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Congratulations

Well done to our Junior Women's XC team who finished first in the Met League this season a fantastic achievement given that most of our runners are 1st year U15.

Magdeline Paitoo won Bronze at the National Indoor Championships in Sheffield setting a new club record in the process.

Well done to Hattie Munday, Milly Watkins, Koppany Szentes, Dulan Mills, Amy Kirk and Kiara Corkin who all ran at the English Schools Cross Country Championships in Nottingham. Hattie Munday, Amy Kirk, Kiara Corkin, Rosa Cormacain, Caitlin Roberts and Lila Blustin also represented Middlesex at the Inter-Counties Cross Country at Loughborough.



Congratulations to Sam Turner, Amy Kirk and Elkie Baker who were awarded Haringey Hero certificates from the Mayor of Haringey for helping the Borough win the LYG Athletics tournament last summer which helped the Borough win the overall LYG Borough Title for the first time. Lizzy Hayford won the Yr3 Minithon competition.

The following set new Club indoor records Magdeline Paitoo (U17W 300m, 200m), Martha Jolly (U17W 60m), Patrycja Jarosz (U17W SP), Sam Brown (U17M 400m), Trey Corlis (U17M 200m), Malakai David McKenzie Callun (U15B 60mH), Suraya Frost (U15G 60mH), and Elkie Baker (U15G SP).

Training over the Easter Holidays

A reminder that there is an Easter Break from 2nd April until Thursday 13th April inclusive for U11's and other athletes not registered to compete on the 7th May at the MYAL. Older Athletes should check with your respective coach as they may be holding specific training sessions over the holidays. The main session back at the track is due to be Sunday 16th April subject to availability of the coaches. Please check your whats up groups for updates.

Cross Country and Indoor Athletics Awards

The Young Athlete Team invite the young athletes to an award night in the meeting room at Finsbury Park Track at 6.30 pm on Thursday 20th April.

Meeting Report:- NWLL 4#, Hampstead Heath Extension, 4.2.23

The Club hosted the 4th NWLL meeting of the season on the Hampstead Heath Extension. Only the 2nd time we have held a race here and it appeared a hit with a great mix of open running and woodland sections. Our efforts marking the course ensured all the races ran the correct course. It was great to see so many young athletes particularly U11s enjoying their running.



No team or individual wins but U11 Boys, U13 Girls and U15 Girls all finished 2nd with U11 Girls 3rd. Best individual performances were Rosa Cormacain (U13G) and Hattie Munday (U17W).

Thank you to all our volunteers who set up and took down the course as well as helped Marshall or officiate.

Results

Girls Under 11 (1700m):- 1st M. Keam George (TVH) 6.22, 7th E Deakin 6.52, 15th I Wraight 7.25, 16th T. Roberts 7.25, 21st M. Cole 7.41, 26th V. Mitchell 7.59, 31st J. Andre 8.13. Team:- 1st Shaftesbury Barnet 56 pts, 2nd London Heathside (7,15,16,21) 59 pts

Boys Under 11 (1700m):- 1st D. Pascal (SBH) 6.07, 12th A. Rankin 6.39, 14th S. McNeely 6.44, 15th J. Purcell 6.51, 22nd Z. Wahid 7.17, 25th W. Edwards 7.32, 31st E.Torres 7.59, 33rd L. Wooton 8.06. Team:- 1st Shaftesbury Barnet 16 pts, 3rd London Heathside (12,14,15,22) 63 pts

Girls Under 13 (3,000m):- 1st J. March (Bar) 11.52, 2nd R. Cormacain 12.09, 8th L. Blustin 13.11, 16th W. Westgate 14.03, 17th C. Pegoroa 14.21, 18th J. Roberts 14.48, 20th L. Negatu 15.35, 21st A. Henderson 15.42, 22nd T. Pushpanathan 16.01, Team:- 1st Ealing, Sthl. Mdx 38pts, 2nd London Heathside (2,8,16,17) 43 pts, 8th London Heathside 'B' (18,20,21,22) 81 pts

Boys Under 13 (3000m):- 1st C. Hilton (SBH) 11.31, 8th R. Willis 12.17, 15th E. Kaloukian 12.27, 23rd M. Wahid 13.32, 25th L. Harrison 14.11, 26th P. Young 14.14, 27th O. Scheck 14.14. Team:- 1st Shaftesbury Barnet 23 pts, 4th London Heathside (8,15,23,25) 71 pts

