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Congratulations

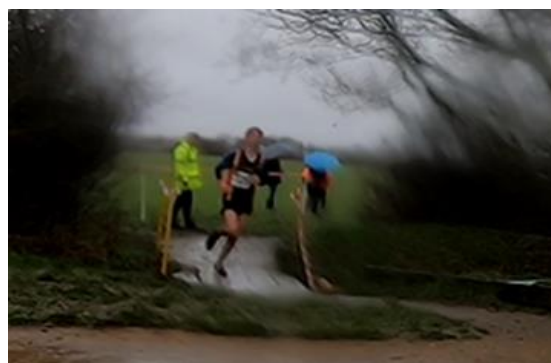
Congratulations to U20 athlete Leon Seale who set a new Indoor Club 200m record of 21.84s and qualified for the British Indoor Athletics Championships in Birmingham next month.

Well done to everyone who run in a very Muddy Middlesex Championships in particular to Izzy Watkins (U15G) who was 2nd and Oliver O'Connor (U20M) and Kiara Corkin (U13G) who won bronze. (Report below)

Great effort to Suraya Frost (U15G 60mH), Mia Rosen (U15G 800m), Ella Burrigge (U15G 200m), Imani Quamina (U17W 60mH, Long jump), Milton Cooper (U15B 300m), Martha Jolly (U15G Long Jump) and Gabriel Edwards (U13B 60m, 200m and Long Jump) who have all set new Indoor Club Records this month at Lee Valley Athletics Centre.

Race Reports:- Middlesex XC Championships, Horsenden Hill

After cancellation last year the County Championships returned at the weekend at a very muddy Horsenden Hills. Indeed, it could probably have been more accurately described as a Tough Mudder with overnight rain ensuring the course quickly turned into a muddy mess with standing water adding to the runners' challenge. This however did not deter the hardy young Heathsideers who turned out in good numbers to race. The Club finished with two team titles (U15G and U13G), 3 2nd places and one 3rd place. Individually there was silver to Izzy Watkins (U15G) while bronzes went to Oliver O'Connor (U20M), Hattie Munday (U15G) and Kiara Corkin (U13G) as well as 10 other top 10 places. This is the first time the Club has ever won the U13 and U15 Girls titles so special congratulations are in order.



The U11's started the action with Rory Willis our first runner home in 4th just 9 seconds behind the winner, Close behind Rory was Charlie Nicolson and Mikail Wahlid to secure 2nd place in the team competition. Charlotte Beale in 13th was the first U11 Girl with Reke Szentes in 19th place as the team finished 5th. The U13 Boys were well placed with Koppány Szentes in 6th and Ben Redland 9th but were hit by Sam Turner having to pull out half way although Alex Poutney in 17th did ensure the team secured 3rd place. In the U13 Girls race the club had 8 runners, Kiara Corkin again was first home finishing g 3rd against her fierce rivals Posie Shaw (SBH) and Jorja March (Barnet). Next Heathsider over the line was Amy Kirk in a superb 5th place and with Ivy Gray next in 16th the team finished in 1st place 4 points ahead of previous Title Holders Highgate.

The U15 races saw another dominant performance by our U15 Girls although Izzy Watkins was just unable to catch the race leader her 2nd place was supported by sister Milly's 4th place and Hattie Munday's 3rd place to easily take the team title. Indeed with Ruby Walls 6th, Ishaana Cannell 9th and Lucy Corkin 10th our B team would have won silver. In the U15 Boys race David Baah-Okyere started strongly and was 4th after the 1st lap but faded a little on the 2nd with Gregory-Berrisford Sweet finishing as the first Heathsider home in 11th with Tom Ballantyne 16th and David 19th to win the silver team medal. We only had one complete U17/U20 team with the U17 Men's team of Roni Kizilkaya, Fred Beale and Janak Subberwal securing another silver medal for the club.. Elsewhere Maia Hampton-Philips and Fabienne Weston ran in the U17 women's race and Oliver O'Connor ran a strong race to win bronze in the U20 Men's race.



We are now at the business end of the Cross Country Season with the Met League next weekend at Wormwood Scrubs and Southern's later this month. Pictures can be found at [Flickr](#)

U20 Men 5,500m, 16 runners - 1st E Ahmed (ESM) 21:46, 3rd Oliver O'Connor 22:51, Team:- No LH Team

U17 men 5,500m 24 runners - 1st S Greenstein (SBH) 22:54, 6th Roni Kizilkaya 24:25, 13th Fred Beale 26:13, 14th Janak Subberwal 26:14 Team:- 1st SBH 8 pts, 2nd London Heathside 33 pts, 3rd St Mary's 35 pts

U17 Women, 5500m 16 runners - 1st L Mannes (B&B) 26:20, 8th Maia Hampton-Philips 30:45, 14th Fabienne Weston 35:46 Team:- No LH Team

