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## Congratulations

Well done to Milton Cooper who won the U15 Boy Indoor 300m title at the EA National Indoor Championships in Sheffield in a new club record time. He also won the Jack Petchey Award for January.



Congratulations to all the young Heathside runners selected to run for Middlesex or Middlesex Schools in the Inter- County and National Schools XC Championships this month. Kiara Corkin (U13G), Amy Kirk (U13G), Koppany Szentes (U13B), Ben Redland (U13B), Izzy Watkins (U15G), Hattie Munday (U15G), Emilia Watkins (U15G), Ruby Walls (U15G) and Oliver O'Connor all ran for Middlesex in the Inter-Counties at Loughborough.

Congratulations to Rory Willis who was crowned the leading U11 Boy in the Chingford League.

## Race Reports: - National Cross-Country Championships – Parliament Hill

Many of the club's Juniors had never competed in a national championship and this was a good opportunity for them to experience a large scale, high-profile event. They were greeted by a beautiful sunny day and although muddy in parts the Heath was generally in good condition for the races.

Our best team performance came from our U15 Girls who recorded a superb 10th place with the first three all in the top 70. Although Izzy Watkins could not quite stick with the pace set by the leaders over the two-lap course, she kept a good rhythm finishing in 18:14 and 38th place. Thirty seconds behind Izzy, her sister, Milly Watkins, and Hattie Munday worked together around the course finishing 63rd and 70th respectively. So with three runners home for 171 pts the club were in a bunch of clubs aiming for a high placed finish with Rotherham and Wreake Valley assured of the top two places. Ishaana Cannell and Lucy Corkin were next girls over the line in 153rd and 166th places to give the club 10th place our highest ever placing in this race and well ahead of all our Met League rivals.

Notable performances elsewhere include Kiara Corkin's 61st place in the U13 Girls in which we had eight runners, three of whom will still be U13 next year. In the U13 Boys seven ran with Koppany Szentes first home in 42nd place followed by Rory Willis who secured a top 100 place despite still being an U11.

The U15 Boys found the going tough in a highly competitive race. David Baah-Okyere was our first home in 164th place, Maia Hampton Phillips also recorded a 154th place in the U17 Women. The U17 Men saw Bedo Draskoczy finish a good race in 72nd with the team finishing 19th.

## Results

**U13 Girls** - 3km 380 Runners: - 1st K Webb (Marshall Milton Keynes) 12:38, 61st Kiara Corkin 13:50, 149th Lettice Gundry 14:54, 230th Ivy Gray 15:39, 239th Caitlin Roberts 15:42, 303rd Jessica Lappin 16:21, 308th Lila Blustin 16:26, 318th Maya Westgate 16:38, 330th Elkie Baker 16:46  
Team: - 1st Marshall Milton Keynes 55 pts, 25th London Heathside (Corkin, Gundry, Gray, Roberts) 679 pts (37 Teams)

**U13 Boys**: -, 3Km, 397 Runners: - 1st J Meyburgh (WSE&H) 11:06, 42nd Koppany Szentes 12:49, 98th Rory Willis 13:25, 106th Dylan Mills 13:29, 161st Frank Bailey 13:58, 162nd Sam Turner 13:59, 188th Ben Redland 14:10, 328th Harry Conley 15:44  
Team: 1st Trafford Athletic 143 pts, 16th London Heathside (Szentes, Willis, Mills, Bailey) 407 pts (41 Teams)

**U15 Girls, 4Km 353 Runners:** - 1st I Waugh (Rotherham Harriers) 16:11, 38th Izzy Watkins 18:14, 63rd Milly Watkins 18:43, 70th Hattie Munday 18:50, 158th Ishaana Cannell 20:00, 166th Ruby Walls 20:07, 333rd Libby Judd Hawkes 24:04, 345th Maddison Frawley 26:11  
**Team:** - 1st Wreake & Soar Valley 61 pts, 10th London Heathside (I Watkins, M Watkins, Munday, Cannell) 329 pts (43 Teams)

