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Congratulations

Congratulations to **Hattie Munday**, who broke the club U17G 800m record with 2:16.7 while competing for the Seniors at the SAL meeting on 22nd May in Hemel Hempstead. Other Young Athletes who have set new club records in May are: - **Ivy Paitoo** (U13G Shot), **Magdeline Paitoo** (U15G 200m, 300m), **Milton Cooper** (U15B 200m, 300m), **Izzy Watkins** (U17W 800m, 1500m), **Imani Quamina** (U17W 80mH), **Milli Bridgman Athanasatos** (U15G Triple Jump), **Gabriel Edwards** (U13B 75mH), **Patricia Jarosz** (U15G Hammer), **Jerome Henry** (U15B Hammer).



Well done to all the medalists at the recent County Championships and our new County Champions **Thomas Archer** (U20M 1500m), **Bedo Draskoczy** (U20M 5000m), **Trey Corlis** (U17M 400mH), **Thomas Wassermann** (U17M Hammer), **Milton Cooper** (U15B 200m, 300m), **Sam Turner** (U15B High Jump), **Magdeline Paitoo** (U15G 300m), **Martha Jolly** (U15G Long Jump), **Gabriel Edwards** (U13B 200m, 75mH), **Ivy Paitoo** (U13G Shot Put).

Reuben Pushpanthen and **Finn Reid** (U11B Vortex) **Jerome Henry** (U15B Hammer) set new MYAL best performances. **Gabriel Edwards** set a County Championship Best in the U13B 75mH.

Trey Corlis (U17M 100mH), **Milton Cooper** (U15B 100m, 200m, 300m) have both recorded national Schools qualifying standard performances. Good Luck to all the Young Athletes competing in the London and Middlesex School Championships this month.

Can we also take this opportunity to thank all the parents and other volunteers that helped us put on a great home MYAL match, we really can't do what we do without your help.

Elkie Baker won April's Jack Petchey Award.

Meeting Report: - Middlesex Young Athletics League 1#, Parliament Hill, 7.5.22

The club's athletics season kicked off at a sunny Parliament Hill with the clubs Young Athletes commencing the defence of their MYAL title won for the first-time last year. This year the League welcomed Harrow AC and Thames Valley Harriers, both National League Clubs. With around 400 athletes present the action was frantic at times with some fine performances. Heathsidiers secured 14 event wins, established four new championship records and eight new club records to ensure the club secured a complete clean sweep of all the age groups

For the U11's this was their first taste of grownup athletics. The only win for the U11's was Shiya Daley in the long jump in addition to 3rd in the 150m and 7th in the Vortex. Eliza Burrige secured 2nd place in the 150m B race and won the B long jump Competition. In the 600m Grace Wood was fastest ahead of Mia Beeby, Malou Cole and Orlane Carels. The boys secured wins in three of the four events with Kingston Bennett 1st in the 150m and long jump (with a superb 4.00m), while Reuban Pushpanthan set a new championship record of 37.50m in the vortex. In a very fast 600m race Sebastian McNeely was the first Heathsider home in 6th place.

The U13 girls opened their account for the day with Nyemah Anderson setting a new club record in the 200m finishing 2nd. She also won the high jump. Elsewhere Ivy Paitoo who is current county champion set a new championship and club record in the shot put of a massive 8.64m with Syrah Langley Bradshaw winning the javelin. Maya Westgate slightly paid

the price for trying to track Barnet's Jorja March in the 800m to finish in 5th. Tamara Pushpanthan was 3rd in the hurdles and Matilda Barrand 4th in the long jump. The boys were anchored by Gabriel Edwards who won the 200m and Hurdles in addition to 4th in a high-quality long jump. Rory Willis secured 5th in the 800m, Bill Baker 2nd in the high jump, Max Wassermann (shot put) and Roderick Alonso Pascal (javelin) both 3rds.

The club has a very strong crop of U15 athletes particularly in the sprints. Magdeline Paitoo produced the key performances setting a new club 200m record in finishing 2nd in the 200m and then in 300m immediately after Ella Burrigge had won lowering her club record Magdeline went even quicker setting a new championship best and club record of 41.69s. Martha Jolly won the long jump while 2nd places went to Suraya Frost (hurdles), Kiara Corkin (high jump) and Elkie Baker (shot) also adding useful points in the javelin and discus. Mia Rosen returning from injury was 3rd in the 800m with Ishanna Cannell in her first track race our 2nd fastest girl. The team secured a massive 272 pts a 73 pt margin of victory over Shaftesbury. In what was arguably our standout performance of the day Milton Cooper set a UK leading time in the 300m of 36.91 almost 1s off his PB and both new championship record and club record. He also set a new club 200m record finishing in 2nd place. Dylan Mills ran a measured performance to finish 2nd in the 800m while Montana Dennis won the sprint hurdles. Jerome Henry won the javelin and was 2nd in the discus.

We often struggle to get a good turnout of U17s, but Sunday saw a great turnout. The U17 Women won their age group despite no event wins however 2nd places were secured by Nina Williams (Javelin), Ndid Didi (Shot), Laila Tempesta (Long Jump) and Hattie Munday (800m). The latter bettered her club record but was just piped on the line by teammate Izzy who set a new record of 2.17.10. In the sprints Imani Quamina was 5th in both 200m and 300m. Thomas Wassermann was the U17 men's leading scorer with wins in the shot put and discus and 2nd place in the high jump. Elsewhere Trey Corlis was 2nd in the 200m and 3rd in the 400m and long jump. Akan Akpan was 3rd in the javelin and George Saint 4th in the 800m to give the team victory.

Well done to all our young athletes with many making their debutant apologies for not being able to list all their great efforts. Thanks to the Team Managers Israel, Mary and Rachel as well as the parents who assisted.

