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Jack Petchey Award

## Congratulations

Well done to Magdeline Paitoo (JG 300m), Imani Quamina (IG 80mH), Malakai David MacKenzie Callum (JB 100mH), Trey Corlis (IB 100mH), Dylan Mills (JB 800m), Elkie Baker (JG Discus), Suraya Frost (JG 75mH) and Sam Brown (IB 400m) who were all selected by either London or Middlesex Schools to take part in the ESAA Championships at Birmingham over 30<sup>th</sup> June and 1<sup>st</sup> July. Ella Burrridge, Mikel Alexander, Oscar Hall and Issy Watkins are all reserves.



Well done to Malakai who took part in the South East Regional Final of the ESAA Combined Championships at Lee Valley on 24-25<sup>th</sup> June finishing 12<sup>th</sup>..

Well done to club record breakers Suraya Frost (U15G 75mH), Jerome Henry (U15B Hammer), Sam Brown (U17M 400m), Thomas Wassermann (U17M Hammer), Elkie Baker (U15G Discus and Shot), Ella Burrridge (U17W 300mH) and Magdeline Paitoo (U17W 300m), Imani Quamina (U17W 80mH) and Trey Corlis (U17M 100mH)..



## Meeting Report:- UYDL Meeting 2, Kingston upon Thames, 28 May

A group of our older young Athletes headed to Kingston Upon Thames on Sunday to compete in the 2nd UYDL match. We compete in a combined team with Highgate Harriers and with meetings following the SAL format there are opportunities for athletes to take part in all events which is not the case in the MYAL which is more focused on younger athletes.

Again our young athletes excelled showing how far the club has come nurturing its young talent thanks in particular to Israel for his great coaching. The U17 men produced a solid set of performances and numerous PB's Trey Corlis was the only event winner in the 100mH. Oscar Hall, Montana Dennis and Thomas Wassermann all recording PBs. It was great also to see some of our middle distance athletes take part with George Saint and Artie Feeny Willings in the 800m and Ivor Joslin running his first track race of the summer in the 3000m. The women secured 4 event wins (300m, 80mH, 300mH, LJ) and saw two long standing club records broken with Ella Burrridge in her first ever attempt over the 300mH lowering Natalie McQueen's record set in 2001 by over 4s. In the 300m flat Magdeline Paitoo broke Lily Beckford's 10 year old record. To explain that achievement Lily went on to become an international athlete with Great Britain.

The next match is on 25th June in Guildford the day after our home MYAL

### Results

U17 Men

100m

Oscar Hall 11.55 A 2nd

Trey Corlis 11.36 B 1st PB by 0.01s

Montana Dennis 11.75 ns

Thomas Wassermann 11.77 ns PB by 2.97s

200m

Oscar Hall 22.92 A 2nd PB by 0.01s

800m

George Saint 2:09.53 A 3rd

Artie Feeny Willings 2:24.55 B 7th PB by 5.64s

3000m

Ivor Joslin 9:56.99 A 3rd PB

100mH

Trey Corlis 13.62 A 1st

Montana Dennis 14.19 B 2nd  
Thomas Wassermann 14.52 ns PB by 0.35s

U17 Women  
100m

Magdeline Paitoo 12.93 A 2nd  
Martha Jolly 12.95 B 1st PB by 0.04s  
Imani Quamina 13.05 ns PB by 0.25s  
Ella Burrridge 13.12 ns

300m  
Magdeline Paitoo 40.83 A 1st PB by 0.72s NCR  
80mH  
Imani Quamina 12.23 A 1st  
300mH  
Ella Burrridge 47.74 A 1st PB NCR  
Long Jump  
Martha Jolly 5.06m A 1st

## Meeting Report:- MYAL 2#, Harrow, 4.6.23

The sun shone on the Bannister Stadium in Harrow on Sunday as a new venue welcomed the second MYAL meeting of the season. Exam commitments and the half term holiday's impacted attendance which again saw numerous PBs set and 4 new club records. Unfortunately a strong wind ensured many of the sprints had too high wind speeds to set records. Gabriel Edwards did set a new Championship best in the U13B 75mH one of 10 set during the meeting as athletes prepare for the County Schools Championships next weekend.

This year appears to be SBH who again finished 1st however London Heathside again secured 2nd place overall with age group wins for the U17 men and U15 Girls, the U11 Boys and U17 Women were both 2nd with all the other age groups 3rd or 4th. Individually there were event wins for Maddox Agnew (U11B 150m), Rosheen Keeping (U13G Discus), Gabriel Edwards (U13B 150m, 75mH), Suraya Frost (U15G 75mH), Malakai (U15B 80mH), Elkie Baker (U17W Shot Putt), Patrica Jarosz (U17W Hammer) and Trey Corlis (U17M High Jump). New Club Records were set by Suraya Frost (U15G 75mH), Jerome Henry (U15B Hammer), Thomas Wassermann (U17M Hammer) and Elkie Baker (U15G Shot Putt).

Among lots of plucky performances worthy of mention for the middle distance runners who in less than perfect conditions still produced good runs and several massive PBs; Kiara and Amy who stepped up an age group, to Artie and Ennio for persevering as did Olimpia Tyszczyk.

Thank you again to all the parents, officials coaches and team managers who ensured another great performance by the club. The next MYAL is on 24th June at Finsbury Park with lots of volunteers needed.

Overall Team:- 1st SBH 91 pts, **2nd London Heathside 76 pts**, 3rd Harrow 72 pts

### Results

#### U11 Girls

##### 150m

Imogen Wraight 23.38 A 3rd PB by 1.39s (w/s +1.7)  
Emile-Rose Boivin-Emina 24.14 B 2nd PB (w/s +3.1)  
Anna Bah 25.19 ns PB (w/s +2.4)  
Livia Belkin 26.52 ns PB (w/s +2.4)  
Elizabeth Paitoo 23.23 ns PB (w/s +2.5)

##### 800m

Imogen Wraight 2:57.07 A 3rd PB by 16s  
Livia Belkin 3:07.31 B 3rd PB

##### Long Jump

Imogen Wraight 3.16m A 5th  
Anna Bah 2.74m B 3rd PB  
Elizabeth Paitoo 2.88m ns PB  
Emile-Rose Boivin-Emina 2.70m ns PB

##### Vortex

Anna Bah 13.24m A 6th  
Emile-Rose Boivin-Emina 10.57m B 10.57m

Team:- 1st Shaftesbury Barnet Harriers 84 pts, 2nd Highgate 75 pts. **3rd London Heathside 73 pts**

#### U11 Boys

##### 150m

Maddox Agnew 20.53 A 1st PB (w/s +2.8)  
Jaydon Smith 24.49 B 3rd PB (w/s +1.4)  
Kai Duverry 24.62 ns PB (w/s +3.3)  
Kit Young 23.67 ns PB (w/s +3.7)  
Noah Purcell-Chandler 24.12 PB (w/s +3.7)

