

Contents

Congratulations
Meeting Report – MYAL 4#
Meeting Report – UYDL 4#
Up-Coming Club Young Athletes Fixtures

2023 Summer Fixtures
2023/24 Winter Fixtures
Jack Petchey Award

Congratulations

Congratulations to Trey who represented England Schools at the SIAB International; meeting in Grangemouth. Trey finished his 100m Hurdles race in 2nd place.

Rory Willis and Gabriel Edwards both represented Middlesex at the Derek Crookes U13 Inter-counties match. Gabriel's 11.54s in the 75mH was a new club record and 9th best ALL Time by an U13.

Well done to Gabriel Edwards (U13B LJ), Elkie Baker (U15G DT), Boys U15B 4x100m team, Dylan Mills (U15B Mile), George Saint (U17M Mile) and Malia Anderson (U15G HT).



Meeting Report:- MYAL Meeting 4, StoneX, 22nd July

The clubs young athletes completed their season at a wet and windy StoneX Stadium on Saturday. Despite the school holidays most clubs had a great turnout and it was a pity that the weather was more suitable for Cross Country rather than athletics with the new stand making an excellent backdrop for the events on the track.

For the 4th time the club finished 2nd and secured 2nd place overall to what has been a dominant performance by Shaftesbury Barnet Harriers who secured the MYAL title for the first time. We won the U15 Boys age group although there were 2nd places for the U13 Girls and U17 Women.

Of the many great Heathside performances on the day were event wins for Rhoswen Keeping (U13G Discus), Elkie Baker (U17 W Hammer, Shot Putt), Gabriel Edwards (U13B 75mH, Long Jump), Dylan Mills (U15B 1500m), Malakai David McKenzie Callum (U15B 80mH), Trey Corlis (U17M High Jump). Gabriel Edwards set a new PB and New Club Record of 5.11m a 36cm increase on Etienne Munday's previous record. This was also a Championship Best performance. The U15 Boys relay team of Malakai, Dylan, Tristian and Hayden also broke the club 4x100m record. Malia Anderson also added 25cm to her U15G Hammer record.

Well done to everyone who has competed this year, the team managers, officials and parents for helping out. we look forward to next years competition.

