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Congratulations

Congratulations to Sam Turner on winning the last two U15B NWLL races.

Well done to Montana, Magdeline and Gabriel for competing so well at the National Indoor Championships and to our numerous County Championship medallists.

Well done to Sam Turner, Amy Kirk, Margot Hunt, Kiara Corkin, Issy and Millie Watkins who all ran at the English Schools Cross Country Finals at Pontefract.

New club records over the two months were set by Milli Bridgman-Athanasatos (U17W TJ) and Malia Anderson-Watson (U15G SP), Sam Brown (U17M 400m) and Montana Dennis (U17M 60mH)

Meeting Report: - Met League 5# - Trent Park 27.1.24

The last Met League race took place over a very muddy course with a great turnout of young athletes. Of many great performances were Amy Kirk's superb 3rd place in the Junior Womens race with Charlie Nicolson also 3rd in the U13 Boys, other top 10 finishes were recorded by

Results

Under 11 girls (1500m 39 runners):- 1st A Clements (E&H) 9:57, 10th Edith Deakin 10:53, 19th Livia Belkin 11:27. Team:- 1st WG&EL 125 pts, 7th London Heathside 51 pts

Under 11 Boys (1500m 47 runners):- 1st J Maiden (Herts P) 8:41, 24th Kit Young 10:44, 39th William Edwards 11:59, 45th Dominik Jeles 12:30. Team:- 1st VPH&TH 164 pts, 11th London Heathside 35 pts

Under 13 Girls (3,000m 39 runners):- No LH runner

Under 13 Boys (3,000m 46 finishers):- 1st A Wolpert (VPH&TH) 10:38, 3rd Charlie Nicolson 10:41.17, 7th Alex Kirk 11:00.74, 16th Aidan Lappin 11:28.61, 33rd Nathan Grela Bekele 13:01.05, 39th Pip Young 14:01.70, 45th Sebastian Wasserberg 15:38.21
Team:- 1st SBH 135 pts, 2nd London Heathside 129 pts, 16th London Heathside B 10 pts

Junior Women (4000m 32 runners):- 1st E Bartlett (U17W) (WSE&H) 15:33, 3rd Amy Kirk 15:54.74 (1st U15G), 5th Rosa Cormacain 17:02.86 (3rd U15G), 6th Margot Hunt 17:04.21 (6th U15G), 8th Caitlin Roberts 17:26.30 (8th U15G), 9th Kiara Corkin 17:33.61 (9th U15G), 12th Lucy Corkin 18:03.95, 13th Lettice Gundry 18:06.42 (10th U15G), 23rd Lila Blustin 18:59.64 (U15G), 25th Maya Westgate 19:42.64 (U15G)

Team:- 1st London Heathside 106 pts, 2nd London Heathside B 72 pts, 13th London Heathside C 8 pts

Junior Men (4500m 75 finishers):- 1st L Dunham (Herts P) 13:48.21, 7th George Saint 14:23.83, 10th Sam Turner 14:46.45 (6th U15B), 20th David Baah-Okyerere 15:20:80, 50th Tam Mergia 16:29.55 (U15B), 65th Artie Feeny-Willings 17:44.74

Team:- 1st WGH&TH 247 pts, 4th London Heathside 209 pts

Meeting Report: - EA U15/U17 Championships, Sheffield, 1x-x.2.24

England Athletics U20, U17 and U15 Indoor Championships, Sheffield, 10-11.2.24

We had 3 young athletes competing at the British Age Group Indoor Championships with some great performances. Last years bronze medalist Magdeline Paitoo won her 300m heat but despite improving her time in the semifinals was outside the top 6 that progressed to the final.

Both our hurdlers did make the final. Gabriel Edwards who is in his first year of this age group and significantly smaller than his competitors recorded a PB in the heats making his first national final where he finished 8th but recorded another PB. In the U17's Montana Dennis recorded a PB in the Heats and despite being last at the first hurdle recovered to finish 4th just 0.1s outside the medals.



Well done to all 3 and coach Israel with things looking good for the outdoor season ahead.