##### 800m

Kit Young 2:48.68 A 4th PB by 19s  
Noah Purcell-Chandler 3:16.59 B 5th PB  
William Edwards 2:55.34 ns PB by 12s  
Kai Duverry 3:04.81 ns PB

##### Long Jump

Jaydon Smith 3.33m A 4th PB  
William Edwards 3.30m B 2nd PB by 32cm  
Kit Young 2.33m ns PB

##### Vortex

Maddox Agnew 24.68m A 4th



# London Heathside Young Athletes Club Newsletter

July 2023



William Edwards 20.97m B 2nd  
Noah Purcell-Chandler 13.75m ns  
Team:- 1st SBH 87 pts, **2nd London Heathside 82 pts**, 3rd Highgate 80 pts

## U13 Girls

200m

Myla Miller 29.65 A 5th PB (w/s +1.7)  
Matilda Barrand 30.93 B 5th PB by 2.34s (w/s +4.1)  
Eliza Burrridge 32.14 ns PB by 0.44s (w/s +3.0)  
Olimpia Tysczyk 37.37 ns PB (w/s +1.8)

1500m

Chiara Pegoraro 5:59.27 A 5th PB  
Olimpia Tysczyk 7:36.18 B 6th PB

70mH

Eliza Burrridge 14.75 A 3rd PB by 0.33s

High Jump

No Competitor

Long Jump

Matilda Barrand 3.71m A 5th PB by 13cm

Eliza Burrridge 3.42m B 4th PB by 4cm

Shot Putt (2.72kg)

Matilda Barrand 5.79m A 3rd

Rhoswen Keeping 5.61m B 1st

Javelin (400g)

Teniyah Tonge 8.67m A 3rd PB

Discus (750g)

Rhoswen Keeping 15.56m A 1st PB by 55cm

Teniyah Tonge 10.36m B 1st PB

Team:- 1st SBH 172 pts, **4th London Heathside 123 pts**

## U13 Boys

200m

Gabriel Edwards 26.92 A 1st (w/s -0.1)

1500m

Rory Willis 5:07.06 A 4th PB by 8s

Charlie Nicolson 5:08.54 B 2nd PB by 17s

75mH (w/s +2.5)

Gabriel Edwards 11.99 A 1st NCB

Kenzo-Marley Tyrell 16.65 B 1st PB

High Jump

No Competitor

Long Jump

Gabriel Edwards 4.73m A 2nd

Kenzo-Marley Tyrell 3.89m B 1st

Shot Putt

No Competitor

Javelin

No Competitor

Discus

No Competitor

Team:- 1st SBH 191 pts, **4th London Heathside 92 pts**

## U15 Girls

100m

Suraya Frost 12.91 A 3rd (w/s +1.6)

Minnie Akesen 13.37 B 2nd (w/s +1.6)

Renee Travis 13.88 ns PB (w/s +0.8)

200m

Suraya Frost 28.05 A 4th (w/s +2.0)

Kyra Smith 28.23 B 4th PB by 1s (w/s +0.4)

Ivy Paitoo 28.50 ns (w/s +3.9)

Renee Travis 29.56 ns PB (w/s +1.8)

1500m

Lettice Gundry 5:27.64 A 3rd PB by 3.56s

Maya Westgate 5:45.09 B 2nd

75mH (w/s +0.6)

Suraya Frost 11.71 A 1st 0.24s faster than last legal time a NCR

0.08s faster than Imani Quamina's 2021 time

Kyra Smith 12.74 B 1st PB

High Jump

Kyra Smith 1.30m A 4th

Rene Travis 1.10m B 4th PB

Long Jump

Maya Westgate 3.84m A 6th PB by 17cm

Minnie Akesen 3.78m B 4th PB

Shot Putt (3Kg)

Ivy Paitoo 8.69m A 3rd PB by 6cm

Malia Anderson 7.76m B 1st

Javelin (500g)

Malia Anderson 16.10m A 4th PB by 4.17m

Minnie Akesen 7.74m B 4th PB

Hammer (3kg)

Malia Anderson 24.82m A 4th

Ivy Paitoo 22.53m B 1st PB 4.29m

Discus (1Kg) (Non Scoring Event)

1st Elkie Baker 32.16m

Team:- **1st London Heathside 185 pts**, 2nd Harrow 173 pts

## U15 Boys

100m

Malakai David Callum McKenzie 12.11 A 3rd (w/s +0.2)

Mikel Alexander 11.79 B 2nd PB by 0.2s (w/s +1.3)

Tyree Stephens 12.63 ns PB by 0.22s (w/s +1.6)

200m

Malakai David Callum McKenzie 26.64 A 4th (w/s +2.6)

Mikel Alexander 24.42 B 1st PB by 1.9s (w/s +1.8)

William Edwards 25.76 ns PB (w/s +1.7)

Tyree Stephens 26.01 ns PB by 0.13s (w/s +1.4)

Henry Munday 28.66 ns PB (w/s +1.4)

1500m

Ennio Kaloukian 5:12.22 A 6th PB by 7.72s

80mH (w/s +2.1)

Malakai David Callum McKenzie 11.60 A 1st PB by 0.55s

Mikel Alexander 13.26 B 2nd PB by 0.97s

High Jump

No Competitor

Long Jump

Henry Munday 4.32m A 4th

Roderick Alonso-Pascual? 3.61m B 4th

Shot Putt (4Kg)

Jerome Henry 8.29m A 3rd

Patrick Coley 8.04m B 3rd

Roderick Alonso-Pascual 6.62m ns PB by 22cm

Javelin (600g)

Jerome Henry 25.19m A 4th PB by 2.99m

Patrick Coley 14.33m B 3rd

Hammer (4Kg)

Jerome Henry 29.21m A 2nd PB by 1.21m NCR

Patrick Coley 18.79m ns

Team:- 1st SBH 216 pts, 3rd Harrow 152 pts, **4th London**

**Heathside 151 pts**

## U17 Women

100m

Magdeline Paitoo 12.73 A 3rd PB by 0.05s (w/s +2.2)

Imani Quamina 13.08 B 2nd (w/s +3.2)

200m

Magdeline Paitoo 25.87 A 3rd (w/s +2.3)

Ella Burrridge 28.37 B 2nd (w/s +1.2)

Imani Quamina 26.95 ns (w/s +5.0)

1500m

Amy Kirk (U15G) 4:57.73 A 4th PB by 1.97s

Kiara Corkin (U15G) 5:10.84 B 2nd

High Jump

Magdeline Paitoo 1.45m A 2nd PB by 5cm

Long Jump

Imani Quamina 4.42m A 3rd

Shot Putt (3Kg)

