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Congratulations

Congratulations to Rory Willis for his 1st place in the U13 Boys Met League race at Uxbridge. Well done to Amara Shankardas, Millie and Issy Watkins who helped their school secure 3rd place in the ESAA Cross Country Cup.

New indoor club records were set this month by Sam Brown (U17M 300m 37.00s), Trey Corlis (U20M 60mH 8.39s) and Ivy Paitoo (U15G SP 8.78m).

Commiserations to all the Young Heathsiders picked to represent Middlesex in the cancelled Southern Inter-counties race in Oxford.

The Club Officials and Coaches thank you all for your hard work this year and wish you all Seasons Greetings and hope 2024 is as equally successful as 2023.



Christmas Training

General Young Athletes training will recommence on Tuesday 9th January. Other groups should check any arrangements over the Christmas Holidays with their respective coaches.

Meeting Report: - Met League 3# - Uxbridge 3.12.23

The cold weather did not put off a good showing by the clubs young athletes on Saturday. With wins for the Junior Women and individual win for Rory Willis in the U13 Boys. The U11 Girls were 2nd while the Junior Men and U13 Boys were both 5th. The Junior Women's win, anchored by Amy Kirk's 6th place, was particularly impressive given all are U15 with Rosa and Caitlin both stepping up from the U13s last year.

Results

U11 Boys (2,000m 45 finishers):- 1st D Pascal (SBH) 6:57, 34th Dominic Jenkins 8:51,
Team:- 1st SBH 156 pts, 17th London Heathside 12 pts

U11 Girls (2,000m 31 finishers):- 1st S Davies (TVH) 7:51, 6th Edith Deakin 8:02, 11th Imogen Wraight 8:31, 12th Livia Belkin 8:40
Team:- 1st WG&EL 74 pts, 2nd London Heathside 64 pts

U13 Boys (3000m 51 finishers):- 1st Rory Willis 11:05, 11th Charlie Nicolson 11:42, 35th Nathan Greta Bekele 13:48
Team:- 1st WSE&H 186 pts, =5th London Heathside 109 pts

U13 Girls (3000m 39 finishers):- 1st E Ponkratieva (SMR) 11:51, 37th Amba Coleman 15:54
Team:- 1st St Mary's Richmond 128 pts, 14th London Heathside 3 pts

Junior Men (5000m 90 finishers):- 1st L Dunham (Herts P) 13:09, 21st David Baah Okyere 14:19, 26th Ennio Kaloukian (U15B) 14:36, 58th Tam Mergia (U15B) 15:43, 65th Artie Feeny Willings 15:48
Team:- 1st SBH 338 pts, 5th London Heathside 252 pts, 25th London Heathside B 26 pts

Junior Women (5000m 49 finishers):- 1st J March (U15G/Barnet) 14:23, 6th Amy Kirk (U15G) 15:19, 10th Kiara Corkin (U15G) 16:01, 11th Rosa Cormacain (U15G) 16:03, 17th Caitlin Roberts (U15G) 16:49, 22nd Lettice Gundry (U15G) 17:13, 29th Ivy Gray (U15G) 17:54
Team:- 1st London Heathside 156 pts, 2nd SBH 146 pts

Meeting Report: - Lee Valley Minithon, Lee Valley, 3.12.23

The 2nd of the season's Minithons took place at the weekend with more great performances from our youngest athletes. Coach Mary reports there were a great number of excellent performances but of particular note were Kai winning the Yr4 600m in 1:57 and Lizzy breaking the Mininton Yr3 200m record with a time of 32:84. To cap the young athletes' day Mo Farah was there to present medals.