300m (U20W)

H4 1st Magdeline Paitoo (U17W) 41.12
S/F 3rd Magdeline Paitoo (U17W) 40.97

60mH (U17M)

H1 2nd Montana Dennis (U17M) 8.29 PB by 0.01s
Final 4th Montana Dennis (U17M) 8.35

60mH (U15B)

H2 3rd Gabriel Edwards (U15B) 9.18 PB by 0.02s
Final 8th Gabriel Edwards (U15B) 9.16 PB by 0.01s

Meeting Report: - NWLL 4#, Hampstead Heath Extension, x.2.24

Plenty of Young Heathsiders trekked to South London for the South of England Championships in perfect weather for racing with wins for the U15 Boys and Girls and 2nd places for U11 Girls, U13 Boys and U17 Women. Sam Turner won the U15 Boys, with 2nd places for Ishanna Cannell and Charlie Nicholson with Caitlin Roberts 3rd.

Boys Under 11 (1700m, 45 Runners):- 1st D. Pascal (SBH) 5.25, 8th A. Pantha 6.03, 15th Kit Young 6.21, 19th E. Slutzkin 6.26, 23rd Kai Duberry 6.31, 26th M. Schofield 6.38, 30th D. Lewis 6.51, 36th O. Gardiner 7.15, 41st D. Jeles 7.25
Teams:- 1st Shaftesbury Barnet 11 pts, 4th London Heathside 65 pts, 8th London Heathside 'B' 133 pts:-

U11 Girls Under 11 (1700m 38 runners):- 1st G. Rooney (SBH) 6.08, 4th M. Hinson 6.31, 8th Edith Deakin 6.41, 12th A. Bah 6.59, 13th E. Paitoo 7.01, 19th E. Rose 7.16, 21st Eva Deakin 7.22, 26th O. Zalli 7.36, 29th P. Lacey 7.47, 30th P. Moran 7.49, 31st S. Lacey 7.51, 32nd S. Borja 7.52, 34th B. Gray 7.53
Team: 1st Shaftesbury Barnet 36 pts, 2nd London Heathside 37 pts, 5th London Heathside 'B' 95 pts, 10th London Heathside 'C' 127 pts

Boys Under 13 (3000m, 27 runners):- 1st J. Hayward (ESM) 11.03, 2nd Charlie Nicholson 11.05, 4th Rory Willis 11.18, 7th Alex Kirk 11.37, 13th Aidan Lappin 12.09
Teams:- 1st Ealing, Southall & Mdx 18 pts, 2nd London Heathside 26 pts

Girls Under 13 (3000m 28 runners) :- 1st B. Dalton (Harrow) 11.58, 24th C. Pegoraro 14.55, 25th E. Oxley 15.23, 26th O. Tyszczy 16.13
Teams:- 1st Harrow 26 pts, 9th London Heathside 104 pts

Boys Under 15 (3800m 23 runners):- 1st Sam Turner 13.51, 7th Ennio Kaloukian 14.4, 9th Tam Mergia 15.01, 12th Pheonix Bonhote 15.17, 15th W. Groshong 15.33, 22nd L. Bestmann 16.42
Teams:- 1st London Heathside 29 pts (1,7,9,12), 2nd Highgate 53 pts (3,x,x,x)

Girls Under 15 (3800m 13 runners):- 1st S. Allen (Highgate) 15.28, 3rd Caitlin Roberts 17.02, 5th Lila Blustin 17.13, 6th Maya Westgate 17.47, 12th L. Davies 20.43, 13th M. Schofield 22.11
Teams:- 1st London Heathside 26 pts (3,5,6,12), 2nd Highgate 32 pts (1,9,x,x)

Men Under 17 (4800m 17 runners):- 1st T. Chadwick (Highgate) 14.45, 3rd George Saint 15.13, Guest ** T. Parke Antonis 17.29, 13th Artie Feeny Willing 18.08
Team 1st Highgate 18 pts (1,2,4,11), 3rd London Heathside 52 pts (3,13,x,x)

Under 17 Women (4800m 9 runners):- Guest ** L. Russell (Highgate) 16.05, 2nd Ishaana Cannell 18.31, 3rd Amaya Shankardass 19.12
Team: 1st Highgate 17 pts (4,5,7,x), 2nd London Heathside 25 pts (1,2,x,x)

Guest ** Under 20

Meeting Report:- NWLL 5#, Hanwell Park, 2.3.24

aling Eagles hosted the last NWLL of the season on the 2nd March. This saw a new venue debut for the first time at Hanwell West London. The course was a mix of very wet grass and paths. The Club's Young Athletes rounded off their Club XC season in style with wins for the U13 Boys, U15 Boys and U15 Girls. Individually Sam Turner made it a clean sweep of the U15 Boys races. Elsewhere there were lots of top 10 finishes.

The overall results are still awaited and who will be crowned the overall Club Champion.

