

Contents

Congratulations
Winter Training
Training over Christmas
Meeting Report – Met League 2#
Meeting Report – NWLL 3#
Meeting Report – Minithon
YA XC Points Competiton

Up-Coming Club Young Athletes Fixtures
2022-2023 Winter Season
Championships
Indoor Season 2022/23
Lee Valley Minithon
Jack Petchey Award

Congratulations

Congratulations to all the Heathsidiers who took part in the LYG Cross Country. Well done to Gabriel Edwards who set new indoor Club Records in the U13B 200m and 60mH. His 60mH time of 9.64 was the 5th fastest all time in the UK in his age group.

Well done to Dylan Mills who won the Jack Petchey award for October.



Winter Training

A reminder that all athletes need to come prepared to training for cold weather including gloves or hat if possible. Those likely to run outside the track or on the roads should try to have some reflective clothing although the club can provide if necessary.

Please do not come to training if you are injured or feeling under the weather the coaches would far prefer athletes recuperated and came back to training fully fit and able to take part properly.

Training over Christmas

The last general Young Athletes training session at Finsbury Park will be Sunday 18th December comprising a Fun Run at 10.00am. Training will recommence on Tuesday 10th January 2023. Other specific Coaching Groups may still have sessions so please check with your coach

Meeting Report:- Met League 2#, Wormwood Scrubs, 12.11.22

The sun does actually shine at Wormwood Scrubs as unseasonably warm weather treated the runners for the 2nd Met League race of the season and the 4th consecutive weekend of racing (with 3 more before the Christmas break). For the first time this season we put out full teams in all age groups and were rewarded with victory for the Junior Women, 2nd for Junior Men and 3rd for the U13 Girls. Individually Hattie ran another composed race to finish 3rd with Amy Kirk the 3rd U15G.

In the U11's Edith Deakin was again our first Girl home finishing 7th with debuts from Verity Mitchell and Thalia Roberts seeing the team finish 4th place. In the Boys race Jacob Purcell was first home ahead of Alex Rankin who for the first time this season wasn't our leading runner. Ben Wheelen made his debut as the team finished in 8th place.

The U13 Girls had 9 runners with Rosa Cormacaon our first home in 13th place followed by Maya Westgate, Kitty Kelsall and Margot Hunt to secure our team 3rd place. Kiara Pegor made her club XC debut. The boys were missing some of their stronger runners but were led home by Charlie Nicolson in 15th. Mikado Wahid, Pip Young and Jude Hampton Phillips made up the team.

The Junior races saw a good turnout for the men with David Baah-Okyere in his first race of the season finishing 6th. George Saint was next in 15th and Alex Smith 17th with Sam Turner (U15B) ensuring the team finished 2nd. The race also saw debuts from Phoenix Bonhote and Nathaniel Swinhoe. A young Junior Womens team produced a great performance to win the race with Hattie Munday our only U17 running a fantastic race to finish 3rd followed by Amy Kirk in 8th and 3rd U15 Girl, only 12 s back was Kiara Corkin finishing 11th and with Lettice Grundy crossing the line in 19th the win was ours.

The great performances especially by the girls has moved us to 3rd place overall in the Howard Williams Trophy.

Thanks as always to Team Managers Ruth and Russell as well as the athletes and their parents for supporting them on the day. The races come thick and fast with athletes running for their Borough next Saturday before club races at Trent Park and Uxbridge.

Results:-

U11 Boys (1,800m, 46 runners):- 1st L DaSilva (TVH) 6:17, 20th Jacob Purcell (9th U10) 7:05, 36th Alexander Rankin 7:34, 46th No 11446, 47th Zak Wahid 8:15, 52nd Laurie Wotton 8:39. Team:- 1st SBH 204pts, 8th London Heathside 75 pts, 19th London Heathside B 4 pts
Overall:- 1st SBH 360 pts, 6th London Heathside 164 pts

U11 Girls (1,800m, 41 Runners):- 1st V Muraidhar (ESM) 6:38, 7th No 1445, 19th Verity Mitchell 8:01, 22nd Willow Lazar 8:10, 26th Thalia Roberts 8:25, Team 1st ESM 105 pts, 4th London Heathside 74 pts
Overall:- 1st WG&EL 214 pts, 7th London Heathside 110 pts

U13 Boys (2,800m, 48 runners):- 1st J Branch (Herts P) 10:25, 15th Charlie Nicolson 11:34, 38th Mikail Wahid 12:36, 50th Pip Young 13:55, 53rd Jude Hampton Phillips 14:12 Team 1st Herts P 208 pts, 10th London Heathside 88 pts
Overall:- 1st SBH 354 pts, 8th London Heathside 184 pts

