

Contents

Congratulations

Meeting Report: - Middlesex Championships

Meeting Report: - Met League Welwyn 4#

Meeting Report: - South of England Indoor Championships

Meeting Report:- South of England XC Championships

Up-Coming Club Young Athletes Fixtures

2023/24 Winter Fixtures

2023/24 Indoor Fixtures

2024 Summer Fixtures

Jack Petchey Award

Congratulations

Congratulations to Sam Brown (U17M 400m), Montana Dennis (U17M 60mH) and Gabriel Edwards (U15B 60mH) for all winning medals at the South of England Indoor Championships.

Well done as well to to Rory Willis (U13B) and Amy Kirk (U15G) who both won individual bronze medals at the Middlesex XC Championships. In addition the U15G Team (Kirk, Hunt, Cormacain) won the Team title while the U11 Girls were 2nd, and the U13 Boys were 3rd.

New Club records were set this month by Sam Brown (U17M Indoor 400m 50.32).

Meeting Report: - Middlesex XC Championships, Horsenden Hills, 6.1.24

The Middlesex County Championships returned to Horsenden Hills and as usual the course, which had been significantly softened up by the mid-week rain provided a proper challenge as the hard dry courses of the autumn become a distant memory.

It would have been hard to top last year's success for the club especially with several teams weakened due to illness and school holidays. However, with wins U15 Girls as well as silver medals U11 Girls with the U13 Boys 3rd there was silverware galore as well as fine 3rd places for Amy Kirk (U15G) and Rory Willis (U13B).

The races started with the U11's with the boys led home by Kai Duberry in 6th place. The girls did even better packing well with Edith Deakin first home to finish 9th, 10th and 13th and secure 2nd place only 2 points behind champions SBH.

Due to the heavy ground the course was changed to feature two smaller laps. The Boys age group is highly competitive and Rory Willis who won the last Met League stayed in contention to the end finishing in 3rd only 4s behind the winner. With Alex Kirk 9th and Aidan Lappin 9th they secured the team bronze. Unfortunately, with only two girls there was no chance to defend the U13G title won last year but Alice Rockhill in her first race of the season was 29th.

The heavy ground led Dylan Mills to drop out during the race with he and Ennio Kaloukian both close to the front. Ennio finished 10th with Tam Mergia 23rd. The U15 Girls team was well supported with 8 taking part of which in their first year as U15's. With a quality feed led by Jorjia March (Barnet) last seasons U13G national champion Amy Kirk produced a great sprint finish to secure 3rd place. Margot Hunt and Rosa Cormacain had both run closely together finishing in 7th and 8th to secure the team title.

The U17 Women saw Ishanna Cannell finish 6th and Lucy Corkin in her first race of the season 8th. In the Men's race which combines U20 and U17's Oliver O'Connor finished 1st overall and with Abel Woldegiorgis 10th and Fred Beale 13th they secured the Junior Mens title. In the U17's George Saint was our first runner home in 9th and with David Baah-Okyere 19th and Artie Feeny Willings 35th they finished 6th in the team competition.

RESULTS

U11 Boys (1,500m 34 finishers):- 1st D Pascal (SBH) 6:41, 15th Kai Duberry 7:46, 27th William Edwards 8:40, 30th Dominic Jeles 9:04. Team:- 1st SBH 8 pts, 6th London Heathside 72 pts

U11 Girls (1,500m 24 finishers):- 1st L Graham (SMR) 7:23, 9th Edith Deakin 8:23, 10th Mathilda Hinson 8:29, 13th Imogen Wraight 8:35. Team 1st SBH 30 pts, 2nd London Heathside 32 pts

U13 Boys (3000m 37 finishers):- 1st J Hayward (ESM) 14:02, 3rd Rory Willis 14:06, 9th Alex Kirk 14:37, 20th Aidan Lappin 15:53, 27th Dominic Perkins 17:03, 28th Alex Rankin 17:10. Team: 1st ESM 15 pts, 3rd London Heathside (Willis, Kirk, Lappin) 32 pts

U13 Girls (3000m 39 finishers):- 1st K Dalton (Harrow) 15:00, 29th Alice Rockhill 18:09, 39th Amba Coleman 19:56. No London Heathside Team

U15 Boys (4,000m 43 finishers):- 1st D Jelfs (SMR) 15:06, 10th Ennio Kaloukian 16:34, 23rd Tam Mergia 17:58. No London Heathside Team

U15 Girls (4000m 26 finishers):- 1st J March (Barnet) 16:41, 3rd Amy Kirk 17:23, 7th Margot Hunt 18:08, 8th Rosa Cormacain 18:31, 10th Kiara Corkin 19:27, 12th Maya Westgate 19:58, 14th Lettice Gundry 20:02, 15th Kitty Kelsall 20:18, 16th Lila Blustin 20:20. Team:- 1st London Heathside (Kirk, Hunt, Cormacain) 18 pts.