Girls Under 15 (4,000m):- 1st P. Shaw (SBH) 16.24, 6th L. Gundry 17.15, 13th J. Lappin 20.22, 14th N. Forrester 20.26, 16th C. Wigglesworth 23.23, 17th E. Morton Spencer 23.44, 18th F. Moore 24.06. Team:- 1st Highgate Hrs 21 pts, 2nd London Heathside (6,13,14,16) 49 pts

Under 17 Women (4,800m):- 1st A. Svihalkova (TVH) 17.05, 2nd H. Munday 17.37. Team:- 1st Barnet & District 25 pts, 4th London Heathside (2,x,x,x) 29 pts

Men Under 17 (4,800m):- 1st M. Cattini (Harrow) 15.02, 3rd George Saint 16.03, 14th A. Feeny Willings 18.56, 15th A. Evans 18.57. Team:- 1st Highgate 37 pts, 4th London Heathside (3,14,15,x) 48 pts

Meeting Report: Met-League 5#, Trent Park, 11.2.23

With the Cross-Country Season now coming to a close it was great to see another great turnout of young athletes despite the start of half term. There were no age group wins but the U13 Girls and Junior Women teams were 2nd. Individually top ten finishes were recorded by Rosa Cormacain (U13G) Amy Kirk, Hattie Munday and Kiara Corkin (Junior Women) and George Saint (Junior Men).

This was enough for the U13 Girls to secure 2nd overall and for our Junior Women who were predominantly U15's win the age group anchored in particular by Amy Kirk, Hattie Munday and Kiara Corkin. However there have been great performances across the age groups with many running in their first season. The club finished 3rd in the Howard Williams Trophy matching last year's efforts.



Results

U11 Boys (1700m 50 runners):- 1st T Bainbridge (Guest) 7.22, 18th Joshua Collins 8.05, 25th Jacob Purcell 8.15 (8th U10), 26th Alex Rankin 8.17, 46th William Edwards 9.23. Team 1st SBH 192 pts, 5th London Heathside (Collins, Purcell, Rankin, Edwards) 98 pts. Overall 1st SBH 835 pts, **6th London Heathside 396 pts**

U11 Girls (1700m 31 runners):- 1st V Muralidhar (ESM) 7.40, 12th Edith Deakin 8.52 (4th U10), 22nd Verity Mitchell 9.39 (11th U10). Team 1st WG&EL 76 pts, 6th London Heathside (Deakin, Mitchell,x,x) 90 pts. Overall 1st WG&EL 454 pts, **7th London Heathside 211 pts**

U13 Boys (3000m 43 runners):- 1st J Branch (Herts P) 10.28, 14th Rory Willis 11.27, 21st Alex Kirk 11.41, 34th Enio Kaloukian 12.28, Team 1st SBH 144 pts, 8th London Heathside (Willis, Kirk, Kaloukian,x) 63 pts. Overall 1st SBH 704 pts, **8th London Heathside 381 pts**

U13 Girls (3000m, 43 runners):- 1st J March (Barnet) 11.12, 6th Rosa Cormacain 11.45, 10th Margot Hunt 12.19, 27th Kiara Pegor 13.44, 31st Lydia Negatu 14.02, 37th Charlotte Beale 14.50, Team 1st ESM 105 pts, 2nd London Heathside (Cormacain, Hunt, Pegor, Negatu) 98 pts, Overall 1st Trent Park 548 pts, **2nd London Heathside 531 pts**

Junior Men (4,000m 59 runners):- 1st M Cattini (Harrow) 13.28, 10th George Saint 14.30, 32nd Eric Beale 15.41 (16th U15), 49th Artie Feeny Willings 16.54, 54th Amarin Preka 18.04, 57th Ben Ryan 18.28 (37th U15). Team 1st WG&EL 215 pts, 7th London Heathside (Saint, Beale, Feeny-Willings, Preka) 95 pts. Overall 1st SBH 1173 pts, **6th London Heathside 915 pts**

Junior Women (4000m 48 runners):- 1st L Russell (Highgate) 14.48, 6th Amy Kirk 15.53 (3rd U15), 8th Hattie Munday 16.06, 9th Kiara Corkin 16.10 (4th U15), 20th Lucy Corkin 17.27, 25th Ishanna Cannell 18.06 (15th U15), 40th Jessica Lappin 20.15 (25th U15), 47th Eva Morgen Spence 23.55 (30th U15) Team 1st WG&EL 164 pts, 2nd London Heathside (Kirk, Munday, K Corkin, L Corkin) 153 pts, Overall **1st London Heathside 821 pts**, 2nd WG&EL 805 pts

Meeting Report: England Athletics Junior Indoor Championship, Sheffield, 11.2.23

A fantastic weekend of performances from the Club's young athletes at the national indoor championships over the weekend. 4 New club records and a bronze medal for Magdeline Paitoo in the U15G 300m. Magdeline negotiated three rounds before holding her position to secure bronze in the final and in the process broke Lily Beckford's 10-year-old record. To give this context Lily went on to represent Great Britain at 400m. This is also Magdeline and Ella Burrridge's first year competing as an U17W.