U13 Girls (2,800m 44 Runners):- 1st A Johnson (ESM) 11:29, 13th Rosa Cormacain 12:43, 15th Maya Westgate 13:02, 17th Kitty Kelsall 13:05, 18th Margot Hunt 13:07, 22nd Lila Blustin 13:55, 27th Kiara Pegor 14:06, 31st Nayah Brown 14:19, 35th Charlotte Beale 14:30, 38th Lucy Ryan 14:47 Team:- ESM 127 pts, 3rd London Heathside 117 pts, 8th London Heathside B 65 pts
Overall:- 1st Trent Park 272 pts, 3rd London Heathside 257 pts, 9th London Heathside B 130 pts

Junior Men (3,800m, 74 Runners):- 1st D Turk (SMR) 12:34, 6th David Baah-Okyere 13:23, 15th George Saint 13:43, 17th Alex Smith 13:44, 23rd Sam Turner 14:01 (8th U15B), 27th Gregory Berrisford Sweet 14:07, 34th Eric Beale 14:37 (12th U15B), 44th Ben Ryan 15:03 (19th U15B), 49th Luca Rozzo 15:10 (23rd U15B), 55th Phoenix Bonhote 15:21, 57th Frank Bailey 15:27 (27th U15B), 59th Nathaniel Swinhoe 15:39, 61st Artie Feeny Willings 15:54, 70th Archie Evans 17:27, Team:- 1st SMR 257 pts, 2nd London Heathside 239 pts, 10th London Heathside B 146 pts, 16th London Heathside C 68 pts
Overall:- 1st SMR 484 pts, 3rd London Heathside 464 pts

Junior Women (3,800m, 64 Runners):- 1st K Shaw (HertsP) 14:22 (1st U15G), 3rd Hattie Munday 14:38, 8th Amy Kirk 15:10 (3rd U15G), 11th Kiara Corkin 15:22 (5th U15G), 19th Lettice Gundry 16:00 (9th U15G), 26th Ishanna Cannell 16:31 (15th U15G), 42nd Ivy Gray 17:21 (27th U15G), 53rd Alice Waites 18:37 (36th U15G), 57th Jessica Lappin 19:05 (39th U15G). Team:- 1st London Heathside 219 pts, 2nd Herts P 207 pts
Overall:- 1st London Heathside 379 pts, 2nd WG&EL 366 pts

Meeting Report: NWLYA League, Meeting 3, Trent Park 26.11.22

A depleted young team took part in the latest match of the NWLL which also counts towards the Chingford League, The U17 men and U11 Boys were the only full teams. George Saint in 7th place led the U17 Men to a 3rd place finish. The U11 Girls also finished 3rd with Edith Deakin, who has run all the races this year finishing 5th. Another ever present Rosa Cormacan was 7th in the U13 Girls race where the team also finished 3rd. Rory Willis was our only U13 Boy and Ishanna Cannell and Lettice Grundy made up the U15 Grils team.

Result:-

U11 Girls (2000m, 46 runners):- 1st E Prince (WG&EL) 7.44, 5th Edith Deakin 8.24, 13th Imogen Wraigh 8.46, 14th A Pan 6.46
Team:- 1st SBH (2,7,8,11) 28 pts, 3rd London Heathside (3,9,10,x) 45 pts

U11 Boys (2000m, 54 runners):- 1st D Pascal 7.21, 17th Seb McNeely 8.02, 18th Alex Rankin 8.02, 35th Z Wahid 8:52, 45th W Edwards 9.11
Team: 1st SBH (1,2,7,8) 18 pts, 6th London Heathside (14,15,26,32) 86 pts

U13 Girls (3,000m, 38 runners):- 1st J March (Barnet) 11.12, 7th Rosa Cormacan 12.31, 11th Lila Blustin 12.45, 17th Georgia Pegoraro 13.39
Team:- 1st Trent Park (3,5,16,17) 41 pts, 3rd London Heathside (7,10,14,x) 69 pts

U13 Boys (3000m, 38 runners):- 1st O McDonald (Dacorum) 10.32, 17th Rory Willis 12.01
Team:- 1st Trent Park (4,9,11,16) 40pts, 8th London Heathside (12,x,x,x) 84 pts

U15 Girls (4000m, 27 runners):- 1st M Rosen (Barnet) 15.32, 6th Ishanna Cannell 16.54, 7th Lettice Gundry 17.01
Team:- 1st Highgate (3,4,x,x) 63 pts, 4th London Heathside (6,7,x,x) 69 pts

U15 Boys (4000m, 37 runners):- 1st L Moore (TVH) 14.46 16th Ben Ryan 15.56, 33rd M David 18.41
Team:- 1st TVH (1,3,16,17) 37 pts, 9th London Heathside (13,x,x,x) 93 pts

U17 Women (5000m, 15 runners):- 1st I Frost (Dacorum) 20.19, 5th Milly Watkins 23.32
Team:- 1st Barnet (2,4,11,x) 28 pts, 4th London Heathside (5,x,x,x) 41 pts

