

## Contents

Congratulations  
Meeting Report – ESAA Championships  
Meeting Report – MYAL 3#  
Meeting Report – SAL 2#  
Meeting Report – UYDL 3#  
Meeting Report – Club Handicap

Meeting Report – Club Championships  
Up-Coming Club Young Athletes Fixtures  
U17/U15 National Championships  
Disruption to Young Athletes Training  
Throwing Coaching  
Jack Petchey Award

## Congratulations

Congratulations to Koppany Szentes who won a bronze medal at the Southern (U15) 3000m Championships. Well done to club record breakers Hattie Munday (U17W) 1500mSC, Izzy Watkins (U17W) 800m, Elkie Baker (U15G) Discus, Gabriel Edwards (U13B) 300m, Maya Westgate (U13B) 300m, Trey Corlis (U17M) 100mH, Imani Quamina (U17W) 80mH and Martha Jolly (U15G) Long Jump. New MYAL League bests were recorded by Hattie Munday U17W 300m. Well done to Thomas Wassermann who was crowned Middlesex IB High Jump Champion and Elkie Baker Middlesex Schools U14G Discus Champion.

Well done to our record contingent of youngsters who represented London or Middlesex at the National Schools Championships in Manchester on 8-9<sup>th</sup> July. Middlesex Team:- Izzy Watkins (IG 800m), Milly Watkins (IG 1500m), Milton Cooper (JB 300m), Sam Brown (JB 300m) and Elkie Baker (JG Discus). London Team:- Trey Corlis (IB 100mH), Imani Quamina (IG 80mH), Montana Dennis (JB 80mH), Ella Burrige (JG 300m), Magdeline Paitoo (JG 300m) and Martha Jolly (JG LJ). Report of how they got on is below.



Well done to all the Club U13 and U15's who have been picked for their Borough London Youth Games Athletics teams on 10<sup>th</sup> July or for Middlesex for the U13 Inter-Counties Match on 24<sup>th</sup> July.

Thomas Wassermann who won May's Jack Petchey Award and Gabriel Edwards who won the award in June.

## Meeting Report:- ESAA English Schools Championships, Manchester, 8-9.7.22

The Club had a record 11 young athletes picked to represent either London or Middlesex at the English Schools Championships at the weekend. This is the pinnacle of schools athletics spread over two days with 99 different events across 3 age groups (Junior (U15), Inter (U17) and Senior (U20)). Even qualifying is a great achievement with high qualification standards and Counties' limited on how many athletes they can bring. This is also often the first experience of travelling away with a team of strangers for 3 days. However our youngsters thrived with 6 new Club records, a 4th, 5th, 6th and 8th place as well as Sam Brown winning Gold in the JB 300m and Trey Corlis a bronze in the IB relay. All will have learned lessons on how to deal with multiple rounds and tactics against the very best athletes in the country in front of a crowded stadium.



After traveling up to Manchester on Thursday afternoon the action started early on Friday morning. The throwing events were held at Longfield Park where Elkie Baker took part in the first event of the day, throwing over 29m in her 2nd throw to break her club record by 3.19m and is ranked the 1st U14 in the country with the chance to compete in Junior Girls again next year. Back in the stadium Imani Quamina and Montana Dennis both set new PB's in their Hurdles races but unfortunately failed to make the final. Trey Corlis finished 3rd in his heat breaking his club record and qualifying for the final. Issy Watkins went in the highly competitive IG 800m finished 4th in her heat just 1s outside of qualifying for the final. Martha Jolly competed in the JG Long Jump making the top 8 with 5.05m a new Club record (although she did jump 5.13m at the London Championships). We had 4 athletes

competing in the Junior 300m races. Milton, who is national indoor champion, won his heat comfortably with Sam Brown 2nd in his while Ella Burrridge made a 0.5s PB to come 2nd in her heat and Magdeline qualified as one of the fastest losers. They had to return to the track later on Friday evening to compete in the semi-finals with Ella and Magdeline just missing out on final places however Milton and Sam both finished 2nd and into the final on Saturday.

Saturday saw Manchester bathed in warm sunshine. Trey's final was at lunchtime and although he set a new PB and club record he could only finish in 4th however he is a 1st year IB so gets the chance to improve on this next week. The JB 300m Milton went out hard from the start but despite leading as they entered the home straight started to tighten up while Sam timed his charge to perfection moving from 4th place to take 1st place on the line and the English Schools title smashing his PB and setting a new club record. Trey Corlis helped London to a bronze in the IB relay. Heathside's involvement finished with the last event of the whole championships with Elkie who had competed in the first running leg 3 of the Middlesex JG relay team.



A fantastic experience for all of them and I'm sure all will be desperate to make sure they qualify again next year, the hard work starts again now. Sympathy to Milly Watkins who was unable to travel due to illness. Well done to their coaches Israel, Kabir and Neville Thompson.

