

## Contents

Congratulations	2023 Summer Fixtures
Winter Training	Volunteers Wanted
Meeting Report – Met League 4#	EA Indoor Championships
Meeting Report – Middlesex XC Championships	Indoor Season 2022/23
Meeting Report – Southern XC Championships	Middlesex Indoor Championships
YA XC Points Competition	Lee Valley Minithon (including 11.12.22 results)
Up-Coming Club Young Athletes Fixtures	Jack Petchey Award
2022-2023 Winter Season	

## Congratulations

Congratulations to Hattie Munday and Koppany Szentes who both won individual bronze at the County Championships. Well done to all the other runners including U13 Girls who won the County XC Title. Also to Suraya Frost who smashed her Club U15G 60mH record running 9.67s a 0.14s PB.

Good luck to Magdeline Paitoo, Malakai Callum David McKenzie, Sam Brown and Ella Burrige who have all qualified and will be competing at the English Indoor Championships in Sheffield.

Well done to Malakai Callum David McKenzie who won the Jack Petchey award for November.

## 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.

## Meeting Report:- Met League 4#, Welwyn, 3.12.22

Another great turnout from the Juniors with full teams in all races except the U11 Girls and many running in the 1st year of their age category. The Junior Women finished 2nd despite all but Hattie being in their 1st year as U15s. Amy Kirk



continued her progress this season with 6th place, followed by Hattie in 7th and Kiara Corkin in 12th, with the scorers completed by Lettice Gundry. Tied on 155 pts with Herts Phoenix and TVH, the places were sorted by count back. The U13 Girls secured 3rd place with good solid running from all, with Kitty Kelsall our first runner home in 12th with Margot Hunt the same time. The U11 Girls were one short but Edith Deakin was again our first runner home in 15th. The Junior Women currently lead the overall league 27 pts ahead of WG&EL.

The Boys did not quite match the girls but again produced a fine collection of runs. Joshua Collins was the first U11 Boy home in 19th place. Rory Willis was the first U13 Boy in 18th place just 5 seconds and 7 seconds ahead of Seb McNeely and Alex Kirk. The Junior Boy's race was the most eventful of the day with the leader taking the wrong turn and then followed by the field which meant the race was 2,000m shorter than it should be. George Saint was again our first runner home with Eric Beale, back from long term injury, our first U15 Boy.

Well done to all who took part in, at times, awful conditions.

### Results

**U11 Boys (1,700m 44 Runners);** 1 T Bainbridge (Guest) 05:30, 19 OJoshua Collins 0:06:10, 26 Sebastian Mcneely 00:06:26, 27 Alexander Rankin 00:06:27, 31 Jacob Purcell 00:06:43, 38 William Edwards 00:07:30  
Team:- 1st SBH 133 pts, 5th London Heathside 73 pts, 14th London Heathside B 7 pts  
Overall:- 1st SBH 639 pts, 6th London Heathside 294 pts, 22nd London Heathside B 11 pts

**U11 Girls (1,700m 39 runners);** 1 V Muraidhar (ESM) 00:05:55, 15 Edith Deakin 00:06:47 (5th U10), 28 Thalia Roberts 00:07:21, 31 Verity Mitchell 00:07:34,  
Team:- 1st SBH 110 pts, 8th London Heathside 181 pts  
Overall:- 1st WG&EL 378 pts, 7th London Heathside 181 pts

**U13 Boys (3,000m 50 runners);** 1 J Branch (Herts P) 00:11:30, 18 Rory Willis 00:12:58, 21 Enio Kaloukian 00:13:03, 22 Alex Kirk 00:13:05, 25 Charlie Nicolson 00:13:22, 26 Mikail Wahid 00:13:23, 42 Owen Schec 00:14:18  
Team:- 1st Hillingdon 150 pts, 5th London Heathside 114 pts, 12th London Heathside B 32 pts  
Overall:- 1st WG&EL 563 pts, 8th London Heathside 318 pts, 17th London Heathside B 42 pts