Boys Under 11 (1700m 36 finishers):- 1 D. Pascal (SBH) 6.42, 27th Kit Young 8.41, 29th William Edwards 8.51, 31st D. Jeles, 8.54
Teams:- 1st Shaftesbury Barnet 15, 9th London Heathside 123

Boys Under 13 (3000m 26 finishers):- 1st A. Charles (WSE) 10.56, 4th Charlie Nicholson 11.11, 5th Alex Kirk 11.19, 9th Rory Willis 11.48, 12 N. Grela-Bekele 12.39, 25th Pip Young 14.55
Teams:- 1st London Heathside 30, 2nd Ealing, Southall & Mdx 30

Boys Under 15 (3000m 23 finishers):- 1st Sam Turner 12.32, 4th Ennio Kaloukian 13.19, 13th Tam Mergia 14.09
Teams:- 1st London Heathside 42, 2nd Ealing, Southall & Mdx 50

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Men Under 17 (4800m 18 finishers):- 1st Z. Atek (Hrw) 17.41, Guest ** T. Parke-Antonis (U20M) 20.42, 15 Artie Feeny-Willings 21.55, 16 Ben Ryan 22.37

Teams:- 1st Ealing, Southall & Middx 35, 7th London Heathside 69

Girls Under 11 (1700m 24 finishers):- 1st S. Davis (TVH) 7.36, 6th Edith Deakin 8.06

Teams:- 1st Shaftesbury Barnet 27, 8th London Heathside 81

Girls Under 13 (3000m 22 finishers):- No LH Runners

Girls Under 15 (3800m):- 1st S. Allen (Hig) 14.06, 2nd Rosa. Cormacain 14.13, 4th Margot Hunt 14.15, 5th Caitlin Roberts 15.31, 8th Lila Blustin 16.04

Teams:- 1st London Heathside 19

Under 17 Women (4800m 14 runners):- 1st K. Simakova (TVH) 19.12, 6th Issy Watkins 22.02

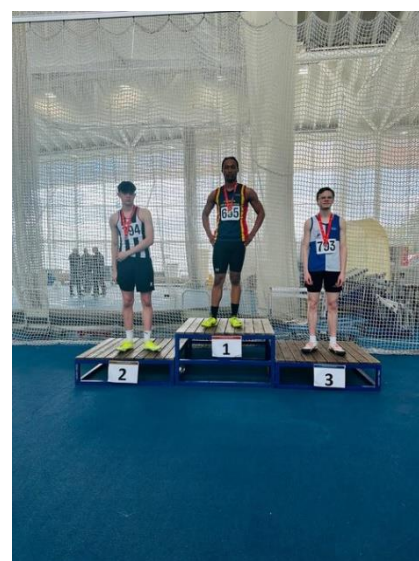
Teams:- 1st TVH 26, 5th London Heathside 51

Meeting Report:- Middlesex Indoor Championships 16-17.3.24

As the weather draws to a close the club's track and field athletes produced a host of superb performances at the Middlesex Indoor Championships with County Champions in Sprints, Hurdles, Middle Distance, Jumps and Throws. The Club finished 2nd to TVH in the medal table with 11 Gold, 11 Silver and 5 Bronze medals, 4 new club records and a Championship best performances.

In the U20's Trey Corlis took the 60m title and 60mH. Our new jumping star Prithvi Raj Sharma took gold in the High Jump (equalling the club record of 180m), Long Jump and Triple Jump with Thomas Wassermann silver in the SP. Imani Quamina took silver in the U20W 60mH. Sam Brown set a new Championship best and Club Record winning the U17M 400m while Montana Dennis won the 60mH. In the U17W Magdeline Paitoo won silver in both 200m and 300m. Milli Bridgman Athansatos took gold in the Long Jump and set a new club record of 9.94m while taking silver in the Triple Jump.

In the U15's Gabriel Edwards took the 60mH title and Ennio Kaloukian silver in the 800m. In the girls Malia Anderson-Watson set a new club record of 9.06m winning the shot. Edith Waites (U15G 300m) and Lila Blustin (U15G 1500m) took silver. Matilda Lachmann (U15G 300m) and Maya Westgate (U15G 800m) won bronze medals.