Y3 Boys

4th Ace White Jackman (60m 10.93s, 200m 40.42s, 600m 2:42.15)
104 pts
14th Akim Bah (60m 11.62s, 200m 42.01s) 69 pts

Y3 Girls

1st Elizabeth Paitoo (60m 9.74s, 200m 32.83s, LJ 2.44m) 141 pts
4th Meelah Anderson-Watson (60m 11.08s, 200m 39.86s, TJ 6.25m) 119 pts

Y4-5 Boys

9th Kai Duberry (60mH 11.46s, 200m 33.05s, 600m 1:57) 154 pts
27th Dominik Mihaly Jeles (200m 36.55s, LJ 2.18m, TJ 12m) 139 pts
64th Yinka Oluseye (60m 10.25s, LJ 2.84m) 85 pts

Y4-5 Girls

14th Anna Bah (60mH 11.74s, 200m 35.24s, LJ 3.15m) 140 pts
21st Yemisi Oluseye (60m 10.26s, 200m 35.22s, LJ 2.61m) 132 pts

Yr 6-7 Boys

7th Tahan Dayes (60m 8.70s, 200m 30.50s, LJ 4.00m) 164 pts
19th Amani Powell (60m 9.55s, 200m 32.71s, LJ 2.89m) 139 pts
27th J'Quan White Jackson (60m 9.99s, 200m 32.12s, LJ 2.24m) 137 pts

Yr 6-7 Girls

40th Emilie-Rose Boivin Emina (60m 9.75m, 60mH 12.80s, 200m 33.04s, LJ 2.82m) 189 pts
56th Olivia Caggiano (200m 32.77s, LJ 3.20m,) 99 pts

Meeting Report: - NWLL 3#, Trent Park 3.12.23

Some great performances were recorded in the muddy Trent Park. Team wins were recorded for the U13, U15 Boys and U17 Men. The U13 Boys win was anchored by Rory Willis' 2nd place with Charlie Nicolson and Alex Kirk both in the top 10. The U15's saw top ten finishes for Sam Turner 3rd and Ennio Kaloukian while the U17 Men saw the return of George Saint who secured 3rd place. The Girls managed one 2nd place, 1 3rd and on 4th. Top ten finishes were recorded by Edith Deakin, Caitlin Roberts, Lila Blustin and making her club debut Amara Shankardas.



Results

Boys Under 11 (2000 Metres 46 finishers):- 1st L Da Silva (TVH) 7.14, 12th K. Duberry 8.01, 33rd D. Jeles 8.57, 36th W. Edwards 9.11
Team:- 1st SBH 16 pts, 5th London Heathside 85 pts

Boys Under 13 (3000 metres 48 finishers):- 1st J Summers (Guest) 10.27, 2nd Rory Willis 10.41, 6th Charlie Nicolson 11.11, 7th Alex Kirk 11.15, 10th A. Lappin 11.29, 30th N. Grela-Bekele 13.16, 44th S. Wassarberg 15.28
Team:- 1st London Heathside 19 pts, 2nd ESM 35 pts

Boys Under 15 (4000 metres 45 finishers):- 1st J Fanta (E&H) 14.08, 3rd Sam Turner 14.21, 4th Ennio Kaloukian 14.55, 13th Pheonix Bonhote 15.34, 30th L. Bestmann 16.44
Team:- 1st London Heathside 39 pts, 2nd WSE&H 53 pts

Men Under 17 (5000 metres 29 finishers):- 1st I Mezey (ESM) 18.05, 3rd George Saint 18.09, 9th David Baah-Okyere 19.41, 22nd Artie Feeny-Willings 21.39, 28th Ben Ryan 23.19
Team:- 1st London Heathside 49 pts, 2nd Highgate 56 pts

Girls Under 11 (2000 metres, 37 finishers):- 1st J Watson (WSE&H) 7.41, 7th Edith Deakin 8.08, 18th A. Bah 8.58, 27th E. Rose Boivin 9.29
Team:- 1st SBH 35 pts, 3rd London Heathside 58 pts

Girls Under 15 (4000 metres, 22 finishers):- 1st J March (Barnet) 15.11, 6th Caitlin Roberts 17.09, 7th L. Blustin 17.12, 15th Jasmina Roberts 19.31, 19th L. Davis 20.33
Team:- 1st SBH 31 pts, 2nd London Heathside 40 pts

Under 17 Women (5000 Metres, 13 finishers) :- 1st A Svihalkova (TVH) 20.07, 5th Amara Shankardas 22.53
Team:- 1st TVH 21 pts, 4th London Heathside 31 pts

