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Congratulations

Well done to Imani Quamina, Magdeline Paitoo, Issy Watkins, Milly Watkins, Artie Feeny-Willing, George Saint and Oscar Hall who all represented the Club at the Senior Southern Athletics Meeting.

Well done to Malakai who won Bronze at the London Schools Combined Championships at Lee Valley.

Meeting Report:- Middlesex AA Championships

The middle of May brings the County Championships. These are the most informal of the track and field championships and a great opportunity to experience to get a first taste of championship racing, potentially negotiating heats to reach the final, and who doesn't like to win a medal?. Plenty of Heathsiders took part with the club's young athletes excelling once again.

The wind on Saturday meant club records were impossible to break for the sprinters but Koppány Szentes and Rosa Cormacain both broke the respective U15 3000m records. Millie Bridgman-Athanasatos the U15G Triple Jump and Malia Anderson-Watson the U15G Hammer.

In the U17 Men Trey Corlis led a clean sweep of the 100mH podium with Montana Dennis in bronze and Thomas Wassermann in silver. Thomas later added a gold in the to which he added a gold in the Shot Putt. David Baah-Okyere took silver in the 800m just outkicked in the final 100m with George Saint just piped to bronze in 4th place. Artie Feeny Willings took silver in the High Jump. Oscar Hall showed his promise finishing 4th in the 100m final.

Magdeline Paitoo added the U17W 300m title to her bronze from the National Indoors with Ella Burrige 3rd. Imani Quamina won the 80mH with Issy Watkins making a return to the track to win bronze in the 1500m. Patrycja Jarosz won silver in the Hammer.

In the U15 Boys Dylan Mills showed his outstanding stamina taking both 300m and 800m titles in two pulsating races. Koppány Szentes won the Inaugural U15B 3000m race with an exceptionally composed run. Malakai continued our dominance in the Hurdles taking the 80mH title also finishing 4th in the Long Jump and 6th in the 100m.

Suraya Frost won the U15G 75mH race also achieving an English Schools qualification in the process, Tara Sweetnam was 3rd. In highly competitive races often against girls 1 year older none of our sprinters made the finals and in the 800m Lettice Grundy missed out on a medal finishing 4th. The 1500m race was both tactical and fast with Amy Kirk leading for a long way before being out sprinted on the closing stages however she still recorded her first time under 5 minutes. Rosa Cormacain in only her 2nd track race took bronze and went even better the next day taking silver in the inaugural 3000m. In the field events Elkie Baker couldn't reach the heights of a 34.25m throw in the week but an opening throw of 29.85m was enough to take the title by 6m and added a silver in the shot. Milli Bridgman-Athanasatos set a new club record in the Triple Jump with Malia Anderson-Watson also breaking the club record in the Hammer.

We had no U13 Girls competing but Gabriel Edwards secured both U13B sprint titles as well as High Hurdle title the latter in a new Championship best. Rory Willis was the only other competing with 4th in the 800m and 5th in the 1500m.

Results

U17 Men

100m

H1 5th Montana Dennis 11.62
H1 7th Tobias Toth-Stevens 12.46
H2 4th Oscar Hall 11.30 PB
Final 6th Oscar Hall 11.23 PB

400m

4th Oscar Hall 54.17

800m

2nd David Bath-Okere 2:05.81 🏆
4th George Saint 2:07.23
9th Artie Feeny Willings 2:32.26

100mH w/s +3.1

1st Trey Corlis 13.18 PB 🏆
2nd Thomas Wassermann 14.02 PB 🏆
3rd Montana Dennis 14.59 PB 🏆

High Jump

2nd Artie Feeny Willings 1.40m 🏆

Shot Put (5kg)

1st Thomas Wassermann 10.75m 🏆

U15 Boys

100m

H1 4th Malakai David MacKenzie Callum 11.99 PB

200m

H1 3rd Malakai David MacKenzie Callum 24.70 PB
Final 6th Malakai David MacKenzie Callum 24.55 PB