Results:- (a) Saturday, (b) Sunday

U20M 60m (b)

H2 2nd Trey Corlis 7.25 Q

Final 1st Trey Corlis 7.12 🏆

U20M 60m Hurdles (a)

Final 1st Trey Corlis 8.34 🏆

Final 4th Thomas Wassermann 8.90

U20M High Jump (a)

1st Prithvi Raj Sharma 1.80m (1.70 xo; 1.75 o; 1.80 xo; 1.85 xxx) NCR 🏆

U20M Long Jump (a)

1st Prithvi Raj Sharma 5.91m (5.70; 5.91; 5.84; 5.57) 🏆

U20M Triple Jump (b)

1st Prithvi Raj Sharma 12.69m (12.47; X; 12.69; 12.56) 🏆

U20M Shot Put (b)

2nd Thomas Wassermann 10.89m (10.89; 10.45; 9.27; 10.05) 🏆

U17M 60m (b)

H1 3rd Montana Dennis 7.34 q

H2 3rd Mikel Alexander 7.48 q

SF2 5th Montana Dennis 7.40

SF2 6th Mikel Alexander 7.51

U17M 200m (a)

H1 2nd Mikel Alexander 23.99 q

H1 4th Tobias Toth-Stevens 25.18

Final 4th Mikel Alexander 23.85

U17M 400m (b)

1st Sam Brown 50.10 CBP NCR PB 🏆

U17M 60m Hurdles (a)

1st Montana Dennis 8.46 🏆

U15B 60m (b)

H2 3rd Gabriel Edwards 7.97 q

H3 3rd Zain Yusuff-Phillips 8.21

Final 7th Gabriel Edwards 7.99

U15B 200m (a)

DQ Zain Yusuff-Phillips DIS

U15B 800m (a)

2nd Ennio Kaloukian 2:18.77 🏆

U15B 60m Hurdles (a)

1st Gabriel Edwards 9.30 🏆

U20W 60m (b)

H1 3rd Imani Quamina 8.21 q

Final 5th Imani Quamina 8.24

U20W 60m Hurdles (a)

2nd Imani Quamina 9.70 🏆

U17W 60m (b)

H2 4th Asia Emanuel 8.32

London Heathside Young Athletes Club Newsletter

February/March 2024



U17W 200m (a)
 H1 5th Asia Emanuel 28.69
 H2 1st Magdeline Paitoo 26.17 Q
 Final 2nd Magdeline Paitoo 26.03 🏆

U17W 300m (b)
 H2 2nd Magdeline Paitoo 42.30 Q
 Final 2nd Magdeline Paitoo 41.35 🏆

U17W Long Jump (b)
 1st Milli Bridgman-Athanasatos 4.71 (4.57; 4.71; 4.54; 4.64) 🏆

U17W Triple Jump (a)
 2nd Milli Bridgman-Athanasatos 9.94m (9.18; 9.59; 9.63; 9.94) PB NCR 🏆

U17W Shot (b)
 7th Khai Fairbairn 6.85m (5.63; 5.90; 6.41; 6.85)

U15G 60m (b)
 H1 3rd Myla Miller 8.39 q
 H3 5th Rhoswen Keeping 9.04

Final 7th Myla Miller 8.47

U15G 200m (a)
 H2 3rd Ivy Paitoo 28.17
 H3 3rd Myla Miller 28.36

U15G 300m (b)
 2nd Edith Waites 46.74 🏆
 3rd Matilda Lachmann 47.06 🏆

U15G 800m (a)
 3rd Maya Westgate 2:38.71 🏆

U15G 1500m (b)
 2nd Lila Blustin 5:28.53 🏆

U15G 60m Hurdles (a)
 4th Matilda Barrand 10.08

U15G Shot (b)
 1st Malia Anderson-Watson 9.06m (9.05; 8.67; 9.06; 8.13) PB NCR 🏆
 2nd Ivy Paitoo 8.68m (8.68; X; 7.89; X)

Up-coming Club Young Athletes Fixtures: -

Middlesex Young Athletes League – 1# - Finsbury Park

We will be hosting the first MYAL of the season. The timetable is as follows but please speak to your coach if you would like to take part.

Any parents that can help with the organisation on the day please let the coaches know there are lots of jobs from helping in the Café, baking cakes, moving hurdles and other equipment.

