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Jack Petchey Award

Congratulations

There were gold medals for Milton Cooper (U15 Boys 300m) and Max Wassermann (U13 Boys Shot) as well as silver and bronze for Gabriel Edwards (U13 Boys 60m and Long Jump) in a very successful Southern Indoor Championships. Martha Jolly also set a new Club U15G Indoor Long Jump Record. Well done to Milton Cooper (U15B 200m), Magdeline Paitoo (U15G 200m), Trey Corlis (U17M 60m), Martha Jolly (U15G 60m) and Gabriel Edwards (U13B 60m & 200m) who all set new Club records at the London Indoor Games.

Well done to Rory Willis who won the U11 race at the Chingford League Epping Forest Cross Country and congratulations to Izzy Watkins who won the Intermediate Girls Middlesex Schools Title at Harrow.

Race Reports: - Met-League 4# - Wormwood Scrubs

The penultimate Met League race of the season took place at a muddy Wormwood Scrubs on Saturday although with the weather dry the race did not degenerate into the dire conditions of the previous week at the Middlesex Championships. Slightly mixed results with teams weakened by school races, illness and many recovering from the trauma of the County Championships. However there was a good number of U11 Boys led home by Rory Willis who is really enjoying his running this season finishing 4th, there was a bit of a gap to our other runners Seb, Alex Charlie and Connor but the team finished a creditable 5th place and still remain 2nd overall in the league. Imogen Gomeze making her debut was the only Heathside representative in the U11 Girls race.



The U13 Boys only had two runners one better than at Uxbridge but disappointing given this is the Clubs major XC competition. Sam Turner showed he had recovered from his injury last week where he had to drop out of the race to finish 10th, another debutant Dylan Mills was just behind in 11th place. The team finished 6th and sit 6th in the League. Our U13 Girls could not repeat their wins in their last two races finishing 3rd here behind a strong Woodford team and Highgate. Kiara Corkin was first home in 4th in another hard race with Posie Shaw (SBH), Jorjia March (Barnet) and Natasha Wynn (Woodford), Natasha just going past Kiara in the closing stages. Amy Kirk is getting stronger as the season progresses and was next in 6th. Thereafter Caitlin Roberts was in 26th with Maya Westgate and Margot Hunt finishing 20 seconds later.



The Junior Women's race saw an excellent battle at the front between newly crowned County Champion Lyra McDonald (VP&TH) and the eventual victor on home turf Adela Svihalkova (TVH). Behind them Hattie Munday ground out a solid 7th place with Ruby Walls only 14s behind. Maia Hampton Philips was next in 22nd place with the scoring team completed by Ella Mae Hancock. Despite finishing 5th, the club still sit 2nd in the League. The Junior Boys produced our best performance of the day finishing 2nd to Herts Pheonix. Roni Kizlikaya like so often this season was our first representative over the line in 6th place, Bedo Draskoczy was 13th and David Beah-Okyere 17th. Fred Beale completed the scoring

in 20th place.

As a result, the Club still sits 2nd in the Overall Junior Table but now by only 0.5 points ahead of SBH. A good turnout at the last race at Trent Park on 19th February is needed to ensure we remain in 2nd place.

Results

U11 Boys, 1750m, 43 runners: - 4th Rory Willis 7:03, 20th Sebastian McNeely 7:39, 24th Alexander Rankin 7:52, 28th Charlie Roberts 7:58, 37th Connor Roberts 8:50
Team: 1st ESM 128 pts, 5th London Heathside 96 pts; League: - 1st ESM 497 pts, 2nd London Heathside 380 pts, 3rd Shaftesbury Barnet Harriers 370 pts

U11 Girls, 1750m, 33 Runners: - 29th Imogen Gomeze 9:31
Team: - 1st WG&EL 108 pts, 14th London Heathside 5 pts; League: - 1st WG&EL 401 pts, 9th London Heathside 87 pts

U13 Boys, 3000m, 44 runners: - 10th Sam Turner 12:17, 11th Dylan Mills 12:29
Team: - 1st WG&EL 150 pts, 6th London Heathside 69 pts, League: - 1st SBH 553 pts, 6th London Heathside 265 pts

U13 Girls, 3000m 33 runners: - 4th Kiara Corkin 12:17, 6th Amy Kirk 12:46, 26th Caitlin Roberts 14:36, 30th Maya Westgate 14:59, 31st Margot Hunt 15:01
Team: - 1st WG&EL 97 pts, 3rd London Heathside 67 pts; League: - 1st WG&EL 516 pts, 2nd London Heathside 498 pts