Elkie Baker (U15G) 8.88m A 1st PB by 25cm NCR

Patricia Jarosz 7.15m B 1st PB by 33cm

Javelin (500g)

Elkie Baker (U15G) 17.85m A 4th

Hammer (3Kg)

Patricia Jarosz 20.26m A 1st

Team:- 1st SBH 161 pts, **2nd London Heathside 151 pts**

## U17 Men

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### 100m

Trey Corlis 10.97 A 2nd Pb by 0.39s (w/s +3.7)  
Oscar Hall 11.31 B 2nd (w/s +2.4)  
Montana Dennis 11.48 ns PB by 0.14s (w/s +3.8)  
Thomas Wassermann 11.59 ns PB by 0.18s (w/s +3.8)

### 200m

Oscar Hall 23.21 A 2nd (w/s +3.8)  
Trey Corlis 22.90 B 2nd PB by 0.46s (w/s +0.9)  
Montana Dennis 23.32 ns PB by 0.47s (w/s +2.7)  
Lucien Valman 26.42 ns PB (w/s +2.7)

### 1500m

George Saint 4:24.71 A 3rd PB  
Artie Feeny-Willings 5:33.93 B 5th PB by 4.47s

### High Jump

Trey Corlis 1.78m A 1st PB by 1cm

Thomas Wassermann 1.70m B 1st

Artie Feeny-Willings 1.40m ns

### Long Jump

Oscar Hall 4.00m A 7th

### Shot Putt (5Kg)

Hasheem David 6.10m A 4th PB

Lucien Valmen 4.94m B 2nd PB

### Javelin (700g)

Lucien Valmen 20.87m A 5th PB

Nathaniel Swinhoe 12.60m B 4th

### Hammer (5Kg)

Thomas Wassermann 33.59m A 2nd PB by 4.03m NCR

Nathaniel Swinhoe 21.21m B 1st

Hasheem David 15.47m ns

Team:- **1st= London Heathside/SBH** 169 pts

## Meeting Report:- Middlesex Schools Championships, Lee Valley, 10.6.23

Simon Baker sent this report in: "Saturday saw the County Schools Championships with our Haringey and Barnet athletes heading to a baking sun soaked Lee Valley to compete. Despite the heat there were a host of great performances with wins for Thomas Wassermann IB 100mH, Suraya Frost JG 75mH and Elkie Baker JG Discus the latter with a new Championship best and UK leading distance of 33.83m. Both Suraya and Elkie are now both County and County School Champions.

Tristian Willhoft-King secured silver on the JB 80mH as did Issy Watkins in the JG 1500m. Oscar Hall IB 200m and George Saint IB 800m were both 3rd, George having to negotiate Heats earlier in the day.

The young athletes will now wait anxiously to hear if their efforts are enough for selection at the National Schools Championships in the Alexander Stadium in Birmingham later this month."

### Results

#### 100m (U15G)

H1 8th Millie Athanasatos 13.85j

#### 200m (U15B)

H1 7th Tristian Willhoft-King 25.7

#### 200m (U17W)

H2 2nd Oscar Hall 22.91 (w/s +1.3)

Final 3rd Oscar Hall 23.21 (w/s +1.0) 🏆

#### 300m (U15G)

H1 3rd Elkie Baker 45.14

Final 5th Elkie Baker 45.47

#### 800m (U15G)

H2 6th Ivy Gray 2:39.65

Final Ivy Gray DNS

#### 800m (U17M)

H2 1st George Saint 2:09.48

Final 3rd George Saint 2:06.65 🏆

#### 1500m (U15G)

4th Amy Kirk 4:57.98

10th Caitlin Roberts 5:46.50

11th Jessica Lappin 5:46.88

#### 1500m (U17W)

2nd Issy Watkins 4:48.07 🏆

4th Millie Watkins 5:01.09

#### 75mH (U15G)

H1 1st Suraya Frost 11.94 (w/s +3.6)

Final 1st Suraya Frost 11.98 (w/s +0.8) 🏆

#### 80mH (U15B)

H1 2nd Tristian Willhoft King 12.69 (w/s +1.3) 🏆

#### 100mH (U17M)

1st Thomas Wassermann 14.59 (w/s +2.0) 🏆

#### Discus (U15G)

1st Elkie Baker 33.83m PB NCR CBP 🏆

#### Long Jump (U15G)

33d Milli Bridgman-Athanasatos 4.62m 🏆

#### Long Jump (U17M)

8th Nathaniel Swinhoe 4.63m

#### High Jump (U15B)

1st Tristian Willhoft King 1.75m 🏆

#### High Jump (U17M)

4th Thomas Wassermann 1.70m

## Meeting Report:- London Schools Championships, Battersea, 10.6.23

At a similarly roasting Battersea where the London Championships were being held there were wins for Mikel Alexander JB 300m, Dylan Mills JB 800m, Trey Corlis IB 100mH and Martha Jolly IG Long Jump. Martha finished 2nd in the IG 200m, as did Cruz Musongo JB High Jump, Montana Dennis IB 100mH and Malakai in the JB 80mH which he also added 3rd in JB 200m. David Baah-Okyere IB 800m and Koppany Szentes JB 1500m also finished 3rd.