**U13 Girls (3,000m, 41 runners);** 1 J March (Barnet) 00:11:57, 12 Kitty Kelsall 00:13:38, 13 Margot Hunt 00:13:38, 23 Maya Westgate 00:14:33, 31 Chiara Pegoraro 00:15:02, 32 Lydia Negatu 00:15:17, 35 Charlotte Beale 00:15:48  
Team:- 1st Trent Park 108 pts, 3rd London Heathside 89 pts, 12th London Heathside B 17 pts  
Overall:- 1st Trent Park 451 pts, 3rd London Heathside 433 pts, 11th London Heathside B 147 pts

**Junior Men (4,000m, 76 runners, No Times due to running wrong course)** 1 M Cattini (Harrow) (U17); 15 George Saint (U17), 21 Alex Smith (U17), 28 Eric Beale (U15) – 13th U15B, 44 Sam Turner (U15), 55 Ben Ryan (U15), 62 Artie Feeny-Willings (U17), 71 Archie Evans (U17)  
Team:-1st WG&EL 261 pts, 5th London Heathside 193 pts, 20th London Heathside B 43 pts

**Junior Women (4,000m 50 runners)** 1 L Russell (Highgate) (U17) 00:15:56, 6 Amy Kirk (U15) 00:16:29 (4th U15G), 7 Hattie Munday (U17) 00:16:42, 12 Kiara Corkin (U15) 00:17:06 (8th U15G), 24 Lettice Gundry (U15) 00:18:12, 45 Jessica Lappin (U15) 00:20:56  
Team:- 1st Herts P 155 pts, 2nd London Heathside 155 pts, 18th London Heathside B 6 pts  
Overall:- 1st London Heathside 668 pts, 2nd WG&EL 641 pts, 18th London Heathside B 8 pts

Howard Williams (Junior):-1st WG&EL 103 pts, 2nd SBH 96 pts, 3rd London Heathside 86 pts

## Meeting Report: Middlesex Centenary XC Championships, Parliament Hill, 21.2.23

The roll of honour on a very successful day for the club, on top of the golds mentioned above, comprised : silver for the Senior Women and U15 Boys, bronze for the U20 Men, U17 Women, U15 Girls, and U11 Girls. Plus individual silver for Seyfu Jamaal in the SM, silver for Thomas Archer in the U20M, bronze for Hattie Munday in the U17W and Koppány Szentes in the U15B.



The first races saw the U11s negotiate slopes of Parliament Hill itself. Our young boys team were somewhat swamped in one of the biggest fields of the day with Alexander Rankin our first home in 29th place. The girls fared better with Edith Deakin (11th) leading Mia Beeby (14th) and Thalia Roberts (18th) over the line to secure team bronze. The U13 Boys had a good turnout. Charlie Nicolson was 1st home in 10th place with Rory Willis 23s behind and Ennio Kaloukian our last scorer in 22nd to place the team 4th. The Girls team packed well from the start with Rosa Cormacain 5th, in her first championships, behind her Lila Blustin finished 8th and Caitlin Roberts 9th to ensure the U13 Girl title remained at Finsbury Park.

A big team of U15 Boys saw Koppány Szentes out sprint a large pack of runners on the finishing straight to take the bronze medal. Dylan Mills and Sam Turner finished in 11th and 12th to take team silver only 6 points behind winners SBH. Our U15 Girls team are also young all in their first year in this age group competed well in a race dominated by VP&TH. Amy Kirk continued her fine form finishing 5th with Kiara Corkin only 20s behind and Lettice Gundry 16th to leave the team tied with Highgate on 29 pts only to miss out on silver by count back. Our U17s are also a year young but their efforts here were led by Hattie Munday who took bronze however Milly Watkins and Lucy Corkin's efforts mean't she took home team bronze as well. George Saint and David Baah-Okyere led the U17 Mens efforts with Alex Smith the final scorer which saw them miss out on a bronze by 4 pts.