	U11B	U13B	U15B	U17M	U11G	U13G	U15G	U17W
11.30am					600m	Long Jump		
11/30 am		Javelin				Javelin		
11.30 am			Pole Vault	Pole Vault			Pole Vault	Pole Vault
11.45am	600m							
12.05 pm						70mH		
12.10 pm							High Jump	
12.15 pm							75mH	
12.20 pm								
12.25 pm	Vortex	Shot Putt			Long Jump	Shot Putt		
12.30 pm			80mH					
12.40 pm						100m		
12.55 pm		100m						
1.10 pm							100m	
1.20 pm	Long Jump	High Jump				High Jump		
1.25 pm			100m					
1.40 pm						Discus (ns)	Discus	100m
1.40 pm								Discus
1.50 pm				100m				
2.00 pm					75m			
2.15 pm		Long Jump		High Jump			Shot Put	Shot Put
2.15 pm		Discus (ns)	Discus	Discus				
2.20 pm	75m							
2.40 pm						800m		
2.50 pm		800m						
3.10 pm			Long Jump	Long Jump			800m	High Jump
3.10 pm			Shot Put	Shot Put			Javelin	Javelin
3.30 pm			800m					
3.45 pm								800m
4.00 pm				800m				
4.05 pm			High Jump	Javelin			Long Jump	Long Jump
4.05 pm			Javelin					
4.20 pm							300m	
4.30 pm			300m					
4.45 pm								300m
4.50 pm				400m				

UYDL – 1# - Woodford

All U17 and U20 athletes can compete in the UYDL where we have a composite team in conjunction with Highgate Harriers. This season there are three matches at Woodford, Basildon and Mile End. If you want to compete please speak to your coach or contact Team Manager Israel.

UYDL Match 1					
Ashton Playing Fields. Woodford Green. 28.4.24					
Track			Field		
11.00am	400m Hurdles	U20M, U17M, U20W	11.00 am	Hammer	All
11.20am	300m Hurdles	U17W	11.15 am	Long Jump	U17M, U20M
11.30am	1500n	All	12.00 pm	Pole Vault	All
12.00 pm	100m	All	12.30 pm	Shot Putt	U20W, U17W
12.40 pm	400m	U20M, U17M, U20W	12.45 pm	Discus	U17M, U20M
12.40 pm	300m	U17W	13.00 pm	Long Jump	U17W, U20W
13.05 pm	80mH	U17W	13.45 pm	Discus	U17W, U20W
13.35 pm	100m H	U17M, U20W	13.45 pm	Shot Putt	U20M, U17M
13.50 pm	110mH	U20M	14.45 pm	Triple Jump	All
14.05 pm	200m	All	15.00 pm	High Jump	U20W, U17W
14.30 pm	2000mSC	U20M	15.45 pm	Javelin	U20M, U17M
14.45 pm	800m	All			
15.20 pm	1500mSC	U17M			
15.35 pm	4x100m	All			
16.00 pm	1500mSC	U20W, U17W			
16.15 pm	4x300m	U17W			
	4x400m	U17M			
	4x400m	Mixed U20			

Outdoor Season Fixture List 2024

- 30.3.24 – [LICC Throwfest – StoneX](#)
- 6.4.24 – [Lee Valley Open, Lee Valley](#)
- 7.4.24 – [LICC Throwfest, StoneX](#)
- 17.7.24 – [Highgate Harriers Spring Open, Parliament Hill](#)
- 27.4.24 – **MYAL 1# - (U11/U13/U15/U17) - Finsbury Park**
- 28.4.24 – **UYDL 1# - (U17/U20) – Woodford**
- 8/5/24 – [LICC Hurdlesfest, StoneX](#)
- 11/12.5.24 – Middlesex County T&F Championships, Lee Valley**
- 14.5.24 – [Haringey Athletics Championships \(Yr 9/10\), New River](#)
- 16.5.24 – [Haringey Athletics Championships \(Yr7&8\), New River](#)
- 18.5.24 – **SAL 1# - (U17/U20/SEN) – Finsbury Park**
- 19.5.24 – **MYAL 2# - Perivale**
- 25.5.24 – [Hurdlesfest – Chelmsford and BIG \(30th Anniversary\), Bedford](#)
- 26.5.24 – **UYDL 2# - Basildon**
- 8.6.24 – [Middlesex Schools Athletics Championships, StoneX](#)
- 8.6.24 – [London Schools Athletics Championships, Battersea Park](#)
- 8/9.6.24 – [Southern U20 Championships, tbc](#)
- 15.6.24 – **SAL 2# - Stevenage**
- 15.6.24 – [ESAA Inter-County T&F Meetings, tbc](#)
- 16.6.24 – **MYAL 3# - Harrow**
- 24.6.24 – [Middlesex Schools Yr7&8 Junior Athletics Championships, StoneX](#)
- 30.6.24 – **UYDL 3# - Mile End**
- 6.7.24 – [ESAA Track & Field Cup, Stoke](#)
- 12-13.7.24 – [ESAA T&F Championships, Birmingham](#)
- 13.7.24 – [LICC 1#, Stone X](#)
- 14.7.24 – **SAL 3# - Cambridge**
- 19/21.7.24 – [EA U20 Champs, tbc](#)
- 20.7.24 – **MYAL 4# - Parliament Hill**
- 20.7.24 – [SIAB International Match, Carmarthen](#)