Up-coming Club Young Athletes Fixtures: -

Middlesex Cross Country Championships, Horsenden Hills, 6.1.24

Race Location: - HORSENDEN HILLS, Berkeley Avenue, GREENFORD, UB6 0NZ

Race HQ:- Tri Chonail Gaels, The Pavilion, Berkeley Avenue, Greenford UB6 0NZ

Timetable: -

- 11.10 Under 11 Boys ~1,500m (Blue Lap)
- 11.20 Under 11 Girls 1500m (Blue Lap)
- 11:30 Under 13 Boys ~3,000m (Red Lap)
- 11.35 Under 13 Girls ~3,000m (Red Lap)
- 11.55 Under 15 Boys ~4,000m (2 Yellow Laps)
- 12:00 Under 15 Girls ~4,000m (2 Yellow Laps)
- 12:25 Under 17 Men ~5,000m (1 Yellow, 1 Red lap)
- 12:55 Under 17 Women ~5,000m (1 Yellow, 1 Red lap)

REGISTRATION: Numbers and Pins will be available from the Pavilion for Team Managers and those runners who entered individually. Registration will be open from 10.00 am.

CHANGING FACILITIES: There are no dedicated changing rooms, so please arrive ready to run.

TOILETS: There will be temporary toilets available close to the start/finish.

REFRESHMENTS: It is hoped the Pavilion may be open for refreshments Race

HQ TEAM TENTS AND ASSEMBLY AREA: Any Team Tents or meeting points should be on the area in front of the car park. Please be aware the ground can become very muddy.

TRAVEL: Where possible, please use public transport, walk or cycle. Greenford (Central) and Sudbury Hill (Piccadilly) Underground Stations are around a 20 minute walk. If travelling by car, please car share to reduce the impact and check for restrictions that may be in effect in the area (Ultra Low Emission Zone for example). Please also park with consideration of others, especially if using on street parking. There are parking restrictions in the Westway Cross Retail Park.

Met League, Welwyn Garden City, 13.1.24

Venue: - North Side of Stanborough Park, Welwyn Garden City, Hertfordshire, AL8 6DF

Directions: - Leave the A1(M) at Junction 4, (after the Hatfield Tunnel). At the roundabout take the second exit to A414/A6129. At the next roundabout take the first exit A6129. At the bottom of the dual carriageway take the second exit out of the roundabout. The entrance to the car park on the north side is on your left after around 100m. The entrance to the car park on the south side is more or less opposite but you cannot gain access from the left side of the carriageway.

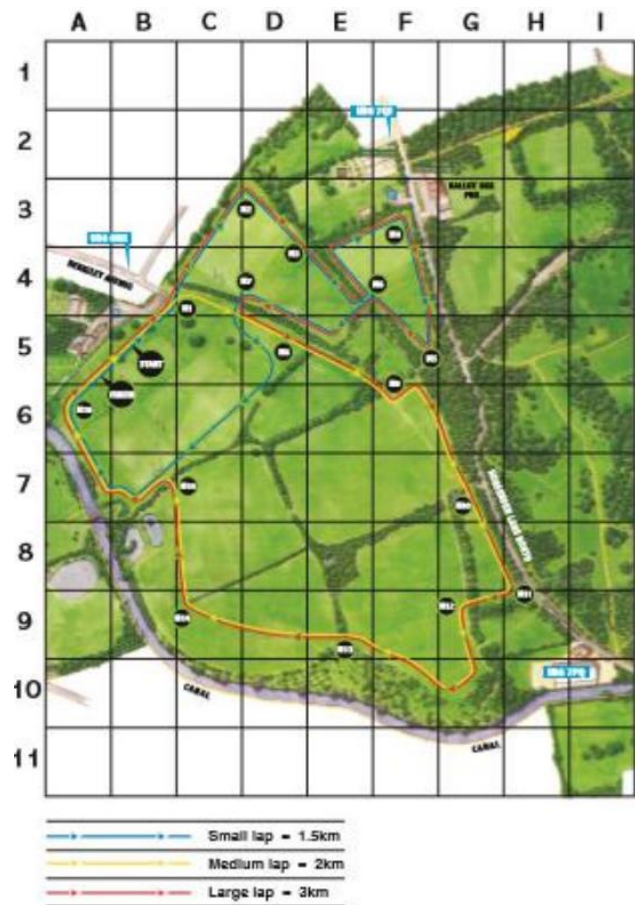
Race Headquarters: - Race HQ and Registration will be adjacent to the Start/Finish at the south end of the North Side of the park.