Results

Team: - **1st London Heathside 96 pts**, 2nd Shaftesbury Barnet Harriers 79 pts, 3rd Ealing Southall & Middlesex 56 pts

U11 Girls

150m

Shiva Daley 22.21 A 3rd PB **AAA Grade 4**

Eliza Burrigge 23.23 B 2nd PB

Imogen Gomeze 25.52 ns PB

Imogen Wraigh 26.23 ns

Orlane Carels 27.68 ns

600m

Mia Beeby 2:21.80 A 8th PB

Malou Cole 2:10.92 B 1st PB

Grace Wood 2:07.85 ns PB

Orlane Carels 2:16.97 ns PB

Long Jump

Shiya Daley 3.76m A 1st **🏆** PB

Eliza Burrigge 3.36m B 1st PB

Grace Wood 3.15m ns PB

Imogen Wraigh 3.08 ns PB

Vortex

Shiya Daley 13.85m A 7th

Mia Beeby 11.00m B 3rd

Imogen Wraigh 11.20m ns

Orlane Carels 11.10m ns

Team: - **1st London Heathside 99 pts**, 2nd Ealing Southall & Middlesex 96.5 pts

U11 Boys

150m

Kingston Bennett 22.22 A 1st **🏆** PB

Wilkie Ascott 25.05 B 7th PB

Finn Reid 22.44 ns PB

Malou Cole 23.56 ns PB

600m

Sebastian McNeely 2:01.57 A 6th PB

Kit Young 2:11.50 B 5th PB

William Li 2:21.49 ns PB

Wilkie Ascott 2:06.72 ns PB

Long Jump

Kingston Bennett 4.00m A 1st **🏆** PB

Wilkie Ascott 2.78m B 1st PB

Malou Cole 3.04m ns PB

Vortex

Reuben Pushpanthen 37.50m A 1st **🏆** NCR

Kingston Bennett 28.50m B 1st

Finn Reid 34.90m ns

Team: - **1st London Heathside 111 pts**, 2nd Shaftesbury Barnet Harriers 99 pts

U13 Girls

200m

Nyemah Anderson 27.35 A 2nd PB NCR by 0.35s **AAA Grade 1**

Nyah Brown 29.52 B 2nd PB **AAA Grade 2**

Maya Westgate 29.88 ns PB **AAA Grade 3**

Edith Waites 30.80 ns PB

Ava Poole 30.83 ns PB

Rhoswen Keeping 31.51 ns PB

Matilda Barrand 33.27 ns PB

800m

Maya Westgate 2:47.15 A 5th PB

Margo Hunt 2:59.02 B 2nd PB

Alice Rockhill 3:12.55 ns PB

Isla Kavanagh 3:18.72 ns

70m Hurdles

Tamara Pushpanthan 16.07 A 3rd

Edith Waites 15.31 B 1st

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High Jump

Nyemah Anderson 1.35m A 1st 🏆 PB AAA Grade 2

Nyah Brown 1.25m B 1st PB AAA Grade 4

Margo Hunt 1.15m PB AAA Grade 4

Long Jump

Matilda Barrand 3.34m A 4th

Rhoswyn Keeping 3.12m B 3rd PB

Erica D'Antona 2.65m ns PB

Shot Put

Ivy Paitoo 8.64m A 1st 🏆 PB NCR AAA Grade 1

Syrah Langley Bradshaw 8.05m B 1st PB AAA Grade 1

Rhoswyn Keeping 5.46m ns PB

Malika Anderson 4.94m ns PB

Javelin

Syrah Langley Bradshaw 12.65m A 1st 🏆 PB

Ivy Paitoo 12.55m B 1st

Team: **1st London Heathside 206 pts**, 2nd Shaftesbury Barnet Harriers 116pts

U13 Boys

200m

Gabriel Edwards 26.36 A 1st 🏆 PB AAA Grade 1

Freddie Burrridge 28.25 B 2nd PB AAA Grade 4

Mikail Wahid 30.81 ns PB

Deswhawn Adeyemi 32.64 ns PB

800m

Rory Willis 2:40.14 A 5th PB

Charlie Nicolson 2:46.75 B 3rd PB

Henry Hartland 2:41.52 PB

Ennio Kaloukian 2:47.63 PB

Mikail Wahid 2:50.06 ns PB

Pip Young 3:00.57 ns PB

75m Hurdles

Gabriel Edwards 13.35 A 1st 🏆 AAA Grade 2

Max Wassermann 14.97 B 1st AAA Grade 4

High Jump

Bill Baker 1.25m A 2nd PB

Ennio Kaloukian 1.20m B 2nd PB

Mikail Wahid 1.10m ns PB

Roderick Alonso Pascal 1.10m ns

Long Jump

Gabriel Edwards 4.31m A 4th PB AAA Grade 4

Ennio Kaloukian 3.44m B 4th PB

Zephan Agbim 3.52m ns PB

Henry Hartland 3.15m ns PB

Shot Put

Max Wassermann 6.33m A 3rd PB

Freddie Burrridge 6.12m B 1st PB

Roderick Alonso Pascal 6.63m ns PB

Javelin

Roderick Alonso Pascal 13.64m A 3rd PB

Team: **1st London Heathside 191 pts**, 2nd Shaftesbury Barnet Harriers 170 pts

U15 Girls

200m

Magdelaine Paitoo 26.34 A 2nd PB NCR by 0.35s AAA Grade 2

Ella Burrridge 26.46 B 1st PB AAA Grade 2

Martha Jolly 26.42 ns PB AAA Grade 2

Samiyah Wilson 28.29 ns PB

Kyra Smith 29.25 ns

Suraya Frost 29.61 ns

Colette Chatterton Sullivan 30.27 ns PB

300m

Ella Burrridge 42.68 A 1st 🏆 PB AAA Grade 2

Magdeleine Paitoo 41.69 B 1st PB NCR AAA Grade 1

800m

Mia Rosen 2:33.00 A 3rd

Kiara Corkin 2:35.13 B 4th

Ishanna Cannell 2:31.62 ns PB

Selma Lawrence 2:49.28 ns PB

75m Hurdles

Suraya Frost 12.63 A 2nd PB AAA Grade 4

Casia Langley Bradshaw 12.62 B 1st PB AAA Grade 4