Results

Match: 1st SBH 92 pts, 2nd London Heathside 74 pts, 3rd Harrow 66 pts

U11 Girls

150m

Emilie-Rose Boivin Emina 24.88 A 4th

Lulu Gotch 26.42 B 3rd

Ho-Pui Kan 31.35 ns

Teleema Williams 25.7 ns

Andle Lawrence 27.3 ns

Phoebe Lacey 26.8 ns

800m

Phoebe Lacey 3:24.14 A 6th

4x100m

5th London Heathside 70.60

Long Jump

Emile-Rose Boivin-Emina 3.09m A 3rd Lulu Gotch 2.85m B 3rd

Angel Lawrence 2.01m ns

Teleema Williams 2.86m ns

Vortex

Lulu Gotch 12.75m A 4th

Ho-Pui Kan 10.43m ns

Emile-Rose Boivin-Emina 10.15m B 5th

Team:- 1st SBH 143 pts, 5th London Heathside 83 pts

U11 Boys

50m

Amani Powell 26.07 A 7th

Alexander Panchel 25.64 B 7th

Noah Purcell Chandler 24.76 ns

Kaeden Emmanuel 25.05 ns

Michael Schofield 28.32 ns

London Heathside Young Athletes Club Newsletter

August 2023



Ace White-Jackman 25.88 ns
800m
Alexander Panchel 2:45.18 A 3rd
Kit Young 2:48.49 B 2nd
Noah Purcell Chandler 3:04.79 ns
William Edwards 3:05.79 ns
4x100m
3rd London Heathside 66.38
Long Jump
Amani Powell 3.10m A 7th
William Edwards 3.02m B 3rd
Vortex
William Edwards 24.90m A 4th
Kaeden Emmanuel 21.45m ns
Michael Scofield 17.00m B 6th
Team 1st SBH 129 pts, 3rd London Heathside 79 pts
U13 Girls
200m
Myla Miller 29.57 A 3rd
Zariya Harrison Souza 29.45 B 1st
Eliza Burrige 32.13 ns
Vera Vazquez 32.35 ns
Amani Ali 36.55 ns
1500m
Reka Szentes 5:57.21 A 5th
Vera Vazquez 6:32.60 B 3rd
70mH
Matilda Barrand 12.52 A 2nd
Rhoswen Keeping 14.03 B 2nd
Eliza Burrige 14.06 ns
4x100m
4th London Heathside 62.36
High Jump
Ailun Pan 1.10m A 6th
Long Jump
Zariya Harrison-Souza 3.44m A 6th
Eliza Burrige 3.40m B 2nd
Kriya Krishnan 3.02m ns
Shot Putt
Matilda Barrand 6.78m A 2nd
Rhoswen Keeping 6.41m B 1st
Javelin
Vera Vazquez 9.87m ns
Amani Ali 8.75m A 5th
Kriya Krishnan 7.52m B 2nd
Discus
Rhoswen Keeping 14.24m A 1st
Matilda Barrand 12.91m B 1st
Team:- 1st SBH 192 pts, 2nd London Heathside 176 pts
U13 Boys
200m
Gabriel Edwards 25.74 A 2nd
Zackariya Yahya 29.66 B 2nd
1500m
Rory Willis 5:08.97 A 4th
Pliver Baldry 5:21.47 ns
Pip Young 6:08.22 B 4th
75mH
Gabriel Edwards 12.31 A 1st
4x100m
DQ London Heathside
High Jump
No Competitor
Long Jump
Gabriel Edwards 5.11m A 1st PB New Club Record by 36cm BP
Kenzo Marley Tyrell 4.10m B 1st
Shot Putt
Zackariya Yahya 4.99m A 4th
Javelin
No Competitor
Discus

No Competitor
Team 1st SBH 159 pts, 4th London Heathside 101 pts
U15 Girls
200m
Kyra Smith 29.49 A 6th
Lana Laurence 29.82 B 4th
Blessing Lawu 29.30 ns
Matilda Lachmann 31.47 ns
Claris Lawrence 29.64 ns
Chilesche Gotch 32.74 ns
1500m
Rosa Cormacain 5:13.4 A 3rd
Margot Hunt 5:32.6 B 1st
Maya Westgate 5:45.0 ns
Jessica Lappin 5:51.8 ns
75mH
Tara Sweetnam 12.50 A 3rd
Kyra Smith 12.75 B 1st
4x100m
4th London Heathside 57.8
High Jump
Lana Laurence 1.30m A 6th
Matilda Lachmann 1.15m ns
Chileshe Gotch 1.10m B 3rd
Long Jump
No Competitor
Shot Putt
Malia Anderson 8.34m A 4th
Blessing Lawu 5.72m B 1st
Vanessa Ekhatore 4.85m ns
Sharon Egwuekwe 4.52m ns
Javelin
Malia Anderson 12.85m A 5th
Hammer
Malia Anderson 26.46m A 4th
Vanessa Ekhatore 15.09m B 2nd
Blessing Lawu 14.85m ns
Sharon Egwuekwe 12.35m ns
Team 1st ESM 155 pts, 3rd London Heathside 145 pts
U15 Boys
200m
Malakai David McKenzie Callum 25.18 A 6th
Tristian Willhoft King 25.91 B 2nd
Hayden Jack Galbally 26.18 ns
Henry Munday 28.51 ns
1500m
Dylan Mills 4:38.8 A 1st
Phoenix Benhote 4:52.1 B 1st
Will Groshong 5:13.6 ns
80mH
Malakai David McKenzie Callum 11.96 A 1st
Tristian Willhoft King 13.13 B 1st
Patrick Coley 15.12 ns
4x100m
2nd London Heathside(MDMC, Willhoft-King, Mills, Gilbody)
50.3 PB NCR
High Jump
Cruz Musongo 1.70m A 3rd PB
Tristian Willhoft-King 1.55m B 1st
Long Jump
Hayden Jack Galbally 4.91m A 2nd
Malakai David McKenzie Callum 4.83m B 1st
Henry Munday 3.67m ns
Shot Putt
Patrick Coley 9.79m A 2nd
Hayden Jack Galbally 7.42m B 2nd
Roderic Alonso Pascual 6.46m ns
Javelin
Roderic Alonso Pascual 15.50m A 6th
Hammer
No Competitor