300m

1st Dylan Mills 39.83 PB 🏆

800m

1st Dylan Mills 2:06.49 PB 🏆

7th Ennio Kaloukian 238.56

1500m

H1 9th Ennio Kaloukian 5:19.92

3000m

1st Koppany Szentes 9:49.87 PB NCR CBP 🏆

80mH

1st Malakai David MacKenzie Callum 12.30 🏆

Long Jump

4th Malakai David MacKenzie Callum 5.01m

U13 Boys

100m

H1 1st Gabriel Edwards 13.18

Final 1st Gabriel Edwards 12.78 🏆

200m

1st Gabriel Edwards 26.40 🏆

800m

4th Rory Willis 2:30.57 PB

1500m

5th Rory Willis 5:15.95

75mH

1st Gabriel Edwards 12.32 🏆

U17 Women

200m

H2 2nd Magdeline Paitoo 26.60
H2 4th Ella Burrridge 26.68
Final 5th Magdeline Paitoo 26.33
Final 8th Ella Burrridge 26.81

300m

1st Magdeline Paitoo 41.88 🏆

3rd Ella Burrridge 43.49 🏆

1500m

3rd Issy Watkins 4:55.45 🏆

4th Millie Watkins 4:58.07

5th Ishaana Cannell 5:15.38 PB

800mH

3rd Imani Quamina 12.29 🏆

Hammer (3 kg)

2nd Patrycja Jarosz 25.29m 🏆

U15 Girls

100m

H1 4th Munevver Akesen 13.36 PB

200m

H1 6th Ivy Paitoo 28.47

H2 4th Suraya Frost 28.08

H2 7th Kyra Smith 29.23

300m

6th Ivy Paitoo 45.78 PB

7th Maya Westgate 48.87 PB

800m

4th Lettice Gundry 2:36.02 PB

5th Maya Westgate 2:36.49 PB

7th Margot Hunt 2:39.36 PB

1500m

3rd Rosa Cormacain 4:58.48 PB NCR CBP 🏆

5th Amy Kirk 4:59.70 PB

9th Jessica Lappin 5:52.40 PB

3000m

2nd Rosa Cormacain 11:03.68 PB NCR CBP 🏆

75mH w/s +4.9

1st Suraya Frost 11.62 PB 🏆

3rd Tara Sweetnam 12.39 🏆

Long Jump

4th Kyra Smith 4.42m

6th Milli Bridgman-Athanasatos 4.22m

Triple Jump

2nd Milli Bridgman-Athanasatos 9.57m PB NCR 🏆

Shot Put (3Kg)

2nd Elkie Baker 8.53m 🏆

Discus (1Kg)

1st Elkie Baker 29.87m 🏆

Hammer (3Kg)

4th Malia Anderson-Watson 26.21m PB NCR

Up-coming Club Young Athletes Fixtures: -

UYDL 2# - Wier Archer Stadium, Kingsmeadow - Sunday 28th May

Under 17/20 Athletes only.

The 2nd UYDL match will be at the Wier Archer Stadium in SW London. 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 English Schools 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 Victoria Station with Norbiton Station a 15 minute walk to the stadium or 131 Bus from Raynes Park

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	Hammer	Women
14.35	100m Hurdles	U17 Men	A followed by B	12.00	High Jump	Men
14.45	3000m	Women	All	12.45	Long Jump	Women
15.00	110m Hurdles	U20 Men	A followed by B	12.55	Discus	Men
15.15	200m	U20 Men	A followed by B	Shot	Women	
15.25	200m	U17 Men	A followed by B	14.15	Discus	Women
15.30	200m	U20 Women	A followed by B	Shot	Men	
15.40	200m	U17 Women	A followed by B	14.30	Pole Vault	Men
15.50	2000m S/Ch	U20M	A & B String	Triple Jump	Men	
16.00	800m	U20 Men	A followed by B	15.00	High Jump	Women
16.10	800m	U17 Men	A followed by B	15.35	Javelin	Men
16.20	800m	U20 Women	A followed by B	16.15	Triple Jump	Women
16.30	800m	U17 Women	A followed by B	16.55	Javelin	Women

MYAL 2#, Bannister Stadium, Harrow, Uxbridge Road HA3 6SL Sunday 4th June 2023

Under 11, 13, 15 and 17 Athletes

The 2nd MYAL meeting will be hosted by Harrow AC at a new venue for the League and us at The Bannister Stadium in Harrow. If you want to take part please let your coach know. The meeting is on the 2nd weekend of half term and we appreciate many of you have exams this time of year.