Malakai David McKenzie Callum took part in two events making the final of the 60mH and finished 4th in the final despite hitting the first hurdle. Not bad for someone who doesn't specialise in this event. Suraya Frost also returned to form recording two PB's and a new club record reaching the semi-finals in the U15G 60mH. Well done all the athletes and coaches Mary, Israel and Tony.

Results

60m U15B

H1 5th Malakai David McKenzie Callum 7.70

300m U17W

H2 1st Magdeline Paitoo 41.77 Q

H3 5th Ella Burrridge 42.76

SF1 2nd Magdeline Paitoo 41.26 PB Q

Final 3rd Magdeline Paitoo 40.94 PB New Club Record

400m U17M

H3 3rd Sam Brown 51.01 PB q

Final 5th Sam Brown 50.92 PB New Club Record

60mH U15B

H1 4th Malakai David McKenzie Callum 9.19 Q

Final 4th Malakai David McKenzie Callum 9.11 PB New Club Record

60mH U15G

H2 4th Suraya Frost 9.51 PB q

SF 6th Suraya Frost 9.46 PB New Club Record

Meeting Report: National Cross-Country Championships, Bolesworth Castle, 28.1.23

Saturday saw the climax of the English Cross Country season with the National Championships held over a new course near Bolesworth Castle, Cheshire, with views across the Dee Valley to the Welsh mountains. The courses were laid over gently sloping fields on what appeared to normally be a 3-day eventing venue. The recent dry weather ensured the course was well grassed although there were patches of sticky mud at the corners. The main challenge appeared to be the strong headwind which kept the temperature down despite the early spring sunshine.



Our Juniors, thanks to our friends at VP&TH, had travelled up the day before, staying in Ellesmere Port, a good strategy because congestion getting into the venue saw lots of Juniors bailing out of parent cars and running to make sure they made their race start.

The U17 Women was the first race of the day. This is a young team all in their first year in the category and it was great to see Hattie Munday again running strongly to finish 53rd.. The rest of the team ran well as a pack, all finishing within 40 seconds of each other - Millie Watkins first, then Ruby Walls, in her first race of the season and Lucy Corkin together and then, in her first race after a long break due to injury, Issy Watkins. The efforts secured 8th in the team competition. Next to race were the U15 Boys with Dylan Mills our first home covering the 4km course in 16 mins 29s. Koppány Szentés and Sam Turner supported each other and were the next two home followed by Phoenix Bonhote and Ben Ryan finishing as the 18th team. With the team all 1st yr U15's they will be stronger next year.

The U17 Men were one man short from making a team with George Saint 1st home in 104th place Alex Smith followed about 2 mins later with Artie Feeny Willings another minute behind. As with our other teams the U15 Girls were all but one 1st year in this age group. They were led home by Amy Kirk in 51st place with Kiara Corkin 30s later in 86th. Ishanna Cannell finished in 146th with Lettice Gundry 171st 23 s behind. Ivy Gray and Jessica Lappin completed our contingent with the team 15th. All will have gathered great experience.

Results

U17 Men (6 km 247 runners):- 1st H Dover (SBH) 20.39, 104th George Saint 23.48, 203rd Alex Smith 26.05, 225th Artie Feeny Willings 27.12 Team:- 1st AF&D 140 pts, LH no Team

U17 Women (5km 202 runners):- 1st I Fitzgerald (Exeter Harriers) 17.11, 53rd Hattie Munday 20.29, 122nd Millie Watkins 22.13, 128th Ruby Walls 22.23, 129th Lucy Corkin 22.25, 135th Issy Watkins 22.52. Team 1st TBA, xth London Heathside

U15 Boys (4 km 289 runners):- 1st O Ulfing (Wolverhampton & District) 14.40, 98th Dylan Mills 16.29, 114th Koppany Szentes 16.41, 123rd Sam Turner 16.46, 247th Pheonix Bonhote 18.18, 285th Ben Ryan 19.58. Team 1st Trafford 156 pts, 18th London Heathside (Mills, Szentes, Turner, Bonhote) 582 pts