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26/28.7.24 – EA Age Group T&F Championships - (U15/U17) – Birmingham (tbc)
 10/11.8.24 – Southern Age Group Championships – (U13/U15/U17) - tbc
 17.8.24 – SAL 4# - Ware
 17.8.24 – LICC 3#, StoneX
 1.9.24 – LICC 4#, StoneX

Open Meetings

Open meetings are an important part of training giving an opportunity to try new race techniques or test form. Most are listed on www.opentrack.run, www.rosterathletics.com and www.entry4sports.co.uk. There are regular opens at Lee Valley or Watford. UKA also have a fixture finder which you can search by your chosen event <https://fixtures.myathletics.uk/>

English Schools Championships – Qualifying Standards

This years English Schools Championships will again return to Birmingham on 12th to 13th July 2024. With qualifying through the Schools County Championships on 8th June 2024. Young Members who go to school in Haringey, Barnet or Enfield will qualify for Middlesex while those in Hackney, Islington or Camden are eligible for London Schools. Both Associations have 70 available places with qualifying standards generally required to earn a place.

Age Group	Junior Boys	Intermediate Boys	Senior Boys	Junior Girls	Intermediate Girls	Senior Girls
School Yr	(Yr 8/9)	(Yr 10/11)	(Yr 12/13)	(Yr 8/9)	(Yr 10/11)	(Yr 12/13)
100m	11.6s	11.1s	11.0s	12.7s	12.5s	12.4s
200m	23.8s	22.7s	22.2s	26.2s	25.8s	25.7s
300/400m	38s	51.1s	49.7s	42.0s	41.2s	58.3s
800m	2m 05s	1m 57s	1m 54s	2m 18s	2m 16s	2m 16s
1500m	4m 20s	4m 06s	3m 58s	4m 48s	4m 45s	4m 42s
3000m	n/a	8m 55s	8m 36s	n/a	10m 20s	10m 16s
Sprint Hurdles	12.1s	14.0s	15.3s	11.9s	12.0s	15.3s
Hurdles	n/a	58.8s	57.5s	n/a	46.4s	65.5s
Steeplechase	n/a	4m 37s	6m 18s	n/a	5m 23s	5m 17s
Long Jump	5.80m	6.40m	6.70m	5.10m	5.40m	5.40m
Triple Jump	n/a	13.20m	13.50m	n/a	10.90m	11.10m
High Jump	1.72m	1.88m	1.95m	1.56m	1.65m	1.66m
Pole Vault	3.00m	3.90m	4.20m	2.70m	3.10m	3.20m
Shot	12.30m	13.00m	12.80m	10.60m	11.60m	10.50m
Javelin	44.00m	52.00m	52.00m	34.00m	38.00m	37.00m
Hammer	38.00m	49.00m	50.00m	37.00m	48.00m	43.00m
Discus	35.00m	41.00m	40.00m	27.00m	33.00m	36.00m

Jack Petchey Award

Winner of the Jack Petchey Award for January was Millie Watkins.



Millie has for many years been a stalwart of the Girls team for many years. She has been consistent in her training and competing at a high level for the club all these years since starting (with her sister) as an U11.

February's nominees are:-

Elizabeth Awodigede – great improvement in attendance and application in the group.

Myla Miller – Outstanding attendance and helping to teach blocks to other athletes in her group.

Matilda Barrant – For her consistency in coming to training sessions and the positive will to achieve more by pushing herself over her limit.

XC Points Competition Results

Congratulations to the Club XC Points Competition winners Edith Deakin (U11 Girls), Kit Young (U11 Boys), Chiara Pegoraro (U13 Girl), Rory Willis (U13 Boy), Amy Kirk (U15 Girl), Sam Turner (U15 Boy), Ishaana Cannel (U17 Women) and George Saint (U17 Men).