Tara Sweetnam 12.50 ns PB AAA Grade 3

High Jump

Kiara Corkin 1.35m A 2nd PB

Tara Sweetnam 1.25m B 1st PB

Milla Stimpson 1.25m ns PB

Long Jump

Martha Jolly 4.53m A 1st AAA Grade 4

Milli Bridgeman-Athanasatos 4.47m B 1st AAA Grade 4

Ella Burrridge 4.36m ns PB

Casia Langley Bradshaw 3.89m ns PB

Shot Put

Elkie Baker 7.95m A 2nd PB by 26cm AAA Grade 4

Kyra Smith 6.88m B 1st PB

Samiyah Wilson 5.48m ns PB

Javelin

Elkie Baker 15.97m A 4th

Sofia de Bunsen 12.72m B 1st

Kyra Smith 13.70m ns

Discus

Elkie Baker 19.63m A 3rd AAA Grade 4

Sofia de Bunsen 16.11m B 1st PB

Team **1st London Heathside 272 pts**, 2nd Shaftesbury Barnet Harriers 199 pts

U15 Boys

200m

Milton Cooper 23.46 A 2nd PB New Club U15B Record UK Ranked 5th

U15B AAA Grade 1

Montana Dennis 24.24 B 1st PB AAA Grade 3

Maliki Daniel McKenzie Callum 26.93 ns PB

Bill Baker (U13) 31.15 ns PB

300m

Milton Cooper 36.91 A 1st 🏆 PB by 0.9s NCR New Club U15B Record

Ranked 1st U15B in UK AAA Grade 1

Joshua Adeoye 42.22 B 1st PB

Nathaniel Swinhoe 41.87 ns PB

Bill Baker (U13) 50.17 ns PB

800m

Dylan Mills 2:14.96 999A 2nd PB AAA Grade 4

Koppány Szentes 2:23.28 B 3rd PB

Sam Turner 2:24.84 ns PB

Frank Bailey 2:32.39 ns PB

80m Hurdles

Montana Dennis 12.17 A 1st 🏆 PB AAA Grade 2

Joshua Adeoye 13.95 B 2nd PB

High Jump

Sam Turner 1.35m A 4th PB

Frank Bailey 1.25m B 2nd

Long Jump

Milton Cooper 3.94m A 3rd PB

Maliki David McKenzie Callum 3.83m B 3rd

Nathaniel Swinhoe 3.53m ns

Shot Put

Patrick Coley 7.88m A 2nd PB

Jerome Henry 7.76m B 1st

Nathaniel Swinhoe 7.46m ns PB

Maliki David McKenzie Callum 6.97m ns PB

Javelin

Jerome Henry 22.20m A 1st

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Discus

Jerome Henry 19.59m A 2nd PB
Patrick Coley 19.06m B 1st PB

Team: - **1st London Heathside 260 pts**, 2nd Shaftesbury Barnet Harriers 219 pts

U17 Women

200m

Imani Quamina 26.93 A 5th **AAA Grade 4**
Laila Tempesta 28.21 B 6th
Ndid Didi 28.45 ns PB
Amara Onwuli 32.66 ns PB

300m

Imani Quamina 43.75 A 5th PB **AAA Grade 4**
Lucy Corkin 48.05 B 3rd
Nina Williams 51.36 ns PB

800m

Hattie Munday 2:17.23 A 2nd PB **AAA Grade 3**
Izzy Watkins 2:17.10 B 1st PB **NCR AAA Grade 3**
Milly Watkins 2:20.94 ns PB
Lucy Corkin 2:37.32 ns

High Jump

Hattie Munday 1.50m A 2nd PB **AAA Grade 4**
Issy Watkins 1.35m B 1st PB
Milly Watkins 1.25m ns PB

Long Jump

Laila Tempesta 4.43m A 2nd
Imani Quamina 4.24m B 1st
Lucy Corkin 3.76m ns

Shot Put

Ndid Didi 7.15m A 2nd
Laila Tempesta 6.73m B 2nd

Javelin

Nina Williams 11.16m A 2nd
Amaka Onwuli 3.83m B 1st
Discus

No Competitor

Team: - **1st London Heathside 195 pts**, 2nd Shaftesbury Barnet Harriers 180 pts

U17 Men

200m

Trey Corlis 23.05 A 2nd PB **AAA Grade 3**
Miles Cameron 25.71 B 3rd PB
Oscar Hall 25.16 ns PB

400m

Trey Corlis 55.82 A 3rd PB
Oscar Hall 56.61. B 1st PB

800m

George Saint 2:11.23 A 4th PB
Artie Feeny Willings 2:46.94 B 4th
Ben Ryan 2:29.49 ns PB
Archie Evans 2:35.25 ns PB

High Jump

Thomas Wassermann 1.60m A 2nd PB
Miles Cameron 1.40m ns PB
Artie Feeny-Willings 1.40m ns

Long Jump

Trey Corlis 5.21m A 3rd
Oscar Hall 4.42m B 2nd

Shot Put

Thomas Wassermann 10.14m A 1st 🏆 PB
Akan Akpan 7.01m B 1st PB

Javelin

Marcel Bazack 32.23m A 3rd
Akan Akpan 16.97m B 2nd PB

Discus

Thomas Wassermann 22.28m A 1st 🏆 PB
Akan Akpan 20.77m B 1st PB

Team: - **1st London Heathside 223 pts**, 2nd Shaftesbury Barnet Harriers 195 pts

Meeting Report: - Middlesex Centenary Championships, Lee Valley, 13-14.5.22

The Club again produced a superb set of results at this year's county championships which returned to their usual time in the calendar. The county were celebrating 100 years of organising athletics in the County and the event again offers a chance for athletes to taste championship athletics and win a title previously held by the likes of Linford Christie, Kelly Holmes and Seb Coe.