Changing Facilities: - None.

Toilets: - Toilets are available in the amenity block by the Splashlands playground. Extra toilets will be provided at the end of the car park, close to the amenity block.

Showers: - No

Refreshments: - Near the Finish



Course Description: - The start and finish are in grassed parkland. The remainder is an undulating parkland course with two short woodland sections on each longer loop and a short steep climb and then descent on each of the shorter loops, all being suitable for spikes.

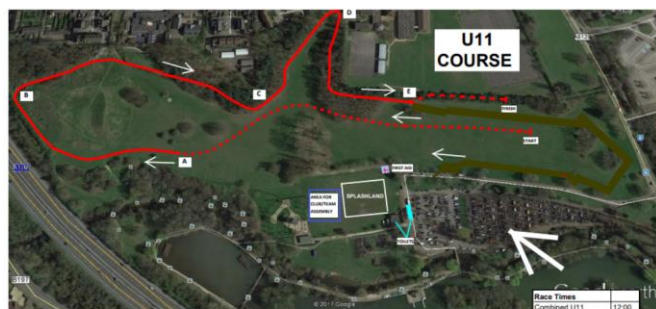
Timetable: -

- Race 1 12.00 pm Under 11 Boys and Girls approx. 1.4km
- Race 2 12.10 pm Under 13 Boys approx. 3.0km
- Race 3 12.20 pm Under 13 Girls approx. 3.0km
- Race 4 12.35 pm Under 17 Men / Under 15 Boys approx. 4km
- Race 5 12.45 pm Under 17 Women / Under 15 Girls approx. 4km

Parking: - There is a fairly large car park on the north side of the Park, adjacent to the course. There is also a very large car park on the south side of the Park, 5 minutes walk to the course. These car parks are camera operated and you must pay or you may incur a fine. You can pay at a meter by card. However, payment does not have to be immediate see attached photo of sign Ways to Pay for Parking.

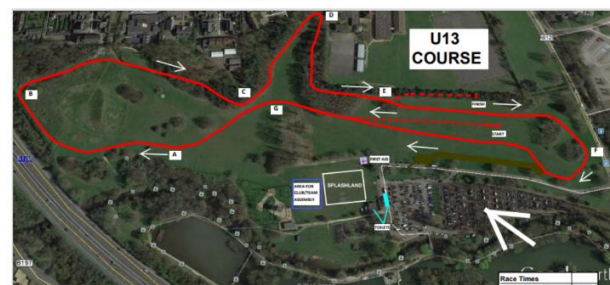
Public Transport: - The closest station is Welwyn Garden City Station (Main Line) 1 mile from the Park. There are regular rail services by Great Northern Electrics and Thameslink from Finsbury Park. Walking exit from the Station through the front entrance of the Howard Centre. Walk directly ahead along Howardsgate towards the fountain. Turn left into Parkway at the end of Howardsgate. Walk along Parkway for approximately mile to the end (roundabout at Gosling Sports Park). Turn right and walk along Stanborough Green for approximately mile until you reach the Park (on your right).

Course Map – Under 11 Boys & Girls




Metropolitan Cross Country League Race 4 - 13 January 2024 Stanborough Park, Welwyn Garden City	U11 Boys & Girls	1,400m	1 lap	Start - A - B - C - D - E - Finish	<table border="1"> <thead> <tr> <th colspan="2">Race Times</th> </tr> </thead> <tbody> <tr><td>Combined U11</td><td>12:00</td></tr> <tr><td>U11 Boys</td><td>12:10</td></tr> <tr><td>U11 Girls</td><td>12:20</td></tr> <tr><td>U15 Boys/U17 Men</td><td>12:35</td></tr> <tr><td>U15 Girls/U17 Women</td><td>12:45</td></tr> <tr><td>Senior Women</td><td>13:00</td></tr> <tr><td>Senior Men</td><td>13:45</td></tr> </tbody> </table>	Race Times		Combined U11	12:00	U11 Boys	12:10	U11 Girls	12:20	U15 Boys/U17 Men	12:35	U15 Girls/U17 Women	12:45	Senior Women	13:00	Senior Men	13:45
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Course Map – Under 13 Boys and Under 13 Girls