U15 Boys, 4000m 44 runners - 1st T Chadwick (Highgate) 15:34, 11th Gregory Berrisford-Sweet 17:10, 14th Tom Ballantyne 17:21, 16th David Baah-Okyere 17:27, 29th Ben Ryan 18:16, 37th Artie Feeny-Willings 19:09, 43rd Alex Butcher 20:46 Team:- 1st Highgate 9 pts, 2nd London Heathside 41 pts (Berrisford-Sweet, Ballantyne, Baah-Okyere), 3rd St Mary's 44 pts

U15 Girls, 4000m 37 runners - 1st L MacDonald (VPH&TH) 16:38, 2nd Izzy Watkins 16:44, 3rd Hattie Munday 17:22, 4th Milly Watkins 17:31, 6th Ruby Walls 18:09, 9th Ishaana Cannell 18:27, 10th Lucy Corkin 18:30, 25th Ella-Mai Hancock 20:10, 26th Amara Odeogberin 20:29, 36th Maddison Frawley 23:00 Team:- 1st London Heathside 9 pts (I Watkins, Munday, E Watkins), 2nd TVH 27 pts, 3rd VPH&TH 40 pts

U13 Boys 3000m 40 runners - 1st D Jeffs (SMR) 11:42, 6th Koppany Szentes 12:35, 9th Ben Redland 13:16, 17th Alex Pountney 13:46, 25th Samuel McDermott 14:49 Team:- 1st St Mary's 13 pts, 2nd SBH 14 pts, 3rd London Heathside 26 pts (Koppany, Redland, Pountney)

U13 Girls 3000m 37 runners - 1st P Shaw (SBH) 12:40, 3rd Kiara Corkin 13:00, 5th Amy Kirk 13:33, 16th Ivy Gray 14:57, 22nd Caitlin Roberts 15:23, 28th Jessica Lappin 15:45, 30th Lila Blustin 16:14, 31st Maya Westgate 16:21, 32nd Elkie Baker 16:24 Team:- 1st London Heathside 24 pts (Corkin, Kirk, Gray), 2nd Highgate 28 pts, 3rd St Mary's 36 pts

U11 Boys 1500m 35 runners - 1st J Hayward (ESM) 8:04, 4th Rory Willis 8:13, 6th Charlie Nicolson 8:20, 11th Mikail Wahid 8:29, 13th Alex Kirk 8:40, 19th Charlie Roberts 9:13, 20th Alex Rankin 9:15, 25th Pip Young 9:43, 26th Connor Roberts 9:49 Team:- 1st ESM 14 pts, 2nd London Heathside 21 pts (Willis, Nicolson, Wahid), 3rd Harrow 32 pts

U11 Girls 1500m 26 runners - 1st Sofia Mossi 8:28, 13th Charlotte Beale 9:43, 19th Reke Szentes 10:28, 21st Tamara Pushpanathan 10:42, 24th Isla Kavanagh 11:08 Team:- 1st ESM 27 pts, 5th London Heathside 53 pts



Club Cross Country Points Championship

After 7 of 13 races completed Best 4 results score Maximum number of points 48.

U11 Girls:- 1st Charlotte Beale 24 pts, 2nd Isla Kavanagh 19 pts, 3rd M Cole/Reke Szentes 15 pts
U11 Boys:- 1st Rory Willis 48 pts, 2nd Alex Rankin 26 pts, 3rd Seb McNeely 21 pts
U13 Girls:- 1st Amy Kirk 36 pts, 2nd Lettice Grundy 33 pts, 3rd Kiara Corkin 32 pts
U13 Boys 1st Sam Turner 31 pts, Kompany Szentes 31 pts, 3rd Ben Redland 21 pts
U15 Girls:- 1st Hattie Munday 42 pts, 2nd Izzy Watkins 40 pts, 3rd Milly Watkins 31 pts
U15 Boys:- 1st Artie Feeny-Willings 31 pts, 2nd David Baah-Okyere/Gregory Berrisford Sweet 30 pts
U17 Women:- 1st Maia Hampton Phillips 40 pts, 2nd Tess Walker 22 pts, 3rd Clara Leustean 7 pts
U17 Men:- 1st Roni Kizilkaya 47 pts, 2nd Janak Subberwal 38 pts, 3rd Michael Smith 27 pts



Entries to Championship Races

Entries are now closed for the Southern but the last Championship Cross Country race of the Season will be the English National XC Championships at Parliament Hill on Saturday 26th February. If you wish to be considered for selection, please let the Team Managers Ruth and Russell know. Of course many Juniors will be seeking to represent London or Middlesex in the National Schools XC Championships.

Please if you have been entered into the Southern XC Championships but cannot run let your team manager know asap as the Club has paid your £8 entry fee and we will try to find an alternative runner for your place.

There are two Indoor Athletics Championships held at Lee Valley Athletics Centre:-

The South of England Indoor Championships for U13, U15 and U17s held over two days 15th-16th January 2022. Entry details are on www.seaa.org.uk.