**U13 Girls (3K, 38 runners);** 1st J March (Barnet) 11:56, 5th Rosa Cormacain 12:45, 8th Lila Blustin 13:13, 9th Caitlin Roberts 13:18, 14th Margot Hunt 13:30, 24th Maya Westgate 14:13, 30th Kitty Kelsall 14:58, 35th Lydia Negatu 15:36. Team **1st London Heathside** (Cormacain, Blustin, Roberts) 22 pts, 2nd ESM 35 pts

**U17 Women (6K, 17 runners);** 1st L Russell (Highgate Harriers) 22:28,

3rd Hattie Munday 24:47, 9th Milly Watkins 25:53, 12th Lucy Corkin 26:59. Team:- 1st St Mary's Richmond 17 pts, **3rd London Heathside** (Munday, Watkins, Corkin) 25 pts

**U17 Men (6K, 32 runners);** 1st M Cattini (Harrow) 20:23, 9th George Saint 22:07, 11th David Baah-Okyere 22:41, 17th Alex Smith 23:07, 27th Gregory Berrisford-Sweet 24:39, 30th Artie Feeny-Willings 26:02,

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

# London Heathside Young Athletes Club Newsletter

February 2023



32nd Ivor Joslin 27:32 Team:- 1st Highgate 18 pts, 3rd Barnet 33 pts, **4th London Heathside** (Saint, Baah Okyere, Smith) 37 pts

**U15 Boys ( 4K, 40 runners);** 1st A Phillips (SBH) 14:08, 3rd Koppány Szentés 14:25, 11th Dylan Mills 15:04, 12th Sam Turner 15:07, 15th Eric Beale 15:31, 19th Ben Redland 15:54, 24th Frank Bailey 16:02, 26th Phoenix Benhote 16:04, 34th Ben Ryan 17:24. Team - 1st SBH 20 pts, **2nd London Heathside** (Szentés, Mills, Turner) 26 pts

**U15 Girls ( 4K, 34 runners);** 1st R James (VP&TH) 15:01, 5th Amy Kirk 15:52, 8th Kiara Corkin 16:12, 16th Lettice Gundry 17:32, 24th Ivy Gray 18:32, Team:- 1st VPTH 6 pts, 2nd Highgate Harriers 29 pts, **3rd London Heathside** (Kirk, Corkin, Gundry) 29 pts

**U13 Boys ( 3K, 42 runners);** 1st H Harding (St Mary's Richmond) 11:07,

10th Charlie Nicolson 12:01, 18th Rory Willis 12:24, 22nd Ennio Kaloukian 12:31, 36th Owen Scheck 13:52, 38th Pip Young 14:31 Team:- 1st VP&TH 14 pts, **4th London Heathside** (Nicolson, Willis, Kaloukian) 50 pts

**U11 Boys ( 1500m, 54 runners);** 1st B Kasper (SBH) 7:34, 29th Alexander Rankin 8:52, 36th Kit Young 9:09, 44th William Edwards 9:48. Team:- 1st SBH 12 pts, **9th London Heathside** (Rankin, Young, Edwards) 109 pts

**U11 Girls ( 1500m, 26 runners);** - 1st M George 8:06, 11th Edith Deakin 9:14, 14th Mia Beeby 9:30, 18th Thalia Roberts 10:11, 20th Verity Mitchell 10:17. Team:- 1st SBH 24 pts, **3rd London Heathside** (Deakin, Beeby, Roberts) 43 pts

## Meeting Report: Southern XC Championships, Beckenham Palace Park, 28.2.23

The Championship races are now coming thick and fast with this week the Southern in Beckenham. Many of the problems of last year appear to have been solved with more Marshalls and course markings making the race easier to follow. The course also now avoids much of the cobbles and stone paths and being a former golf course drained well minimising the mud.

