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Congratulations

Congratulations to Malakai who set 4 New U15B Club Records (60mH 9.54s, LJ 5.07m, SP 8.98m & Pent 1,969 pts) on his way to winning a Silver Medal at the Southern Indoor Combined Championships.

Kiara Corkin, Amy Kirk, David Baah-Okyere all represented Middlesex in the Southern Inter-counties Cross Country in Oxford.

Magdeline Paitoo (U17W 60m (8.15s) & 200m (26.38s)), Imani Quamina (U17W 60mH (9.31s)), Oscar Hall (U17M 300m (37.86)) and Gabriel Edwards (U13B 200m (26.16s)) all set new Indoor Club Records at Lee Valley with 14 Young Athletes achieving the qualifying standards for the National Indoor Championships in Sheffield. Over 50 Club Age Group Records have been broken in 2023, Phenomenal!

Well done to Ishanna Cannell 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 3#, Uxbridge, 3.12.22

Another great Heathside turnout for the last competitive club race. Numbers normally dip for this race as people prepare for Christmas but the racing remained as keen as ever. Uxbridge is a bit of a novelty course with a mix of playing fields, ski slope and river crossing. Saturday saw a biting cold wind add to the mix although there was only limited mud on the course and the River Pinn was a mere 20cm deep.

Junior numbers especially the boys were down, many having to make the choice between running or football. The U11 Boys saw two Joshua and Alex finish 12th and 26th respectively. In the girls race Edith Deakin who has been ever present this season secured 10th with Verity 22nd, both are U10 so young for this age group. Ennio Kaloukain in his first Met League race was our sole U13 Boy finishing a solid 27th as he recovers from injury. The U13 Girls however managed a whole team. Running as a pack Rosa Cormacain was in 10th place until she was sent the wrong way by a marshal just before the finish and ended in 12th place just behind Lila Blustin. They were soon followed by Maya Westgate in 16th and Reke Szentes 21st to secure 2nd place and consolidated 2nd place overall only two points behind Woodford.

The Junior Races saw six runners with George Saint and Alex Smith first home followed by two U15s Pheonix Bonhole and Ben Ryan with Artie 1 place behind and Archie Evans completing the Heathsiders. The Junior



London Heathside Young Athletes Club Newsletter

January 2023



Women were without any of our U17 runners, but such is the talent of the U15 Girls they still managed to finish 2nd with gutsy runs from Amy and Kiara in 12th and 13th places Ishanna was 20th and Ivy 30th. They remain 1st overall in the age group tied with Woodford.

We have now consolidated 3rd place overall in the Howard Williams Trophy. Thanks as always to Team Managers Ruth and Russell as well as the athletes and their parents for supporting them on the day.

Results

U11 Boys (2000m, 48 Runners) - 1st T Bainbridge (WS&E) 7.03, 12th

Joshua Collins 7.41, 26th Alex Rankin 8.03.

Team:- 1st SBH 146 pts, 8th London Heathside 57 pts

Overall:- 1st SBH 506 pts, 6th London Heathside 221 pts

U11 Girls (2000m, 29 runners):- 1st V Muraidhar (ESM) 7.24, 10th

Edith Deakin (4th U10) 8.23, 22nd Verity Mitchell (10th U10) 9.34.

Team:- 1st WG&EL 65 pts, 7th London Heathside 26 pts

Overall:- 1st WG&EL 279 pts, 7th London Heathside 136 pts

U13 Boys (3000m 49 runners):- 1st A Lessard (VPH&TH) 10.59, 27th

Enio Kaloukain 12.38

Team:- 1st SBH 133 pts, 13th London Heathside 20 pts

Overall:- 1st SBH 487 pts, 9th London Heathside 204 pts

U13 Girls (3000m 39 runners):- 1st J March (Barnet) 11.36, 10th Lila

Blustin 12.57, 11th Rosa Cormacain 12.57, 16th Maya Westgate 13.13,

21st Reke Szentos 13.23.