U15 Girls (4km 285 runners):- 1st S King (Wreake & Soar) 16.15, 51st Amy Kirk 18.02, 86th Kiara Corkin 18.30, 146th Ishanna Cannell 19.25, 171st Lettice Gundry 19.48, 217th Ivy Gray 20.35, 256th Jessica Lappin 21.45. Team 1st Rotherham Harriers 85 pts, 15th London Heathside (Kirk, Corkin, Cannell, Gundry) 454 pts

Meeting Report: NWLL 5#, Harrow School, 28.2.23

The Club cross country season finished with the last NWLL race held at Harrow School on the course used for the Middlesex School Championships. Again there was a great Heathside turnout despite the clash with half term. Edith Deakin, Rosa Cormacan, Hattie Munday and George Saint all secured top 10 finishes. With the U17 Women

Results

Boys Under 11 (2000m):- 1st D. Pascal (SBH) 6.42, 16th Alex Rankin 7.21, 21st Seb. McNeely 7.33, 22nd Kit. Young 7.36, 31st J. Purcell 7.55, 41st W. Edwards 8.29. Teams:- 1st TVH 24, 5th London Heathside (16,21,22,31) 90

Girls Under 11 (2000 m):- 1st M. Keam George (TVH) 6.59, 6th Edith Deakin 7.38, 17th Imogen Wraight 8.21, 27th Verity Mitchell 8.46, 31st T. Roberts 8.58, Teams:- 1st Shaftesbury Barnet 25, 6th London Heathside (6,17,27,31) 81

Boys Under 13 (3000m):- 1st O. McDonald (Dac) 8.38, 19th Charlie Nicholson 9.37, 21st Rory Willis 9.41, 22nd Alex. Kirk 9.45, 31st Pip Young 11.02, 33rd A. Lappin 11.21, 39th B. Morton-Spencer 13.21. Teams:- 1st Ealing, Southall & Mdx 38 6th London Heathside (9,21,22,31) 93

Girls Under 13 (3000m):- 1st J. March (Bar) 9.06, 3rd Rose Cormacain 9.31, 21st A. Henderson 11.43, Teams:- 1st Ealing, Southall & Mdx 34, 6th London Heathside (3,21,x,x) 82

Boys Under 15 (4000m):- 1st L. Moore (TVH) 15.21, 22 Ben. Ryan 18.49, Teams:- 1st Ealing, Southall & Mdx 19, 9th London Heathside (22,x,x,x) 103

Girls Under 15 (4000m):- 1st L. Dervendahl (Hig) 17.14, 12th Lettice Grundy 18.42, 18th Jessica. Lappin 20.33, 21st Evie Morton-Spencer 22.52, Team:- 1st Highgate 29, 7th London Heathside (12,18,21,x) 73

Men Under 17 (5000m):- 1st T Chadwick (Hig) 17.11, 6th George Saint 18.04, 20th Artie Feeny-Willings 20.57, 22nd Ameka Preka 22.52, Teams:- 1st Highgate (1,4,5,10) 20, 5th London Heathside (6,20,22,x) 72

Under 17 Women (5000m):- 1st A. Svimalkova (TVH) 19.16, 2nd Hattie. Munday 19.47, 7th Ruby Walls 21.28, 8th Lucy Corkin 21.41, Teams:- 1st TVH 21, 2nd London Heathside (2,7,8,x) 28

Meeting Report: IBC and Mini Marathon Trials, Finsbury Park, 4.3.23

The club hosted a series of 3000m races that formed part of an inter borough challenge and mini marathon trials for several London Boroughs. Well done to Hattie Munday, Kiara Corkin, Dylan Mills and Rosa Cormacan who won their respective races. Thank you for Russell for organising and parents for helping with the organisation.