The clubs' athletes recorded 15 golds, 14 silver and 9 Bronze medals as well as breaking 4 new Club Records. Our new County champions include Thomas Archer (U20M 1500m), Bedo Draskoczy (U20M 5000m), Trey Corlis (U17M 400mH), Thomas Wassermann (U17M Hammer), Milton Cooper (U15B 200m, 300m), Sam Turner (U15B High Jump), Magdeline Paitoo (U15G 300m), Martha Jolly (U15G Long Jump), Gabriel Edwards (U13B 200m, 75mH) and Ivy Paitoo (U13G Shot Put). Gabriel Edwards set a new Championship Best in the 75mH.

Results: -

U17 Men

100m

H1 3rd Trey Corlis 11.67 **AAA Grade 4**
Final Trey Corlis DNS

800m

Final 7th Artie Feeny Willings 2:40.62

400mH

Final 1st Trey Corlis 64.84 🏆

Final 2nd Thomas Wassermann 65.80 🏆

High Jump

2nd Artie Feeny Willings 1.40m 🏆

Hammer (5Kg)

1st Thomas Wassermann 28.30m 1st 🏆 PB

U17 Women

100m

H2 3rd Imani Quamina 13.36
Final 6th Imani Quamina 13.33

200m

Final 6th Imani Quamina 28.17

800m

Final 2nd Hattie Munday 2:16.33 🏆 PB by 0.9s **NCR AAA Grade 2**

Final 6th Ruby Walls 2:25.81 PB by 31s AAA Grade 4

80mH

Final 2nd Imani Quamina 12.53 🏆 PB by 0.27s NCR AAA Grade 4

U15 Boys

200m

H1 1st Milton Cooper 23.63 AAA Grade 1

Final 1st Milton Cooper 23.16 🏆 PB by 0.3s AAA Grade 1

300m

Final 1st Milton Cooper 38.27 🏆 AAA Grade 1

800m

Final 2nd Dylan Mills 2:18.57 🏆

1500m

Final 6th Koppany Szentes 4:46.44 PB by 22s

High Jump

1st= Sam Turner 1.40m 🏆 PB by 5 cm

U15 Girls

100m

H3 1st Martha Jolly 13.17 PB by 0.2s

Final 3rd Martha Jolly 13.37 🏆 AAA Grade 4

200m

H1 2nd Magdeline Paitoo 26.63 PB AAA Grade 2

H2 1st Martha Jolly 27.30 AAA Grade 4

H2 2nd Ella Burr ridge 27.43 AAA Grade 4

Final 2nd Magdeline Paitoo 26.65 🏆 AAA Grade 2

Final 3rd Ella Burr ridge 26.68 🏆 PB AAA Grade 1

Final 4th Martha Jolly 27.20 AAA Grade 3

300m

Final 1st Magdeline Paitoo 41.48 🏆 PB by 0.21s NCR QS AAA Grade 1

Final 2nd Ella Burr ridge 42.27 🏆 AAA Grade 2

Long Jump

1st Martha Jolly 4.93m 🏆 AAA Grade 3

3rd Ella Burr ridge 4.62m 🏆 PB by 26 cm AAA Grade 4

4th Milli Bridgman Athanasatos 4.49m AAA Grade 3

Triple Jump

2nd Milli Bridgman Athanasatos 8.79m 🏆 PB by 1cm NCR

Shot Put (3 kg)

2nd Elkie Baker 8.17m 🏆 PB by 23 cm AAA Grade 4

Discus (1 kg)

2nd Elkie Baker 23.93m 🏆 AAA Grade 3

Javelin (500g)

5th Elkie Baker 15.82m

U13 Boys

100m

H1 1st Gabriel Edwards 13.45 AAA Grade 3

Final 2nd Gabriel Edwards 13.20 🏆 AAA Grade 3

200m

Final 1st Gabriel Edwards 26.59 🏆 AAA Grade 1

1500m

Final 3rd Rory Willis 5:14.53 🏆 PB AAA Grade 4

75mH

Final 1st Gabriel Edwards 13:01 🏆 PB by 0.34s NCB, NCR AAA Grade 2

Final 3rd Max Wassermann 14.73 🏆 AAA Grade 4

Shot Put (3 Kg)

2nd Max Wassermann 5.99m 🏆

U13 Girls

800m

Final 4th Maya Westgate 2:43.43 PB by 3.7s

Shot Put (2.72 Kg)

1st Ivy Paitoo 8.14m 🏆 AAA Grade 2

Meeting Report: - Middlesex Young Athletics League 2#, Finsbury Park 21.5.22

Finsbury Park bathed in bright early summer sunshine the club hosted our home MYAL match on what has proven to be a busy start to the season. Everyone at the Club pulled together to make the day such a success Coaches, Parents, Officials and of course Athletes with the event offering many their first experience of organised athletics.

Our enthusiastic young athletes rose to the challenge again with victories in all but one age group with 22 event wins; Kingston Bennett (U11B 75m,LJ), Finn Reid (U11B Vortex), Nyah Brown (U13G LJ), Ivy Paitoo (U13G SP, JT), Matilda Barrant (U13G Discus), Gabriel Edwards (U13B Hurdles), Roderick Alonso Pascal (U13B JT), Max Wassermann (U13B Discus), Martha Jolly (U15G LJ), Patricia Jarosz (U15G Hammer), Milton Cooper (U15B 200m), Montana Dennis (U15B Hurdles), Patrick Coley (U15B SP), Jerome Henry (U15B Hammer), Imani Quamina (U17W LJ), Ndid Didi (U7W SP, Hammer) and Thomas Wassermann (U17M HJ, SP and Hammer). New Club records were set in the U13B Hurdles, U15G Hammer, U15B Hammer and U17W 1500m with a new League Best for Finn Reid in the Vortex and Gabriel Edwards U13B Hurdles.