**U15 Boys, 4km 412 Runners:** - 1st R Price (Vale Royal) 14:15, 164th David Baah-Okoyere 17:13, 272nd Gregory Berrisford Smith 18:09, 324th Ivor Joslin 18:51, 326th Ben Ryan 18:54, 391st Artie Feeny-Willings 20:42, 407th Alexander Butcher 23:01  
**Team** 1st Chiltern Harriers 157 pts, 36th London Heathside (Baah-Okoyere, Berrisford-Smith, Joslin, Ryan) 1,086 pts (42 Teams)

**U17 Women, 5km, 274 Runners:** - 1st J Bailey (Leven Valley) 19:20, 154th Maia Hampton Philips 24:23, 243rd Fabienne Weston 28:12, 266th Clara Leustean 31:24

**U17 Men, 5Km 304 Runners:** - 1st S Mills (Exeter Harriers) 21:14, 72nd Bedo Draskoczy 24:08, 185th Roni Kizilkaya 26:03, 226th Fred Beale 26:56, 229th Luke Pike Mullins 27:01, 257th Janak Subberwal 27:46, 272nd Michael Smith 28:27  
**Team:** 1st South London Harriers 127 pts, 19th London Heathside (Draskoczy, Kizilkaya, Beale, Pike-Mullins) 712 pts (25 Teams)

## Championship Reports: - England Athletics U15/U17 Indoor Championships, Sheffield

A fantastic run in the final saw Milton Copper, who had already taken the Southern Indoor title, win the National U15 Boys Indoor 300m title in Sheffield at the weekend. After winning his heat running sub 39s for the first time Milton entered the final as the 2nd fastest qualifier behind James Clark (Glasgow City). Drawn in lane 6 in the final Milton had James on his inside lane. James took the race out hard closing the stagger on Milton who then reacted holding his ground around the penultimate bend as the runners broke from their lanes and with a burst of speed managed to get to the next corner in first place with James having to check. Milton then held the inside and despite James coming again Milton crossed the line 1st a national champion in a massive PB of 37.70s.



EA National Junior Indoor Championships, Sheffield 12-13.2.22

U15 Boys 300m - H1 1st Milton Cooper 38.37 PB, Final 1st Milton Cooper 37.70 PB New Club U15B Record

## Cross Country Season 2021-22 Review

With the cancellation of the final NWLL meeting the Clubs Cross Country season has drawn to a close. It has proven to be the most successful young athletes' season in Heathside's History with 2<sup>nd</sup> place overall in the MetLeague and 1<sup>st</sup> place in both boys and girls team competition in the NWLL. More young runners have taken part in at least one cross country race than ever before. Rory Willis, Roni Kizilkaya and Artie Feeny Willings have run in all the clubs' races. Kiara Corkin, Amy Kirk and Izzy Watkins have all won races this season.

	Met League	NWLL	Middlesex Champs	Southern Champs	National Champs	Club Champion	Club Points Winner	Top 10 Met League Finishers	Top 10 NWLL Finishers	Met League Stars	Participation
U11 Girls	9th	5th	5th			Chiara Pegoraro	Charlotte Beale				11 Runners
U11 Boys	2nd	2nd	2nd			Rory Willis	Rory Willis	4th Rory Willis	3rd Rory Willis		28 Runners
U13 Girls	2nd	1st	1st	15th	25th	Kiara Corkin	Amy Kirk	4th Kiara Corkin, 6th Amy Kirk	1st Lila Blustin, 2nd Lettice Gundry, 4th Ivy Gray, 7th Caitlin Roberts	Kiara Corkin, Amy Kirk, Maya Westgate	15 Runners
U13 Boys	6th	4th	3rd	No Team	16th	Koppany Szentes	Sam Turner	7th Sam Turner	5th Sam Turner		15 Runners
U15 Girls	2nd	1st	1st	19th	10th	Izzy Watkins	Izzy Watkins	6th Hattie Munday	1st Hattie Munday, 4th Izzy Watkins, 5th Milly Watkins, 7th Mia Rosen		11 Runners
U15 Boys	5th	8th	2nd	16th	36th	David Baah-Okoyere	David Baah-Okoyere		7th David Baah-Okoyere	Gregory Berisford Sweet, Artie-Feeny Willings	11 Runners
U17 Women	2nd	4th	No team	No Team	No Team	Maia Hampton-Philips	Maia Hampton-Philips	6th Maia Hampton Philips	6th Maia Hampton Philips	Maddison Frawley	4 Runners
U17 Men	5th	2nd	2nd	15th	19th	Roni Kizilkaya	Roni Kizilkaya	8th Roni Kizilkaya	4th Roni Kizilkaya	Roni Kizilkaya, Janak Subberwal, Michael Smith	8 Runners
<b>Overall</b>	<b>2nd</b>	<b>1st</b>									

