season

The fixture list for the new season is beginning to take shape with the following dates confirmed: -

- 11.9.22 – Middlesex Road Relays – Hayes
- 24.9.22 – SEAA 6/4/3 Road Relays – Crystal Palace
- 15.10.22 – **Met League 1#** - Claybury
- 22.10.22 – Southern XC Relays – Wormwood Scrubs
- 12.11.22 – **Met League 2#** - Wormwood Scrubs
- 19.11.22 – London Youth Games XC – Parliament Hill
- 3.12.22 – **Met League 3#** - Uxbridge
- 7.1.23 – Middlesex County Championships – Parliament Hill
- 14.1.23 – **Met League 4#** - Welwyn
- 28.1.23 – Southern XC Championships – Beckenham Park
- 11.2.23 – **Met League 5#** - Trent Park
- 6.3.23 – National XC Championships – tbc, Yorkshire

The NWLL XC League have yet to publish their fixtures.

# London Heathside Young Athletes Club Newsletter

August 2022



## Jack Petchey Award

Thomas Wasserman won the award for May and Gabriel Edwards for June. The next nominations are for September.



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