Metropolitan Cross Country League Race 4 - 13 January 2024 Stanborough Park, Welwyn Garden City	U13 Boys U13 Girls	3,200m	2 laps	Start - A - B - C - D - E - F - G - A - B - C - D - E - Finish	<table border="1"> <thead> <tr> <th colspan="2">Race Times</th> </tr> </thead> <tbody> <tr><td>Combined U11</td><td>12:00</td></tr> <tr><td>U13 Boys</td><td>12:10</td></tr> <tr><td>U13 Girls</td><td>12:20</td></tr> <tr><td>U15 Boys/U17 Men</td><td>12:35</td></tr> <tr><td>U15 Girls/U17 Women</td><td>12:45</td></tr> <tr><td>Senior Women</td><td>13:00</td></tr> <tr><td>Senior Men</td><td>13:45</td></tr> </tbody> </table>	Race Times		Combined U11	12:00	U13 Boys	12:10	U13 Girls	12:20	U15 Boys/U17 Men	12:35	U15 Girls/U17 Women	12:45	Senior Women	13:00	Senior Men	13:45
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Course Map – U17 Men/U15 Boys and U17 Women/U15 Girls



Metropolitan Cross Country League Race 4 - 13 January 2024 Stanborough Park, Welwyn Garden City	U17 Men/U15 Boys U17 Women/U15 Girls	4,200m	1 3/4 laps including inner loop	Start - G - H - I - A - B - C - D - E - F - G - H - I - A - B - C - D - E - Finish	<table border="1"> <thead> <tr> <th colspan="2">Race Times</th> </tr> </thead> <tbody> <tr><td>Combined U11</td><td>12:00</td></tr> <tr><td>U13 Boys</td><td>12:10</td></tr> <tr><td>U13 Girls</td><td>12:20</td></tr> <tr><td>U15 Boys/U17 Men</td><td>12:35</td></tr> <tr><td>U15 Girls/U17 Women</td><td>12:45</td></tr> <tr><td>Senior Women</td><td>13:00</td></tr> <tr><td>Senior Men</td><td>13:45</td></tr> </tbody> </table>	Race Times		Combined U11	12:00	U13 Boys	12:10	U13 Girls	12:20	U15 Boys/U17 Men	12:35	U15 Girls/U17 Women	12:45	Senior Women	13:00	Senior Men	13:45
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Senior Men	13:45																				

Southern Cross-Country Championships, Beckenham Park, 27.1.24

Entries for this Championship race will close on Friday 21st December. If you wish to run, please let Team Manager Ruth Miller know.

Venue: - Beckenham Palace Park, Beckenham, BR3 1SY Race

London Heathside Young Athletes Club Newsletter

December 2023



Location:- Race HQ and Registration will be at the western entrance to Beckenham Palace Park.

Club Tent:- The Club Tent will be on the left side of the path leading from the west of the park to the Main House.

Getting There:- The nearest Railway Stations are Lower Sydenham and Beckenham Hill or Beckenham Junction (South East Trains) which can be caught from Charing Cross or Brixton Underground Stations. The course is a 6–22-minute walk from the respective stations. It is a 40-70 minute drive from Finsbury Park depending on the traffic. On Street Parking can be difficult, Some parking on Foxglove Road was available last year with a 10 minute walk to the race start. Please allow yourself plenty of time!