Junior Men, 4,000m, 76 runners: - 6th Roni Kizilkaya (U17) 13:40, 13th Bedo Aron Draskoczy (U17) 14:07, 17th David Baah-Okyere (U15) 14:16 (6th U15), 20th Frederick Beale (U17) 14:28, 30th Janak Subberwal (U17) 14:50, 38th Luke Pike-Mullins (U17) 15:16, 48th Gregory Berrisford Sweet (U15) 15:45, 53rd Michael Smith (U17) 15:58, 61st Ben Ryan (U15) 16:27, 76th Artie Feeny-Willings (U15) 20:52
Team: - 1st Herts Phoenix 266 pts, 2nd London Heathside 244 pts; League: - 1st SBH 1200 pts, 5th London Heathside 1017 pts

Junior Women 4500m 52 Runners; 7th Hattie Munday (U15) 15:53 (5th U15), 13th Ruby Walls (U15) 16:07, 22nd Maia Hampton Phillips (U17) 17:04 35th Ella Mai Hancock (U15) 18:17, 38th Tess Walker (U17) 18:22, 52nd Maddison Frawley (U15) 20:18
Team: - 1st VP&TH 161 pts, 5th London Heathside 135 pts, League: - 1st Thames Valley Harriers 682 pts, 2nd London Heathside 630 pts

Race Reports: - South of England Indoor Championships, Lee Valley

There were gold medals for Milton Cooper (U15 Boys 300m) and Max Wassermann (U13 Boys Shot) as well as silver and bronze for Gabriel Edwards (U13 Boys 60m and Long Jump) in a very successful Southern Indoor Championships. Martha Jolly broke her Long Jump Record and Trey Corlis, Thomas Wassermann and Suraya Frost all got more race practice in the 60m Hurdles.

60m

U13B Final: - 2nd Gabriel Edwards 8.23
U17M - H2 3rd Trey Corlis 7.58
U15G - H5 - 3rd Martha Jolly 8.27 q, S/F 1 - 6th Martha Jolly 8.21

60mH

U17M heats - H1: 6th Thomas Wassermann 9.11, H2: 4th Trey Corlis 8.79 q, Final: 5th Trey Corlis 8.83
U15G heats - H2: 4th Suraya Frost 10.02

Long Jump

U13B - 3rd Gabriel Edwards 4.67m
U15G - Pool C 5th Martha Jolly 4.63m q, Final 5th Martha Jolly 8.80m New Club U15G Indoor Record

Shot Put

U13 Boys - 1st Max Wassermann 6.45m
U17 Men - 7th Thomas Wassermann 9.42m

Report: - South of England Cross Country Championships, Beckenham

We are close to the climax of the Cross-Country Season now with the Big Championships before the climax of "The National" on Parliament Hill on 26th February. Saturday was the South of England Championships on a new course at Beckenham Palace Park, a former golf course now public park overlooked by a large Country House. The weather was beautifully sunny although the wind did pick up during the day. The dry weather also meant the course was firm underfoot with much of the course on mud and gravel paths.

The Junior teams produced two 15th places, 16th and 19th which are probably our best ever overall results across all age groups. Izzy Watkins 14th place in the U15 Girls race was we believe our highest ever ranked finisher by a girl.

With several runners missing due to Covid and many having run in the Middlesex Schools XC race only 2 days previously the day was slightly frustrating. The U15 Boys started the day's action off after being held on the line for 20 minutes while the Course Marshall's got into position. David Baah-Okyere was our first runner home in a race blighted by some poor Marshalling and course marking with runners getting lost in the woods or taking the wrong route. Despite this the U15 Boys finished in 16th place - the leading Middlesex and Met League Club.

Next off were the U13 Girls with Amy Kirk leading the team with an admirable 38th place after her 5th place in the Middlesex Schools. Lettice Gundry back from illness ran her typical un-fussed race to finish 84th. The remaining girls Ivy Gray, Jessica Lappin and Elkie Baker stuck together to cross the line almost together and securing 15th place for the team. Frank Bailey was the only U13 Boy to run in only his 3rd race of the season and will have learnt lots from the experience.



The U15 Girls have been our strongest age group this year. Izzy Watkins the newly crowned Intermediate Girls Middlesex Schools Champion showed real grit to run again so soon and taking 14th place out highest placing in a girl's race in recent memory. Izzy's sister Milly Watkins was next with Hattie Munday our third runner. Ella Mai Hancock completed the scoring with Amara Odegoberin and Madison Fawley also running. In what was one of the most competitive age groups the U15 Girls ended in 19th place.

The U17 men only had four members with Roni Kizilkaya first home in 65th place with Fred Beale next in 91st. Jabak Subberwal and Michael Smith supported them, to finish in 124th and 125th place, to secure 15th place overall for the U17 Men. Maia Hampton-Phillips was our only U17 women finishing 71st, and she too had run in the Middlesex Schools. Injury depleted our U20 Men, with Oliver O'Connor again our only runner

finishing 41st.