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### Results

#### 100m (U17W)

H2 2nd Martha Jolly 12.93

Final 2nd Martha Jolly 13.02 🏆

#### 200m (U15B)

H2 2nd Malakai David Mckenzie Callum 24.48 Pb

Final 3rd Malakai David McKenzie Callum 25.11 🏆

#### 300m (U15B)

H2 3rd Mikel Alexander 39.22 Pb

Final 1st Mikel Alexander 38.90 Pb 🏆

#### 300m (U17W)

H1 1st Magdeline Paitoo 42.00

H1 2nd Ella Burrridge 43.41

Final 2nd Magdeline Paitoo 40.88 🏆

Final 4th Ella Burrridge 43.92

#### 800m (U17M)

H2 1st David Baah-Okyere 2:12.19

Final 3rd David Baah-Okyere 2:04.94 Pb 🏆

#### 800m (U15B)

1st Dylan Mills 2:10.14 🏆

#### 1500m (U15B)

3rd Koppany Szentes 4:35.88 Pb 🏆

#### 1500m (U17W)

4th Ishaana Cannell 5:35.89

#### 80mH (U15B)

H1 1st Malakai David Mckenzie Callum 12.10

Final 2nd Malakai David McKenzie Callum 12.14 🏆

#### 100mH (U17M)

1st Trey Corlis 13.40 🏆

2nd Montana Dennis 14.15 Pb 🏆

#### High Jump (U15B)

2nd Cruz Musongo 1.69m Pb 🏆

#### High Jump (U15G)

9th Ishaana Cannell 1.35m

#### Long Jump (U17W)

1st Martha Jolly 5.03m 🏆

## Meeting Report:- Club Championships – Part 1

### Results

#### 100m (U15B) WIND: -1.3 m/s

1 Malakai David MacKenzie U15B 12.17

2 Mikel Alexander U15B 12.21

5 Hayden-Jack Galbally U15B 13.17

#### U100m (U15G) WIND: -2.2 m/s

1 Muneeva Akeseen U13G 13.79

2 Zane Yusuff-Phillips U13B 14.11

3 Rene Travis U15G 14.46

4 Blessing Lawu U15G 14.52

5 Natalia Taylor U15G 14.55

6 Erin Jolly U15G 15.41

7 Kareiss Vanriel-Capleton U15B 16.09

8 Matilda Flor U15G 17.06

#### U100m (U17W) WIND: -1.4 m/s

1 Magdeline Paitoo U17W 13.44

4 Nanayaa Osei-Mensah U17W 14.49

#### 100m SM (1) WIND: -1.9 m/s

1 Trey Corlis U17M 11.29

3 Oscar Hall U17M 11.64

4 Thomas Wassermann U17M 11.91

5 Montana Dennis U15B 11.94

#### 300m (U13G)

1 Zariya Harrison Sousa U13G 54.81

2 Tamara Pushpanathan U13G 56.58

3 Malou Cole U13G 57.53

#### 300m (U15B)

1 Mikel Alexander U15B 39.42

2 Malakai David MacKenzie U15B 40.67

3 Tyree Stephens U15B 42.64

4 Dara Jibo U15B 49.98

#### 300m (U15G)

1 Kyra Smith U15G 45.20

2 Ivy Paitoo U15G 45.87

3 Lana Lawrence U15G 47.24

4 Isabella Moren U15G 56.99

#### 300m (U17B/U17G)

2 Magdeline Paitoo U17W 41.44

3 Imani Quamina U17W 43.54

4 Nanayaa Osei-Mensah U17W 1:00.49

#### 400m (2)

1 Lucien Valens U17M 1:01.61

2 Artie Feeny Willings U17M 1:03.12

#### 400m (3)

1 Oscar Hall U17M 52.65

4 Montana Dennis U17M 56.93

#### 1500m U15B

1 Koppany Szentes U15B 4:37.83

2 Sam Turner U15B 4:40.80

3 Alex Poutney U15B 4:50.56

4 Phoenix Bonhote U15B 5:02.98

5 Ennio Kaloukian U15B 5:08.82

6 William Groshong U15B 5:20.57

7 Owen Chamberlain U15B 5:45.53

8 Louis Lynch U15B 6:44.01

#### 1500m U15G / U17G

1 Kiara Corkin U15G 5:09.75

2 Ishaana Cannell U17W 5:19.85

3 Rosa Cormacain U15G 5:22.31

4 Lucy Corkin U17W 5:30.35

5 Lettice Gundry U15G 5:33.15

6 Margot Hunt U15G 5:33.88

7 Maya Westgate U15G 5:37.81

8 Lila Blustin U15G 5:38.37  
9 Caitlin Roberts U15G 5:40.55  
10 Lydia Negatu U15G 5:54.83  
11 Jasmina Roberts U15G 6:25.70  
12 Maisey Barnett U15G 7:28.20

1500m SM (2)  
10 Bedo Draskoczy U20M 4:27.17

Discus (750g)  
1 Matilda Barrand U13G 16.88  
2 Roswyn Keeping U13G 15.44

Discus (1Kg)  
2 Malia Anerson-Watson U15G 19.53  
3 Patrycja Jarosz U17W 12.45

Discus (1.25Kg)  
1 Malakai McKenzie-David U15B 22.27

Discus (1.5Kg)  
1 Thomas Wassermann U17M 27.82

Hammer (3Kg)  
2 Malia Anderson-Watson U15G 25.42  
3 Patrycja Jarosz U17W 22.53

Hammer (5Kg)  
2 Hasheem David U20M 13.91

Long Jump (Open)  
1 Kyra Smith U15G 4.53  
2 Maya Westgate U15G 3.87  
3 Muneeva Akeseen U15G 3.68  
4 Margot Hunt U15G 3.67  
5 Lila Blustin U15G 3.46  
6 Rosa Cormacain U15G 3.36

Long Jump (U15B)  
1 Malakai David McKenzie Callum U15B 5.32  
2 Rufus Goodfellow U15B 5.18  
5 Theo Irving U15B 4.83  
6 Henry Munday U15B 4.45

Long Jump (U13)  
1 Kenzo-Marley Tyrell U13B 4.28  
2 Zariya Harrison Sousa U13G 3.88  
4 Matilda Barrand U13G 3.57  
5 Erin Jolly U13G 2.97

Triple Jump  
1 Malakai David MacKenzie Callum U15B 10.26  
2 Kyra Smith U15G 9.24  
3 Amblessed Akam U15G 9.10

## Meeting Report:- MYAL 3#, Finsbury Park 24.6.23

The club hosted the 3<sup>rd</sup> MYAL meeting at a hot and sunny Finsbury Park. For this meeting we also welcomed Woodford Green as guests. In another highly competitive meeting the club again finished 2<sup>nd</sup> to Shaftesbury Barnet Harriers. We won the U15 Girls age group were 2<sup>nd</sup> in the U13 Boys, U17 Men, U13 Girls and U17 Women with 3<sup>rd</sup> places for U11 Boys and U15 Boys and U11 Girls.

There were event wins for Matilda Barrand (U13G 75mH), Rosa Cormacain (U15G 800m), Suraya Frost (U15G 80mH), Ishaana Cannell (U17W High Jump), Elkie Baker (U17W Discus), Gabriel Edwards (U13B 100m and 75mH), Sam Brown (U17M 400m) and Trey Corlis (U17M High Jump). In addition, 2 new club records were set by Suraya Frost (U15G 80mH) and Gabriel Edwards (75mH) which was also a new Championship Best.



Thanks to everyone who helped put the meeting on officials, parents athletes and other helpers. The final match is on 22<sup>nd</sup> July at the StoneX.