The nearest underground Stations are Harrow on the Hill (Metropolitan/Piccadilly Line) or Harrow and Wealdstone (Bakerloo and Overland/West Midlands Trains) with the 182 Bus from both stopping outside the track. If driving the best route is via Edgware and Stanmore, there is a car park next to the stadium or street parking nearby.

MYAL 2# Harrow Timetable								
	U11B	U13B	U15B	U17M	U11G	U13G	U15G	U17W
11.30 am		Long Jump			800m	Javelin		
		Javelin						
11.45 am	800m					70mH		
12.05 pm						75mH		
12.15 pm		75mH						
12.25 pm	Vortex	Shot Putt			Long Jump	Shot Putt	High Jump	
12.30 pm			80mH					
12.40 pm						200m		
12.55 pm		200m						
1.10 pm							200m	
1.20 pm	Long Jump	High Jump	200m		Vortex	High Jump		
		Discus				Discus		
1.35 pm								200m
1.50 pm				200m				
2.05 pm					150m			
2.15 pm				High Jump		Long Jump	Javelin	Javelin
			Shot Putt	Shot Putt				
2.20 pm	150m							
2.45 pm						1500m		
3.00 pm								
3.10 pm			Long Jump				Long Jump	High Jump
			Hammer	Hammer			Hammer	Hammer
3.20 pm							1500m	
3.25 pm			1500m					
3.45 pm								1500m
3.50 pm				1500m				
4.05 pm			High Jump	Long Jump				Long Jump
			Javelin	Javelin			Shot Putt	Shot Putt
4.10 pm			100m				100m	
4.35 pm				100m				100m

Club Championships Part 1, Finsbury Park, Thursday 8th June 2023

The Club will hold the first part of the Club Championships on Thursday 8th June 2023. All Club members are welcome to enter. Events include 100m, 300/400m, 1500m, Long Jump, Discus and Hammer. Please let your coach know if you want to compete.

London and Middlesex Schools Championships, 10th June 2023

These are for Yrs 9 and above or exceptional Yr8s You need to be entered through your school or in the case of Middlesex by representing your borough at the county championships. Details of the London Championships which are held in **Battersea Park** on **Saturday 10th June** can be found on www.londonaa.org.uk. If your school is not affiliated you may need to enter separately ask your coach and we can approach London AA on your behalf. If you qualify for Middlesex (Haringey residents) you can nominate yourself directly through the www.middlesexschoolsathletics.org. The Middlesex Schools Championships will be held at **Lee Valley** on **Saturday 10th June**.

MYAL 3#, Finsbury Park Track, Finsbury Park, Saturday 24th June 2023

Details to be confirmed for timetable see <https://www.myal.org.uk/>

Southern U13, U15 & U17 Track and Field Championships, Lee Valley, 12-13th August

These will be held at Lee Valley over the weekend of the 12th-13th August. Entries are now open and available through 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, 26-27th August

You will need to have achieved a qualification standards similar to the schools championships. To enter these championships which will be held in Birmingham. Entries are not yet open but will be on www.roster.com