### Results

#### JB 300m

H2 2nd Sam Brown (Mid) 37.42 **AAA Grade 1**  
H4 1st Milton Cooper (Mid) 37.30 **AAA Grade 1**  
SF1 2nd Sam Brown 37.53 **AAA Grade 1**  
SF2 2nd Milton Cooper 37.25 **AAA Grade 1**

Final 1st Sam Brown 36.33 PB 🏆 **NCR AAA Grade 1**  
Final 5th Milton Cooper 37.11 **AAA Grade 1**

#### JG 300m

H1 2nd Ella Burrridge (Lon) 41.69 PB by 0.58s **AAA Grade 1**  
H4 4th Magdeline Paitoo (Lon) 42.06 **AAA Grade 1**  
SF2 4th Magdeline Paitoo 41.95 **AAA Grade 1**  
SF2 5th Ella Burrridge 42.25 **AAA Grade 1**

#### IG 800m

H3 4th Izzy Watkins (Mid) 2:16.05 **AAA Grade 2**

#### IG 80mH

H2 7th Imani Quamina (Lon) 12.19 PB by 0.33s **NCR AAA Grade 3**

#### JB 80mH

H1 5th Montana Dennis (Lon) 11.93 PB by 0.22s **AAA Grade 2**

#### IB 100mH

H2 3rd Trey Corlis (Lon) 13.56 PB by 0.04s **NCR AAA Grade 1**

Final 4th Trey Corlis (Lon) 13.33 PB **NCR AAA Grade 1**

#### JG Long Jump

Final 8th Martha Jolly (Lon) 5.05m PB by 7 cm **NCR AAA Grade 2**

#### JG Discus

Final 6th Elkie Baker (Mid) 29.74m PB by 2.29m **NCR AAA Grade 1**

#### IB 4x100m

3<sup>rd</sup> London (N'Douba, Corlis, Akinlolu, Abulkarim) 43.02

#### JG 4x100m

8th Middlesex (Sutherland, Odiaka, Baker, McLeod) 50.47

## Meeting Report: - Middlesex Young Athletics League 3#, Perivale, 25.6.22

MYAL meetings and three wins although this time the margin was just 5 points from Shaftesbury with some of our teams a little depleted especially our middle-distance runners and the west London Clubs being able to field larger teams. Age Group Wins were recorded for the U13 Boys, U17 Men, U11 and U15 Girls. There were 14 Individual event wins; Shiya Daley (U11G LJ), Kingston Bennett (U11B LJ), Finn Reid (U11B Vortex), Ivy Paitoo (U13G SP), Gabriel Edwards (U13B 200m and 80mH), Ella Burrridge (U15G 200m, 300m and LJ), Sam Brown (U15B 300m), Montana Dennis (U15B 80mH), Martha Jolly (U17W LJ), Akan Akpan (U17M SP) and Marcel Baczek (U17W JT). The windy conditions mean't sprint times were wind assisted with Gabriel Edwards recording a league best in the 75mH of 12.23s cutting 0.68s of his previous best. Hattie Munday also set a new U17W 300m league best of 41.68s. Ella Burrridge in winning all her 3 U15G events also recorded a speedy wind assisted 25.83s in the 200m. The only club record to fall on the day was Izzy Watkins going under 2.16 for the first time to set a new U17W Club record of 2:15.46 the fastest by any female Heathsider this year.

Thanks as always to Ruth, Rachel, Mary, Kabir and Israel for team managing, Claudia, Miriam and Russell for officiating and parents for helping get the athletes to their events. The last meeting of the season is 30th July at the newly completed StoneX Stadium where we hopefully can retain our league trophy.

### Results

Team: - **1st London Heathside 85 pts**  
2nd Shaftesbury Barnet Harriers 80 pts

#### U11 Girls

##### 150m

Shiya Daley 22.57 A 4th  
Eliza Burrridge 23.22 B 2nd

Imogen Gomeze 25.7 ns

Blakey Paton 27.0 ns

Amber Leland Littlewood 24.08 ns

Imogen Wraight 24.77 ns

No 132 27.01 ns

# London Heathside Young Athletes Club Newsletter

June 2022



## 600m

Imogen Wright 2:08.74 A 4th

Jessie Muhsin 2:11.49 B 2nd

Blakey Paton 2:29.5 ns

## Long Jump

Shiya Daley 4.07m A 1st 🏆 AAA Grade 4

Eliza Burrridge 3.60m B 1st

Amber Leland Littlewood 3.38m ns

Imogen Wright 3.23m ns

## Vortex

Shiya Daley 17.10m A 6th

Imogen Gomeze 11.60m B 3rd

**1st London Heathside 106 pts, 2nd Ealing S&M 98 pts**

## U11 Boys

### 150m

Kingston Bennett 22.38 A 3rd

Finn Reid 21.98 B 2nd

Kymani Gaillard 24.22 ns

### 600m

No Competitor

### Long Jump

Kingston Bennett 4.19m A 1st 🏆

Kymani Gaillard 3.22m B 2nd

### Vortex

Finn Reid 43.10m A 1st 🏆

Kingston Bennett B 30.45m 2nd

1st Thames Valley 109 pts, 2nd Ealing Eagles/Shafesbury Barnet 94 pts, **4th London Heathside 92 pts**, 5th Ealing S&M 91 pts