Results

Under 17 Men & Women (3000m)

1 T Chadwick (Camden) 09:57
6 Hattie Munday (U17W) 11:10 (1st Woman)
8 Gregory Berrisford Sweet (U17M) 11:27
10 Isabella Watkins 11:40
12 Artie Feeny Willings 11:44
14 Ruby Walls (U17W) 11:47
16 Emilia Watkins (U17W) 11:52
19 Lucy Corkin (U17W) 12:33

Under 15 Girls (3000m)

1 Kiara Corkin 11:24
2 Ishana Connell 12:07
7 Ivy Gray 12:42
10 Jessica Lappin 13:10

Under 15 Boys (3000m)

1 Dylan Mills 10:29
6 Pheonix Bonhote 11:30
16 Ben Ryan 12:55

Under 13 Girls (3000m)

1 Rosa Cormacan 11:42
3 Catlin Roberts 12:07
5 Maya Westgate 12:28
6 Margot Hunt 12:34
12 Lila Blustin 13:09
14 Lydia Negato 13:28
17 Reka Szentes 13:40
25 Jasmine Roberts 14:46
30 Alice Rockhill 17:01

Under 13 Boys (3000m)

1 A Lessard (Hackney) 10:32
6 Rory Willis 11:43
7 Charlie Nicholson 11:44
8 Alex Kirk 11:51
15 Mikeal Wahid 12:21
18 Connor Roberts 13:06
19 Paul Ballantyne 13:08
21 Charlie Roberts 13:18

Meeting Report: - Middlesex Indoor Championships, Lee Valley, 18-19.3.23

The last major indoor meeting of the year was held at Lee Valley with the Middlesex Indoor Championships held at Lee Valley. And again it was immensely successful with 7 new club records, 7 Gold medals;- Malakai David McKenzie Callum (U15B 60mH), Suraya Frost (U15G 60mH), Imani Quamina (U17W 60mH), Alex Pountney (U15B 800m), Sam Brown (U17M 400m) and Magdelaine Paitoo (U17W 300m). In addition, young Heathsidiers secured 6 silver and 11 bronze medals.

Results

U17M 60m

H1 4th Montana Dennis 7.64
H1 7th Tobias Toth-Stevens 8.23
H2 4th Montana Dennis 7.62
H3 3rd Miles Cameron 7.63

U17M 200m

2 4th Montana Dennis 24.37
H2 6th Tobias Toth-Stevens 27.04
H3 1st Trey Corlis 23.54
H3 DIS Miles Cameron n/a
Final 2nd Trey Corlis 23.36 🏆 PB NCR

U17M 400m

H2 1st Sam Brown 56.13
Final 1st Sam Brown 51.42 🏆

U17M 60m Hurdles

1st Trey Corlis 8.41 🏆
2nd Montana Dennis 8.80 🏆
3rd Thomas Wasserman 8.80 🏆

U17M Shot

1st Thomas Wasserman 11.12 🏆

U15B 60m

H1 2nd Mikel Alexander 7.75
H2 2nd Malakai David Mckenzie Callum 7.66
H2 7th Tyree Stephens 8.46
Final 3rd Malakai David Mckenzie Callum 7.56 🏆
Final 5th Mikel Alexander 7.59

U15B 200m

H1 1st Malakai David Mckenzie Callum 25.8
H1 3rd Tyree Stephens 26.86
H2 4th Luca Rozzo 29.20
Final 2nd Malakai David Mckenzie Callum 25.40 🏆
Final DNS Tyree Stephens

U15B 300m

DQ- Mikel Alexander DIS

U15B 800m

1st Alex Pountney 2:22.35 🏆

U15B 60m Hurdles

1st Malakai David Mckenzie Callum 9.14 🏆
7th Max Wasserman 11.70

U15B Shot

2nd Max Wasserman 5.89 🏆

U17W 60m

H2 2nd Martha Jolly 8.09
H3 2nd Ella Burr ridge 8.33
H3 3rd Imani Quamina 8.34
Final 5th Martha Jolly 8.09 PB NCR
Final 7th Ella Burr ridge 8.31

U17W 200m

H2 1st Magdelaine Paitoo 26.77
Final 2nd Magdelaine Paitoo 26.00 🏆 NCR

U17W 300m

1st Magdelaine Paitoo 41.52 🏆
2nd Ella Burr ridge 43.17 🏆

U17W 800m

7th Ruby Walls 2:31.93 NCR

U17W 60m Hurdles

1st Imani Quamina 9.28 🏆 PB NCR

U17W Shot

5th Patrycja Jarosz 6.78m PB NCR

U15G 60m

H3 5th Munever Akesen 8.73

U15G 200m

H2 2nd Suraya Frost 27.91
H2 4th Ivy Paitoo 28.61
Final 5th Ivy Paitoo 28.48
Final 6th Suraya Frost 28.67