Results

U13 Girls 3000m 195 runners: - 38th Amy Kirk 12:37, 84th Lettice Gundry 13:20, 170th Jessica Lappin 14:43, 171st Ivy Gray 14:43, 180th Elkie Baker 14:55

Team 1st Marshall Milton Keynes AC 65 pts 15th London Heathside (Kirk, Grundy, Lappin, Gray) 463 pts

U13 Boys 3000m 165 runners: - 126th Frank Bailey 13:03

U15 Girls 4000m 187 runners: - 14th Isabella Watkins 15:36, 64th Emelia Watkins 16:37, 86th Hattie Munday 17:07, 150th Ella-Mai Hancock 18:48, 168th Amara Odeogberin 19:32, 181st Madison Frawley 20:38

Team: 1st Blackheath & Bromley Harriers 73 pts, 19th London Heathside (I Watkins, E Watkins, Munday, Hancock) 314 pts

U15 Boys 4000m 189 runners: - 53rd David Baha-Okyere 16:48, 99th Greg Berrisford-Sweet 17:44, 158th George Saint 19:07, 186th Artie Feeny-Willings 23:24

Team: - 1st Chiltern harriers 58 pts, 16th London Heathside (Baah-Okyere, Berrisford-Sweet, Saint, Feeny-Williams) 496 pts

U17 Women 5km 125 runners: - 71st Maia Hampton-Phillips 21:04

U17 Men 6km 143 Runners: - 65th Roni Kizilkaya 22:42, 91st Fred Beale 23:29, 124th Janak Subberwal 25:06, 126th Michael Smith 25:19

Team 1st 15th London Heathside (Kizilkaya, Beale, Subberwal, Smith) 406 pts

U20 Men 8km 87 Runners: - 41st Oliver O'Connor 28:41

Cross Country Season 2021-22

The Clubs main focus is the **Met League** races which are competitive and generally on harder courses than the **Northwest London XC League** which is an ideal introduction to the sport with the courses normally flatter and less demanding. In both leagues you need to compete in 4 out of 5 races to qualify for league recognition, with both the Met League and North-West London XC League awarding medals to the top runners in each age group. The Club will also be looking to enter teams

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in the Middlesex, South of England and National Championships. As the Club needs to pre enter athletes and pay an entry fee please save the dates and let your coaches or team managers (Ruth/Russell/Kabir) know you would like to run.

There are 4 more Club fixtures but a number of representative races for those picked by the County: -

- 2nd February – London Schools XC Championships, Wormwood Scrubs (Schools Race)
- 12th February - Northwest London XC League 4#, Harrow School**
- 19th February - Met League 5#, Trent Park (Club XC Championships)**
- 26th February - National XC Championships, Parliament Hill**
- 5th March - Northwest London XC League 5#, Wormwood Scrubs**
- 12th March – Inter-Counties Championships, Prestwold Hall (County Representative)
- 15th March – London Schools Year 7 & 8 Championships, Avery Hill (School Race)
- 19th March – National Schools XC Championships, Hop Farm, Kent (County Representative)
- 26th March – National Yr 5/6/7 XC Finals, Market Harborough (Open Entry)

Details of all Club Fixtures can be found on the Club Website.

Club Championships and English National XC Championships

Entries to the English National XC Championships at Parliament Hill on Saturday 26th February are now closed. If you have asked to be entered, please ensure you do as the club have paid a £10 entry fee for each runner. If you are unsure if you are entered, please check the [official entries](#)

London Heathside Young Athletes Cross Country Championships

The last Met League race of the Season at Trent Park will also act as the Club Cross Country Championships with medals awarded to the first three Heathsidiers in each age group.

Club Cross Country Points Championship

The Club holds a XC Points competition with Young Athletes scoring 8 points for being the first Heathsider Home and 7 pts for the 2nd with the best 7 performances counting. After 9 of 13 races completed the standings are as follows: -

- U11 Girls: - 1st Charlotte Beale 24 pts, 2nd Isla Kavanagh 19 pts, 3rd M Cole/Reke Senates 15 pts
- U11 Boys: - 1st Rory Willis 48 pts, 2nd Alex Rankin 32 pts, 3rd Sob McNeely 28 pts
- U13 Girls: - 1st Amy Kirk 51 pts, 2nd Kiara Cork in/Lettice Grundy 40 pts
- U13 Boys 1st Sam Turner 39 pts, Kompany Szentes 31 pts, 3rd Ben Redland/Frank Bailey 21 pts
- U15 Girls: - 1st Hattie Munday 50 pts, 2nd Izzy Watkins 48 pts, 3rd Milly Watkins 38 pts
- U15 Boys: - 1st David Baah-Okyere 46 pts, 2nd Gregory Berrisford-Sweet 44 pts 3rd Artie Feeny-Willings 41 pts
- U17 Women: - 1st Maia Hampton Phillips 56 pts, 2nd Tess Walker 29 pts, 3rd Clara Lethean/Fabienne Weston 7 pts
- U17 Men: - 1st Roni Kizilkaya 56 pts, 2nd Janak Subberwal 44 pts, 3rd Michael Smith 35 pts