U17 Men (5000m, 26 runners):- 1st M Cattini (Harrow) 17.26, 7th George Saint 19.08, 8th Alex Smith 19.11, 22nd Artie Feeny Willings 22.34, 24th Archie Evans 23.55
Team:- 1st Highgate (2,3,10,x) 36 pts, 3rd London Heathside (6,7,17,19) 49 pts

Meeting Report: Minithon, Lee Valley 30.10.22

The results were delayed but the Lee Valley Minithon saw a number of the youngest Heathsidiers compete with Kingston Bennett the fastest U11B in the 60m while Maddox Ageu was the fastest U11B in the 200m. Plaudits however should go to Gabriel Edwards who set a new UK leading time and club record for an U13B in the 60m Hurdles his time of 9.64 was a PB by 0.71s and the fifth fastest UK all time by a U13B.. His 200m time was also a new club U13B record.

60m

Gabriel Edwards (U13B) 8.27 (4th fastest U13B)
Kingston Bennett (U11B) 8.80 PB (1st fastest U11B)
Maddox Ageu (U11B) 8.81 PB (2nd fastest U11B)
Eliza BurrIDGE (U13G) 9.72
Amber Littlewood (U11G) 9.85 PB
Noah Purcell-Chandler (U11B) 10.73
Casper Gain-Merdassi (U11B) 10.82

600m

Maddox Agwu (U11B) 2:06.0 PB
Noah Purcell-Chandler (U11B) 2:25.8 PB

60mH

Gabriel Edwards (U13B) 9.64 PB by 0.71s New U13B Club Record and fastest by U13B in UK this year and 5th fastest U13B 60mH of all time
Eliza BurrIDGE (U13G) 12.63 PB

200m

Gabriel Edwards (U13B) 26.5 (1st fastest U13B) New U13B Club Record
Maddox Agwu (U11B) 30.6 PB (1st fastest U11B)
Kingston Bennett (U11B) 31.2 PB (2nd fastest U11B)
Amber Littlewood (U11G) 33.0 PB (1st fastest U11G)
Eliza BurrIDGE (U13G) 33.2
Noah Purcell-Chandler (U11B) 38.8 PB

Long Jump

Kingston Bennett (U11B) 3.88m (1st U11B)
Casper Gain-Merdassi (U11B) 2.56m

Shot Putt (2 Kg)

Casper Gain-Merdassi (U11B) 4.89m (2nd U11B)

YA XC Points Competition 2022/23

After 5 races the current pints competition standings are as follows:-

U11 Girls:- 1st Edith Deakin 32 pts, 2nd Imogen Wraight 21 pts, 3rd Willow Lazar 12 pts, 4th Verity Mitchel Mitchell 7 pts, 5th A Pan 6 pts, 6th Mia Beeby/Thalia Roberts 5 pts

U11 Boys:- 1st Alex Rankin 38 pts, Seb McNeely/William Edwards 22 pts, 4th Zak Wahid 15 pts, 5th Jacob Purcell 14 pts, 6th Kit Young 13 pts, 7th Laurie Wotton 9 pts, 8th Ben Wheelen 5 pts

U13 Girls:- 1st Lila Blustin 25 pts, 2nd Rosa Cormacaon 24 pts, 3rd C Pegoraro 13 pts, 4th Maya Westgate 11 pts, 5th Margot Hunt 10 pts, 6th M Michaelides 8 pts, 7th Caitlin Roberts 7 pts, 8th R Monteiro, Kitty Kelsall 6 pts, 11th Jasmina Roberts/Charlotte Beale/Kiara Pegor 3 pts, 13th Lucy Ryan/Nyah Brown 2 pts

U13 Boys:- 1st Pip Young 20 pts, 2nd Rory Willis/Charlie Nicolson 16 pts, 4th Jude Hampton-Phillips 15 pts, 5th Mikail Wahid 12 pts, 6th Alex Kirk/Lee Harrison 7pts, 8th Charlie Roberts 6 pts, 9th Connor Roberts 4 pts

U15 Girls:- 1st Ishanna Cannell 28 pts, 2nd Lettice Gundry 27 pts, 3rd Amy Kirk 16 pts, 4th Kiara Corkin 15 pts, 5th Ivy Gray 4 pts, 6th Alice Waites 3 pts, 7th Jessica Lappin 2 pts

U15 Boys:- 1st Ben Ryan 33 pts, 2nd Sam Turner 24 pts, 3rd Eric Beale 14 pts, 4th Dylan Mills 8 pts, 5th Koppany Szentes/M David 7pts, 7th Luca Rozzo 5 pts, 8th Frank Bailey 4 pts

U17 Women:- 1st Hattie Munday 32 pts, 2nd Milly Watkins 15 pts

U17 Men:- 1st George Saint 38 pts, 2nd Alex Smith 25 pts, 3rd Artie Feeny Willings 23 pts, 4th Amarin Preka 13 pts, 5th Gegory Berrisford Sweet 11 pts, 6th Frederick Beale/David Baah-Okyere 8 pts, 8th Archie Evans 6 pts, 9th Phoenix Bonhote 4 pts, 10th Nathaniel Swinhoe 3 pts

Well done to Edith Deakin, Ben Ryan and George Saint who have run all 5 races this season.