The exertions of the previous week at Parliament Hill and for many younger runners at the Middlesex Schools having an impact. However we had representatives in all races apart from U20W and complete teams in all but U17W a much better showing than all our peer clubs. Notable performances include Amy Kirk who in her first year as an U15G finished 32nd and despite finishing 4th in the Middlesex Schools on Thursday,

### Results

**U13 Girls (3,000m 180 runners);** 1st I Buchanan (Hastings AC) 10:32, 36th Rosa Cormacain 11:40, 65th Margot Hunt 12:06, 82nd Caitlin Roberts 12:19, 93rd Lila Blustin 12:25, 134th Kitty Kelsall 12:59, 167th Chiara Pegoraro 14:00 Team 1st Aldershot Farnham & District 47 pts, 11th London Heathside (Cormacain, Hunt, Roberts, Blustin) 276 pts

**U13 Boys (3,000m 181 runners);** 1st J Smith (Marshall Milton Keynes) 10:03, 88th Charlie Nicolson 11:28, 103rd Rory Willis 11:40, 112th Ennio Kaloukian 11:45, 141st Alex Kirk 12:16 Team; 1st Aldershot Farnham & District 104 pts, 19th London Heathside (Nicolson, Willis, Kaloukian, Kirk) 444 pts

**U15 Girls (4,000m 184 runners);** 1st L Belshaw (Colchester) 15:05, 32nd Amy Kirk 16:27, 47th Kiara Corkin 16:46, 101st Lettice Gundry 17:55, 125th Ivy Gray 18:27, 133rd Ishaana Cannell 18:37 Team; 1st Lewes 98 pts, 16th London Heathside (Kirk, Corkin, Gundry, Gray) 305 pts

**U15 Boys (4,000m 205 runners);** 1st J Mayburgh (WSE&H) 13:25, 49th Koppány Szentés 15:00, 61st Sam Turner 15:15, 153rd Phoenix Bonhote 16:44, 155th Frank Bailey 16:49, Team; 1st Sutton & District 57 pts, 19th London Heathside (Szentés, Turner, Bonhote, Bailey) 418 pts

**U17 Women (6,000m, 114 runners);** 1st L Wellsted (Colchester) 20:56, 37th Hattie Munday 23:14, 71st Milly Watkins 24:57, 74th Lucy Corkin 25:09 Team: 1st WSE&H 50 pts No London Heathside Team

**U17 Men (6,000m, 168 runners);** 1st J Dargan (Aldershot, Farnham & District) 18:00, 91st George Saint 20:46, 105th Alex Smith 21:00, 156th Gregory Berrisford Smith 23:07, 167th Artie Feeny Willings 25:17 Team: - 1st Aldershot, Farnham & District 68 pts, 17th London Heathside (Saint, Smith, Berrisford-Smith, Feeny-Willings) 519 pts

## YA XC Points Competition 2022/23

After 6 races the current points competition standings are as follows: -

**U11 Girls:** - 1<sup>st</sup> Edith Deakin 32 pts, 2<sup>nd</sup> Verity Mitchell 25 pts, 3<sup>rd</sup> Imogen Wraight 21 pts, 4<sup>th</sup> Thalia Roberts 18 pts, 5<sup>th</sup> Willow Lazar/Mia Beeby 12 pts, 7<sup>th</sup> A Pan 6 pts.

**U11 Boys:** - 1<sup>st</sup> Alex Rankin 46 pts, 2<sup>nd</sup> William Edwards 32 pts, 3<sup>rd</sup> Seb McNeely 29 pts, 4<sup>th</sup> Kit Young 20 pts, Zak Wahid 15 pts, 5<sup>th</sup> Jacob Purcell 19 pts, 6<sup>th</sup> Joshua Collins 16 pts, 7<sup>th</sup> Zak Wahid 15 pts, 8<sup>th</sup> Laurie Wotton 9 pts, 9<sup>th</sup> Ben Wheelen 5 pts