2023 Summer Fixture List

The Fixture List for the Summer is as follows: -

- 28.5.23 – YDL Upper 2# - Wier Archer Stadium, Kingsmeadow (U17/U20)**
- 4.6.23 – MYAL 2# - Bannister Stadium, Harrow**
- 8.6.23 – Club Championships Part 1
- 10.6.23 – Middlesex/London Schools Championships, Lee Valley/Battersea
- 13.6.23 – London Schools Yr7/8 Championships, Mile End
- 17.6.23 – ESAA Intercounty Schools Matches (Closed)
- 18.6.23 – SAL 2# - Dartford (U17/U20/Sen)
- 18.6.23 – LICC 2# - StoneX
- 24.6.23 – MYAL 3# - Finsbury Park (U11/U13/U15/U17)**
- 25.6.23 – YDL Upper 3# - Spectrum Stadium, Guildford (U17/U20)**
- 26.6.23 – Middlesex Yr 7/8 Championships, StoneX (Closed)
- 30.6.23 – English Schools T&F Championships – Alexander Stadium, Birmingham
- 1.7.23 - English Schools T&F Championships – Alexander Stadium, Birmingham
- 1.7.23 – London Youth Games Athletics, Stratford
- 9.7.23 – SAL 3# - Dartford (U17/U20/Sen)

9.7.23 – LICC 3# - StoneX
21.7.23 – London Borough Connect Relays – London Stadium
22.7.23 – MYAL 4# - StoneX (U11/U13/U15/U17)
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 Championships - Oxford

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.

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, www.entry4sports.co.uk or www.roster.com websites.

Qualifications Standards

If they aspire to compete in the National Schools and EA Age Group Championships this summer athletes need to achieve a qualification standard.

The table shows the current ESAA Entry Standards (you still have to be picked by the relevant County Schools Association)

Event	Junior Boys (Yr 8/9)	Junior Girls (Yr8/9)	Inter Boy (Yr 10/11)	Inter Girl (Yr 10/11)	Senior Boys (Yr 12/13)	Junior Girls (Yr 12/13)
100m	11.6s	12.7s	11.2s	12.5s	11.0s	12.4s
200m	23.8s	26.2s	22.7s	25.8s	22.2s	25.7s
300/400m	38s	42s	51.1s	41.2s	49.7s	58.3s
800m	2m 05s	2m 18s	1m 57s	2m 16s	1m 54s	2m 16s
1500m	4m 20s	4m 48s	4m 06s	4m 45s	3m 58s	4m 42s
3000m			8m 56s	10m 20s	8m 36s	10m 16s
Sprint Hurdles	12.0s	11.7s	14.0s	12.0s	15.3s	15.3s
3/400m Hurdles			58.7s	46.4s	57.5s	65.5s
Steeplechase			4m 40s	5m 23s	6m 18s	5m 17s
High Jump	1.72m	1.59m	1.88m	1.65s	1.95m	1.66m
Pole Vault	3.00m	2.70m	3.90m	3.10m	4.20m	3.20m
Long Jump	5.80m	5.20m	6.40m	5.40m	6.70m	5.40m
Triple Jump	12.00m		13.20m	10.90m	13.50m	11.10m
Shot	12.30m	10.60m	13.20m	11.60m	12.80m	10.50m
Discus	35.00m	27.00m	41.00m	33.00m	40.00m	36.00m
Javelin	44.00m	34.00m	52.00m	38.00m	52.00m	37.00m
Hammer	38.00m	37.00m	49.00m	48.00m	50.00m	43.00m

Finsbury Park

May has seen further repairs and upgrade works to the track which should now have a durable surface and working flood lights. The Council have also informed us that they are starting work on streetlighting in the park which should make it a lot safer at night.

Volunteers

London Heathside is entirely run by volunteers. The Club is always looking for additional help coaching, officiating or helping organise our activities which cater for 200 Young Athletes and 500 Senior Members. The Club also have a major stake in the running and maintenance of the Finsbury Park Track and facility.

If any parent is interested and has time to help please let one of the coaches know. The Club will help fund any training courses for would be coaches or athletics officials. We are also looking for volunteers to operate the photo-finish equipment during meetings. This is a key role on putting on meetings and the Club will pay volunteers who can help.

Jack Petchey Award

The winner for April and May has yet to be agreed.



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