U11G  
75m  
Imogen Wraight 11.94 A 5<sup>th</sup> PB by 0.07s  
Emilie-Rose Boiuin 11.95 B 2<sup>nd</sup> PB  
Elizabeth Paitoo 11.86 ns PB  
Chann Lei Lee 24.39 ns PB  
Luornbe Gotch 12.33 ns PB  
Ana Bah 12.86 ns PB

600m  
Imogen Wraight 2:04.92 A 2<sup>nd</sup> PB by 3.08s  
Livia Belkin 2:09.78 B 2<sup>nd</sup> PB

Long Jump  
Imogen Wraight 3.45m A 2<sup>nd</sup> PB by 0.22m  
Emilie-Rose Boiuin 2.96m B 2<sup>nd</sup> PB  
Ana Bah 2.90m ns PB  
Livia Belkin 2.57m ns PB

Vortex  
Ana Bah 16.72m A 4<sup>th</sup>  
Emilia-Rose Boiuin 10.35m ns  
Rene Travis 7.91m ns

Team:- 1st SBH 93 pts, 2nd ESM 82 pts, 3rd London Heathside 76 pts

U11 Boys  
75m  
Maddox Agwu 10.48 A 2<sup>nd</sup>  
Jaydon Smith 12.34 B 4<sup>th</sup>  
Alexander Panchel 12.27 ns  
Kaeden Emmanuel 11.61 ns  
Noah Purcell Chandler 12.06 ns  
Kai Duverry 12.18 ns  
Ace White Jackman 12.43 ns

600m  
Alexander Panchal 1:55.62 A 4<sup>th</sup> PB

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Noah Purcell Chandler 2:13.35 B 4<sup>th</sup> PB  
Kai Duverry 2:07.36 ns PB  
William Edwards 2:13.60 ns

## Long Jump

Maddox Agwu 2.93m A 8<sup>th</sup>  
Jaydon Smith 2.92m B 6<sup>th</sup>  
Kai Duverry 3.22m ns  
William Edwards 2.95m ns

## Vortex

Maddox Agwu 25.76m A 4<sup>th</sup>  
Noah Purcell Chandler 12.53m B 4<sup>th</sup>  
Williams Edwards 22.65m ns  
Kaeden Emmanuel 19.44m ns

Team:- 1<sup>st</sup> SBH 97 pts, 2<sup>nd</sup> London Heathside 65 pts

## U13 Girls

### 100m

Myla Miller 13.99 A 3<sup>rd</sup> PB by 0.5s  
Zariya Harrison-Souza 14.43 B 3<sup>rd</sup> PB by 0.57s  
Amani Ali 16.10 ns PB  
Eliza Burrridge 15.24 ns PB by 0.5s

### 800m

Chiara Pegoraro 2:52.08 A 8<sup>th</sup> PB  
Reke Szentes 2:56.06 B 4<sup>th</sup>  
Alice Rockhill 3:03.52 ns PB  
Tamara Pushpananthan 3:16.99 ns PB

### 70mH

Matilda Barrant 12.71 A 1<sup>st</sup> PB  
Rhoswen Keeping 13.78 B 3<sup>rd</sup> PB  
Eliza Burrridge 14.30 ns PB by 0.45s  
Tamara Pushpananthan 16.35 ns PB

## High Jump

Zariya Harrison Souza 1.15m A 5<sup>th</sup>  
Alice Rockhill 1.15m B 1<sup>st</sup> B 1<sup>st</sup> PB  
Aaliya Oluseye 1.05m ns PB

## Long Jump

Zariya Harrison Souza 3.88m A 4<sup>th</sup> PB  
Erica Antona 3.19m B 6<sup>th</sup> PB

## Shot Putt

Rhoswen Keeping 6.00m A 2<sup>nd</sup>  
Matilda Barrant 5.83m B 2<sup>nd</sup>

## Javelin

Amani Ali 6.48m A 5<sup>th</sup> PB  
Erica D'Antona 4.18m B 5<sup>th</sup> PB

Team:- 1<sup>st</sup> SBH 167 pts, 2<sup>nd</sup> London Heathside 130 pts, 3<sup>rd</sup> ESM 128 pts

## U13 Boys

### 100m

Gabriel Edwards 12.65 A 1<sup>st</sup> PB by 0.76s UK ranked 11  
Zain Yusuff Philips 13.66 B 2<sup>nd</sup>  
Zackariya Yahya 14.54 ns  
Emiliano Torres Gonzalez 16.20 ns  
Asliyah Oluseye 15.15 ns

### 800m

Charlie Nicolson 2:32.21 A 3<sup>rd</sup>  
Rory Willis 2:29.17 B 1<sup>st</sup> PB by 1.4s

Aidan Lappin 2:48.95 ns  
Joshua Collins 2:59.62 ns

## 75mH

Gabriel Edwards 11.82 A 1<sup>st</sup> PB by 0.07s CBP NCR Ranked UK No 2  
Kenzo Marley Tyrell 16.61 B 1<sup>st</sup> PB  
Emiliano Torres Gonzalez 17.59 ns PB

## High Jump

Kenzo Marley Tyrell 1.10m A 3<sup>rd</sup> PB

## Long Jump

Gabriel Edwards 4.61m A 2<sup>nd</sup>  
Kenzo Marley Tyrell 3.86m B 2<sup>nd</sup>

## Shot Putt

No Name 4.57m A 2<sup>nd</sup>

## Javelin

No Competitor

## Pole Vault

No Competitor

Team:- 1<sup>st</sup> SBH 176 pts, 2<sup>nd</sup> London Heathside 132 pts

## U15 Girls

### 100m

Suraya Frost 13.24 A 3<sup>rd</sup>  
Tara Sweetnam 13.77 B 2<sup>nd</sup> PB  
Samiyah Wilson 13.45 ns PB  
Kyra Smith 13.75 ns PB  
Rene Travis 13.84 ns PB  
Natalia Taylor 14.17 ns PB

### 300m

Ivy Paitoo 45.16 A 3<sup>rd</sup> PB by 0.62s  
Lana Lawrence 45.67 B 1<sup>st</sup> PB  
Samiyah Wilson 47.01 ns PB  
Jasmina Roberts 51.76 ns PB  
Anyia Surroca-Webb 53.61 ns PB

### 800m

Rosa Cormacain 2:31.58 A 1<sup>st</sup>  
Maya Westgate 2:40.38 B 3<sup>rd</sup>  
Caitlin Roberts 2:34.25 ns PB  
Kitty Kelsall 2:38.48 ns PB  
Margot Hunt 2:40.74 ns  
Megan Hammond 2:42.38 ns PB  
Lydia Negato 2:51.65 ns PB

### 75mH

Suraya Frost 11.46 A 1<sup>st</sup> NCR PB by 0.25s now ranked 4<sup>th</sup> in UK  
Tara Sweetnam 12.23 B 1<sup>st</sup>

## High Jump

Lana Lawrence 1.40m A 2<sup>nd</sup> PB  
Chileshe Gotch 1.20m B 2<sup>nd</sup> PB

## Long Jump

Milli Bridgman-Athanasatos 4.51m A 2<sup>nd</sup>  
Maya Westgate 3.85m B 2<sup>nd</sup>  
Lila Blustin 3.50m ns