U17 Women (6,000m 17 finishers):- 1st A Massey (TVH) 24:03, 6th Ishanna Cannell 26:33, 8th Lucy Corkin 26:53. No London Heathside Team

U17 Men (6,000m 38 finishers):- 1st T Chadwick (Highgate) 20:18, 9th George Saint 22:09, 19th David Baah-Okyere 23:38, 35th Artie Feeny Willings 26:30, 38th Ben Ryan 28:59. Team 1st Highgate 12 pts, 6th London Heathside 63 pts

Meeting Report: - Met League 4# - Welwyn 13.1.24

January sunshine greeted the large number of Heathsidiers who trekked to Welwyn on Saturday to take part in the penultimate Met League of the season. The journey made more arduous by the engineering work on the east coast mainline. However, it was definitely worth it with team wins for the Junior Women and 3rd places for the U13 Boys. Amy Kirk following her first individual medal at the Middlesex Championships was 3rd with Rosa Cormacain, Kiara Corkin and Lila Blustin all in the Junior Women top ten. George Saint was 8th in the Junior Men and Rory Willis 4th and Alex Kirk 9th in the U13 Boys.

U11 Boys (1,500m 36 runners):- 1st J Maiden (Herts P) 5:03, 15th Kit Young 6:01, 31st Dominic Jenkins 6:50. Team:- 1st SBH 125 pts, 11th London Heathside 28 pts

U11 Girls (1,500m 33 runners):- 1st A Clements (E&H) 5:39, 11th Mathilda Hinson 6:21, 23rd Imogen Wraight 6:51
24th Livia Belkin 6:53, 30th Thalia Roberts 7:11, 31st Margot Dalton 7:12. Team:- 1st WG&EL 97 pts, 5th London Heathside A 48 pts, 15th London Heathside B 5 pts

U13 Boys (3,000m 35 runners):- 1st J Summers (Herts P) 11:24, 4th Rory Willis 11:42, 9th Alex Kirk 12:10, 17th Aidan Lappin 12:34, 33rd Pip Young 15:00. Team:- 1st ESM 117 pts, 3rd London Heathside 81 pts

U13 Girls (3,000m 30 runners):- 1st E Ponkratjeva (SMR) 12:14, 29th Estrelia Oxley 16:30, Team:- 1st Harrow 75 pts, 14th London Heathside 2 pts

Junior Men (4,000m 78 runners):- 1st L Dunham (Herts P) 14:16, 8th George Saint 15:04, 27th Ennio Kaloukian (U15B) 15:57 (8th U15), 28th Sam Turner (U15B) 16:13 (9th U15), 41st Tam Mergia (U15) 16:52 (17th U15), 61st Artie Feeny Willings 17:32, 64th Joe Skelsey (U15) 17:39 (32nd U15), 72nd Ben Ryan 18:56. Team:- 1st SBH 286 pts, 6th London Heathside A 212 pts, 21st London Heathside B 40 pts

Junior Women (4,000m 34 runners):- 1st J March (Barnet) (U15G) 15:54, 3rd Amy Kirk (U15G) 16:40 (2nd U15), 7th Rosa Cormacain (U15G) 17:54 (5th U15), 8th Kiara Corkin (U15G) 18:02 (6th U15), 9th Lila Blustin (U15G) 18:25 (7th U15), 17th Maya Westgate (U15G) 19:12 (13th U15), 18th Lettice Gundry (U15G) 19:19 (14th U15), 20th Ivy Gray (U15G) 19:25 (15th U15), 21st Caitlin Roberts (U15G) 19:36 (16th U15). Team:- 1st London Heathside A 113 pts, 5th London Heathside B 64 pts

Meeting Report: - Southern Indoor Championships, Lee Valley, 13-14.1.24

Of the 4 young athletes who entered the Southern indoor championships 2 won medals with Gabriel Edwards and Montana Dennis both taking bronze in the 60m Hurdles. On the Sunday Sam Brown took silver in the 400m. Gabriel, Montana and Malakai now head to the National Championships in Sheffield.