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

Team 1st London Heathside 174 pts
U17 Women
200m
Imani Quamina 27.71 A 6th
Asia Emanuel 29.62 B 6th
Nanayaa Osei-Mensah 29.34 ns
1500m
Amy Kirk (U15G) 4:56.9 A 2nd
Kiara Corkin (U15G) 5:10.4 B 1st
4x100m
4th London Heathside 54.6
High Jump
Imani Quamina 1.35m A 2nd
Long Jump
Imani Quamina 4.59m A 3rd
No Name 3.82m B 4th
Shot Putt
Elkie Baker (U15G) 7.96m A 1st
Javelin
Elkie Baker (U15G) 17.27m A 3rd
Hammer
Elkie Baker 22.20m (U15G) A 1st

Team 1st SBH 184 pts, 2nd London Heathside 145 pts
U17 Men
200m
Trey Corlis 23.10 A 3rd
Sam Brown 23.65 B 3rd
Miles Cameron 24.33 ns
1500m
David Baah-Okyere 4:29.3 A 3rd
4x100m
3rd London Heathside 46.9
High Jump
Trey Corlis 1.76m A 1st
Long Jump
No Competitor
Shot Putt
Montana Dennis 9.75m A 3rd
Sam Brown 7.44m B 2nd
Javelin
No Competitor
Hammer
No Competitor
Team 1st SBH 154 pts, 3rd London Heathside 96 pts

Meeting Report:- UYDL 4# - Elmbridge Xcel Sports Hub, Walton - Sunday 30th July 2023

The last Club youth fixture took place on Sunday with 3 Heathsiders trekking to Walton on the SW fringe of London to compete. Bizarrely even with 4 athletes until the afternoon the team were not last with low numbers from other clubs especially odd as Kingston and Guildford are only 30 minutes from the track.

Trey one both 100m and 200m with Marcel winning the U20M Javelin in windy conditions. Ella Burr ridge returned from injury to finish 2nd in both 100m and long jump.

So ends our 2nd season back in the UYDL. However if we are to continue participating we really need more U17s to give this league a try with a full range of events this should be a step up from the MYAL especially for endurance runners.

Results

U20M
Javelin (800g)
Marcel Baczek (U20M) 35.58m A

U17M
100m
Trey Corlis (U17M) 11.00s A 1st

200m
Trey Corlis (U17M) 23.10s A 1st

U17W
100m
Ella Burr ridge (U17W) 13.20s A 2nd

Long Jump
Ella Burr ridge (U17W) 4.59m A 2nd

Team:- 1st Stevenage & North Herts AC/HAWCS 347 pts, 6th Highgate Heathside 90 pts

Up-coming Club Young Athletes Fixtures: -

Southern U13, U15 & U17 Track and Field Championships, Lee Valley, 12-13th August

These will be held at Lee Valley over the weekend of the 12th-13th August. Entries closed on 1st August. Details available through www.seaa.org.uk.

Links can be found here:- [U13 Entry](#) and [U15 and U17 Entry](#)

EA U15, U17 National Track and Field Championships, Alexander Stadium, Birmingham, 26-27th August

You will need to have achieved a qualification standard similar to the schools championships see table.

To enter these championships which will be held in the Alexander Stadium, Birmingham. Entries are now open on www.roster.com

If you have the qualification standard and want to compete please let your coach know as the club will pay your entry cost.

	U17M	U15B	U17W	U15G
100m	11.30s	11.80s	12.70s	12.90s
200m	23.00s	24.30s	26.30s	26.60s
300/400m	52.00s	40.00s	42.00s	42.50s
800m	2m00s	2m09s	2m18s	2m21s
1500m	4m12s	4m30s	4m45s	4m50s
3000m	9m00s	9m55s	10m30s	10m40s
SpHur	14.60s	12.50s	12.20s	12.00s
3/400mH	61.00s	n/a	48.00s	n/a
S/Chase	4m50s	n/a	5m45s	n/a
3k Walk	17m00s	18m00s	18m00s	19m00s
HJ	1.86m	1.69m	1.63m	1.57m
LJ	6.40m	5.70m	5.40m	5.10m
TJ	12.70m	11.30m	10.80m	10.00m
PV	3.70m	2.90m	3.10m	2.50m
SP	13.00m	11.90m	12.20m	10.60m
DT	40.00m	33.00m	33.00m	27.00m
HT	44.00m	32.00m	43.00m	33.00m
JT	50.00m	41.00m	38.00m	33.00m