U15G 300m

3rd Kyra Smith 46.60 🏆

U15G 800m

4th Maya Westgate 2:41.84

U15G 60m Hurdles

1st Suraya Frost 9.64 🏆
4th Kyra Smith 10.28

U15G Long Jump

3rd Milli Bridgman-Athanasatos 4.43m 🏆

U15G Triple Jump

2nd Milli Bridgman-Athanasatos 8.81m 🏆

U15G Shot

3rd Elkie Baker 8.33m 🏆 PB NCR
4th Malia Anderso-Watson 8.32m
5th Ivy Paitoo 8.18m

Meeting Report: Minithon, Lee Valley, 25.3.23

6 Young Heathsidiers took part in the last Minithon of the winter with Lizzy Hayford winning the yr. 3 competition.

Results

Yr3 Boys

16th Dominik Mihaly Jeles (200m 38.82s, 600m 2:40.20, TJ 8.00m)
105 pts

Yr3 Girls

1st Lizzy Hayford (60m 9.71s, 200m 32.99s, LJ 2.17m) 136 pts

Yr4/5 Girls

26th Anna Bah (60m 10.53s, 200m 36.49s, LJ 2.70m) 129 pts
45th Amber Littlewood (60m 9.57s, 60mH 11.83, x) 104 pts

Yr 6/7 Girls

9th Rhoswen Keeping (60m 8.92s, LJ 3.80m, SP 6.82m) 174 pts
26th Eliza Keeping (60m 9.45s, 60mH 12.45s, 200m 32.58s) 154 pts

YA XC Points Competition 2022/23

The final After 6 races the current points competition standings are as follows: -

U11 Girls: - 1st Edith Deakin 48 pts, 2nd Imogen Wraight 35 pts, 3rd Verity Mitchell 27 pts, 4th Thalia Roberts 24 pts, 5th Willow Lazar/Mia Beeby 12 pts, 7th A Pan 6 pts. M Cole 5 pts, J Andre 3 pts

U11 Boys: - 1st Alex Rankin 48 pts, 2nd Seb McNeely 43 pts, 3rd Jacob Purcell 37 pts, 4th William Edwards 33 pts, 5th Kit Young 26 pts, 6th Joshua Collins 24 pts, 7th Zak Wahid 20 pts, 8th Laurie Wotton 11 pts, 9th Ben Wheelen 5 pts, E Torres 3 pts

U13 Girls: - 1st Rosa Cormacan 56 pts, 2nd Lila Blustin 48 pts, 3rd Margot Hunt 41 pts, 4th Maya Westgate 33 pts, 5th Chiara Pegoraro 29pts, 6th Kitty Kelsall 21 pts, 7th Caitlin Roberts 19 pts, 8th Lydia Negatu 14 pts, 9th Charlotte Beale 10 pts, 10th A Henderson 9 pts, 11th M Michaelides 8 pts, 12th Jasmina Roberts 7 pts, 13th R Monteiro 6 pts, 14th Lucy Ryan/Nyah Brown 2 pts, 16th T Pushpanathan 1 pts

U13 Boys: - 1st Rory Willis 54 pts, 2nd Charlie Nicolson 45 pts, 3rd Enio Kaloukain 40 pts, 4th Pip Young 33 pts, 5th Alex Kirk 31 pts, 6th Mikail Wahid 22 pts, 7th Jude Hampton-Phillips 15 pts, 8th Lee Harrison 12 pts, 9th Owen Scheck 11 pts, 10th Charlie Roberts 6 pts, 11th Connor Roberts/A Lappin 4 pts

U15 Girls:- 1st Amy Kirk 56 pts, 2nd Kiara Corkin 50 pts, 3rd Lettice Gundry 49 pts, 4th Ishanna Cannell 46 pts, 5th Jessica Lappin 29 pts, 6th Ivy Gray 24 pts, 7th Eva Morgen Spencer 14 pts, 8th N Forrester 6 pts, 9th C Wigglesworth 5 pts, 10th Alice Waites/F Moore 3 pts

U15 Boys:- 1st Sam Turner 50 pts, 2nd Ben Ryan 49 pts, 3rd Eric Beale 35 pts, 4th Koppany Szentes 30 pts, 5th Pheonix Bonhole 25 pts. 6th Dylan Mills 23 pts, 7th Frank Bailey 11 pts, 8th M David 7 pts , 9th Luca Rozzo 9 pts, 10th Ben Redland 4 pts

U17 Women: - 1st Hattie Munday 56 pts, 2nd Milly Watkins 36pts, 3rd Lucy Corkin 30 pts, 4th Ruby Walls 13 pts, 5th Issy Watkins 4 pts

U17 Men:- 1st George Saint 56 pts, 2nd Alex Smith 48 pts, 3rd Artie Feeny Willings 45 pts, 4th Amarin Preka 25 pts, 5th Gregory Berrisford-Smith 22 pts, 6th Archie Evans 17 pts, 7th David Baah-Okyere 15 pts, 8th Frederick Beale 8 pts, 9th Nathaniel Swinhoe 4 pts, 10th Ivor Joslin 3 pts

Well done to Edith Deakin, Ben Ryan and George Saint who have run all 6 races this season.