**U13 Girls:** - 1<sup>st</sup> Rosa Cormacain 47 pts, 2<sup>nd</sup> Lila Blustin 45 pts, 3<sup>rd</sup> Margot Hunt 34 pts 4<sup>th</sup> Maya Westgate 27 pts 5<sup>th</sup> Chiara Pegoraro/Kitty Kelsall 21 pts, 7<sup>th</sup> Caitlin Roberts 19 pts, 8<sup>th</sup> M Michaelides 8 pts, 9<sup>th</sup> R Monteiro/Charlotte Beale/Lydia Negatu 6 pts, 12<sup>th</sup> Jasmina Roberts/Kiara Pegor 3 pts, 14<sup>th</sup> Lucy Ryan/Nyah Brown 2 pts

**U13 Boys:** - 1<sup>st</sup> Rory Willis 38 pts, 2<sup>nd</sup> Charlie Nicolson 37 pts, 3<sup>rd</sup> Enio Kaloukian 27 pts, 4<sup>th</sup> Pip Young 24 pts, 5<sup>th</sup> Alex Kirk 18 pts, 6<sup>th</sup> Mikail Wahid 16 pts, 7<sup>th</sup> Jude Hampton-Phillips 15 pts, 8<sup>th</sup> Owen Schec 8 pts 9<sup>th</sup> Lee Harrison 7 pts, 10<sup>th</sup> Charlie Roberts 6 pts, 11<sup>th</sup> Connor Roberts 4 pts

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

# London Heathside Young Athletes Club Newsletter

February 2023

**U15 Girls:-** 1<sup>st</sup> Amy Kirk **48 pts**, 2<sup>nd</sup> Lettice Gundry **45 pts**, 3<sup>rd</sup> Kiara Corkin **43 pts**, 4<sup>th</sup> Ishanna Cannell **38 pts**, 5<sup>th</sup> Ivy Gray **20 pts**, 6<sup>th</sup> Jessica Lappin **7 pts**, 7<sup>th</sup> Alice Waites **3 pts**

**U15 Boys:-** 1<sup>st</sup> Ben Ryan **46 pts**, 2<sup>nd</sup> Sam Turner **44 pts**, 3<sup>rd</sup> Eric Beale **27 pts**, 4<sup>th</sup> Koppany Szentes **23 pts**, 5<sup>th</sup> Pheonix Bonhole **20 pts**. 6<sup>th</sup> Dylan Mills **15 pts**, 7<sup>th</sup> Frank Bailey **11 pts**, 8<sup>th</sup> M David **7 pts**, 9<sup>th</sup> Luca Rozzo **5 pts**, 10<sup>th</sup> Ben Redland **4 pts**

**U17 Women:** - 1<sup>st</sup> Hattie Munday **56 pts**, 2<sup>nd</sup> Milly Watkins **29 pts**, 3<sup>rd</sup> Lucy Corkin **12 pts**

**U17 Men:-** 1<sup>st</sup> George Saint **56 pts**, 2<sup>nd</sup> Alex Smith **47 pts**, 3<sup>rd</sup> Artie Feeny Willings **38 pts**, 4<sup>th</sup> Gregory Berrisford-Smith **22 pts**, 5<sup>th</sup> Archie Evans **17 pts**, 6<sup>th</sup> David Baah-Okyere **15 pts**, 7<sup>th</sup> Amarin Preka **13 pts**, 8<sup>th</sup> Frederick Beale **8 pts**, 9<sup>th</sup> Nathaniel Swinhoe **4 pts**, 10<sup>th</sup> Ivor Joslin **10 pts**

Well done to Edith Deakin, Ben Ryan and George Saint who have run all 6 races this season.

## Up-coming Club Young Athletes Fixtures: -

### NWLL 4#, Hampstead Heath Extension, 4.2.23

**Venue:** - Hampstead Heath Extension, NW11

**Race Location:** - Race HQ and Registration will be in the Work Depot in the middle of the Park.

**Getting There:** - Where possible, please use public transport, walk or cycle. 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.

**Public Transport:-** Golders Green Underground Stations (Northern Line) is about a 10 minutes' walk to the start. The No H3 Bus route runs immediately adjacent to the Hampstead Heath Extension with the 210 and 268 having stops 5 minutes away (Wellgarth Road Bus Stop).