## U13 Girls

### 200m

Nyah Brown 29.1 A 2nd AAA Grade 3

Maya Westgate 29.74 B 3rd AAA Grade 4

Eddie Waites 30.02 ns

### 800m

Maya Westgate 2:46.37 A 3rd

Isla Kavanagh no time B 7th

### High Jump

Ivy Paitoo 1.25m A 5th AAA Grade 4

Rhoswen Keeping 1.10m ns

### Long Jump

Nyah Brown 4.07m A 3rd AAA Grade 4

Rhoswen Keeping 3.91m B 1st

### Shot Put

Ivy Paitoo 7.20m A 1st 🏆 AAA Grade 4

Rhoswen Keeping 5.87m B 1st

### Javelin

Ivy Paitoo 11.47m A 2nd

1st Ealing S&M 192 pts, **2nd London Heathside 166 pts**, 3rd Shafesbury Barnet 113 pts

## U13 Boys

### 200m

Gabriel Edwards 26.79 A 1st 🏆 AAA Grade 2

Tyree Stephens 27.70 B 1st AAA Grade 3

Freddie Burrridge 32.80 ns

### 800m

Laurie Charalambides 2:29.48 A 3rd AAA Grade 4

Rory Willis 2:33.20 B 1st

Ennio Kaloukian 2:45.61 ns

Pip Young 2:53.03 ns

### 75mH

Gabriel Edwards 12.23 A 1st 🏆 PB by 0.68s w+2.1 New League Best  
AAA Grade 1

Max Wassermann 14.63 B 2nd AAA Grade 4

### High Jump

Ennio Kaloukian 1.30m A 2nd AAA Grade 4

Roderick Alonso 1.20m B 1st

### Long Jump

Gabriel Edwards 4.74m A 2nd AAA Grade 2

Freddie Burrridge 4.15m B 2nd

### Shot Put

Roderick Alonso 5.89m A 2nd

Max Wassermann 5.46m B 2nd

### Javelin

Roderick Alonso 15.26m A 3rd

**1st London Heathside 203 pts, 2nd Ealing S&M 170 pts**



## U15 Girls

### 200m

Ella Burrridge 25.83 A 1st 🏆 PB w +3.6m AAA Grade 1

Kyra Smith 27.88 B 2nd AAA Grade 3

Casia Langley Bradshaw 28.19 ns

No 137 29.92 ns

### 300m

Ella Burrridge 42.78 A 1st 🏆 AAA Grade 2

Kyra Smith 46.50 B 2nd

### 800m

Mia Rosen 2:30.96 A 4th AAA Grade 4

Kiara Corkin 2:37.0 B 3rd

Amy Kirk 2:35.93 ns

### 75mH

Tara Sweetnam 12.22 A 2nd AAA Grade 3

Caisa Langley Bradshaw 12.48 B 1st AAA Grade 3

Suraya Frost 12.62 ns AAA Grade 4

### High Jump

No Competitor

### Long Jump

Ella Burrridge 4.83m A 1st 🏆 AAA Grade 3

Milli Bridgman-Athanasatos 4.75m B 1st AAA Grade 3

Kyra Smith 4.26m ns

Kiara Corkin 3.48m ns

### Shot Put

Elkie Baker 7.52m A 4th

Malia Anderson 6.53m B 3rd

### Javelin

Elkie Baker 18.69m A 5th PB

Malia Anderson 13.32m B 1st

### Discus

Elkie Baker 22.18m A 3rd AAA Grade 4

### Pole Vault

No Competitor

**1st London Heathside 221 pts, 2nd Shafesbury Barnet 204 pts**

## U15 Boys

### 200m

Sam Brown 23.8 A 3rd PB AAA Grade 1

Montana Dennis 24.76 B 1st AAA Grade 3

Mikel Alexander 26.37 ns

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



Malaki David McKenzie 27.18 ns

Jordan Gboho 28.42 ns  
300m

Sam Brown 37.89 A 1st 🏆 PB AAA Grade 1

Mikel Alexander 41.8 B 2nd AAA Grade 4

Malaki David McKenzie 45.8 ns

Jordan Gboho 47.8 ns

800m

Sam Turner 2:23.31 A 6th

Frank Bailey 2:32.57 B 5th

80mH

Montana Dennis 12.15 A 1st 🏆 AAA Grade 2

Tristan Willhoft-King 13.11 B 1st

High Jump

Sam Turner 1.30m A 7th

Frank Bailey 1.25m B 3rd

Long Jump

Malaki David McKenzie 4.41m A 7th

Jordan Gboho 4.26m B 2nd=

Shot Putt

Patrick Coley 8.29m A 2nd

Javelin

Patrick Coley 19.28m A 4th

Discus

Patrick Coley 20.46m A 2nd

1st Shaftesbury Barnet 235 pts, **2nd London Heathside 216 pts**

## U17 Women

200m

Magdeline Paitoo (U15G) 26.34 A 3rd AAA Grade 2

300m

Hattie Munday 41.68 B 1st PB New League Record AAA Grade 2

Magdeline Paitoo (U15G) 43.23 A 3rd AAA Grade 3

800m

Izzy Watkins 2:15.46 A 2nd PB New U17W Club Record AAA Grade 1

Hattie Munday 2:19.01 B 1st AAA Grade 3

Ruby Walls 2:28.35 ns

Lucy Corkin 2:34.38 ns

High Jump

Hattie Munday 1.35m A 2nd

Long Jump

Martha Jolly (U15G) 4.91m A 1st 🏆 AAA Grade 2

Magdeline Paitoo (U15G) 4.12m B 1st

Lucy Corkin 3.87m ns

Shot Putt

Martha Jolly (U15G) 6.25m A 4th

Javelin

No Competitor

Discus

No Competitor

Pole Vault

No Competitor

1st Shaftesbury Barnet 184 pts, 2nd Barnet & District 155 pts, **3rd London Heathside 149 pts**, 4th Thames Valley 124 pts