Team:- 1st ESM 94 pts, 2nd London Heathside 87 pts

Overall:- 1st WG&EL 346 pts, 2nd London Heathside 344 pts

Junior Men (4000m, 82 runners):- 1st H Johnston (WSE&H) 12.50, 14th George Saint 13.56, 15th Alex Smith 13.57, 60th Phoenix Bonhole (33rd U15) 16.06, 64th Ben Ryan (37th U15) 16.12, 65th Artie Feeny-Willings 16.14, 73rd Archie Evans 17.21

Team:- 1st Herts Pheonix 255 pts, 7th London Heathside 163 pts

Overall:- 1st SBH 716 pts, 5th London Heathside 627 pts

Junior Women (4000m 55 Runners):- 1st L Russell (Highgate) 14.39,

12th Amy Kirk (6th U15) 15.47, 13th Kiara Corkin (7th U15) 15.50,

20th Ishanna Cannell (10th U15), 30th Ivy Gray (18th U15) 17.21

Team:- 1st WG&EL 141 pts, 2nd London Heathside 136 pts

Overall:- 1st London Heathside 515 pts, 2nd WG&EL 515 pts

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

London Heathside 86 pts

YA XC Points Competition 2022/23

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

U11 Girls: - 1st Edith Deakin 32 pts, 2nd Imogen Wraight 21 pts, 3rd Verity Mitchel Mitchell 14 pts 4th Willow Lazar 12 pts, 5th A Pan 6 pts, 6th Mia Beeby/Thalia Roberts 5 pts

U11 Boys: - 1st Alex Rankin 45 pts, Seb McNeely/William Edwards 22 pts, 4th Zak Wahid 15 pts, 5th Jacob Purcell 14 pts, 6th Kit Young 13 pts, 7th Laurie Wotton 9 pts, 8th Joshua Collins 8 pts, 9th Ben Wheelen 5 pts

U13 Girls: -1st Lila Blustin 33 pts, 2nd Rosa Cormacaon 31 pts, 3rd Maya Westgate 17 pts 4th Margot Hunt 15 pts 5th C Pegoraro 13 pts, 6th M Michaelides 8 pts, 7th Caitlin Roberts 7 pts, 8th R Monteiro, Kitty Kelsall 6 pts, 11th Jasmina Roberts/Charlotte Beale/Kiara Pegor 3 pts, 13th Lucy Ryan/Nyah Brown 2 pts

U13 Boys: - 1st Pip Young 20 pts, 2nd Rory Willis/Charlie Nicolson 16 pts, 4th Jude Hampton-Phillips 15 pts, 5th Mikail Wahid 12 pts, 6th Ennio Kaloukain 8 pts, 7th Alex Kirk/Lee Harrison 7pts, 9th Charlie Roberts 6 pts, 10th Connor Roberts 4 pts

U15 Girls:- 1st Ishanna Cannell 34 pts, 2nd Lettice Gundry 27 pts, 3rd Amy Kirk 24 pts, 4th Kiara Corkin 22 pts, 5th Ivy Gray 10 pts, 6th Alice Waites 3 pts, 7th Jessica Lappin 2 pts

U15 Boys:- 1st Ben Ryan 40 pts, 2nd Sam Turner 24 pts, 3rd Eric Beale 14 pts, 4th Pheonix Bonhole 12 pts. 5th Dylan Mills 8 pts, 6th Koppány Szentos/M David 7pts, 8th Luca Rozzo 5 pts, 9th Frank Bailey 3 pts

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

U17 Men:- 1st George Saint 46 pts, 2nd Alex Smith 32 pts, 3rd Artie Feeny Willings 30 pts, 4th Amarin Preka 13 pts, 5th Archie Evans 12 pts 6th Gregory Berrisford Sweet 11 pts, 7th Frederick Beale/David Baah-Okyere 8 pts, 9th Phoenix Bonhote 4 pts, 10th Nathaniel Swinhoe 3 pts

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

Up-coming Club Young Athletes Fixtures: -

Upcoming Races:-

Met League 4#, Welwyn Garden City, 14.1.23

Venue: - Stanborough Park, Welwyn Garden City

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

Getting There: - Welwyn Garden City Station (East Coast Main Line) is 1¼ mile from the Park and served by Thameslink and Great Northern Electrics from Finsbury Park. From the station 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

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approximately ½ mile to the end (roundabout at Gosling Sports Park). Turn right and walk along Stanborough Green for approximately ½ mile until you reach the Park (on your right).