Under 11 Girls														
6 best results count of 11														
Athlete	NWLL Fixture 1 25/09/21 Horsenden Hill	Met League Fixture 1 16/10/21 Claybury	NWLL Fixture 2 30/10/21 Uxbridge	Met League Fixture 2 13/11/21 Welwyn Garden City	NWLL Fixture 3 27/11/21 Trent Park	Met League Fixture 3 04/12/21 Uxbridge	Middlesex Champ 08/01/22 Horsenden Hill	Met League Fixture 4 15/01/22 Wormwood Scrubs	NWLL Fixture 4 12/02/22 Harrow	Met League Fixture 5 19/02/22 Trent Park	NWLL Fixture 5 05/03/22 Wormwood Scrubs	Score (Max 48)	Position	
LH Team Position No of Racers Distance	8th 12 2000m	5th 33 1500m	6th 23 2000m	7th 35 1500m	6th 39 1400m	16th 27 2000m	5th 26 1500m	14th 33 1750m						
1 Charlotte Beale	-	8	-	8	-	-	8	-	-	-	-	24	1	
2 Isla Kavanagh	-	7	-	7	-	-	5	-	-	-	-	19	2	
3 Reke Szentes	-	-	8	-	-	-	7	-	-	-	-	15	3	
4 M Cole	-	-	7	-	8	-	-	-	-	-	-	15	3	
5 Mia Beeby	8	-	6	-	-	-	-	-	-	-	-	14	5	
6 Tamara Pushpanathan	-	-	-	-	-	8	6	-	-	-	-	14	5	
7 Imogen Gomeze	-	-	-	-	-	-	-	8	-	-	-	8	7	
8 Alice Rockhill	-	-	-	-	7	-	-	-	-	-	-	7	8	
10														

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Under 11 Boys

6 best results count

	Athlete	NWLL	Met League	NWLL	Met League	NWLL	Met League	Middlesex	Met League		NWLL	Met League	NWLL	Score	Position
		Fixture 1 25/09/21 Horsenden Hill	Fixture 1 16/10/21 Claybury	Fixture 2 30/10/21 Uxbridge	Fixture 2 13/11/21 Welwyn Garden City	Fixture 3 27/11/21 Trent Park	Fixture 3 04/12/21 Uxbridge	Champ 08/01/22 Horsenden Hill	Fixture 4 15/01/22 Wormwood Scrubs		Fixture 4 12/02/22 Harrow	Fixture 5 19/02/22 Trent Park	Fixture 5 05/03/22 Wormwood Scrubs	(Max 48)	
	LH Team Position	1st	2nd	2nd	3rd	2nd	8th	2nd	5th						
	No of Racers	20	38	52	43	57	39	35	43						
	Distance	2000m	1500m	2000m	1500m	2450m	2000m	1500m	1750m						
1	Rory Willis	8	8	7	8	8	8	8	8					48	1
2	Alexander Rankin	-	5	-	5	6	7	3	6					32	2
3	Seb McNeely	7	4	6	4	-	-	-	7					28	3
4	Alex Kirk	-	7	-	7	-	-	5	-					19	4
5	Mikail Wahid	-	-	-	6	7	-	6	-					19	4
6	Charles Roberts	6	3	-	-	-	-	4	5					18	6
7	Charlie Nicolson	-	-	8	-	-	-	7	-					15	7
8	Connor Roberts	5	2	-	-	-	-	1	4					12	8
9	Pip Young	-	6	-	-	4	-	2	-					12	8
10	Kymani Gaillard	-	-	2	2	-	6	-	-					10	10
11	Jude Hampton-Phillips	4	-	-	-	3	-	-	-					7	11
12	Wes Edwards	3	1	3	-	-	-	-	-					7	11
13	N Iffland	-	-	5	-	-	-	-	-					5	13
14	W Ascott	-	-	-	-	5	-	-	-					5	13
14	A Chopra	-	-	4	-	-	-	-	-					4	15
14	Sam O'Connor	-	-	-	3	1	-	-	-					4	15
14	Kit Young	-	-	-	-	2	-	-	-					2	17
14	R Sanderson	-	-	-	-	1	-	-	-					1	19
14	D Beal	-	-	-	-	1	-	-	-					1	19
15	E Tyler	-	-	-	-	1	-	-	-					1	19
16		-	-	-	-	-	-	-	-					-	21