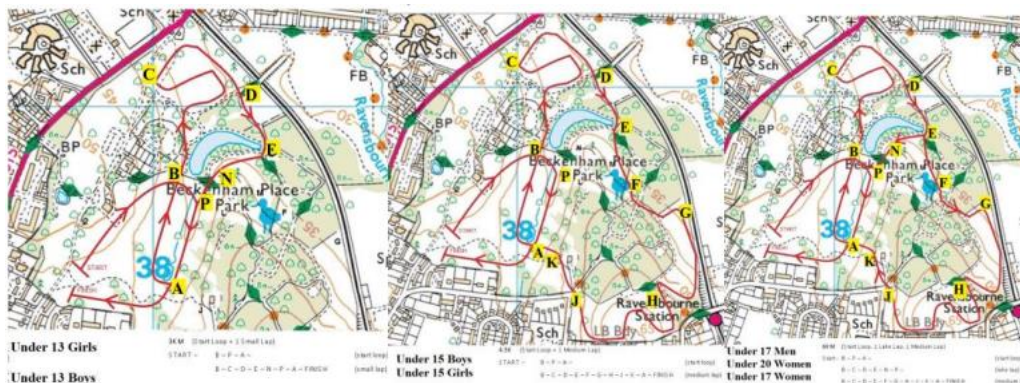
The Course: - Rolling Parkland with some wooded sections generally the course drains well as it was formerly a golf course.

Timetable (Times to be Confirmed): -

- 11.00 am - Under 15 Boys – 4,500m
- 11.20 am - Under 15 Girls – 4,500m
- 11.35 am - Under 13 Girls – 3,000m
- 11.50 am - Under 13 Boys – 3,000m
- 12.10 pm - Under 17 Men – 6,000m
- 12.40 pm - Under 20 Women – 6,000m
- 13.05 pm - Under 17 Women – 6,000m
- 13.30 pm - Under 20 Men – 8,000m

Presentations: - The Team competition is 4 to score the first three finishers also receive medals. The presentations will take place by the finishing line.

Entry: - You will need to be entered (entries close in December), the race is chip timed.



Winter 2023/24 Fixture List

The Fixture List for the Winter is as follows: -

- 6/1/24 – Middlesex County XC, Horsenden Hill, Greenford
- 13/1/24 – Met League, Welwyn Garden City
- 20/1/24 – British Athletics Cross Challenge, Parliament Hill
- 27/1/24 – SEAA Championships, Beckenham
- 3/2/24 – NWLL, Hampstead Heath Extension
- 3/2/24 – London Youth Games XC, tbc
- 6/2/25 – Middlesex Schools XC Championships, Harrow
- 7/2/24 – London Schools XC Championships, Wormwood Scrubs
- 10/2/24 – Met League, Trent Park
- 24/2/24 – ECCA National XC Championships, Shropshire
- 2 or 3/3/24 – NWLL, Coptall
- 9/3/24 – CAU Inter-Counties, Wollaston Park, Nottingham
- 16/3/24 – ESSA XC Championships, Pontefract

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

Indoor Season Fixture List

- 1.1.24 – New Years Day Open Meeting – (All) Lee Valley
- 7.1.24 – BFTA Open Meeting (All) – Lee Valley
- 13/14.1.24 – Southern U13/U15/U17 Championships – Lee Valley (www.seaa.org.uk)
- 27/28.1.24 – London Games (U13/U15/U17) – Lee Valley
- 7.2.24 – England Athletics Championships (U15/U17/U20) – Sheffield (www.rosterathletics.com)
- 14.2.24 – Middle Distance Open (All) – Lee Valley
- 17/18.3.24 – Tri-Counties Championships (U15/U17/U20/SEN) – Lee Valley (www.opentrack.run)