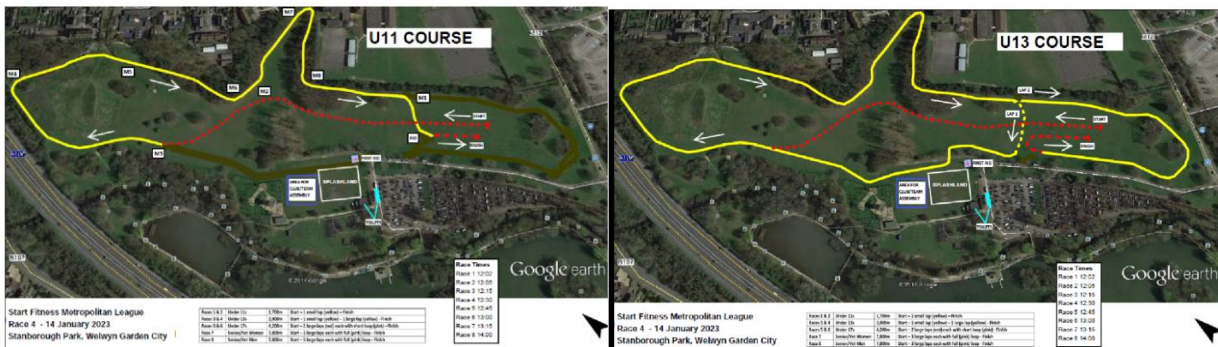
Driving: - Leave the A1(M) at Junction 4, (after the Hatfield Tunnel). At the roundabout take the second exit to A414/A6129. At the next roundabout take the first exit A6129. At the bottom of the dual carriageway take the second exit out of the roundabout. The entrance to the car park on the north side 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. As early arrivers will undoubtedly fill the car park on the north side, you may be advised to go straight to the one on the south side. All cars are logged by cameras so please ensure you pay for the car parking at the metres or via online app.

The Course:- The start and finish are in grassed parkland. The remainder is an undulating parkland course with two short woodland sections, all being suitable for spikes.

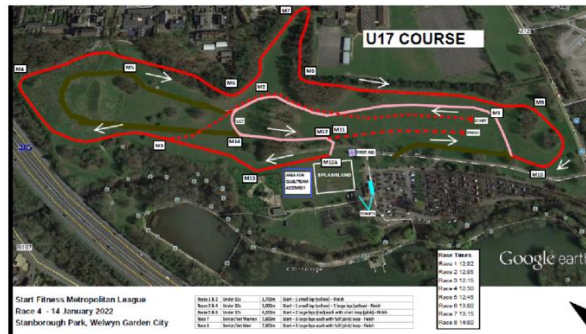
Timetable:

- 12:02 pm - Under 11 Boys - 1,700m
- 12:05 pm - Under 11 Girls -1,700m
- 12:15 pm - Under 13 Boys - 3,000m
- 12:30 pm - Under 13 Girls - 3,000m
- 12:45 - Under 17 Men/Under 15 Boys - 4,200m
- 13:00 - Under 17 Women/Under 15 Girls - 4.200m