Under 13 Girls

7 best results count

	Athlete	NWLL	Met League	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	National	NWLL	Score	Position
		Fixture 1 25/09/21 Horsenden Hill	Fixture 1 16/10/21 Claybury	Fixture 2 30/10/21 Uxbridge	Fixture 2 13/11/21 Welwyn Garden City	Fixture 3 27/11/21 Trent Park	Fixture 3 04/12/21 Uxbridge	Champ 08/01/22 Horsenden Hill	Fixture 4 15/01/22 Wormwood Scrubs	Champ 29/01/22 Beckenham	Fixture 4 12/02/22 Harrow	Fixture 5 19/02/22 Trent Park	Champ 26/02/22 Parliament Hill	Fixture 5 05/03/22 Wormwood Scrubs	(Max 56)	
	LH Team Position	2nd	2nd	1st	2nd	1st	1st	1st	3rd	15th						
	No of Runners	17	47	29	49	25	39	37	33	195						
	Distance	3000m	3000m	3000m	3200m	2450m	3000m	3000m	3000m	3000m						
1	Amy Kirk	8	7	0	7	0	7	7	7	8	0	0	0	0	51	1
2	Kiara Corkin	0	8	0	8	0	8	8	8	0	0	0	0	0	40	2
3	Lettice Gundry	0	5	8	6	8	6	0	0	7	0	0	0	0	40	2
4	Caitlin Roberts	7	6	0	0	7	5	5	6	0	0	0	0	0	36	4
5	Lila Blustin	5	3	6	5	6	4	3	3	0	0	0	0	0	32	5
6	Ivy Gray	0	4	7	0	5	2	6	0	5	0	0	0	0	29	6
7	Jessica Lappin	6	-	0	4	0	0	4	0	6	0	0	0	0	20	7
8	Maya Westgate	0	2	0	3	0	3	2	5	0	0	0	0	0	15	8
9	Elkie Baker	0	1	0	2	0	1	1	0	4	0	0	0	0	9	9
10	Margot Hunt	0	1	0	0	0	0	0	4	0	0	0	0	0	5	10
11	A Guthrie	0	0	0	0	4	0	0	0	0	0	0	0	0	4	11
12	Lucy Ryan	0	1	0	1	0	1	0	0	0	0	0	0	0	3	12
13	F Cole	0	0	0	0	3	0	0	0	0	0	0	0	0	3	12
14	Evie Hipwell	0	0	0	1	0	0	0	0	0	0	0	0	0	1	14
15	Lydia Negatu	0	1	0	0	0	0	0	0	0	0	0	0	0	1	14
16		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Under 13 Boys

5 best results count

	Athlete	NWLL	Met League	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	National	NWLL	Score	Position
		Fixture 1 25/09/21 Horsenden Hill	Fixture 1 16/10/21 Claybury	Fixture 2 30/10/21 Uxbridge	Fixture 2 13/11/21 Welwyn Garden City	Fixture 3 27/11/21 Trent Park	Fixture 3 04/12/21 Uxbridge	Champ 08/01/22 Horsenden Hill	Fixture 4 15/01/22 Wormwood Scrubs	Champ 29/01/22 Beckenham	Fixture 4 12/02/22 Harrow	Fixture 5 19/02/22 Trent Park	Champ 26/02/22 Parliament Hill	Fixture 5 05/03/22 Wormwood Scrubs	(Max 56)	
	LH Team Position	4th	3rd	5th	3rd	5th	16th	3rd	6th	NT						
	No of Runners	25	43	50	43	48	46	37	44	165						
	Distance	3000m	3000m	3000m	3200m	3000m	3000m	3000m	3000m	3000m						
1	Sam Turner	8	8	0	8	7	0	0	8	0	0	0	0	0	39	1
2	Koppany Szentes	0	0	8	7	8	0	8	0	0	0	0	0	0	31	2
3	Frank Bailey	7	0	0	0	0	0	6	0	8	0	0	0	0	21	3
4	Ben Redland	0	7	7	0	0	0	7	0	0	0	0	0	0	21	3
5	Isaac Walker	0	0	0	5	6	8	0	0	0	0	0	0	0	19	5
6	Noa Sotiroff	6	3	0	0	0	0	0	0	0	0	0	0	0	9	6
7	Gus Kendall	0	1	0	6	0	0	0	0	0	0	0	0	0	7	7
8	Dylan Mills	0	0	0	0	0	0	0	7	0	0	0	0	0	7	7
9	Eden Brown	0	6	0	0	0	0	0	0	0	0	0	0	0	6	9
10	Alexander Rankin	0	0	6	0	0	0	0	0	0	0	0	0	0	6	9
11	Alex Pountney	0	0	0	0	0	0	5	0	0	0	0	0	0	5	11
12	Albie Waddell	0	5	0	0	0	0	0	0	0	0	0	0	0	5	11
13	Samuel McDermott	0	0	0	0	0	0	4	0	0	0	0	0	0	4	13
14	Harry Conley	0	4	0	0	0	0	0	0	0	0	0	0	0	4	13
15		0	0	0	0	0	0	0	0	0	0	0	0	0	0	15