UK Rankings (Top 50) (as at 28.7.23)

Top 1-10

- 1st Elkie Baker (U15G Discus)
- 2nd Gabriel Edwards (U13B 75mH)
- 3rd Trey Corlis (U17M 100mH)
- 5th Gabriel Edwards (U13B Long Jump)
- 7th Suraya Frost (U15G 75mH)
- 7th Malakai McKenzie Callum (U15B 80mH)

Top 11-20

- 13th Tristian Willhoft King (U15B High Jump)
- 13th Gabriel Edwards (U13B 200m)
- 14th Sam Brown (U17M 400m)
- 14th Dylan Mills (U15B Mile)
- 16th Gabriel Edwards (U13B 100m)
- 19th Magdeline Paitoo (U17W 300m)

New MYAL Championship Bests

- Suraya Frost U15G 75mH 11.46s
- Gabriel Edwards U13B 75mH 11.82s
- Gabriel Edwards U13B Long Jump 5.11m

Top 21-30

- 21st Koppány Szentes (U15B 3000m)
- 22nd George Saint (U17M Mile)
- 24th Koppány Szentes (U15B Mile)
- 30th Montana Dennis (U17M 100mH)

Top 31-40

- 37th Malakai McKenzie Callum (U15B Pentathlon)
- 40th Thomas Wassermann (U17M 100mH)

Top 41-50

- 46th Thomas Wassermann (U17M Hammer)
- 46th Ella Burridge (U17W 300mH)
- 47th Trey Corlis (U17M 100m)
- 48th Milli Bridgman-Athanasatos (U15G Triple Jump)
- 49th Imani Quamina (U17W 80mH)

2023 Summer Fixture List

The Fixture List for the Summer is as follows: -

- 12.8.23 – LICC 4# - StoneX
- 12.8.23 – Southern T&F Championships (U13/U15/U17) – Lee Valley
- 13.8.23 – Southern T& F Championships (U13/U15/U17) – Lee Valley
- 19.8.23 – SAL 4# - Thurrock (U17/U20/Sen)**
- 26.8.23 – EA T&F Championships (U15/U17) – Alexander Stadium, Birmingham
- 27.8.23 – EA T&F Championships (U15/U17) – Alexander Stadium, Birmingham
- 27.8.23 – LICC 4# - StoneX
- 10.9.23 – SEAA Inter-Counties U15/U16 Championships – Oxford
- 12.9.23 – Club Championships Part 2, Finsbury Park

Southern Athletics League

The Club's 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. The remaining fixtures this season are on 9th July, 12th August and 27th August. Entries can be made using www.entry4sport.co.uk

Open Meetings

There are regular open meetings held at Lee Valley, Watford and other tracks in reasonable distance from Finsbury Park. Entries can generally be found on the www.opentrack.run, www.entry4sports.co.uk or www.roster.com websites.

Winter 2023/24 Fixture List

The Draft Fixture List for the Winter is as follows: -

- 10/9/23 – Middlesex Road Relays, Minet Centre Hayes
- 23/9/23 – SEAA 3/4/6 Road Relays, Aldershot
- 30/9/23 – NWLL – Berkeley Playing Fields, Greenford
- 14/10/23 – Met League - Claybury Park
- 22/10/23 – SEAA XC Relays, Wormwood Scrubs
- 11/11/23 – Met League, Wormwood Scrubs
- 18/11/23 – LYG XC, Parliament Hill
- 2/12/23 – Met League, Uxbridge
- 6/1/23 – Middlesex County XC, Horsenden Hill
- 13/1/23 – Met League, Welwyn Garden City
- 27/1/23 – SEAA Championships, Beckenham
- 10/2/23 – Met League, Trent Park
- Tbc – ECCA National XC Championships

Jack Petchey Award

The awards recommence in September



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

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