Up-coming Club Young Athletes Fixtures: -

Upcoming Races:-

Met League 3#, Uxbridge, 3.12.22

Venue:- Hillingdon Athletic Stadium, Gattling Way, Uxbridge, UB8 1ES

Race Location:- Race Headquarters: Hillingdon Athletics Stadium, Gattling Way, Uxbridge UB8 1ES. Nearest station is Uxbridge Underground Station (Metropolitan & Piccadilly Lines)

The race start is just under a mile walk from Uxbridge Underground Station (directions). There is a 2 minute walk from race HQ to the start (see the course map). 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.

The Course:- Parkland setting, undulating course, with one steep climb per large lap, on grass and woodland paths. Option of small river crossing if conditions on the day allow.

Timetable:

- 12.00pm Under 11 Boys 2km No River Crossing
- 12.05pm Under 11 Girls 2km No River Crossing
- 12.15pm Under 13 Boys 3km No River Crossing
- 12.30pm Under 13 Girls 3km No River Crossing
- 12.45pm Under 17 Men/Under 15 Boys 4km No River Crossing
- 1.00pm Under 17 Women/Under 15 Girls 4km No River Crossing



Car Parking:- There is very limited parking available with 50 spaces by the running track. Do not park in the leisure centre car park or streets to the west. Best is either to the north of the A40 and walk across the pedestrian bridge or around Hillingdon Tube Station.

2022-2023 Winter Season

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

- 3.12.22 – **Met League 3#** - Uxbridge
- 9.12.22 – Haringey XC Championships, New River
- 10.12.22 – SEAA Intercounties XC – Oxford (Closed)
- 14.1.23 – **Met League 4#** - Welwyn
- 21.1.23 – Middlesex County Championships – Parliament Hill
- 26.1.23 – Middlesex Schools XC Championships – Harrow School (Closed)
- 28.1.23 – Southern XC Championships – Beckenham Park
- 1.2.23 – London Schools XC Championships, Wormwood Scrubs
- 4.2.23 – **NWLL 4#** - Hampstead Heath Extension
- 4.2.23 – **Chingford League** – Road – Victoria Park
- 11.2.23 – **Met League 5#** - Trent Park
- 25.2.23 – National XC Championships – Bolesworth Castle, Cheshire
- 4.3.23 – **NWLL 5#** - Harrow School
- 11.3.23 – Inter-Counties Cross Country Championships, Loughborough (Closed)
- 14.3.23 – London Schools Yr 7&8 Championships, Avery Hill
- 18.3.23 – ESSA National Cross Country Championships – Wollaton Park, Nottingham (Closed)

Championship Cross Country Races

Entries for the Championship XC races will open soon. If you want to be considered for the Club teams at the Middlesex County, Southern and National XC Championships. Entries need to be submitted at the end of this year or early next year which the club will pay on the athlete's behalf.

The Nationals are to be held in Cheshire next year and with Young Athlete races starting at 11.00am the club are considering arranging an overnight stay for runners beforehand. These races should be the goal of every young endurance runner.

Please let your coach or Ruth Miller know asap if you want to run in these races especially the National Championships.

Indoor Competitions

There are a number of indoor competitions this winter held at Lee Valley (unless stated), entry details on [Opentrack](#):-

- December Open – Sunday 4th December 2022
- Lee Valley New Years Open – Sunday 2nd January 2023
- BeFit Open – Saturday 8th January 2023
- Southern Indoor Championships – Saturday 14th January- Sunday 15th January 2022
- London Indoor Games (U13/U15/U17) – Saturday 28th-Sunday 29th January 2023
- AYO Falola Dream Mile – Wednesday 8th February 2023
- EA Indoor Championships (U15/U17/U20) – Saturday 11th February- Sunday 12th February (Sheffield)
- Lee Valley Middle Distance Open – Wednesday 15th February 2023
- Tri-Counties Championships – Saturday 18th – Sunday 19th March 2023

Lee Valley Minithon

For younger athletes in school years 7 and under Lee Valley will be holding 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 £20 to enter. Mary will be there to support any athletes competing.

Saturday 10th December 2022 – [Bookings Open](#)

Jack Petchey Award

The winner for October was Dylan Mills for his general improvement and win in the NWLL at s to his 800m time and dedication turning out to run for the club.



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