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Under 15 Girls

5 best results count of 9

	Athlete	NWLL	Met League	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	National	NWLL	Score	Position
		Fixture 1 25/09/21 Horsenden Hill 1st 28 4000m	Fixture 1 16/10/21 Claybury 4th 74 5000m	Fixture 2 30/10/21 Uxbridge 1st 32 4000m	Fixture 2 13/11/21 Welwyn Garden City 3rd 52 4400m	Fixture 3 27/11/21 Trent Park 1st 32 3000m	Fixture 3 04/12/21 Uxbridge 3rd 56 5000m	Fixture 3 08/01/22 Horsenden Hill 1st 37 4000m	Met League Champ 15/01/22 Wormwood Scrubs 5th 52 3800m	Fixture 4 29/01/22 Beckenham 19th 187 4000m	Fixture 4 12/02/22 Harrow	Fixture 5 19/02/22 Trent Park	National Champ 26/02/22 Parliament Hill	Fixture 5 05/03/22 Wormwood Scrubs	(Max 56)	
1	Hattie Munday	7	-	6	8	6	8	7	8	6	-	-	-	-	50	1
2	Issy Watkins	8	8	8	-	8	-	8	-	8	-	-	-	-	48	2
3	Milly Watkins	4	7	7	-	7	-	6	-	7	-	-	-	38	3	
4	Ruby Walls	5	6	-	-	5	-	5	-	7	-	-	-	35	4	
5	Mia Rosen	6	5	-	7	4	-	6	-	-	-	-	-	28	5	
6	Maddison Frawley	-	4	5	5	-	4	1	-	5	3	-	-	27	6	
7	Ella Mai Hancock	-	-	-	6	-	5	2	-	6	5	-	-	24	7	
8	Amara Odeogberin	-	-	-	-	-	-	1	-	4	-	-	-	5	8	
9	Ishaana Cannell	-	-	-	-	-	-	4	-	-	-	-	-	4	9	
10	Lucy Corkin	-	-	-	-	-	-	3	-	-	-	-	-	3	10	
11																

Under 15 Boys

5 best results count of 9

	Athlete	NWLL	Met League	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	National	NWLL	Score	Position
		Fixture 1 25/09/21 Horsenden Hill 8th 32 4000m	Fixture 1 16/10/21 Claybury 8th 94 5000m	Fixture 2 30/10/21 Uxbridge 9th 32 4000m	Fixture 2 13/11/21 Welwyn Garden City 6th 94 4400m	Fixture 3 27/11/21 Trent Park 6th 45 4200m	Fixture 3 04/12/21 Uxbridge 3rd 56 5000m	Fixture 3 08/01/22 Horsenden Hill 2nd 44 4000m	Met League Champ 15/01/22 Wormwood Scrubs 2nd 76 3800m	Fixture 4 29/01/22 Beckenham 16th 189 4000m	Fixture 4 12/02/22 Harrow	Fixture 5 19/02/22 Trent Park	National Champ 26/02/22 Parliament Hill	Fixture 5 05/03/22 Wormwood Scrubs	(Max 56)	
1	David Baah-Okyere	-	-	8	8	8	-	6	8	8	-	-	-	-	46	1
2	Gregory Berrisford Sweet	-	8	-	6	8	8	8	7	7	-	-	-	-	44	2
3	Artie Feeny Willings	7	2	7	4	6	7	4	5	5	-	-	-	41	3	
4	Ben Ryan	-	6	-	5	7	-	5	6	-	-	-	-	29	4	
5	George Saint	8	-	-	7	-	-	-	-	6	-	-	-	21	5	
6	Alex Butcher	-	3	6	3	-	-	3	-	-	-	-	-	15	6	
7	Eric Beale	-	7	-	-	-	-	-	-	-	-	-	-	7	7	
8	Tom Ballantyne	-	-	-	-	-	-	7	-	-	-	-	-	7	7	
9	Thomas Conley	-	5	-	-	-	-	-	-	-	-	-	-	5	9	
10	Kamran Bakhshi	-	4	-	-	-	-	-	-	-	-	-	-	4	10	
11																

Under 17 Girls

5 best results count of 9

	Athlete	NWLL	Met League	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	National	NWLL	Score	Position
		Fixture 1 25/09/21 Horsenden Hill 7th 17 5000m	Fixture 1 16/10/21 Claybury 8th 94 5000m	Fixture 2 30/10/21 Uxbridge No runners 17 5000m	Fixture 2 13/11/21 Welwyn Garden City 3rd 52 4400m	Fixture 3 27/11/21 Trent Park 4th 20 4200m	Fixture 3 04/12/21 Uxbridge 3rd 56 5000m	Fixture 3 08/01/22 Horsenden Hill No Team 16 5500m	Met League Champ 15/01/22 Wormwood Scrubs 5th 52 3800m	Fixture 4 29/01/22 Beckenham NT 125 5000m	Fixture 4 12/02/22 Harrow	Fixture 5 19/02/22 Trent Park	National Champ 26/02/22 Parliament Hill	Fixture 5 05/03/22 Wormwood Scrubs	(Max 56)	
1	Maia Hampton Philips	7	8	-	8	8	8	8	8	8	-	-	-	-	56	1
2	Tess Walker	8	7	-	-	-	7	-	7	-	-	-	-	29	2	
3	Clara Leustean	-	-	-	-	7	-	-	-	-	-	-	-	7	3	
4	Fabienne Weston	-	-	-	-	-	-	7	-	-	-	-	-	7	3	
5	Libby Judd Hawkes	-	-	-	-	-	6	-	-	-	-	-	-	6	5	
10																