## U17 Men

200m

Trey Corlis 23.30 A 2nd AAA Grade 2

Oscar Hall 23.98 B 2nd

400m

Oscar Hall 54.88 B 1st

Trey Corlis 58.94 A 3<sup>rd</sup>

800m

Artie Feeny-Willings 2:41.91 A 6th

High Jump

Thomas Wassermann 1.60m A 2nd

Artie Feeny-Willings 1.40m B 1st

Long Jump

Trey Corlis 5.15m A 2nd

Oscar Hall 4.81m B 1st

Shot Putt

Akan Akpan 9.73m A 1st 🏆

Javelin

Marcel Baczek 30.94m A 1st 🏆

Akan Akpan 14.54m B 1st

Discus

Akan Akpan 21.20m A 2nd

1st London Heathside 208 pts, 2nd Shaftesbury Barnet 130 pts



## Meeting Report: - Southern Athletics League Div2 East 3#, Finsbury Park, 12.6.22

A number of young athletes represented the Senior Team at our home SAL match and helping the Club win the match. Event wins were recorded by Thomas Archer (1500m), Hattie Munday (800m), Izzy Watkins (1500m), Rose Garrett (1500mSC). Hattie Munday also set a new U17W Club Record in the 1500mSC. If you are U17 or above you are welcome to take part in the next match at Woodford on 24<sup>th</sup> July.

### Results

#### Senior Men

##### 100m

Justin Paul (U20) 11.60 ns PB

##### 200m

Justin Paul (U20) 23.43 ns PB

##### 800m

Nanayaa Oduro-Nyaning (U20) 2:13.47 B 1st PB

Luke Pike Mullins (U20) 2:21.33 ns PB

##### 1500m

Thomas Archer (U20) 4:03.90 A 1st

Oliver O'Connor (U20) 4:15.83 ns

Bedo Draskoczy (U20) 4:38.69 ns PB

##### Triple Jump

Justin Paul (U20) 10.71m A 3rd

##### Javelin

Marcel Baczek (U17) 30.82m A 4th PB

#### Senior Women

##### 100m

Laila Tempesta (U17W) 13.55 A 2nd

Ndid Stewart Fraser-Uzoka (U17W) 13.67 ns PB

Amala Onwuli (U17W) 14.36 ns

Alina Olton (U17W) 14.87 ns

##### 400m

Amani Albair (U17W) 80.89 ns PB

##### 800m

Hattie Munday (U17W) 2:19.06 A 1st

##### 1500m

Izzy Watkins (U17W) 4:50.37 A 1st

##### 1500mSC

Rose Garrett (U20W) 6:10.91 A 1st

Hattie Munday (U17W) 5:37.98 ns PB New Club U17W Record by 27s

Millie Watkins (U17W) 5:41.71 ns PB

##### High Jump

Hattie Munday (U17W) 1.33m A 4th

Amala Onwuli (U17W) 1.23m ns

##### Long Jump

Laila Tempesta (U17W) 4.75m A 3rd PB

## Meeting Report: - Club Handicap, Highgate Woods 14.6.22

Blue skies saw the return of the Club's handicap race to the verdant Highgate Woods. Archie Evans was the first Junior home on the 5,000m course with a net time of 24:35. Other Young Athletes taking place were Lucy Corkin (U17W) who recorded a time of 20:30, Kiara Corkin (U15G) 21:41, Ivy Gray (U15G) 22.47 and Lila Blustin (U13G) 25:04.



## Meeting Report: - Club Championships (Part 1), Finsbury Park, 21.6.22

A beautiful summer's evening greeted the Heathsiders and our friends from Barnet for the first part of the club championships. This must have been a record attendance with a host of races and athletes from U11 to Over 70. A great evening of athletics was enjoyed by all with countless PB's set. Gabriel Edwards and Maya Westgate both set new U13 Club records in the 300m.