Highlight of the U11's were Kingston Bennett's wins in the 75m and Long Jump while Finn Reid set a massive new League best in the Vortex with 43.90m. In the girls Shiya Daley was 2nd in the 75m and Grace Wood ran under 3 minutes in the 800m. The U13's saw Nyemah Anderson 2nd in the 100m and Long Jump while Nyah Brown jumped over 4m to win the Long Jump. County Champion Ivy Paitoo won the Shot and Javelin with Matilda Barrant making a clean sweep of the throws with 15.64m in the Discus. Strong around performances saw the Boys win their age group Gabriel Edwards winning the hurdles with 2nd place in the 100m and 3rd in the long jump with Roderic

Alonso Pascal Javelin and max Wassermann Discus the only other winners. In the 1500m Ennio Kaloukian went out hard and finished with 5:15 fastest time of our boys.

The U15s are flying this season and while the girls only recorded 2 wins in the Long Jump and Hammer 2nd places by Magdeline Paitoo, (100m, 200m) Kiara Corkin (1500m) and Elkie Baker (Shot) helped rack up the points. Special mention must go to Ella Burr ridge who although a non-scorer produced the longest jump of the day with 4.97m. Milton Cooper again produced some fine sprinting finishing 2nd in 100m and winning the 200m. Montana Dennis won the hurdles, Patrick Coley

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the Shot and Jerome Henry the hammer. The U17 women saw wins for Imani Quamina in the long jump and Ndid Didi in the Shot while Izzy Watkins just pipped sister Milly to set a new Club Record in the 1500m. With Trey Corlis ill Thomas Wassermann stepped up to win the High Jump, Hammer and Shot competitions.



Results:-

U11 Girls

75m

Shiya Daley 10.80 A 2nd PB **AAA Grade 3**

Eliza Burrige 11.58 B 1st PB

Grace Wood 11.76 ns

Orlane Carels 12.81 ns PB

800m

Grace Wood 2:59.63 A 5th PB

Imogen Wraight 3:14.41 B 2nd PB

Jessie Mushin 3:12.95 ns PB

Mia Beeby 3:15.56 ns PB

Long Jump

Shiya Daley 3.48m A 4th

Eliza Burrige 3.15m B 2nd

Vanessa Elmsley 2.69m ns PB

Vortex

Shiya Daley 16.05m A 6th

Imogen Wraight 10.56m B 2nd

Team: - 1st SBH 103 pts, **2nd London Heathside 101 pts**, 3rd Barnet & District 98 pts