London Heathside Young Athletes Club Newsletter

February/March 2024



	Met League	NWLL	Middlesex Champs	Southern Champs	National Champs	Club Champion	Club Points Comp Winner	Top 15 Met League Finishers	Top 10 NWLL Finishers	Participation
U11 Girls	4th	n/a	2nd	No Team	Postponed	M Hinson	Edith Deakin	6th Edith Deakin, 11th Livia Belkin	n/a	17
U11 Boys	8th	n/a	6th	No Team	Postponed	A Pantha	Kit Young	12th Kit Young	n/a	10
U13 Girls	16th	n/a	No Team	No Team	Postponed	Chiara Pegoraro	Chiara Pegoraro		n/a	6
U13 Boys	3rd	n/a	3rd	11th	Postponed	Delayed until Nationals	Rory Willis		n/a	13
U15 Girls	1st	n/a	1st	4th	Postponed	Delayed until Nationals	Amy Kirk	2nd Amy Kirk, 5th Rosa McCormain, 6th Kiara Corkin, 7th Caitlin Roberts.	n/a	6
U15 Boys	4th	n/a	No Team	14th	Postponed	Delayed until Nationals	Sam Turner		1st Sam Turner	11
U17 Women	1st	n/a	No Team	9th	Postponed	Delayed until Nationals	Ishaana Canell		n/a	5
U17 Men	4th	n/a	6th	No Team	Postponed	Delayed until Nationals	George Saint	6th George Saint	n/a	4
Overall	4th	n/a								

Under 11 Girls

6 best results count of 11

	Athlete	NWLL Fixture 1 30/09/23 Horsenden Hills	Met League 1 14/10/23 Claydon Park	NWLL Fixture 2 04/11/23 Fryent Park	Met League 2 11/11/23 Wormwood Scrubs	NWLL Fixture 3 25/11/23 Trent Park	Met League 3 02/12/23 Uxbridge	Middlesex Champ 06/01/24 Horsenden Hills	Met League 4 13/01/24 Welwyn Garden City	Southern Champs Beckenham Park	NWLL Fixture 4 03/02/24 Hampstead Heath Ext	Met League 5 17/02/24 Trent Park	National Champs Weston Park	NWLL Fixture 5 03/03/24 Coptall	Score (Max 48)	Position
LH Team Position		3rd	3rd	2nd	5th	3rd	2nd	2nd	5th		2nd	7th		8th		
No of Racers		22	40	38	32	37	31	24	33		38	39		24		
Distance		2000m	2000m	2000m	1800m	2000m	2000m	1500m	1750m		1750m	1700m		1700m		
1	Edith Deakin	8	8	8	8	8	8	8	-	-	7	8	-	8	48	1
2	Imogen Wraight	7	7	7	-	-	7	6	7	-	-	-	-	-	41	2
5	Mathilda Hinson	-	5	5	-	-	7	8	-	-	8	-	-	-	28	3
3	Livia Belkin	-	6	6	7	-	6	-	6	-	-	7	-	-	26	4
4	Margot Dalton	-	4	4	6	-	-	-	4	-	-	-	-	-	18	5
6	A Bah	-	-	-	-	7	-	-	-	-	6	-	-	-	13	6
7	E Rose Boivin	-	-	-	-	6	-	-	-	-	4	-	-	-	10	7
8	Thalia Roberts	-	-	-	-	-	-	-	5	-	-	-	-	-	5	8
10	Eliza Paitoo	-	-	-	-	-	-	-	-	-	5	-	-	-	5	8
9	J Andre	-	-	3	-	-	-	-	-	-	-	-	-	3	10	
11	Eva Deakin	-	-	-	-	-	-	-	-	-	3	-	-	3	10	
12	O Zali	-	-	-	-	-	-	-	-	-	2	-	-	2	12	
13	P Lacey	-	-	-	-	-	-	-	-	-	1	-	-	1	15	
14	P Moran	-	-	-	-	-	-	-	-	-	1	-	-	1	15	
15	S Lacey	-	-	-	-	-	-	-	-	-	1	-	-	1	15	
16	S Borja	-	-	-	-	-	-	-	-	-	1	-	-	1	15	
17	B Gray	-	-	-	-	-	-	-	-	-	1	-	-	1	15	
10		-	-	-	-	-	-	-	-	-	-	-	-	-	-	18