### Results

#### 100m

Race 1, Wind: no reading

1st Ivy Paitoo (U13G) 14.33 PB AAA Grade 4

2nd Nyah Brown (U13G) 14.37 PB AAA Grade 4

3rd Rhoswen Keeping (U13G) 14.66 PB

4th Edie Waites (U13G) 14.85 PB

5th Matilda Barrand (U13G) 16.07 PB

6th Jemima Skea (U13G) 16.41 PB

7th Clara Muehlenpfordt (U13G) 17.71

8th Sophie Muehlenpfordt (U13G) 17.91

Race 2, Wind: -1.4

1st Gabriel Edwards (U13B) 13.54 *AAA Grade 4*

2nd Tyree Stephens (U13B) 14.06

3rd Freddie Burrige (U13B) 15.14

4th Donovan Chu (U13B) 15.55

5th Deshawn Adeyami (U13B) 15.70

6th Thomas Gastri (U13B) 16.02

7th Bill Baker (U13B) 16.43

Race 3, Wind: -2.0

1st Martha Jolly (U15G) 13.28 *AAA Grade 4*

2nd Magdeline Paitoo (U15G) 13.43 *AAA Grade 4*

3rd Ella Burrige (U15G) 13.44

4th Samiyah Wilson (U15G) 13.67

5th Casia Langley Bradshaw (U15G) 13.78 PB

6th Suraya Frost (U15G) 14.13

7th Kyra Smith (U15G) 14.30 PB

8th Paloma Guisset (U15G) 14.92

Race 4, Wind: -0.6

1st Sam Brown (U15B) 12.57 PB

2nd Montana Dennis (U15B) 12.86

3rd Mikel Alexander (U15B) 12.98

4th Cruz Musongo (U15B) 13.07 PB

5th Malakai David McKenzie (U15B) 13.22 PB

6th Joshua Adeoye (U15B) 13.27

Race 5, Wind: -0.9

1st Imani Quamina (U17W) 13.09 *AAA Grade 4*

Race 7, Wind: -3.4

1st Trey Corlis (U17) 11.65 *AAA Grade 4*

2nd Justin Paul (U20) 12.22

3rd Oscar Hall (U17) 12.27

4th Caleb Macbruce (U20) 12.76

7th Michael Lee (U17) 14.19

## 300m,

Race 1 (U13)

1st Gabriel Edwards (U13B) 44.2 PB New Club Record

2nd Maya Westgate (U13G) 46.8 PB New Club Record

3rd Bill Baker (U13B) 48.8

4th Enio Kaloukian (U13B) 52.6

Race 2 (U13)