U11 Boys

75m

Kingston Bennett 11.08 A 1st **PB**

Finn Reid 11.35 B 2nd PB

Kymani Gaillard 11.71 ns PB

800m

Seb McNeely 2:56.45 A 6th PB

Alexander Rankin 2:56.76 B 4th PB

Kit Young 3:07.99 ns PB

William Edwards 3:19.80 ns PB

Long Jump

Kingston Bennett 4.06m A 1st **PB**

William Edwards 2.86m B 3rd PB

Kymani Gaillard 3.38m ns PB

Vortex

Finn Reid 43.90m A 1st **New League Best**

Reuban Pushpanthan 36.62m B 1st

Kingston Bennett 34.78m ns

Team: - **1st London Heathside 116 pts**, 2nd SBH 104 pts

U13 Girls

100m

Nyemah Anderson 13.06 A 2nd w +3.3 PB by 0.84s **AAA Grade 1**

Eddie Waites 14.85 B 3rd PB

Maya Westgate 14.63 ns PB

Rhoswen Keeping 14.98 ns PB

Ava Poole 15.05 ns PB

Jemima Shuckburgh 15.48 ns PB

1500m

Maya Westgate 5:41.46 A 3rd PB by 29s

Lila Blustin 5:48.24 B 2nd PB by 44s

Kitty Kelsall 5:46.46 ns PB

Caitlin Roberts 5:55.18 ns

Margot Hunt 6:04.68 ns PB

Lydia Ngatu 6:19.27 ns

Lucy Ryan 6:21.02 ns PB

70mH

Eddie Waites 15.12 A 2nd PB by 0.19s

Tamara Pushpanthan 16.00 B 1st PB by 0.07s

High Jump

Nyemah Anderson 1.35m A 2nd PB **AAA Grade 2**

Nyah Brown 1.20m B 1st

Long Jump

Nyah Brown 4.07m A 1st **PB** **AAA Grade 4**

Matilda Barrand 3.38m B 1st PB

Shot Putt

Ivy Paitoo 7.49m A 1st **AAA Grade 3**

Rhoswen Keeping 6.16m B 1st PB

Ava Poole 5.72m ns PB

Javelin

Ivy Paitoo 15.02m A 1st **PB**

Discus

Matilda Barrand 15.64m A 1st **PB** **AAA Grade 4**

Ivy Paitoo 12.77m B 1st

Rhoswen Keeping 12.92m ns PB

Team: - **1st London Heathside 240 pts**, 2nd SBH 165 pts

U13 Boys

100m

Gabriel Edwards 12.71 A 2nd PB by 0.23s UK Ranked 6th U13B **AAA Grade 1**

Freddie Burrige 14.16 B 2nd PB

Tyree Stephens 13.35 ns PB **AAA Grade 3**

Deshawn Adeyemi 15.37 ns PB

Mikail Wahid 15.42 ns PB

1500m

Rory Willis 5:16.89 A 4th

Ennio Kaloukian 5:15.36 ns PB

Charlie Nicolson 5:25.08 ns PB

Ylone Carrell 6:02.29 ns PB

Charlie Roberts 6:02.92 ns PB

Conor Roberts 6:02.92 ns PB

Pip Young 6:22.46 ns PB

75mH

Gabriel Edwards 12.91 A 1st **PB** by 0.1s NCR & LB UK Ranked 6th

U13B **AAA Grade 2**

Max Wassermann 14.39 B 2nd PB by 0.34s **AAA Grade 4**

High Jump

Ennio Kaloukian 1.30m A 3rd PB by 20cm **AAA Grade 4**

Henry Hartland 1.10m B 2nd PB

Long Jump

Gabriel Edwards 4.35m A 3rd **AAA Grade 3**

Freddie Burrige 4.26m B 2nd PB by 0.33s **AAA Grade 4**

Shot Putt

Max Wassermann 6.21m A 3rd

Roderick Alonso Pascal 5.75m B 1st

Javelin

Roderick Alonso Pascal 15.18m A 1st **PB**

Freddie Burrige 9.49m B 2nd PB

Discus

Max Wassermann 14.63m A 1st **PB**

Roderick Alonso Pascal 11.83m B 2nd

Team: - **1st London Heathside 215 pts**, 2nd SBH 185 pts

U15 Girls

100m

Martha Jolly 12.89 A 2nd PB by 0.38s **AAA Grade 2**

Magdeline Paitoo 13.23 B 1st **AAA Grade 4**

Ella Burrige 12.91 ns PB by 0.55s **AAA Grade 2**

Samiyah Wilson 13.63 ns PB

Casia Langley Bradshaw 13.78 ns PB by 0.28s

200m

Magdeline Paitoo 26.85 A 2nd **AAA Grade 3**

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London Heathside Young Athletes Club Newsletter

June 2022



Ella Burrridge 26.68 B 1st **AAA Grade 2**
Kyra Smith 28.89 ns PB
Samiyah Wilson 28.80 ns PB
Casia Langley Bradshaw 29.08 ns PB by 1.24s
Elkie Baker 29.87 ns PB by 1.38s

1500m

Kiara Corkin 5:09.18 A 2nd **AAA Grade 4**
Amy Kirk 5:13.63 B 2nd PB by 20s
Lettice Gundry 5:34.56 ns PB
75mH
Casia Langley Bradshaw 12.55 A 2nd PB by 0.7s **AAA Grade 3**

High Jump

Amber Skrgatic 1.30m A 3rd PB
Samiyah Wilson 1.05m B 3rd PB
Kiara Corkin 1.20m ns

Long Jump

Martha Jolly 4.95m A 1st **AAA Grade 2**
Milli Bridgman-Athanasatos 3.97m B 5th
Ella Burrridge 4.97m ns PB by 35cm **AAA Grade 2**
Kyra Smith 4.50m ns PB **AAA Grade 4**

Shot Putt

Elkie Baker 7.08m A 2nd
Patricia Jarosz 5.60m B 2nd PB
Malia Anderson 6.37m ns PB

Javelin

Elkie Baker 17.90m A 3rd PB by 2m
Kyra Smith 11.76m B 1st
Sophia de Bunsen 14.21m ns PB

Hammer

Patricia Jarosz 25.92m A 1st **AAA Grade 4** PB New Club U15G Record
Malia Anderson 23.78m B 1st PB

Team: - **1st London Heathside 261 pts**, 2nd SBH 218 pts

U15 Boys

100m

Milton Cooper 11.53 A 2nd PB NSQ **AAA Grade 1**
Montana Dennis 12.04 B 3rd PB **AAA Grade 3**
Mikel Alexander 12.72 ns PB
Malakai Mckenzie Callum 13.25 ns PB

200m

Milton Cooper 23.77 A 1st **AAA Grade 1** PB by 0.3s NSQ
Montana Dennis 24.72 B 1st PB **AAA Grade 3**
Mikel Alexander 26.49 ns PB
Malakai David Mackenzie 28.04 ns PB

1500m

Ben Ryan 5:11.08 A 6th PB by 18s
80mH

Montana Dennis 12.17 A 1st **AAA Grade 2** PB
Tristian Willhoft- King 14.79 B 1st

High Jump

Tristan Willhoft-King 1.55m A 2nd PB by 25cm **AAA Grade 4**
Long Jump

Milton Cooper 5.31m A 2nd PB by 1.36m **AAA Grade 4**
Shot Putt

Patrick Coley 8.10m A 1st **AAA Grade 4** PB
Jerome Henry 8.02m B 1st PB by 26cm
Nathaniel Swinhoe 6.93m ns

Javelin

Jerome Henry 21.47m A 2nd
Patrick Coley 17.15m B 1st

Hammer

Jerome Henry 28.00m A 1st **AAA Grade 4** PB NCR

Patrick Coley 19.44m B 1st
Nathaniel Swinhoe 13.13m ns

Team: - **1st London Heathside 244 pts**, 2nd SBH 218 pts

U17 Women

100m

Imani Quamina 13.07 A 3rd PB by 0.04s **AAA Grade 4**
Laila Tempesta 13.43 B 3rd PB
Amaka Onwuli 14.52 ns PB

200m

Imani Quamina 27.78 A 3rd
Laila Tempesta 29.19 B 3rd
Ndid Didi 28.84 ns
Lucy Corkin 29.81 ns

1500m

Izzy Watkins 4:50.25 A 3rd PB by 17.31s NCR **AAA Grade 3**
Milly Watkins 4:50.88 B 1st PB by 7.99s **AAA Grade 3**
Ruby Walls 5:00.80 ns PB by 11.16s
Hattie Munday 5:06.28 ns PB by 3.32s
Lucy Corkin 5:08.18 ns PB by 7.3s

High Jump

Amaka Onwuli 1.25m A 2nd PB
Long Jump

Imani Quamina 4.37m A 1st **AAA Grade 4** PB
Laila Tempesta 4.35m B 1st
Lucy Corkin 3.71m ns

Shot Putt

Ndid Didi 8.29m A 1st **AAA Grade 4** PB

Javelin

No Competitor

Hammer

Ndid Didi 19.02m A 2nd PB

Team: **1st London Heathside 178 pts**, SBH 152 pts

U17 Men

100m

Oscar Hall 11.82 A 3rd PB
Michael Lee 13.51 B 3rd PB

200m

Oscar Hall 24.34 A 4th PB by 0.82s
Michael Lee 28.95 B 6th PB by 0.55s

1500m

Greg Berrisford Sweet 4:47.17 A 5th PB by 1.42s
Artie Feeny-Willings 5:38.40 B 5th PB by 22.2s