Outdoor Season Fixture List 2024

- 14.4.24 – Lee Valley Open
- 27.4.24 – MYAL 1# - (U11/U13/U15/U17) - Finsbury Park
- 28.4.24 – UYDL 1# - (U17/U20) - Woodford
- 11-12.5.24 – Middlesex County T&F Championships, Lee Valley
- 14.5.24 – Haringey Athletics Championships (Yr 9/10), New River
- 16.5.24 – Haringey Athletics Championships (Yr7&8), New River
- 18.5.24 – SAL 1# - (U17/U20/SEN) – Finsbury Park
- 19.5.24 – MYAL 2# - Perivale
- 25.5.24 – Hurdlesfest – Chelmsford and BIG (30th Anniversary), Bedford
- 26.5.24 – UYDL 2# - Basildon
- 8.6.24 – Middlesex Schools Athletics Championships, StoneX
- 8.6.24 – London Schools Athletics Championships, Battersea Park
- 8/9.6.24 – Southern U20 Championships, tbc
- 15.6.24 – SAL 2# - Stevenage
- 15.6.24 – ESAA Inter-County T&F Meetings, tbc
- 16.6.24 – MYAL 3# - Harrow
- 24.6.24 – Middlesex Schools Yr7&8 Junior Athletics Championships, StoneX
- 30.6.24 – UYDL 3# - Mile End
- 6.7.24 – ESAA Track & Field Cup, Stoke
- 12-13.7.24 – ESAA T&F Championships, Birmingham
- 14.7.24 – SAL 3# - Cambridge
- 19/21.7.24 – EA U20 Champs, tbc
- 20.7.24 – MYAL 4# - Parliament Hill
- 20.7.24 – SIAB International Match, Carmarthen
- 26/28.7.24 – EA Age Group T&F Championships - (U15/U17) – Birmingham (tbc)
- 10/11.8.24 – Southern Age Group Championships – (U13/U15/U17) - tbc
- 17.8.24 – SAL 4# - Ware

EA U20/U17/U15 Indoor Championships, Sheffield, 7.2.24

As previously the Club will pay any athletes entry fees for this National Championship. To take part you need to have achieved the relevant qualifying standard.

Event	U17M	U15B	U17W	U15G
60m	7.25s	7.70s	8.00s	8.20s
200m	23.50s	25.40s	26.50s	27.20s
400/300m	53.50s	41.50s	42.20s	44.00s
800m	2:08.00	2:14.00	2:19.00	2:26.00
1500m	4:13.00	n/a	4:54.00	n/a
60mH	9.00s	10.00s	9.50s	10.00s
High Jump	1.81m	1.60m	1.60m	1.51m
Pole Vault	3.40m	2.50m	2.90m	2.30m
Long Jump	6.20m	5.30m	5.20m	4.80m
Triple Jump	12.15m	10.50m	10.60m	9.70m
Shot Putt	12.50m	11.00m	11.50m	10.00m

XC Points Competiton 2023/24

The club's XC Points race is almost a halfway through with 6 of the 13 races now complete. Points are awarded with 8 for the first Heathside finisher with the next 7 pts etc. The best 7 results (6 for U11s) score. The current top 3 in each age group are:-

U11 Boys:- 1st Kit Young 30 pts, 2nd William Edwards 26 pts, 3rd Dylan Lewis 25 pts

U11 Girls:- 1st Edith Deakin 48 pts, 2nd Imogen Wraight 28 pts, 3rd Livia Belkin 25 pts.

U13 Boys:- 1st Rory Willis 40 pts, 2nd William Edwards 26 pts, 3rd Dylan Lewis 25 pts

U13 Girls:- 1st Chiara Pegaro 16 pts, 2nd= E Oxley and Amba Coleman 8 pts

U15 Boys:- 1st Sam Turner 39 pts, 2nd Ennio Kaloukian 33 pts, 3rd Will Groshong 14 pts

U15 Girls:- 1st Rosa Cormacain 31 pts, 2nd Caitlin Roberts 28 pts, 3rd Margot Hunt 27 pts

U17 Men:- 1st Artie Feeny Willings 42 pts, Ben Ryan 32 pts, 3rd David Baah Okyere 23 pts

U17 Women:- 1st= Ishanna Channell, Millie Watkins, Amara Shankardas 8 pts

British Athletics Cross Challenge, Parliament Hill, 20.1.24

This is not a club race but for those interested entries are open for the British Athletics Cross Challenge at Parliament Hill (U13's and above). January is a very busy month for Cross Country so with School Cross Country, Met League and Southern and County Championships which are the club's priority so discuss with your coach before entering.

[Entry Details](#)

Jack Petchey Award



Winner for December was **Margot Hunt** – Margot has started the XC season in fine form and was our 2nd U15 Girl runner in 2 races and first home in the Fryent Park Race she was picked to represent Middlesex at the Inter-Counties Race.

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