1st Nyah Brown (U13G) 50.1

2nd Edie Waites (U13G) 52.3

3rd Sophie Muehlenpfordt (U13G) 61.5

4th Chiora Pegoraro (U13G) 62.3

5th Abigail Henderson (U13G) 62.7

6th Clara Muehlenpfordt (U11G) 73.1

## 300m

Race 1

1st Magdeline Paitoo (U15G) 43.11 *AAA Grade 2*

2nd Ella Burrige (U15G) 44.04 *AAA Grade 3*

3rd Imani Quamina (U17W) 45.30

4th Kyra Smith (U15G) 46.14 PB

5th Samiyah Wilson (U15G) 46.25 PB



Race 2

1st Malaki David McKenzie (U15B) 45.91 PB

2nd Alex Poutney (U15B) 46.70 PB

3rd Lucca Rozzo (U15B) 49.85 PB

4th George Bray (U15B) 53.10 PB

Race 3

1st Sam Brown (U15B) 37.60 *AAA Grade 1*

2nd Mikel Alexander (U15B) 42.76 PB

3rd Nathaniel Swinhoe (U15B) 43.15

4th Cruz Musongo (U15B) 45.15 PB

## 400m

Race 1

3rd Artie Feeny-Willings (U17M) 67.80 PB

Race 2

1st Oscar Hall (U17M) 55.44 PB

4th Greg Berrisford Sweet (U17M) 62.89 PB

Race 4

3rd Rose Garrett (U20W) 65.75 PB

## 1500m

Race 1

3rd Ruby Walls (U17W) 5:04.67

4th Kiara Corkin (U15G) 5:08.73

6th Lucy Corkin (U15G) 5:23.33

7th Lettice Gundry (U15G) 5:31.22 PB

Race 2

4th Koppany Szentes (U15B) 4:45.98 PB *AAA Grade 4*

6th Dylan Mills (U15B) 4:46.54 PB

7th Greg Berrisford Sweet (U17M) 4:51.13

8th Tom Ballantyne (U15B) 5:05.13 PB

9th Alex Poutney (U15B) 5:09.85

11th Rory Willis (U13B) 5:22.82

Race 6

1st Thomas Archer (U20) 4:01.05

3rd Jake Evans (U20) 4:12.27 PB

## Long Jump

U13 Girls

1st Nyah Brown (U13G) 3.99m

2nd Maya Westgate (U13G) 3.67m PB

3rd Matilda Barrand (U13G) 3.34m

4th Sophie Muehlenpfordt (U13G) 3.07m

5th Clara Muehlenpfordt (U13G) 3.07m

6th Chiora Pegoraro (U13G) 2.42m

U13 Boys

1st Freddie Burrige (U13B) 3.19m

2nd Thomas Gastri (U13B) 3.12m

U15 Girls

1st Martha Jolly (U15B) 4.83m

2nd Kyra Smith (U15G) 4.26m

3rd Paloma Guisset (U15G) 3.89m PB

4th Suraya Frost (U15G) 3.86m

5th Kiara Corkin (U15G) 3.48m PB

U15 Boys

1st Nathaniel Swinhoe (U15B) 4.40m PB

2nd Henry Munday (U15B) 4.03m

3rd George Bray (U15B) 3.87m

4th Alex Poutney (U15B) 3.78m

5th Lucca Rozzo (U15B) 3.53m



Senior Men

1st Etienne Munday (U20M) 5.64m

3rd Avery Dietrich (U20M) 5.34m PB

4th Oscar Hall (U17M) 4.80m

**Triple Jump**

1st Cruz Musongo (U15B) 10.59m PB

**Hammer**

*Hammer (3kg)*

2nd Malia Anderson (U13G) 23.07m

Roderic Pascal Alonso (U13B) 11.05m PB

*Hammer (4kg)*

1st Jerome Henry (U15B) 23.31m

2nd Malakai David Mackenie (U15B) NM

**Discus**

*Discus (0.75kg)*

1st Ivy Paitoo (U13G) 15.68m PB

2nd Matilda Barrand (U13G) 15.66m PB

3rd Rhoswen Keeping (U13G) 15.01m PB

*Discus (1kg)*

1st Roderic Alonso-Pascual (U13B) 11.01m PB

*Discus (1kg)*

1st Elkie Baker (U15G) 24.43m *AAA Grade 3*

3rd Paloma Guisset (U15G) 15.86m PB

*Discus (1.25kg)*

1st Jerome Henry (U15G) 20.47m PB

## Meeting Report:- Upper Youth Development League, 3#, Lewes, 26.6.22

Simon reported "It was an early start for Israel's coaching group with a coach leaving Manor House at 7.15 am and heading to Lewis on the South Coast to gain more experience ahead of the seasons championships. The last match will be at the newly refurbished Tooting Bec Track on 7th August."

Team: 1st Medway & Maidstone 584.5 pts, 6th Team Sussex 388 pts, 7th Victoria Heathside Highgate 164 pts, 7th Holland Sports & Reigate 101 pts

**U20 Men**

100m

Caleb MacBruce 12.76 A 7th

200m

Caleb MacBruce 26.44 A 7th

**U17 Men**

100m

Trey Corlis 11.76 A 3rd *AAA Grade 4*

Oscar Hall 12.19 B 3rd

200m

Oscar Hall 24.59 A 4th

100mH

Trey Corlis 13.71 A 1st *AAA Grade 1*

Thomas Wassermann 15.19 B 3rd *AAA Grade 4*

**U17 Women**

100m

Imani Quamina 13.17 A 2nd

80mH

Imani Quamina 12.79 A 1st *AAA Grade 4*

## Up-coming Club Young Athletes Fixtures: -

### Middlesex Youth Athletics League 4#, StoneX, 30<sup>th</sup> July 2022



The last MYAL will be at StoneX Stadium on **Saturday 30<sup>th</sup> June starting at 11.30am**. You need to have been picked by your coach to take part. Directions can be found on the Club Website. The Club lead the League going into the last match but with Shaftesbury at home still need a good turnout to retain our league title. So if you are not on holiday please tell your coach you would like to compete. The Competition website can be found [here](#).

	StoneX							
	Boys/Young Men				Girls/Young Women			
	U11B	U13B	U15B	U17M	U11G	U13G	U15G	U17G
<b>75m</b>	1.55 pm				1.35 pm			
<b>100m</b>		12.30 pm	1.05 pm	1.15 pm		12.05 pm	12.50 pm	1.15 pm
<b>800m</b>	11.45 am				11.30 am			
<b>1500m</b>		2.30 pm	3.45 pm	3.45 pm		2.15 pm	3.25 pm	3.25 pm
<b>4x100m</b>	2.50 pm	3.05 pm	4.40 pm	4.40 pm	2.50 pm	3.05 pm	4.05 pm	4.05 pm
<b>Long Jump</b>	1.20 pm	11.30 am	3.10 pm	4.05 pm	12.25 pm	2.15 pm	3.10 pm	4.05 pm
<b>Long Jump ns</b>	12.25 pm	11.30 am			12.25 pm	11.30 am		
<b>High Jump</b>		2.15 pm	1.20 pm	1.20 pm		2.15 pm	4.05 pm	4.05 pm
<b>Vortex</b>	12.25 pm				1.20 pm			
<b>Javelin</b>		12.25 pm	3.10 pm	3.10 pm		12.25 pm	2.15 pm	2.15 pm
<b>Shot Put</b>		1.20 pm	2.15 pm	2.15 pm		1.20 pm	3.10 pm	3.10 pm
<b>Hammer</b>			4.05 pm	4.05 pm			4.05 pm	4.05 pm
<b>Discus</b>		11.20 am				11.30 am		

## UYDL 4#, Tooting Bec Athletics Stadium, Tooting Bec, Sunday 7<sup>th</sup> August 2022



Part of a combined team with Highgate Harriers and VP&TH full program of events for **U17** and **U20** athletes including sprint hurdles and long throws. The 4<sup>th</sup> and final meeting is hosted by Herne Hill Harriers AC at their brand new refurbished track. The Club will cover public transport costs there and back for any athletes that wish to compete. If you want to take part let your coach know.