## Shot Putt

Ivy Paitoo 8.81m A 4<sup>th</sup> PB by 12cm  
Malia Anderson-Watson 7.24m B 2<sup>nd</sup>

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# London Heathside Young Athletes Club Newsletter

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## Javelin

Malia Anderson-Watson 18.13m A 3<sup>rd</sup>

## Discus

Malia Anderson-Watson 18.13m A 3<sup>rd</sup>

Ivy Paitoo 16.10m B 1<sup>st</sup>

Team:- 1st London Heathside 201 pts, 2nd SBH 195 pts

## U15 Boys

### 100m

Korell McDermott Dixon 12.50 A 5<sup>th</sup> PB

Tyree Stephens 12.77 B 3<sup>rd</sup>

### 300m

Mikel Alexander 38.75 A 2<sup>nd</sup> PB by 0.05s

Dylan Mills 40.33 B 1<sup>st</sup>

Luca Rozzo 44.13 ns PB by 1.05s

### 800m

Koppany Szentes 2:13.57 A 2<sup>nd</sup> PB by 1.04s

Alex Poutney 2:20.13 B 1<sup>st</sup> PB by 2s

Phoenix Bonhote 2:26.49 ns PB by 5.3s

Ennio Kaloukian 2:29.18 ns

Henry Hartland 2:38.18 ns PB

### 80mH

Patrick Coley 15.55 A 3<sup>rd</sup> PB

## High Jump

Alex Poutney 1.35m A 4<sup>th</sup> PB

Bill Baker 1.20m B 2<sup>nd</sup> PB

## Long Jump

Henry Munday 4.22m A 3<sup>rd</sup>

## Shot Putt

Patrick Coley 9.43m A 3<sup>rd</sup> PB by 50cm

## Javelin

Henry Munday 18.98m A 4<sup>th</sup> PB

## Discus

Patrick Coley 24.13m A 5<sup>th</sup>

## Pole Vault

No Competitor

Team:- 1<sup>st</sup> SBH 246 pts, 2<sup>nd</sup> Harrow 179 pts, 3<sup>rd</sup> London Heathside 153 pts

## U17 Women

### 100m

Magdeline Paitoo 13.05 A 2<sup>nd</sup>

Imani Quamina 12.98 B 2<sup>nd</sup> PB by 0.07s

### 300m

Magdeline Paitoo 41.19 A 2<sup>nd</sup>

Lucy Corkin 47.27 B 3<sup>rd</sup> PB

Lettice Gundry (U15G) 48.62 ns

### 800m

Amy Kirk (U15G) 2:23.29 A 4<sup>th</sup> PB by 6.5s

Ishanna Cannell 2:39.69 B 2<sup>nd</sup>

Lettice Gundry (U15G) 2:33.74 ns PB by 2..28s

Lucy Corkin 2:35.88 ns

## High Jump

Ishanna Cannell 1.30m A 1<sup>st</sup> PB

## Long Jump

No competitors

## Shot Putt

Elkie Baker (U15G) 8.60m A 2<sup>nd</sup>

Patrycja Jarosz 7.41m B 1<sup>st</sup> PB by 26cm

## Javelin

Elkie Baker (U15G) 18.57m A 5<sup>th</sup>

## Discus

Elkie Baker (U15G) 33.20m A 1<sup>st</sup>

Patrycja Jarosz 9.59m B 2<sup>nd</sup>

## Pole Vault

No Competitor

Team:- 1<sup>st</sup> SBH 166 pts, 2<sup>nd</sup> London Heathside 148 pts

## U17 Men

### 100m

Trey Corlis 11.12 A 2<sup>nd</sup> PB by 0.17s

Oscar Hall 11.44 B 2<sup>nd</sup>

Montana Dennis 11.71 ns PB 0.04s

Toby Both-Stevens 12.62 ns PB by 0.47s

### 400m

Sam Brown 51.75 A 1<sup>st</sup>

Oscar Hall 53.36 B 1<sup>st</sup>

No Name 58.76 ns

Toby Toth-Stephens 59.15 ns PB

Lucian Valman 59.20 ns PB by 0.7s

### 800m

David Baah-Okyere 2:07.00 A 4<sup>th</sup>

George Saint 2:06.03 B 1<sup>st</sup>

No Name 2:20.19 ns

Artie Feeny Willings 2:26.62

Ben Ryan 2:34.35 ns PB by 7.98s

## High Jump

Trey Corlis 1.75m A 1<sup>st</sup>

Thomas Wassermann 1.65m B 1<sup>st</sup>

## Long Jump

Trey Corlis 5.54m A 3<sup>rd</sup> PB by 1cm

Oscar Hall 5.07m B 2<sup>nd</sup>

## Shot Putt

Thomas Wassermann 11.50m A 2<sup>nd</sup>

Montana Dennis 9.61m B 1<sup>st</sup> PB

## Javelin

Lucian Valman 17.24m A 3<sup>rd</sup>

## Discus

Thomas Wassermann 27.22m A 2<sup>nd</sup>

Montana Dennis 13.17m B 2<sup>nd</sup> PB

## Pole Vault

No Competitor

Team:- 1<sup>st</sup> SBH 212 pts, 2<sup>nd</sup> London Heathside 186 pts



## Meeting Report:- ESAA Track and Field Championships, Birmingham 30.6.23-1.7.23

9 of our young athletes took part in the 92<sup>nd</sup> English Schools Track and Field Championships which returned to the magnificently refurbished Alexander Stadium, Birmingham. To even get selected is an achievement and the first experience many will have staying away for two nights in a Team environment.



Friday's action started with the 75m Hurdles with Suraya Frost matching her PB from last Saturday to qualify in 2<sup>nd</sup> place for the final. Elkie Baker was competing in the Junior Girls Discus in testing conditions with a cross wind which saw a big throw blown out of the sector. With only her last throw she was in 5<sup>th</sup> place but with the pressure on managed a throw of 31.83m below her recent best but enough to secure a bronze medal.



Back in the stadium Imani Quamina finished 6<sup>th</sup> in her 80mH heat a PB and new club record. This was followed by Malachai David McKenzie Callum, who had competed in the ESAA Regional Combined Events Final last week safely came through his heat in 3<sup>rd</sup>. The 100mH saw contrasting fortunes with Trey Corlis safely negotiating his heat in 2<sup>nd</sup> place setting a PB and New Club Record in the process. Montana Dennis in the 2<sup>nd</sup> heat was not quite able to match this and finished 5<sup>th</sup>.