## Club Cross Country Points Championship – Final Places

The Club holds a XC Points competition with Young Athletes scoring 8 points for being the first Heathsider Home and 7 pts for the 2<sup>nd</sup> with the best 7 performances counting. After 12 of 13 races completed the standings are as follows: -

U11 Girls: - 1st Charlotte Beale 24 pts, 2nd Mia Beeby 21 pts 3<sup>rd</sup> Isla Kavanagh 19 pts  
U11 Boys: - 1st Rory Willis 48 pts, 2nd Alex Rankin 35 pts, 3rd Seb McNeely 28 pts  
U13 Girls: - 1st Amy Kirk 51 pts, 2nd Lettice Gundry 50 pts, 3<sup>rd</sup> Kiara Corkin 48 pts  
U13 Boys: - 1st Sam Turner 52 pts, 2<sup>nd</sup> Koppány Szentes 39 pts, 3rd Frank Bailey 27 pts  
U15 Girls: - 1st Izzy Watkins 56 pts, 2<sup>nd</sup> Hattie Munday 52 pts, 3rd Milly Watkins 47 pts  
U15 Boys: - 1st David Baah-Okyere 56 pts, 2nd Gregory Berrisford-Sweet 51 pts 3rd Artie Feeny-Willings 44 pts  
U17 Women: - 1st Maia Hampton Phillips 56 pts, 2nd Tess Walker 29 pts, 3rd Fabienne Weston 21 pts  
U17 Men: - 1st Roni Kizilkaya 56 pts, 2nd Janak Subberwal 44 pts, 3rd Michael Smith 35 pts

## Fourth-coming Club Young Athletes Fixtures: -

### Middlesex Indoor Championships, Lee Valley, 18-19th March 2022

For those that have entered the Middlesex Indoor Championships will take place at Lee Valley on 19th to 20th March 2022.

There are a full range of events (60m, 200m, 300m, 400m, 800m, 1500m, Hurdles, High Jump, Pole Vault, Long Jump, Triple Jump, Shot Put) for U15, U17, U20 and Senior athletes.



### UYDL 1#, Sutcliffe Athletics Stadium, Eltham, 24<sup>th</sup> April 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. If you want to compete let your coach know.

### Middlesex Youth Athletics League 1#, Parliament Hill, 8th May 2022

The first MYAL will be at Parliament Hill on Sunday 8<sup>th</sup> May. Events for U11, U13, U15 and U17. Details to follow

## Indoor Track Season

The indoor Track and Field season is now nearing a close. Our nearest facility is Lee Valley which holds open meetings as well as County and South of England Championships. For details of open meetings see their website: - Lee Valley Athletics Centre. The Middlesex Indoor Championships for U15s and above are planned for 19<sup>th</sup>-20<sup>th</sup> March 2021. They also run Minithons for U13's with the option of 3 events over the day and medals for the top 20 in each age group.



19<sup>th</sup>-20<sup>th</sup> March – Tri Counties (Middx, Herts, Kent) Indoor Championships (U15/U17/U20) - Entries Closed  
26<sup>th</sup> March – Minithon  
27<sup>th</sup> March – Be Fit Today Academy Series - Entries [Here](#)

Entry details for Lee Valley Events at [www.visitleevalley.org.uk/athletics-events](http://www.visitleevalley.org.uk/athletics-events)

## Lee Valley Minithon

For younger athletes in school Years 7 and under Lee Valley will be holding their Minithons over the winter. These are fully licenced and officiated meetings with athletes able to choose 3 events from 60m, 60m Hurdles, 200m, 600m, High Jump, Long Jump, Shot Putt. They cost £18 to enter. Mary will be there to support any athletes who are competing. The last meeting this season will be held on the 26<sup>th</sup> March 2022.