Course Map – Under 11's



Course Map – Under 15's/Under 17's



Middlesex Centenary Cross Country Championships, Parliament Hill, 21.1.23

Venue: - Parliament Hill

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

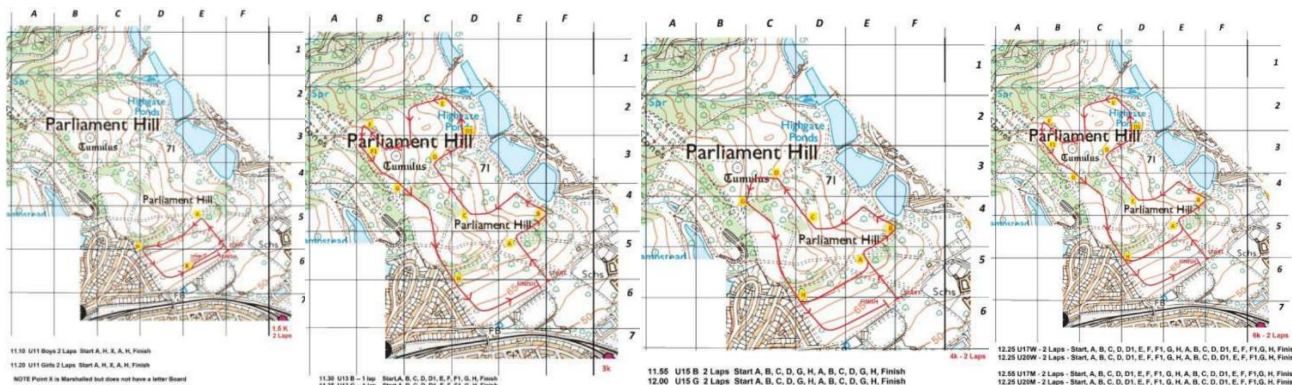
Club Tent:- The Club Tent will be close to the Bandstand and Café by the tennis courts.

Getting There:- There is limited on street parking nearby however Kentish Town and Tufnell Park Underground Stations (Northern Line) are about 20 minutes' walk. The area is also served by London Overground services with Gospel Oak and Hampstead Heath Stations both 10 minutes' walk away. The area is served by numerous bus routes with routes C11, 88 and 214 stopping the closest.

The Course: - Rolling Parkland with some wooded sections. Ground likely to be muddy in places.

Timetable: -

- 11.10 am - Under 11 Boys - 1,500m
- 11:20 am - Under 11 Girls -1,500m
- 11:30 am - Under 13 Boys - 3,000m
- 11:35 am - Under 13 Girls - 3,000m
- 11:55 am - Under 15 Boys – 4,000m
- 12.00 pm – Under 15 Girls – 4,000m
- 12.25 pm – Under 17 Women – 6,000m
- 12.25 pm – Under 20 Women – 6,000m
- 12.55 pm – Under 17 Men – 6,000m
- 12.55 pm – Under 20 Women – 6,000m



Presentations: - The Team competition is 3 to score the first three finishers also receive medals. The presentations will take place at the Parliament Hill Track Pavilion. The race will also act as trials for the Inter-Counties race at Loughborough.

Entry: - You will need to be entered the run and the Club pay your entry fee. Entries close on 8th January.

Southern Cross-Country Championships, Beckenham Palace Park, 28.1.23

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

Race 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 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: -

- 14.1.23 – **Met League 4#** - Welwyn
- 21.1.23 – **Middlesex County Championships** – Parliament Hill
- 26.1.23 – **Middlesex Schools XC Championships** – Harrow School (Closed)
- 28.1.23 – **Southern XC Championships** – Beckenham Park
- 1.2.23 – **London Schools XC Championships**, Wormwood Scrubs (Closed)
- 4.2.23 – **NWLL 4#** - Hampstead Heath Extension
- 4.2.23 – **Chingford League** – Road – Victoria Park

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- 11.2.23 – **Met League 5#** - Trent Park
- 25.2.23 – **National XC Championships** – Bolesworth Castle, Cheshire
- 4.3.23 – **NWLL 5#** - Harrow School
- 11.3.23 – **Inter-Counties Cross Country Championships, Loughborough (Closed)**
- 14.3.23 – **London Schools Yr 7&8 Championships, Avery Hill (Closed)**
- 18.3.23 – **ESSA National Cross-Country Championships – Wollaton Park, Nottingham (Closed)**

Championship Cross Country Races

Entries for the Championship XC races close soon. If you want to be considered for the Club teams at the Middlesex County and National XC Championships. The Southern Championships entry has already closed.

The Nationals are to be held in Cheshire; the coach has now been filled so if you still wish to run you will need to make your own travel arrangements. These races should be the goal of every young endurance runner.

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

Volunteers Wanted

The Club have been asked to provide Marshalls for the Middlesex Cross Country Championships at Parliament Hill on 21st January and for the NWLL XC Race on 4th February 2023 at Hampstead Heath Extension. If you can help even for a part of the event it would be a great help please let us know lheathside@gmail.com.