**The Course:-** The start and finish are in grassed playing fields. The remainder is an undulating parkland course and open fields, all being suitable for spikes.

**Timetable:**

12:00 pm - Under 11 Boys and Girls - 1,700m  
 12:15 pm - Under 13 Boys and Girls -3,000m  
 12:35 pm - Under 15 Boys and Girls - 3,800m  
 1:00 pm - Under 17 Men and Women - 4,800m



### North West London League

Fixture 4  
 Hampstead Heath Extension,  
 Hampstead Way NW11 7DY

Saturday 4th February 2023

**12:00 pm - U11 Boys and Girls**  
 1700m - 1 Medium (Blue) Lap  
 A-I-F-J-G-H-K-Finish

**12:15 pm - U13 Girls and Boys**  
 3000m - 2 x Medium (Blue) Lap  
 A-I-F-J-G-H-K-A-I-F-J-G-H-K-Finish

**12:35 pm - U15 Girls and Boys**  
 3800m - 1 Small (Yellow) and 1 Large (Red) Laps  
 A-I-F-J-K-A-B-C-D-E-F-J-G-H-K-Finish

**1:00 pm - U17 Women and Men Boys**  
 4800m - 1 Medium (Blue) and 1 Large (Red) Lap  
 A-I-F-J-G-H-K-A-B-C-D-E-F-J-G-H-K-Finish



## Met-League 5#, Trent Park, 11.2.23.

**Venue:** - Trent Park

**Race Location:-** Race HQ and Registration will be at the Parliament Hill Athletics Track.

**Club Tent:-** The Club Tent will be to the right of the access road.

**Getting There:-** Cockfosters Underground Station (Piccadilly Line) is the nearest to the venue. The station is 300 metres to the south of the Cockfosters Road entrance to Trent Park (approximately a 5-minute walk). Turn right out of the station, and walk north along Cockfosters Road, past the BP Garage (with M&S). The entrance to the park is on Cockfosters Road (A111)

**Parking:-** There is limited parking available within Trent Park which will get full please do not park on roads within the park or if parking on the surrounding streets block residents drives.

**The Course:** - Undulating course on open, rough, lumpy parkland. Liable to be soft underfoot in places. Some exposed tree roots in places, and several small wooden bridges that could be slippery.

**Timetable:** -

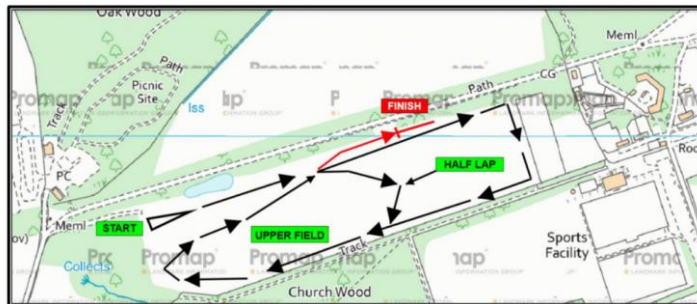
- 12.00 pm - Under 11 Boys and Girls - 1,800m
- 12.15 pm - Under 13 Boys - 3,000m
- 12:30 pm - Under 13 Girls - 3,000m
- 12:45 am – Junior Boys – 4,000m
- 1.00 pm – Junior Girls - 4,000m

**Presentations:** - The League will present trophies and medals after racing is complete.

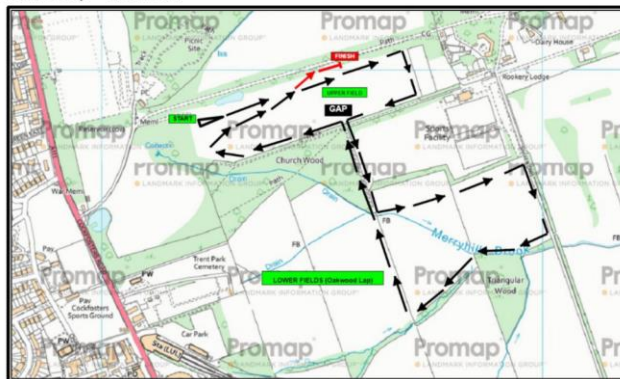
**Entry:** - You just need to turn up with your number form previous racers to run.