RESULTS

60m (U17M)

H6 5th Malakai David McKenzie Callum 7.49 q
Semi-final 7th Malakai David McKenzie Callum 7.55

400m (U17M)

H1 2nd Sam Brown 52.85 q
Final 2nd Sam Brown 51.44 🏆

60mH (U15B)

H2 2nd Gabriel Edwards 9.27 Q
Final 3rd Gabriel Edwards 9.19 PB 🏆

60mH (U17M)

H2 3rd Malakai David McKenzie Callum 8.91 q
H3 2nd Montana Dennis 8.52 Q
Final 3rd Montana Dennis 8.45 PB 🏆
Final 7th Malakai David McKenzie Callum 9.12



Meeting Report: - South of England Cross Country Championships, Beckenham Palace Park, 27.1.24

Plenty of Young Heathsiders trekked to South London for the South of England Championships in perfect weather for racing. The issues that bugged the first races now appeared to have been sorted and the course offered a good challenge combined with the big fields of runners. The outstanding performance was by our U15 Girls who with Amy Kirk finishing 20th and Kiara Corkin, Rosa Cormacain and Margot Hunt all having top 50 finishes just missed out on a team medal finishing 4th. The U17 Women also produced an excellent performance finishing 9th with Millie Watkins our first home in 47th. The U13 Boys were 11th with Rory Willis finishing an excellent 29th. Sam Turner's 38th place anchored the U15 Boys who finished 14th.

U13 Boys (3km, 174 finishers):- 1st O McDonald (Dacorum) 9:48, 29th Rory Willis 10:31, 38th Charlie Nicolson 10:40, 96th Alex Kirk 11:17, 148th Aidan Lappin 12:13. Team:- 1st Windsor Slough Eton & Hounslow 66 pts, 11th London Heathside 311 pts

U15 Girls (4.5km, 183 finishers):- 1st O Forrest (Brentwood) 14:51, 20th Amy Kirk 16:08, 39th Kiara Corkin 16:50, 40th Rosa Cormacain 16:51, 46th Margot Hunt 17:02, 66th Caitlin Roberts 17:43, 93rd Lettice Gundry 18:17, 101st Lila Blustin 18:23, 103rd Maya Westgate 18:27, 135th Ivy Gray 19:13, 169th Jasmina Roberts 21:12. Team:- 1st Aldershot Farnham & District 67 pts, 4th London Heathside 145 pts

U15 Boys (4.5km 181 finishers):- 1st J Scanes (Blackheath & Bromley) 13:20, 38th Sam Turner 14:58, 82nd Ennio Kaloukian 15:36, 115th Phoenix Bonhote 16:19, 128th Joe Skelsey 16:36, 164th Leon Bestmann-Calvo 17:46. Team:- 1st Winchester Running Club 51 pts, 14th London Heathside 363 pts

U17 Women (6km, 121 finishers):- 1st E Nicholson (Blackheath & Bromley) 20:21, 47th Millie Watkins 24:05, 55th Issy Watkins 24:35, 73rd Ishanna Cannell 25:09, 93rd Amaya Skankardass 26:02. Team:- 1st Windsor Slough Eton & Hounslow 42 pts, 9th London Heathside 268 pts

U17 Men (6km, 166 finishers):- 1st S Plummer (Chelmsford) 18:15, 75th George Saint 20:26, 156th Artie Feeny Willings 24:05, 162nd Ben Ryan 26:12. Team:- 1st Chelmsford 33 pts, London Heathside No Team.

Up-coming Club Young Athletes Fixtures: -

NWLL 4#, Hampstead Heath Extension, 3.2.24

The Club is again hosting this meeting which will be held on a course around the Hampstead Heath Extension.

Race Location: -Hampstead Heath Extension.

Race Information:- There is no need to pre-register you can turn up on the day. Competitors should report to the Heathside flag at the start where running numbers, club vests and spikes if required will be available. Athletes should arrive at least 30 minutes before their race for warm up and briefing.