EA Indoor Championships, Sheffield, 11-12th February 2023

Last year at these national championships Milton Cooper ran superbly to win gold in the U15 Boys 300m. This year the club would love to support this year any Young Athlete who has attained the qualifying standard. The National Indoor Championships will be held in Sheffield on 11-12th February and the Club will pay your entry fee if you wish to compete. Please either inform your coach or contact club secretary [Simon Baker](mailto:Simon.Baker@londonheathside.co.uk) who will enter you direct by the **14th January**.

Indoor Competitions

There are a number of indoor competitions this winter held at Lee Valley (unless stated), entry details on [Opentrack](https://www.opentrack.co.uk):-

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

Lee Valley Minithon

For younger athletes in school years 7 and under Lee Valley will be holding Minithons over the winter. These are fully licenced and officiated meetings with athletes able to choose 3 events from 60m, 60m Hurdles, 200m, 600m, High Jump, Long Jump, Shot Putt. They cost £17.50 to enter. Mary will be there to support any athletes competing.

Saturday 25th March 2023 – [Bookings Open](#)

Meeting Report – 11th December 2022

More great performances from our youngest athletes with Kai Duberry the 1st U9 Boy and Dylan Fray 3rd overall. Lizzy Hayward was 1st U9 Girl and Willow Lazar 8th U11 Girl. Well done to all.

U9 Boys

1st Kai Duberry (60m: 9.99s, 200m: 34.09s, 600m: 2m10.2s) 139 pts
3rd Dylan Fray (60m: 10.27s, 200m: 36.31s, Turbo Jav 11.25m) 136 pts

12th Dominik Mihaly Jeles (200m: 40.12s, 600m 2m 37.05s, Turbo Jav 9.25m) 109 pts
15th Alexander Filipov (200m 37.63s, 600m 2m 41.69s, LJ 2.04m) 97 pts

U9 Girls

1st Lizzy Hayford (60m: 9.67s, 200m: 34.43s, LJ 2.54m) 140 pts
6th Annaliese Asamoah (60m: 10.93s, 200m: 41.35s, LJ: 1.81m) 108 pts

U11 Boys

6th Maddox Agwu (60m: 8.81s, 200m: 29.61s, LJ: 2.89m) 150 pts
17th Jaydon Smith (60m: 9.89s, 200m: 33.82s, LJ 3.19m) 139 pts

U11 Girls

8th Willow Lazar (60m: 10.07s, LJ 2.86m, Turbo Jav 10.25m) 138 pts
11th Chann-Lei Lee (60m: 9.43s, 200m 34.32s, Shot Putt 4.37m) 134 pts
16th Kyla Thompson (60m: 9.99s, 200m: 34.38s, LJ: 2.12m) 128 pts
33rd Mila Strevens (60m 11.86s, SP: 4.14m, x) 73 pts

U13 Girls

11th Matilda Barrant (60m: 9.51s, 200m: 32.40s, LJ 3.66m) 159 pts
21st Eliza Burrige (60m: 9.60s, 60mH: 12.97s, 200m: 33.13s) 149 pts

Jack Petchey Award



The winner for November was Ishanna Cannell for her diligent application to training with Kabir's Endurance group demonstrated by her performances in Cross Country races where she is a valuable team member.

Nominations for January: -

Malakai David McKenzie Callum – *Malakai has continued to develop as a young multi-event athlete taking part in his first cross country race in November to help his endurance before competing in his first pentathlon at the Southern Indoor Championships where he broke 4 Club U15 records on his way to winning a Silver Medal.*

Lila Blustin – *Lila has been all present this season in the U13 Girls Cross Country team and shown commitment at training to show consistent improvement in her performances which sees her currently lead the U13 Girls XC Points Race.*

George Saint – *George has continued to show dedication to his running and has developed into one of the clubs leading U17 endurance runners was our first Junior Man runner home in the last Met League. He has been all present running for the Club at XC this season and currently leads the U17 Mens XC points competition.*

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