**Club Championships:-** This race will act as the Clubs Cross Country Championships

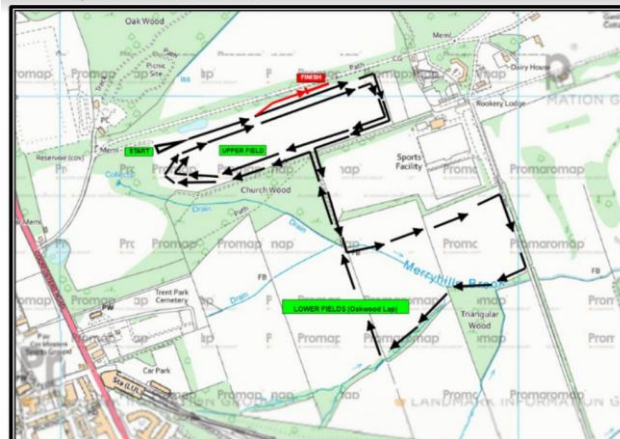
Course Map – Under 11's



Course Map – Under 13's



Course Map – Under 15's/Under 17's



## National Cross-Country Championships, Bolesworth Castle, 28.1.23

**Venue:** - Bolesworth Castle and Estate, Cheshire

**Race Location:** - Race HQ and Registration will be.

**Club Tent:** - The Club Tent will be.

**Getting There:** -

**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 17 Women – 5,000m.
- 11.25 am - Under 15 Boys – 4,000m.
- 11.45 am - Under 13 Girls – 3,000m.
- 12.05 pm - Under 17 Men – 6,000m
- 12.30 pm - Under 13 Boys – 3,000m
- 12.45 pm - Under 15 Girls – 4,000m

**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 needed to be entered (entries closed in December), the race is chip timed.

## 2022-2023 Winter Season

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

- 1.2.23 – London Schools XC Championships, Wormwood Scrubs (Closed)
- 4.2.23 – **NWLL 4#** - Hampstead Heath Extension (Club Junior XC Championships)
- 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)
- 12.3.23 – Inter-Borough Challenge, Finsbury Park
- 14.3.23 – London Schools Yr 7&8 Championships, Avery Hill (Closed)
- 18.3.23 – ESSA National Cross-Country Championships – Wollaton Park, Nottingham (Closed)

## 2023 Summer Fixture List

The Fixture List for the Summer is now confirmed: -

- 16.4.23 - LICC – Throwfest & Pole Vault, StoneX
- 22.4.23 – Mini Marathon (Closed)
- 23.4.23 – Haringey Yr7&8 Trial, New River
- 30.4.23 – YDL Upper 1# - Ridings Stadium, Stevenage (U17/U20)**
- 7.5.23 – MYAL 1# - Perivale (U11/U13/U15/U17)**
- 13.5.23 – Middlesex Track and Field Championships, Lee Valley (U13/U15/U17/U20/Sen)
- 14.5.23 – Middlesex Track and Field Championships, Lee Valley (U13/U15/U17/U20/Sen)
- 20.5.23 – SAL 1# - Finsbury Park (U17/U20/Sen)
- 28.5.23 – YDL Upper 2# - Mo Farah Stadium, Richmond (U17/U20)**
- 4.6.23 – MYAL 2# - Bannister Stadium, Harrow**
- 11.6.23 – Middlesex/London Schools Championships, Lee Valley/Battersea
- 13.6.23 – London Schools Yr7&8 Championships, Mile End
- 17.6.23 – ESAA Intercounty Schools Matches (Closed)
- 18.6.23 – SAL 2# - Dartford (U17/U20/Sen)
- 18.6.23 – LICC 2# - StoneX
- 24.6.23 – MYAL 3# - Finsbury Park (U11/U13/U15/U17)**
- 25.6.23 – YDL Upper 3# - Spectrum Stadium, Guildford (U17/U20)**
- 26.6.23 – Middlesex Yr7&8 Championships, StoneX (Closed)
- 30.6.23 – English Schools T&F Championships – Alexander Stadium, Birmingham
- 1.7.23 - English Schools T&F Championships – Alexander Stadium, Birmingham
- 1.7.23 – London Youth Games Athletics, Stratford
- 9.7.23 – SAL 3# - Dartford (U17/U20/Sen)
- 9.7.23 – LICC 3# - StoneX