Under 17 Boys

5 best results count of 9

	Athlete	NWLL	Met League	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	National	NWLL	Score	Position
		Fixture 1 25/09/21 Horsenden Hill 1st 20 5000m	Fixture 1 16/10/21 Claybury 4th 74 5000m	Fixture 2 30/10/21 Uxbridge 5th 25 5000m	Fixture 2 13/11/21 Welwyn Garden City 6th 94 4400m	Fixture 3 27/11/21 Trent Park 2nd 22 5600m	Fixture 3 04/12/21 Uxbridge 2nd 79 5000m	Fixture 3 08/01/22 Horsenden Hill 2nd 24 5500m	Met League Champ 15/01/22 Wormwood Scrubs 2nd 76 3800m	Fixture 4 29/01/22 Beckenham 15th 143 6000m	Fixture 4 12/02/22 Harrow	Fixture 5 19/02/22 Trent Park	National Champ 26/02/22 Parliament Hill	Fixture 5 05/03/22 Wormwood Scrubs	(Max 56)	
1	Roni Kizilkaya	7	8	8	8	8	7	8	8	8	-	-	-	-	56	1
2	Janak Subberwal	6	7	-	6	8	6	6	5	6	-	-	-	44	2	
3	Michael Smith	-	5	7	5	6	4	-	3	5	-	-	-	35	3	
4	Bedo Draskoczy	8	6	-	-	-	8	-	7	-	-	-	-	29	4	
5	Fred Beale	-	-	-	7	-	-	7	6	7	-	-	-	27	5	
6	Amarin Preka	-	4	6	-	-	3	-	-	-	-	-	-	13	6	
7	Luke Pike Mullins	-	-	-	-	-	5	-	4	-	-	-	-	9	7	
8	Avery Dietrich	3	-	5	-	-	-	-	-	-	-	-	-	8	8	
9	Lake	5	-	-	-	-	-	-	-	-	-	-	-	5	9	
9	Arthur Reed	4	-	-	-	-	-	-	-	-	-	-	-	4	10	
10																

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

Forth-coming Club Young Athletes Fixtures: -

Met League 5, Trent Park – Saturday 19th February 2022



Entry: You do not need to be pre-entered - just turn up and run. However if you intend to run and have not run a Met League race yet this season please let your Coach or [Ruth Miller](#) know. If you have run previously, please bring your previous race number with you.

Race Location: Trent Park, Cockfosters Road, Enfield.

Transport: - Nearest tube station is Cockfosters (Piccadilly Line)

Parking: There is some Parking nearby by Go Ape.

Club Vest: You must run in a Club Vest

Race Number: Please bring your previous Race numbers however replacements will be available from your Team Managers Ruth and Kabir if needed.

Footwear: Spikes are highly recommended. The Club will have a selection of different sized XC Spikes for Juniors if needed. Please pre-order these (vis your coach) to make sure we have your size available.

Warm Up: Get to the course at least 40 minutes before the start of your race, as this will give you plenty of time to get your number, do a warmup, while still allowing plenty of time to get to the start.

The Course: Parkland setting, with an undulating course on grass and woodland paths.

12.20 pm Under 11 Boys - 1750m
12.25 pm Under 11 Girls - 1750m
12.40 pm Under 13 Boys - 3,000m
12:45 pm Under 13 Girls - 3,000m
1.00 pm Junior Men – 4,000m
1.05 pm Junior Women – 4,000m

This race will score in the Club Young Athletes XC Points Championship and act as the **Club's Young Athletes Cross Country Championships** with medals awarded to the first three Heathside finishers.

NWLL 4# - Harrow School – Saturday 12th February 2022

Entry: You don't need to have been pre-entered - just turn up and run.

Race Location: Harrow School Playing Fields, Harrow.

Transport: - The nearest railway station is Harrow on the Hill (Metropolitan Line)

Parking: There are car parks adjacent to the course however there are building works which might restrict access. There is also on-street parking.

Club Vest: You must be entered and run in a Club Vest

Race Number: Race numbers will be available from your Team Managers Ruth and Kabir.

Footwear: Spikes are highly recommended. The Club will have a selection of different sized XC Spikes for Juniors if needed.

Warm Up: Get to the course at least 40 minutes before the start of your race this will give you plenty of time to get your number, do a warmup, while still allowing plenty of time to get to the start.