High Jump

Thomas Wassermann 1.63m A 1st **AAA Grade 4** PB by 3cm
Artie Feeny-Willings 1.45m B 1st

Long Jump

Oscar Hall 4.99m A 5th PB by 57cm
Michael Lee 2.74m B 4th PB

Shot Putt

Thomas Wassermann 10.06m A 1st **AAA Grade 4** PB

Javelin

Marcel Barczek 37.12m A 3rd PB

Hammer

Thomas Wassermann 25.03m A 1st **AAA Grade 4** PB

Team: - **1st London Heathside 188 pts**, 2nd SBH 187 pts

Meeting Report:- Upper Youth Development League, 2#, Erith, 29.5.22

The last Sunday of the month saw the second UYDL meeting with some of our U17/U20 athletes heading to the wilds of Erith to compete. The London Ride created a few problems getting there from Finsbury Park and some missed the 100m as a result. However, it didn't stop some great performances with Trey Corlis producing the 4th fastest U17M 100mH this year of 13.60s a new club record by 0.17s, Imani Quamina also broke her 80mH club record by 0.29s to 12.24s. There were

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enough athletes for two relays Imani helping the U20W 4x100m relay to 1st place and Oscar Hall, Thomas Wassermann and Trey Corlis finishing 2nd in the U17 Men's 4x100m. With extra points added by Artie Feeny Willings and Akan Akpan in the High Jump and Shot. U20 Men, Justin Paul also completed the U20m 100m/200m.

Well done to the athletes Israel for managing the athletes and parents for offering support throughout the day. The next meeting will be on 26th June at Lewes.

Results

U20 Men

100m
Justin Paul 11.79 A 7th
200m
Justin Paul 23.64 A 6th
Shot
Akan Akpan 8.11m A 2nd

U20 Women

4x100m
VHH (S Fauke, T Fauke, Quamina, Okorie) 51.47 1st

U17 Men

200m
Trey Corlis 25.73 B 3rd
Oscar Hall 25.00 ns

100mH

Trey Corlis 13.60 A 1st 🏆 PB NCR AAA Grade 1
Thomas Wassermann 15.03 B 1st

High Jump

Artie Feeny Willings 1.40m B 1st

Javelin

Marcel Brazeck 36.91m B 1st

4x100m

VHH (Hall, Weinbrecht, Wassermann, Corlis) 46.72 2nd

U17 Women

200m

Imani Quamina A 3rd 27.07 PB

80mH

Imani Quamina A 2nd 12.24 PB NCR AAA Grade 3

Up-coming Club Young Athletes Fixtures: -

London Heathside Club Championships Day 1, Finsbury Park, 21st June 2022



This club championships will be held on two evenings. Barnet & District will be joining us at Finsbury Park. Events will include 100m, 300m/400m, 1500m, Hammer, Discus, Long Jump and Triple Jump.

Middlesex Youth Athletics League 3#, Perivale, 25th June 2022



The first MYAL will be at Parliament Hill on Saturday 25th 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 Competition website can be found [here](#).

	Perivale							
	Boys/Junior Men				Girls/Junior Women			
	U11B	U13B	U15B	U17M	U11G	U13G	U15G	U17G
150m	2.35 pm				2.15 pm			
200m		12.55 pm	1.35 pm	1.55 pm		12.25 pm	1.20 pm	1.55 pm
300m			4.25 pm				4.25 pm	4.40 pm
400m				4.40 pm				
600m	11.45 am				11.30 am			
800m		3.15 pm	3.55 pm	3.55 pm		3.00 pm	3.35 pm	3.36 pm
Hurdles		12.15 pm	4.15 pm			12.05 pm	12.15 pm	
Long Jump	1.20 pm	11.30 am	3.10 pm	4.05 pm	12.25 pm	2.15 pm	3.10 pm	4.05 pm
Long Jump (Non Scorer)	12.25 pm	11.30 am			12.25 pm	11.30 am		
High Jump		2.15 pm	1.20 pm	1.20 pm		2.15 pm	4.05 pm	4.05 pm
Vortex	12.25 pm				1.20 pm			
Javelin		12.25 pm	2.15 pm	2.15 pm		12.25 pm	3.10 pm	3.10 pm
Shot Put		11.30 am	3.10 pm	3.10 pm		11.30 am	2.15 pm	2.15 pm
Discus			4.05 pm	4.05 pm			1.20 pm	1.20 pm

3#, Lewes Athletics Stadium, Lewes, Sunday 26th June 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 3rd meeting is hosted by Lewes AC. The Club have arranged transport there and back for any athletes that wish to compete. If you want to take part let your coach know.

Eltham				
	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 now starting to take shape. 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.

- 11th June – London Schools Championships, Battersea
- 12th June – **Southern Athletics League - Finsbury Park**
- 13th June – ESAA T&F London North B Regional Final – Watford
- 14th June - **LH Club Handicap Race, Highgate Woods**
- 15th June – ESAA T&F London North C Regional Final – Croydon
- 17th June – ESAA T&F London North A Regional Final – Lee Valley
- 18th June – Middlesex Schools U15/U17 Championships – StoneX
- 19th June – Southern U15/U17 3000m Championships - Chelmsford
- 21st June – Haringey Mini-Marathon Trials – New River Stadium
- 21st June – **London Heathside Club Championships – Day 1**
- 25th June – LICC Open Meeting – Stone X
- 25th June – **MYAL 3#, Perivale**
- 26th June - **UYDL 3#, Lewes Athletics Track, Lewes**
- 27th June – Middlesex Schools Yr7/Yr8 Championships – Stone X
- 8th -9th July – ESAA English Schools Championships, Sportscity Manchester
- 10th July – London Youth Games Athletics Championships – Lee Valley
- 22nd July – Golden Stag Mile – Finsbury Park
- 23rd July – LICC Open Meeting – StoneX
- 24th July – **U13 Southern Inter-counties Match, tbc**
- 30th July - **MYAL 4#, Stone X Stadium**
- 7th August – **UYDL 4#, Tooting Bec Athletics Track, Tooting**

13th-14th August – Southern U13/U15/U17 Championships, Chelmsford

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

28th August – LICC Open – StoneX

6th September – London Heathside Club Championships – Day 2

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

11th 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 1st Place with 190 pts with SBH 2nd with 161 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 1 on **Tuesday 21st June** will feature 100m, 300/400m, 1500m, Hammer, Discus, Long Jump and Triple Jump. Day 2 **Tuesday 6th**

September will feature 200m, 800m, 3000m, 5000m, Javelin, Shot, High Jump. Further details including entry will be given closer to the date.