The Inter Girl (U17) 300m is highly competitive event and despite Magdeline Paitoo running a big PB and New Club Record she finished her heat in 5<sup>th</sup> but as a 1<sup>st</sup> year U17 she gets another chance next year. The Junior Boys 800m Heats were also stacked with talent with added pressure that only the first in each heat were guaranteed qualification to the final. With the first lap in 58s Dylan Mills found the pace hard to live with but still almost matched his PB of 2:06.43. Last years 300m champion Sam Brown has had to step up a distance in his first year as an U17. He started slowly building his speed up as he completed his lap and rapidly closed on the leaders in the home straight finishing under 50s for the first time taking a massive 1.2s off his PB and setting a new club record only 0.3s slower than the Club's Senior Record.



Saturday was track finals day and we had our own magic half an hour with our 3 track finalists all competing in 45 minutes at lunchtime. First of all Suraya went in



the 75mH and again completed a smooth race but couldn't quite match her time in the heat finishing 5<sup>th</sup>. Next up was Malachai who surged over the last 25 minutes to take third place with well timed dip. Trey completed a fine day for the club again surging over the 2<sup>nd</sup> half of the race to earn the silver medal.

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Trey and Montana were also part of the London IB 4x100m relay team which although they finished the race in 4<sup>th</sup> were subsequently upgraded to 3<sup>rd</sup> and received bronze medals as the winning team Middlesex were disqualified for stepping out of their lane.

A fantastic haul of three medals and testament to all the hard work of the athletes and their coaches

## Friday Results

IG 300m

H2 5<sup>th</sup> Magdeline Paitoo 40.39 PB by 0.36s New Club Record

IB 400m

H3 5<sup>th</sup> Sam Brown 49.70 PB by 1.2s New Club Record

JB 800m

H1 9<sup>th</sup> Dylan Mills 2:06.83

JG 75mH

H2 2<sup>nd</sup> Suraya Frost 11.46 Q

IG 80mH

H2 6<sup>th</sup> Imani Quamina 12.18 PB by 0.01s New Club Record

JB 80mH

H2 3<sup>rd</sup> Malachai David McKenzie Callum 11.63 Q

IB 100mH

H1 2<sup>nd</sup> Trey Corlis 13.19 Q PB by 0.14s

New Club Record

H2 5<sup>th</sup> Montana Dennis 14.16

JG Discus

3<sup>rd</sup> Elkie Baker 31.82 🏆

## Saturday Results

JG 75mH

Final 5<sup>th</sup> Suraya Frost 11.60

JB 80mH

Final 3<sup>rd</sup> Malachai David McKenzie Callum 11.63 🏆

IB 100mH

Final 2<sup>nd</sup> Trey Corlis 13.30 🏆



## Club Handicap, Highgate Woods, 5.7.23

The Club Handicap race which is run over a 5km course took place in Highgate Woods on Wednesday 5th July on a pleasant summers evening. Rory Willis was first junior Boy and Rosa Cormacain Junior Girl. Photos [www.leonardmartin.photos](http://www.leonardmartin.photos)

Rory Willis (U13B) 19:39

Will Groshong (U17M) 20:10

Rosa Cormacain (U15G) 20:32

Artie Feeny Willings (U17M) 20:34

Margot Hunt (U15G) 22:01

Kitty Kelsall (U15G) 22:10

Lila Blustin (U15G) 22:16

Edith Deakin (U13G) 22:41

Jessica Lappin (U15G) 23:35



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## Up-coming Club Young Athletes Fixtures: -

### MYAL 4# - StoneX Stadium, Hendon – Saturday 22<sup>nd</sup> July 2023

#### Under 11, 13, 15 and 17 Athletes

The Final MYAL meeting will be at the StoneX Stadium. If you want to take part please let your coach know. The meeting is on the 1<sup>st</sup> weekend after schools break for the holidays. It also features relays.

Note Timetable might be subject to change.

	Boys				Girls			
	U11	U13	U15	U17	U11	U13	U15	U17
<b>11.30am</b>		Long Jump			800m	Javelin		
		Javelin						
<b>11.45 am</b>	800m							
<b>12.05 pm</b>						70mH		
<b>12.15 pm</b>		75mH					75mH	
<b>12.25 pm</b>	Vortex	Shot Putt			Long Jump	Shot Putt	High Jump	
<b>12.30 pm</b>			80mH					
<b>12.40 pm</b>						200m		
<b>12.55 pm</b>		200m						
<b>1.05 pm</b>							200m	
<b>1.20 pm</b>	Long Jump	High Jump	200m		Vortex	High Jump		
		Discus	Hammer	Hammer		Discus		
<b>1.40 pm</b>								200m
<b>1.50 pm</b>				200m				
<b>2.10 pm</b>					150m			
<b>2.15 pm</b>			Shot Putt	High Jump		Long Jump		
				Shot Putt				
<b>2.25 pm</b>	150m							
<b>2.50 pm</b>						1500m		
<b>3.00 pm</b>		1500m						
<b>3.10 pm</b>			Long Jump				Long Jump	High Jump
							Javelin	Javelin
<b>3.20 pm</b>					4x100m	4x100m		
<b>3.35 pm</b>	4x100m	4x100m						
<b>3.50 pm</b>				1500m			1500m	
<b>4.05 pm</b>				High Jump	1500m			1500m
				Javelin	Long Jump		Shot Putt	Long Jump
					Javelin			Shot Putt
<b>4.25 pm</b>							4x100m	4x100m
<b>4.40 pm</b>				4x100m	4x100m			

### UYDL 4# - Elmbridge Xcel Sports Hub, Walton - Sunday 30<sup>th</sup> July 2023

#### Under 17/20 Athletes only.

The 4<sup>th</sup> and final UYDL match will be at the Elmbridge Xcel Sports Hub, Walton on Thames \kt12 2JP. If you are interested in competing speak to team manager Israel. These meetings offer age group specific events which the SAL or MYAL may not provide. Especially relevant if you are trying to achieve EA Championships Standard.

We are in a composite team with Highgate Harriers. We may be travelling by public transport or sharing a coach with Highgate.

There are regular South Western Trains from Waterloo Station to Shepperton, Hampton Court or Hershams from which it is a bus and 15 minute walk.