The Course: Rolling Parkland setting, undulating course on playing fields and woodland paths.

12:00 pm Under 11 Boys and Girls - 1,750m
12:10 pm Under 13 Boys and Girls - 3,000m
12.25 pm Under 15 Boys and Girls - 4,000m
12.45 pm Under 17 Men and Women - 5,000m

This race will score in the Club Young Athletes XC Points Championship.

National Cross-Country Championships, Parliament Hill, 26th February 2022

Entry: You need to have been pre-entered, the Club have paid the £10 entry fee. If you are unsure if you have been entered, please check the [official entries](#)

Race Location: Parliament Hill, Hampstead Heath

Transport: - The nearest railway station is Hampstead Heath (Overground) or Tufnell Park (Northern)

Parking: There is only limited street parking nearby and so it will be very busy

Club Vest: You must be pre-entered and run in a Club Vest

Race Number: Race numbers will be available from your Team Managers Ruth and Kabir.

Footwear: Spikes are highly recommended. The Club will have a selection of different sized XC Spikes for Juniors if needed. Please pre-order these (via your coach) to make sure we have your size available.

Warm Up: Get to the course at least 40 minutes before the start of your race this will give you plenty of time to get your number, get a warmup done while still allowing plenty of time to get to the start.

The Course: Undulating grassland course and woodland paths, can be very muddy.



11:00 am 55th Under 17 Women's Championship - 5,000m
11:25 am 19th Under 15 Boys Championship - 4,000m
11.45 am 52nd Under 13 Girls Championship - 3,000m
12.05 pm 19th Under 17 Mens Championship - 6,000m
12.30 pm 19th Under 13 Boys Championship - 3,000m
12.45 pm 56th Under 15 Girls Championship – 4,000m

Indoor Track Season

The indoor Track and Field season recommenced in early December. Our nearest facility is Lee Valley which holds open meetings as well as County and South of England Championships. For details of open meetings see their website: - Lee Valley Athletics Centre. The Middlesex Indoor Championships for U15s and above are planned for 19th-20th March 2021. They also run Minithons for U13's with the option of 3 events over the day and medals for the top 20 in each age group.



5th-6th February – Southern Indoor Championships (Sen/U20)

9th February – BMC Open (U17+)

16th February – Ayo Falola Dream Mile (U17+)

19th February – BLCF Indoor Sprint Hurdles Open

12th March – Christine Bloomfield U13/U15 Open

19th-20th March – Tri Counties (Middx, Herts, Kent) Indoor Championships (U15/U17/U20)

26th March – Minithon

27th March – Be Fit Today Academy Series

Entry details at www.visitleevalley.org.uk/athletics-events

Middlesex Indoor Championships, Lee Valley, 18-19th March 2022

Entries are open for the Middlesex Indoor Championships at Lee Valley on 19th to 20th March 2022. There are a full range of events (60m, 200m, 300m, 400m, 800m, 1500m, Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put) for U15, U17, U20 and Senior athletes.

Entry can be made [HERE](#) on the Open Track website



Lee Valley Minithon

For younger athletes in school Years 7 and under Lee Valley will be holding their 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 £18 to enter. Mary will be there to support any athletes who are competing. The 8th of January Meeting was cancelled due to Covid but the last meeting on the 26th March 2022 is due to take place.

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.

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

8th May - MYAL 1#, Parliament Hill

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

21st May – MYAL 2#, Finsbury Park

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

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

18-19th June – Inter-Counties Schools Championships, tbc

25th June – MYAL 3#, Perivale

26th June - UYDL 3#, Tooting Bec Athletics Track

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

23rd-24th July - Southern U15/U17 Championships

30th July - MYAL 4#, Stone X Stadium

7th August – UYDL 4#, tbc

13th-14th August – Southern U13/U13U15/U17 Championships

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

Jack Petchey Award

This month's nominations are as follows: -



Nyemah Anderson - Breaking the Club U13G 200m record at Lee Valley on her first indoor race which was also the 7th fastest in the UK by an U13G. She has also trained hard and diligently follows the instructions of her coaches.

Frank Bailey - Frank was part of the scoring team at the Middlesex County Cross Country Champs which won the bronze medal. Frank placed 13th in a time of 13:25 for 3,000 metres over thick mud and hills. With this run, Frank has opened up the possibility of a late selection to represent Middlesex at the Inter Counties XC.

Ella Burrige - On Sunday 2nd January 2022 Ella raced 200 Metres which is one lap of the indoor track at Lee Valley. Ella ran a time of 28.05, setting a new Indoors record for the Under 15 Girls Age Group, and placed 4th in the race.

Milton Cooper - On Sunday 16th January 2022, Milton attended the South of England Indoors Championships for Under 15 Boys and competed in the 300 Metres. The Championships were held at the Lee Valley Athletics Centre, and were the highest-level competition Milton has ever competed in. Milton won gold in a time of 39.25 seconds

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