	U17M	U20M	U17W	U20W
100m	12.30 pm	12.30 pm	12.30 pm	12.30 pm
200m	15.05 pm	15.05 pm	15.05 pm	15.05 pm
300m			13.10 pm	
400m	13.10 pm	13.10 pm		13.10 pm
800m	15.30 pm	15.30 pm	15.30 pm	15.30 pm
1500m	12.00 pm	12.00 pm	12.15 pm	12.15 pm
3000m	14.10 pm	14.10 pm	14.40 pm	14.40 pm
Sprint Hurdles	14.25 pm	14.55 pm	14.00 pm	14.25 pm
Hurdles	11.30 am	11.30 am	11.30 am	11.30 am
1500m S/C	16.30 pm		16.40 pm	16.40 pm
2000m S/C		16.00 pm		
4x100m	16.10 pm	16.10 pm	16.10 pm	16.10 pm
4x400m	16.50 pm	16.50 pm	16.50 pm	16.50 pm
Long Jump	11.15 am	11.15 am	13.00 pm	13.00 pm
Triple Jump	14.45 pm	14.45 pm	16.00 pm	16.00 pm
High Jump	12.30 pm	12.30 pm	14.45 pm	14.45 pm
Pole Vault	14.45 pm	14.45 pm	11.30 am	11.30 am
Shot Put	14.30 pm	14.30 pm	11.15 am	11.15 am
Discus	13.15 pm	13.15 pm	14.15 pm	14.15 pm
Javelin	15.30 pm	15.30 pm	16.30 pm	16.30 pm
Hammer	11.15 am	11.15 am	12.15 pm	12.15 pm

## 2022 Track and Field Fixtures

This year's outdoor season is well underway. 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.

8<sup>th</sup>-9<sup>th</sup> July – ESAA English Schools Championships, Sportscity Manchester

10<sup>th</sup> July – London Youth Games Athletics Championships – Lee Valley

**17th July – London Heathside Summer Quadkids – Finsbury Park**

22<sup>nd</sup> July – Golden Stag Mile – Finsbury Park

23<sup>rd</sup> July – LICC Open Meeting – StoneX

24<sup>th</sup> July – U13 Southern Inter-counties Match, Kingsmeadow

**30<sup>th</sup> July – MYAL 4#, Stone X Stadium**

**7<sup>th</sup> August – UYDL 4#, Tooting Bec Athletics Track, Tooting**

13<sup>th</sup>-14<sup>th</sup> August – Southern U13/U15/U17 Championships, Chelmsford3

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

28<sup>th</sup> August – LICC Open – StoneX

**6<sup>th</sup> September – London Heathside Club Championships – Day 2**

10<sup>th</sup> September – Inter-counties U15/U17 Championships, tbc

**11<sup>th</sup> September – Middlesex Road Relays, Hayes**

Meetings in **green** are school events, **grey** open meetings the athlete needs to enter themselves, **brown** - representative.

## Middlesex Young Athletics League

This is the main focus of the club's track and field season with 4 meetings held between May and July. We are also the League Champions although this year new League entrants Harrow and Thames Valley Harriers will certainly add to the competition provided by Shaftesbury Barnet and Highgate. There is a selection of events for U11,





U13, U15 and U17 athletes which vary between the matches which are held at Perivale, Finsbury Park, Parliament Hill and StoneX. Talk to Team Managers Ruth, Mary, Rachel and Russell about taking part.

After two matches the Club currently sit in 1<sup>st</sup> Place with 190 pts with SBH 2<sup>nd</sup> with 160 pts.

## Upper Youth Development League

This season we have joined Highgate Harriers and Victoria Park & Tower Hamlets combined team to compete in the UYDL which is a competition for U17 and U20 athletes. Our entry is specifically aimed at young athletes in more specialist events e.g., Hurdles, Hammer whose events are not provided at the MYAL or Southern Athletics League. However, anyone can be nominated to enter, unlike many open meetings the matches are held on weekends and free for Heathside athletes. The other teams in our league group are generally based in Southeast London but will offer strong competition. If you want to take part let Coach Israel know.



## Southern Athletics League

The Clubs Seniors compete in the Southern Athletics League with U17 and U20 athletes able to compete alongside Seniors. However, all events use senior implements and standards so these may not be suitable for all specialist events. U17 or U20's who wish to compete should declare their availability on this [link](#)



## London Heathside Club Championships

This year's club championships will again be split over two Tuesday Evenings. Day 2 **Tuesday 6<sup>th</sup> September** will feature 200m, 800m, 3000m, 5000m, Javelin, Shot, High Jump. Further details including entry will be given closer to the date.



999

## London Inter-Club Challenge

Hosted by Shaftesbury at StoneX (or Lee Valley) these are open meetings and include a Quadkids competition and wide range of both track and field events. The next meeting after that will be on Saturday 23<sup>rd</sup> July.

## Golden Stag Mile

Barnet & Districts annual Golden Stag Mile meeting will be held at Finsbury Park on 22<sup>nd</sup> July. This is a graded meeting with entries from U13 upwards. Entry details can be found [here](#).



## Road Races

The next club road race will be the Middlesex Young Athletes Road Relays on Sunday 11<sup>th</sup> September at Minet Park, Hayes.