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

21.7.23 – London Borough Connect Relays – London Stadium

**22.7.23 – MYAL 4# - StoneX (U11/U13/U15/U17)**

**30.7.23 – YDL Upper – Walton (U17/U20)**

12.8.23 – Southern T&F Championships (U13/U15/U17) - tbc

12.8.23 – LICC 4# - StoneX

13.8.23 – Southern T&F Championships (U13/U15/U17) - tbc

19.8.23 – SAL 4# - Thurrock (U17/U20/Sen)

26.8.23 – EA T&F Championships (U15/U17) – tbc

27.8.23 – EA T&F Championships (U15/U17) - tbc

27.8.23 – LICC 4# - StoneX

10.9.23 – SEAA Inter-counties Championships - tbc

## Volunteers Wanted

The Club need Marshalls for the Inter-Borough Challenge at Finsbury Park 12<sup>th</sup> March. If you can help even for a part of the event it would be a great help please let us know [lheathside@gmail.com](mailto:lheathside@gmail.com).

## EA Indoor Championships, Sheffield, 11-12<sup>th</sup> February 2023

Magdeline Paitoo, Sam Brown, Ella Burrige and Malakai Callum David McKenzie will all be competing in these championships which will be shown live on you tube. We wish them the best of luck..

## Indoor Competitions

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

AYO Falola Dream Mile – Wednesday 8<sup>th</sup> February 2023

EA Indoor Championships (U15/U17/U20) – Saturday 11<sup>th</sup> February- Sunday 12<sup>th</sup> February (Sheffield)

Lee Valley Middle Distance Open – Wednesday 15<sup>th</sup> February 2023

BeFit Open – Saturday 11<sup>th</sup> March 2023

Tri-Counties Championships – Saturday 18<sup>th</sup> – Sunday 19<sup>th</sup> March 2023

## Middlesex Indoor Championships, Lee Valley 18-19<sup>th</sup> March 2023



Entries are now open for these championships run in conjunction with Herts and Kent for U15, U17, U20 and Senior Athletes.

Entry details here;- <https://data.opentrack.run/en-gb/x/2023/GBR/middxtf/>

## 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 £17.50 to enter. Mary will be there to support any athletes competing.

Saturday 25<sup>th</sup> March 2023 – [Bookings Open](#)

## Jack Petchey Award



The winner for January was Malakai David McKenzie Callum for his silver medal at the Southern Combined Championships and 4 Club records.

### Nominations for February: -

**Rosa Cormacaon** – Rosa has established herself as a strong endurance runner and one of our leading U13 Girls. *In her first season with the club she has regularly been the first home and spearheaded the Girls retention of their County Title.*

**Kader Seyed** – Kader has recently joined the club and is quickly establishing himself in our group of U20 endurance runners including a solid performance at the Southern XC Championships.

**Lucy Corkin** – Lucy has trained hard this season and started to run competitively after concentrating on her football interests she helped the U17W win bronze at the Middlesex Champs and also ran at the Southern XC Championships.

**Suraya Frost** – Suraya who trains with Tony Jarrett at Lee Valley broke her U15G 60m Hurdle record at the London Indoor Games and continues to make progress as a sprinter and hurdler.

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