The Middlesex Indoor Championships are held in conjunction with Hertfordshire and Kent. These are for U15 and above with U15 and U17 events on Sunday 20th March 2022. Entry details to be released later.



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 Heathsiders in each age group.

Cross Country Season 2021-22

The Clubs main focus is the **Met League** races which are competitive and generally on harder courses than the **North West 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 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.

The is a very full fixture list: -

- 15th January - **Met League 4#**, Wormwood Scrubs
- 27th January - Middlesex Schools XC Championships, Harrow School (Borough Representation)
- 29th January - SEAA South of England XC Championships, Beckenham Palace Park, Beckenham BR3
- 2nd February – London Schools XC Championships, Wormwood Scrubs (Schools Race)
- 12th February - **North West 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 - **North West 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, Prestwold Hall, Loughborough

Please note the date Changes for the North West London XC League Fixture 4# to Saturday 12th February. Also for those who have been picked by Haringey the Middlesex Schools Race we understand this has also been moved and will now be on the 27th January. Details of all Club Fixtures can be found on the Club Website.

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.

Forth-coming Club Young Athletes Fixtures: -

Met League 4, Wormwood Scrubs – Saturday 15th January 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: Wormwood Scrubs.

Transport: - Nearest tube station is

Parking: There is limited Parking nearby the hospital car park that has been used previously is likely to be very busy. Parking on the streets nearby is limited.

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.

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: Playing Field and Parkland setting, generally flat course on grass and scrubland 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 – 3,800m
 1.05 pm Junior Women – 3,800m

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



Race 3	12.40	Under 13 Boys approx 3km
Race 4	12.45	Under 13 Girls approx 3km



Race 5	1.00pm	Under 17 Men / Under 15 Boys	1 lap approx 3.8km
Race 6	1.05pm	Under 17 Women / Under 15 Girls	1 lap approx 3.8km
Race 7	1.35pm	Senior / Veteran / Under 20 Women	2 laps approx 7.6km
Race 8	2.35pm	Senior / Veteran / Under 20 Men	2 laps approx 7.6km

South of England XC Championships, Beckenham Palace Park – Saturday 29th January 2022

Entry: You need to have been pre-entered by the Club who have paid an entry fee. If you cannot run please let your Team manager/Coach know asap as we may be able to transfer the entry.

Race Location: Beckenham Palace Park, Beckenham.

Transport: - The nearest railway station is Beckenham Hill Station (Served by Thameslink)

Parking: To be Advised

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

Race Number: Race numbers and timing chip 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, get a warmup done while still allowing plenty of time to get to the start.

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

11:50 pm Under 13 Boys - 3,000m
 12:15 pm Under 13 Girls - 3,000m
 1.00 pm Under 15 Boys – 4,000m
 1.20 pm Under 15 Girls – 4,000m
 1.40 pm U17 Men – 5,000m
 2.00 pm U17 Women – 5000m

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

Indoor Track Season

The indoor Track and Field season will recommence 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.

- 15th-16th January – Southern Indoor Championships (U13/U15/U17)
- 29th-30th January – Lee Valley Indoor Games (U13/U15/U17)
- 5th-6th February – Southern Indoor Championships (Sen/U20)
- 9th February – BMC Open
- 16th February - Lee Valley Middle Distance Open
- 12th March – Christine Bloomfield U13/U15 Open
- 19th-20th March – Tri Counties (Middx, Herts, Kent) Indoor Championships (U15/U17/U20)
- 26th March - Minithon

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 competing. The 8th January Meeting was cancelled due to Covid but the last meeting on the 26th March 2022 is due to take place.

2022 Fixtures

Next years outdoor season is now starting to take shape. It will be Middlesex AA's Centenary so the County Championships will feature special medals and events to celebrate.

- 8th May - MYAL 1#, Parliament Hill**
- 14-15th May - Middlesex County Championships, Lee Valley
- 21st May – MYAL 2#, Finsbury Park**
- 11-12th June – County Schools Championships, Lee Valley/Battersea
- 18-19th June – Inter-Counties Schools Championships, tbc
- 25th June – MYAL 3#, Perivale**
- 8th-9th July – ESAA Championships, Sportscity Manchester
- 23rd-24th July - Southern U15/U17 Championships
- 30th July - MYAL 4#, Stone X Stadium**
- 13th-14th August – Southern U13/U15/U17 Championships
- 27th-28th August - English U15/U17 Championships, tbc

UYDL – 2022 Season

For the 2022 Season we have agreed to join a combined team with Victoria Park Harriers & Tower Hamlets AC and Highgate Harriers to compete in the Upper Youth Development Athletics League which provides competition for U17 and U20 athletes. We hope this is a great opportunity for our athletes in events not catered by open meetings or MYAL to get the chance to compete and obtain qualification times for the Major Championships. More details will follow.

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