Cross Country Season Summary

	Met League	NWLL	Middlesex Chams	Southern Champs	National Champos	Club Champion	Club Points Winner	Top 10 Met League Finishers	Top 10 NWLL Finishers	Participation
U11 Girls	7th	2nd	3rd	n/a	n/a	Edith Deakin	Edith Deakin	9th Edith Deakin	2nd Edith Deakin, 6th Imogen Wraight	9
U11 Boys	6th	3rd	9th	n/a	n/a	Joshua Collins	Alexander Rankin		6th Alex Rankin, 10th Seb McNeely	10
U13 Girls	2nd	5th	1st	11th	n/a	Rosa Cormacan	Rosa Cormacan		10th Rosa Cormacan	15
U13 Boys	8th	8th	3rd	19th	n/a	Rory Willis	Rory Willis			12
U15 Girls	1st	2nd	3rd	16th	15th	Amy Kirk	Amy Kirk	4th Amy Kirk, 8th Kiara Corkin	6th Lettice Gundry, 8th Ishanna Cannell	11
U15 Boys	6th	6th	2nd	19th	18th	Eric Beale	Sam Turner		10th Ben Ryan	10
U17 Women	1st	3rd	3rd	no team	8th	Hattie Munday	Hattie Munday	3rd Hattie Munday	2nd Hattie Munday	5
U17 Men	6th	4th	4th	17th	no team	George Saint	George Saint	7th George Saint	3rd George Saint,	10
Overall	3rd	2nd								

Up-coming Club Young Athletes Fixtures: -

UYDL 1# - Ridlins Stadium, Stevenage – Sunday 30th April

The first meeting of the season will be the UYDL which we compete with Highgate Harriers.

The match will be at Ridlins Park, Woodcock Road, Stevenage, Herts, SG2 9QZ about 10 minutes walk from Stevenage train Station with regular trains from Finsbury Park.

If you wish to compete please let Team Manager Israel know.

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	FIELD Timetable		
13:10	400m	U17 Men	A followed by B	Time	Event	M/F
13:20	400m	U20 Women	A followed by B	10.15	Hammer	Men
13:30	300m	U17 Women	A followed by B	11.00	Pole Vault	Women
Track Break - only if time allows				11.35	Hammer	Women
14.00	80m Hurdles	U17 Women	A followed by B	12.00	High Jump	Men
14.10	3000m	Men	All	12.45	Long Jump	Women
14.25	100m Hurdles	U20 Women	A followed by B	12.55	Discus	Men
14.35	100m Hurdles	U17 Men	A followed by B	12.55	Shot	Women
14.45	3000m	Women	All	14.15	Discus	Women
15.00	110m Hurdles	U20 Men	A followed by B	14.15	Shot	Men
15.15	200m	U20 Men	A followed by B	14.30	Pole Vault	Men
15.25	200m	U17 Men	A followed by B	14.30	Triple Jump	Men
15.30	200m	U20 Women	A followed by B	15.00	High Jump	Women
15.40	200m	U17 Women	A followed by B	15.35	Javelin	Men
15.50	2000m S/Ch	U20M	A & B String	16.15	Triple Jump	Women
16.00	800m	U20 Men	A followed by B	16.55	Javelin	Women
16.10	800m	U17 Men	A followed by B			
16.20	800m	U20 Women	A followed by B			
16.30	800m	U17 Women	A followed by B			

MYAL 1# - Perivale Athletics Track - Sunday 7th May

The first MYAL will be at Perivale, Athletics Track Stockdove Way, Perivale, Greenford UB6 8TJ on Sunday 7th May with the first event starting at 11.30am.