TRACK Timetable				Track Cont.		
Time	Event	M/F	Competitors	All options	Event	M/F
11:00	400m Hurdles	U20 Men	A followed by B	16.40	1500m S/Ch	U17M A & B string
11:10	400m Hurdles	U17 Men	A followed by B	16.50	4 x 100m R	U17 Women
11:20	400m Hurdles	U20 Women	A followed by B	16.55	4 x 100m R	U17 Men
11:30	300m Hurdles	U17 Women	A followed by B	17.00	4 x 100m R	U20 Women
11:40	1500m	U20 Men	A & B String	17.05	4 x 100m R	U20 Men
11:50	1500m	U17 Men	A & B String	17.15	1500m S/Ch	Women - All
12:00	1500m	U20 Women	A & B String	17.25	4 x 300m R	U17 Women
12:10	1500m	U17 Women	A & B String	17.35	4 x 400m R	U17 Men
12:20	100m	U20 Men	A followed by B	17.45	4 x 400m R	U20 Women
12:30	100m	U17 Men	A followed by B	17.55	4 x 400m R	U20 Men
12:40	100m	U20 Women	A followed by B	In the above steeplechase events A & B String athletes run together		
12:50	100m	U17 Women	A followed by B			
13:00	400m	U20 Men	A followed by B			
13:10	400m	U17 Men	A followed by B			
13:20	400m	U20 Women	A followed by B			
13:30	300m	U17 Women	A followed by B			
Track Break - only if time allows				FIELD Timetable		
Time	Event	M/F	Competitors	Time	Event	M/F
14.00	80m Hurdles	U17 Women	A followed by B	10.15	Hammer	Men
14.10	3000m	Men	All	11.00	Pole Vault	Women
14.25	100m Hurdles	U20 Women	A followed by B	11.35	Long Jump	Men
14.35	100m Hurdles	U17 Men	A followed by B	11.55	Hammer	Women
14.45	3000m	Women	All	12.00	High Jump	Men
15.00	110m Hurdles	U20 Men	A followed by B	12.45	Long Jump	Women
15.15	200m	U20 Men	A followed by B	12.55	Discus	Men
15.25	200m	U17 Men	A followed by B		Shot	Women
15.30	200m	U20 Women	A followed by B	14.15	Discus	Women
15.40	200m	U17 Women	A followed by B		Shot	Men
15.50	2000m S/Ch	U20M	A & B String	14.30	Pole Vault	Men
16.00	800m	U20 Men	A followed by B		Triple Jump	Men
16.10	800m	U17 Men	A followed by B	15.00	High Jump	Women
16.20	800m	U20 Women	A followed by B	15.35	Javelin	Men
16.30	800m	U17 Women	A followed by B	16.15	Triple Jump	Women
				16.55	Javelin	Women

## Southern U13, U15 & U17 Track and Field Championships, Lee Valley, 12-13<sup>th</sup> August

These will be held at Lee Valley over the weekend of the 12<sup>th</sup>-13<sup>th</sup> August. Entries cost £15 are now open and available through [www.seaa.org.uk](http://www.seaa.org.uk).

Links can be found here:- [U13 Entry](#) and [U15 and U17 Entry](#)

## EA U15, U17 National Track and Field Championships, Alexander Stadium, Birmingham, 26-27<sup>th</sup> August

You will need to have achieved a qualification standard similar to the schools championships see table.

To enter these championships which will be held in the Alexander Stadium, Birmingham. Entries are now open on [www.roster.com](http://www.roster.com)

If you have the qualification standard and want to compete please let your coach know as the club will pay your entry cost.

	U17M	U15B	U17W	U15G
100m	11.30s	11.80s	12.70s	12.90s
200m	23.00s	24.30s	26.30s	26.60s
300/400m	52.00s	40.00s	42.00s	42.50s
800m	2m00s	2m09s	2m18s	2m21s
1500m	4m12s	4m30s	4m45s	4m50s
3000m	9m00s	9m55s	10m30s	10m40s
SpHur	14.60s	12.50s	12.20s	12.00s
3/400mH	61.00s	n/a	48.00s	n/a
S/Chase	4m50s	n/a	5m45s	n/a
3k Walk	17m00s	18m00s	18m00s	19m00s
HJ	1.86m	1.69m	1.63m	1.57m
LJ	6.40m	5.70m	5.40m	5.10m
TJ	12.70m	11.30m	10.80m	10.00m
PV	3.70m	2.90m	3.10m	2.50m
SP	13.00m	11.90m	12.20m	10.60m
DT	40.00m	33.00m	33.00m	27.00m
HT	44.00m	32.00m	43.00m	33.00m
JT	50.00m	41.00m	38.00m	33.00m

## 2023 Summer Fixture List

The Fixture List for the Summer is as follows: -

- 21.7.23 – London Borough Connect Relays – London Stadium
- 22.7.23 – MYAL 4# - StoneX (U11/U13/U15/U17)**
- 29.7.23 – Derek Crookes U13 Inter-Counties, Walton
- 30.7.23 – YDL Upper – Walton (U17/U20)**
- 12.8.23 – Southern T&F Championships (U13/U15/U17) – Lee Valley
- 12.8.23 – LICC 4# - StoneX
- 13.8.23 – Southern T& F Championships (U13/U15/U17) – Lee Valley
- 19.8.23 – SAL 4# - Thurrock (U17/U20/Sen)
- 26.8.23 – EA T&F Championships (U15/U17) – Alexander Stadium, Birmingham
- 27.8.23 – EA T&F Championships (U15/U17) – Alexander Stadium, Birmingham
- 27.8.23 – LICC 4# - StoneX
- 10.9.23 – SEAA Inter-Counties U15/U16 Championships – Oxford
- 13.9.23 – Club Championships Part 2 Tbc

## 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 current League Champions with stiff competition provided by Harrow, Thames Valley Harriers, Shaftesbury Barnet, Highgate and this year Woodford Green and Essex Ladies.



There are 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 captains Ruth, Mary, Rachel and Russell about taking part.

## Upper Youth Development League

This season we are in a combined team with Highgate Harriers 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 as long as you have an EA registration.



Unlike many open meetings the matches are held on weekends and free for Heathside athletes. The other teams in our league group are north or west of London and will offer strong competition. If you want to take part let Coach Israel know.

## Southern Athletics League

The Club's 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.



## 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 remaining fixtures this season are on 9<sup>th</sup> July, 12<sup>th</sup> August and 27<sup>th</sup> August. Entries can be made using [www.entry4sport.co.uk](http://www.entry4sport.co.uk)

## Open Meetings

There are regular open meetings held at Lee Valley, Watford and other tracks in reasonable distance from Finsbury Park. Entries can generally be found on the [www.opentrack.run](http://www.opentrack.run), [www.entry4sports.co.uk](http://www.entry4sports.co.uk) or [www.roster.com](http://www.roster.com) websites.

## Jack Petchey Award



The winner for April was **George Saint** who had an exceptional cross country season winning the YA points competition as the most consistent runner and finishing with top 10 places in both the NWLL and Met Leagues.

May's winner was **Oscar Hall** who has worked hard with coach Israel and has achieved some spectacular results showing his versatility across all the sprinting distances as well as in the Long Jump. He also represented the Senior Team in the MYAL.

June's winner was **Suraya Frost** as enjoyed an exceptional season culminating with winning both Middlesex County and County Schools titles and being selected for the National Schools Championships where she qualified for the final of the 75mH finishing 5<sup>th</sup>. She has also set a new 75mH record.

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