## 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.

- 16<sup>th</sup> April – LICC Open – Lee Valley
- 20<sup>th</sup> April – Highgate Harriers Spring Open – Parliament Hill
- 24<sup>th</sup> April – UYDL 1#, Sutcliffe Athletics Stadium, Eltham**
- 3<sup>rd</sup> May – ESAA T&F Cup Round 1 – Lee Valley
- 6<sup>th</sup> May – ESAA T&F Cup Round 1 – Lee Valley
- 8<sup>th</sup> May - MYAL 1#, Parliament Hill**
- 14-15<sup>th</sup> May - Middlesex County Championships, Lee Valley
- 16<sup>th</sup> May – LB Haringey Athletics Championships (Yr7/8) – New River
- 21<sup>st</sup> May – MYAL 2#, Finsbury Park**
- 26<sup>th</sup> May – LB Haringey Athletics Championships (Yr9/10/11) – New River
- 29<sup>th</sup> May – UYDL 2#, Erith Athletics Track, Erith**
- 7<sup>th</sup>-17<sup>th</sup> June – ESAA T&F Regional Final (Middlesex) - tbc
- 11-12<sup>th</sup> June – County Schools Championships, Lee Valley/Battersea
- 18<sup>th</sup> June – Middlesex Schools U17/U15 Championships – StoneX
- 25<sup>th</sup> June – LICC Open Meeting – Stone X
- 26<sup>th</sup> June - UYDL 3#, Lewes Athletics Track, Lewes**
- 27<sup>th</sup> June – Middlesex Schools Yr7/Yr8 Championships – Lee Valley
- 3<sup>rd</sup> July – MYAL 3#, Perivale**
- 8<sup>th</sup>-9<sup>th</sup> July – ESAA Championships, Sportscity Manchester
- 10<sup>th</sup> July – London Youth Games Athletics Championships - tbc
- 23<sup>rd</sup>-24<sup>th</sup> July - Southern U15/U17 Championships
- 24<sup>th</sup> July – LICC Open Meeting - StoneX
- 30<sup>th</sup> July - MYAL 4#, Stone X Stadium**
- 7<sup>th</sup> August – UYDL 4#, Tooting Bec Athletics Track, Tooting**
- 13<sup>th</sup>-14<sup>th</sup> August – Southern U13/U13U15/U17 Championships
- 27<sup>th</sup>-28<sup>th</sup> August - English U15/U17 Championships, tbc
- 28<sup>th</sup> August – LICC Open - StoneX

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

## 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 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 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.



## 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.

## Road Races

The Vitality Westminster Mile is also a family friendly event run over a Central London course and finishing in front of Buckingham Palace. Details [here](#)



## Quadkids

This is the premier 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.



## 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

This month's nominations are as follows: -



### Maia Hampton-Phillips

**Reason:** - Maia has had an outstanding 2021/2022 competing in ten cross country races including the grand slam of Middlesex, South of England and National Cross-Country Championships. on 12th February 2022 Maia placed 2nd in the Northwest London League in Harrow in a time of 21.05.

### David Baah-Okyere

**Reason:** - A few days after placing 3rd in the Northwest London Cross Country League at Harrow School, David raced the Ayo Falola Dream Mile indoors at the Lee Valley Athletics on Wednesday 16th February 2022. David ran an outstanding time for the 1,609 Metres distance of 4:49.81, and placed 3rd in the race.

### Sam Turner

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**Reason:** - Following a bout of poor health, Sam Turner returned to running form when he placed 3rd in the Under 13 Boys race at the Northwest London League held in the grounds of Harrow School on Saturday 12th February 2022. Sam ran a time of 9 minutes 42 second.

## **Roni Kizilkaya**

**Reason:** - At the Northwest London Cross Country League at Harrow School, Roni achieved his highest position during the 2021/2022 season, when he placed 3rd in a time of 18:25 to lead the London Heathside team home.

## **Ivy Gray**

**Reason:** - In her debut season for the club Ivy has grown in confidence and steadily improved her Cross-Country running demonstrated finishing the 3rd U13 Girl to finish in the National XC Championships at Parliament Hill.

## **Rory Willis**

**Reason:** - Rory, who has just turned 11, competed in his first National XC Championships finishing 98th and the 2nd London Heathside U13 Boy home. He was also confirmed the 1st placed U11 Boy in this season's Chingford League and is placed 2nd in the Northwest London XC League Standings.

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