- **U11 Events:** - 75m, 600m, Long Jump, Vortex
- **U13 Events:** - 100m, 800m, Hurdles, Long Jump, High Jump, Javelin, Discus, Shot
- **U15 Events:** - 100m, 300m, 800m, Hurdles, Long Jump, High Jump, Pole Vault, Javelin, Discus, Shot
- **U17 Events:** - 100m, 300/400m, 800m, Long Jump, High Jump, Pole Vault, Javelin, Discus, Shot

There is limited on street parking nearby and the nearest underground station is Perivale (Central Line) a 15 minute walk away.

	U11 Boys	U13 Boys	U15 Boys	U17 Men	U11 Girls	U13 Girls	U15 Girls	U17 Women
11.00 am								
11.15 am								
11.30 am		Javelin	Pole Vault	Pole Vault	600m	Javelin	Pole Vault	Pole Vault
11.30 am		Long Jump						
11.40 am	600m							
11.45 am								
12.00 pm								
12.15 pm		75mH				70mH	75mH	
12.25 pm	Vortex	Shot Putt	80mH		Long Jump	Shot Putt	High Jump	
12.40 pm						100m		
12.50 pm		100m						
1.05 pm							100m	
1.15 pm			100m					
1.20 pm	Long Jump	High Jump			Vortex	High Jump	Discus	Discus
1.30 pm								100m
1.40 pm				100m				
2.00 pm					75m			
2.15 pm	75m		Javelin	Javelin		Long Jump	Shot Putt	Shot Putt
2.15 pm				High Jump				
2.45 pm						800m		
2.55 pm		800m						
3.10 pm			Shot Putt	Shot Putt			Javelin	Javelin
3.10 pm			Long Jump					High Jump
3.15 pm			800m				800m	
3.50 pm				800m				800m
4.05 pm			High Jump	Long Jump			Long Jump	Long Jump
4.05 pm			Discus	Discus				
4.25 pm			300m				300m	
4.45 pm				400m				300m

Please speak to the relevant team manager if you wish to compete.

Middlesex AA Track and Field Championships, Lee Valley, 13-14th May 2023

Entries for this years County Championships are now open with a full range of events. In a change of format all age groups from U13 will compete at the same time with events split between the two days. Saturday will have the 100m, 300/400m, 1500m, Sprint Hurdles, HJ, HT, TJ, JT and on Sunday 200m, 800m, 3000m and 300/400m Hurdles, LJ, SP, PV. Well run and officiated this is an ideal introduction to Championship athletics and a chance to win medals and selection for the County T&F team. [Enter Here](#)



2023 Summer Fixture List

The Fixture List for the Summer is now confirmed: -

- 15.4.23 – LICC – Throwfest, StoneX
- 16.4.23 - LICC – Throwfest & Pole Vault, Harrow
- 22.4.23 – Mini Marathon (Closed)
- 30.4.23 – YDL Upper 1# - Ridins Stadium, Stevenage (U17/U20)**
- 7.5.23 – MYAL 1# - Perivale (U11/U13/U15/U17)**
- 13.5.23 – Middlesex Track and Field Championships, Lee Valley (U13/U15/U17/U20/Sen)
- 14.5.23 – Middlesex Track and Field Championships, Lee Valley (U13/U15/U17/U20/Sen)
- 16.5.23 – Haringey Yr 7/8 School Athletics Championships, New River
- 18.5.23 – Haringey Yr 9/10 School Athletics Championships, New River
- 20.5.23 – SAL 1# - Finsbury Park (U17/U20/Sen)
- 28.5.23 – YDL Upper 2# - Mo Farah Stadium, Richmond (U17/U20)**
- 4.6.23 – MYAL 2# - Bannister Stadium, Harrow**
- 11.6.23 – 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) - tbc
- 12.8.23 – LICC 4# - StoneX
- 13.8.23 – Southern T& F Championships (U13/U15/U17) - tbc
- 19.8.23 – SAL 4# - Thurrock (U17/U20/Sen)
- 26.8.23 – EA T&F Championships (U15/U17) – tbc
- 27.8.23 – EA T&F Championships (U15/U17) - tbc
- 27.8.23 – LICC 4# - StoneX
- 10.9.23 – SEAA Inter-counties Championships - 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.

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. Upcoming opens include the LICC at StoneX/Harrow on 15th/16th April and Highgate Harriers on 25th.

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

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 February was **Rosa Cormacan** who has established herself as a strong endurance runner and one of our leading U13 Girls. In her first season with the club she has regularly been the first home and spearheaded the Girls retention of their County Title.

March's winner was **Alanis Hernandez** who has completed her assistant coaching course and is now helping coach the young athletes at the club. Alania is also looking to qualify as an Athletics official.

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