London Heathside Handicap Race



The annual Heathside Handicap will be held again this summer and back at the traditional venue in Highgate Wood on Tuesday 14th June 2022. It is open to U13's and above but recommended only for U15's and above.

Date: Tuesday 14th June

Time: 7pm race start (arrive at 6.30-6.45pm)

Venue: Highgate Wood (meet by cricket nets)

Format: 5K (2 laps) setting off slowest first, according to predicted finish time.

How to enter:

Entry is free for current London Heathside members

Send your entry to heathsidehandicap@gmail.com

Please include: Your category: Male or Female and Junior, Senior, or Vet (40+), Your best recent (last 3 months) 5K race or Parkrun performance, *or* Your best estimate of your predicted current 5K race time (please provide credible justification, especially if providing an estimate for juniors!)

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. However, the next event on the 25th June clashes with the MYAL. The next meeting after that will be on 23rd July.

Golden Stag Mile

Barnet & Districts annual Golden Stag Mile meeting will be held at Finsbury Park on 22nd July. Entry details will follow.



Road Races

The London Borough of Haringey will hold their **Mini-Marathon Trials** at New River Stadium, White Hart Lane, London N22 5QW on Tuesday 21st June 2022. Boys and Girls Year 7 & 8 start 4.30 pm, while Years 9, 10, 11 & 12 start 5.30 pm all Haringey School Children welcome.

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 3 or 4 competitions over the year although dates are yet to be confirmed. Highgate and Shaftesbury will also be holding regular competitions.



Upcoming Open Meetings

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

Wednesday 1st June – Watford AC Open, Watford – www.watfordharriers.org.uk

Wednesday 1st June – Hercules Wimbledon 1500m Night of Races, Wimbledon – www.opentrack.run

Wednesday 8th June – Lee Valley Sprints Night Double 100m, Lee Valley – www.opentrack.run

Friday 10th June – Newham Summer Series, Stratford – www.entry4sport.com

Wednesday 15th June – Watford AC Open, Watford – www.watfordharriers.org.uk

Wednesday 22nd June – Lee Valley Sprints Night 100m/200m, Lee Valley – www.opentrack.run

Wednesday 22nd June – TVH & BMC Open Meeting, Linford Christie Stadium – www.opentrack.run

Saturday 25th June - London Inter Club Challenge, StoneX – www.entry4sport.com [Clash with MYAL]

Sunday 26th June – Watford AC Minors Meeting, Watford - www.watfordharriers.org.uk

Wednesday 29th June – Watford AC Open, Watford – www.watfordharriers.org.uk

Saturday 3rd July - Be-Fit Academy Open, Dagenham – 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](#)

Senior and U20 Track and Field Championships 8th-9th July at Chelmsford

U15 and U17 3000m Championships 9th July at Chelmsford

Combined Events Championships 23rd-24th July in Oxford

U15 and U17 Track and Field Championships 13th-14th August at Chelmsford

AAA Standards

You will see alongside the results a number of letter (e.g., PB – personal best, NS – non scorer, CR – Club Record, CBP – Championship Best Performance, QS – English Schools Qualifying Standard) but also AAA Grade. This is a set of standards with Grade 1 representing the top 7.5% of performances in that age group, Grade 2 is 15%, Grade 3 30% and Grade 4 65%. If you want to check the standards they can be found [here](#)

National Schools Championships Entry standards can be found [here](#).

Powerof10 Website

[Powerof10](#) is UK Athletics online database which aims to record all athletic performances for British Athletes from U11s to Olympic medallists. For parents new to Athletics and whose children have competed for the club we recommend registering on the website so you can control your child's profile. Once registered the website will record all performances at licenced athletics meetings and provide national rankings as well as linking with the RunBritain website which records road races including Park Run.

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 19th June, 3rd July, 24th July and 31st 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 setting up before planned music festivals i.e. 8-10th July the Wireless Festival and 15th-17th July Fender/Ezra Concerts.

Code of Conduct

We remind everyone that all members coaches and parents are expected to abide by the relevant UKA/Club Code of Conduct details of which can be found on the club website [Here](#). If you have any concerns, please contact Club Welfare Officer Ruth Miller or Head of Youth Section Russell Weston.

Athletics Weekly Article: Quest to reduce injuries in young athletes

Below is a link to a recent interesting article about prevention of injuries in Young Athletes.

[Link to Article](#)

Jack Petchey Award

This month's nominations are as follows: -



Gabriel Edwards – Gabriel has continued to develop as a sprinter after moving up an age group. He has broken a number of club records and is top 10 ranked U13 he also won two County Titles despite running against athletes a year older.

Ivy Paitoo – Ivy successfully retained her U13G County Title in the Shot Putt and has set a new club record of 8.65m. She regularly wins or contributes high scoring points in the throwing events in the MYAL.

Nyemah Anderson – Nyemah continues to develop as the club's leading U13G sprinter recording a wind assisted 13.06s in the MYAL. She is also developing in a host of technical events such as the High Jump.

Thomas Wassermann – Thomas demonstrated his versatility this month winning all three of his MYAL events but also hurdling in the UYDL and running in the 4x100m relay. He was also crowned County U17M Hammer Champion.

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