## Quadkids

This is the most common form of athletic competition for U11's who compete in 4 events 75m, 600m, Long Jump and Vortex Throw with points awarded according to performance. The Club will hold our next competition on **Sunday 17<sup>th</sup> July**. Highgate and Shaftesbury also hold regular competitions.



## Upcoming Open Meetings

There are a number of local Open Meetings being held in July for those interested: -

Wednesday 13<sup>th</sup> July – Watford AC Open, Watford – [www.watfordharriers.org.uk](http://www.watfordharriers.org.uk)

Thursday 14<sup>th</sup> July - Track Academy Open, Willesden Sports Centre - [www.opentrack.run](http://www.opentrack.run)

Wednesday 20<sup>th</sup> July – Lee Valley Sprints Night 100m/200m, Lee Valley – [www.opentrack.run](http://www.opentrack.run)

Wednesday 20<sup>th</sup> July – TVH & BMC Open Meeting, Linford Christie Stadium – [www.opentrack.run](http://www.opentrack.run)

Wednesday 22<sup>nd</sup> July – Golden Stag Mile, Finsbury Park – [www.opentrack.run](http://www.opentrack.run)

Saturday 23<sup>rd</sup> July - London Inter Club Challenge, StoneX – [www.entry4sport.com](http://www.entry4sport.com)

Wednesday 27<sup>th</sup> June – Watford AC Open, Watford – [www.watfordharriers.org.uk](http://www.watfordharriers.org.uk)

Saturday 30<sup>th</sup> July - Be-Fit Academy Open, Dagenham – [www.opentrack.run](http://www.opentrack.run)

Most events appear covered races will be graded but most will limit the number of entries per event so early entry is recommended.

## SEAA Track and Field Championships



Entries are now open for South of England Track and Field Championships; entry fees are £15. [Entry Details](#)

Combined Events Championships 23<sup>rd</sup>-24<sup>th</sup> July in Oxford

U15 and U17 Track and Field Championships 13<sup>th</sup>-14<sup>th</sup> August at Chelmsford

## England Athletics T&F Championships

The England U15/U17 Track and Field Championships will be held at **Bedford** on **27<sup>th</sup>-28<sup>th</sup> August**. You need to have attained the qualification standard but entries can be made using this [link](#). The Club will pay the entry fee of any Young Athlete who wishes to compete and has the qualifying standard please let your coach know.

	U20 Men	U17 Men	U15 Boys	U20 Women	U17 Women	U15 Girls
100m	11.00s	11.30s	11.80s	12.50s	12.80s	12.99s
200m	22.30s	23.00s	24.20s	25.60s	26.30s	26.60s
300m			40.00s			42.50s
400m	50.00s	52.00s		59.00s	42.00s	
800m	1m 56s	2m 00s	2m 16s	2m 16s	2m 18s	2m 21s
1500m	3m 58s	4m 42s	4m 12s	4m 45s	4m 30s	4m 53s
3000m		9m 03s	10m 00s	10m 05s	10m 30s	
5000m	15m 45s					
Sprint Hurdles	15.40s	14.69s	12.50s	15.00s	12.40s	12.00s
300/400m Hurdles	58.00s	61.00s		66.00s	48.00s	
Steeplechase	10m 15s	4m 15s		12m 30s	6m 00s	
High Jump	1.96m	1.89m	1.70m	1.68m	1.65m	1.60m
Long Jump	6.90m	6.45m	5.80m	5.60m	5.50m	5.20m
Triple Jump	14.00m	13.10m	12.00m	11.40m	11.00m	10.00m
Shot Put	14.70m	13.20m	11.90m	11.90m	12.50m	10.80m
Discus	42.00m	40.00m	31.00m	35.00m	33.00m	26.50m
Hammer	44.00m	45.00m	35.00m	44.00m	43.00m	33.00m
Javelin	53.00m	50.00m	41.00m	39.00m	38.00m	35.00m

## Disruption to Young Athletes Training

Unfortunately, due to the track hosting Blitz American Football matches access to the Track on Sunday mornings will be disrupted several times this summer including **24<sup>th</sup> July** and **31<sup>st</sup> July**. If you train on Sunday Morning check with your coach timings. The club booking will start earlier at 9.00 am but there will be no access to the infield and only the back straight will be usable from 11.00 am. In addition, the Park will be very busy in July with music festivals i.e. **8-10<sup>th</sup> July** the Wireless Festival and **15<sup>th</sup>-17<sup>th</sup> July** Fender/Ezra Concerts. Unless confirmed with your coach the last full Young Athletes session will be on 24<sup>th</sup> July although those competing in the MYAL on 30<sup>th</sup> will be invited to train on 26<sup>th</sup> and 28<sup>th</sup>.

## Throwing Coaching

Mary has arranged for Neville Thompson to give some throwing Training on Saturday Mornings. Neville is a former National Discus champion and currently coaches UK International athletes. If you are interested please (places are limited) let Mary know asap.

## Jack Petchey Award

Thomas Wasserman won the award for May and Gabriel Edwards for June. The next nominations are for September.



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