- 12.00 pm U11 Boys and Girls 1,700m
- 12.15 pm U13 Boys and Girls 3,000m
- 12.35 pm U15 Boys and Girls 3,800m
- 1.00 pm U17 Men and Women 4,800m

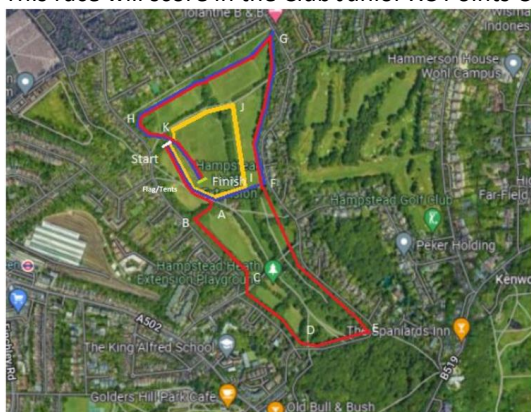
The Course:- The course is predominantly run over playing fields and is generally flat, although it can be muddy in places.

Scoring:- First 4 Athletes to score in both the Boys and Girls Team Competitions.

Boys and Girls run together this year over the same distance with separate finishing funnels.

Age Groups equate to U11 = School Years Yrs 4/5/6, U13 = Yrs 7/8, U15 = Yrs 9/10 and U17 = Yrs 11/12

This race will score in the Club Junior XC Points Championship.



12:00 pm - U11 Boys and Girls
1700m - Medium (Blue) Lap
A-F-G-H

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

12:35 pm - U15 Girls and Boys
3800m - Small (Yellow) and 1 Large (Red) Laps
A-F-G-H-K-A-F-G-H-K

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

Met League 5#, Trent Park, 10.2.24

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. This is limited so preferably please travel by Public Transport

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 (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, as this will give you plenty of time to get your number, do a warmup, done while still allowing plenty of time to get to the start.

The Course: Parkland setting, with an undulating course on grass and woodland paths. (Course Maps yet to be released)

12.20 pm Under 11 Boys and 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

Note:- Times have yet to be confirmed

National Cross Country Championships, Weston Park, Shropshire, 24.2.24

The biggest race of the XC Calendar the club have entered almost 30 young athletes for this race. The majority will be travelling by coach on Friday Night and staying overnight before the races which commence at 11.00am on the Saturday. The race is live streamed on the England athletics youtube channel.

11.00 am Under 17 Women Championship (5K)
11.25 am Under 15 Boys Championship (4K) .
11.45 am Under 13 Girls Championship (3K)
12.05 pm Under 17 Men Championship (6K) .
13.20 pm Under 13 Boys Championship (3K)
12.45 pm Under 15 Girls Championship (4K).

Middlesex Indoor Championships, Lee Valley, 16-17.3.24

Entries are now open for the Middlesex Indoor Championships which is open to U15, U17, U20 and Senior Athletes. Run in conjunction with Kent and Hertfordshire these are very well officiated championships and the last indoor meeting of the season.

Entries:- [Middlesex Indoor Championships \(opentrack.run\)](https://data.opentrack.run)

Minithon, Lee Valley, 23.3.24

The last Minithon of the year for U9, U11 and U13 Athletes is on Saturday 23rd March.

Entries:- <https://data.opentrack.run/en-gb/x/2024/GBR/minithon3/>

Winter 2023/24 Fixture List

The Fixture List for the Winter is as follows: -

3/2/24 – NWLL, Hampstead Heath Extension

6/2/25 – Middlesex Schools XC Championships, Harrow

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

7/2/24 – London Schools XC Championships, Wormwood Scrubs
10/2/24 – Met League, Trent Park
24/2/24 – ECCA National XC Championships, Shropshire
2 or 3/3/24 – NWLL, Coptall (Tbc)
9/3/24 – CAU Inter-Counties, Wollaston Park, Nottingham
10/3/24 – Inter-borough Challenge, Finsbury Park
16/3/24 – ESSA XC Championships, Pontefract

Indoor Season Fixture List

10-11.2.24 – England Athletics Championships (U15/U17/U20) – Sheffield (www.rosterathletics.com)
14.2.24 – Middle Distance Open (All) – Lee Valley
17-18.3.24 – Tri-Counties Championships (U15/U17/U20/SEN) – Lee Valley (www.opentrack.run)

Outdoor Season Fixture List 2024

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

Jack Petchey Award

Nominees for January have yet to be announced



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