Under 11 Boys

6 best results count

	Athlete	NWLL Fixture 1 30/09/23 Horsenden Hills	NWLL Fixture 1 14/10/23 Claybury	NWLL Fixture 2 04/11/23 Fryent Park	Met League 2 11/11/23 Wormwood Scrubs	NWLL Fixture 3 25/11/23 Trent Park	Met League 3 02/12/23 Uxbridge	Middlesex Champ 06/01/24 Horsenden Hills	Met League 4 13/01/24 Welwyn Garden City	Southern Champs Beckenham Park	NWLL Fixture 4 03/02/24 Hampstead Heath Ext	Met League 5 17/02/24 Trent Park	National Champs Weston Park	NWLL Fixture 5 03/03/24 Hanwell Park	Score (Max 48)	Position
LH Team Position		8th	7th	2nd	8th	5th	17th	6th	11th		4th	11th		9th		
No of Racers		42	42	51	51	46	45	34	36		45	47		36		
Distance		2000m	2000m	2000m	1800m	2000m	2000m	1500m	1700m		1700m	1700m		1700m		
1	Kit Young	8	8	7	7	-	-	-	8	-	7	8	-	8	47	1
2	Dominic Jeles	6	5	-	4	-	8	6	7	-	1	-	-	6	38	2
3	William Edwards	5	6	4	5	6	-	7	-	?	7	-	-	7	38	2
4	Dylan Lewis	7	7	5	6	-	-	-	-	-	3	-	-	-	28	4
5	Kai Duberry	-	-	6	-	8	-	8	-	-	5	-	-	-	27	5
6	Alexander Panchal	-	-	8	8	-	-	-	-	-	8	-	-	-	24	6
7	D Jeles	-	-	-	-	7	-	-	-	-	-	6	-	-	13	7
8	E Slutzkin	-	-	-	-	-	-	-	-	-	6	-	-	-	6	8
9	M Schofield	-	-	-	-	-	-	-	-	-	4	-	-	-	4	9
10	O Gardiner	-	-	-	-	-	-	-	-	-	2	-	-	-	2	10
21		-	-	-	-	-	-	-	-	-	-	-	-	-	-	29

Under 13 Girls

7 best results count

	Athlete	NWLL Fixture 1 30/09/23 Horsenden Hills	NWLL Fixture 1 14/10/23 Claybury	NWLL Fixture 2 04/11/23 Fryent Park	Met League 2 11/11/23 Wormwood Scrubs	NWLL Fixture 3 25/11/23 Trent Park	Met League 3 02/12/23 Uxbridge	Middlesex Champ 06/01/24 Horsenden Hills	Met League 4 13/01/24 Welwyn Garden City	Southern Champs Beckenham	NWLL Fixture 4 03/02/24 Hampstead Heath Extension	Met League 5 17/02/24 Trent Park	National Champ 24/03/24 Weston Pk	NWLL Fixture 5 03/03/24 Coptall	Score (Max 56)	Position
LH Team Position		9th	16th	8th	NT	NT	14th	NT	14th		9th	NT	NT	NT		
No of Racers		33	58	25	52	52	39	39	30		28	39	Void	n/a		
Distance		3000m	3000m	3000m	3200m	3000m	3000m	3000m	3000m	3000m	3000m	3000m	3000m	3000m		
1	Chiara Pegaro	8	8	0	0	0	0	0	0	0	8	0	0	0	24	1
2	Estrella Oxley	0	0	8	0	0	0	8	0	0	7	0	0	0	23	2
3	Amba Coleman	0	0	0	0	0	8	7	0	0	0	0	0	0	15	3
4	Alice Rockhill	0	0	0	0	0	0	8	0	0	0	0	0	0	8	4
5	Mia Beeby	7	0	0	0	0	0	0	0	0	0	0	0	0	7	5
6	Olivia Caggiano	0	7	0	0	0	0	0	0	0	0	0	0	0	7	5
7	O Tyszczyz	0	0	0	0	0	0	0	0	0	6	0	0	0	6	7

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London Heathside Young Athletes Club Newsletter

February/March 2024



Under 13 Boys

5 best results count

Athlete	NWLL	NWLL	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	National	NWLL	Score	Position
	Fixture 1 30/09/23 Horsenden Hills	Fixture 1 14/10/23 Claybury	Fixture 2 04/11/23 Fryent Park	Fixture 2 11/11/23 Wormwood Scrubs	Fixture 3 25/11/23 Trent Park	Fixture 3 02/12/23 Uxbridge	Champ 06/01/24 Horsenden Hills	Fixture 4 13/01/24 Welwyn Garden City	Champ 27/01/24 Beckenham	Fixture 4 03/02/24 Hampstead Heath Extension	Fixture 5 17/02/24 Trent Park	Champ 24/03/24 Weston Pk	Fixture 5 03/03/24 Coptall	(Max 56)	
LH Team Position No of Runners Distance	2nd 33 3000m	3rd 62 3000m	3rd 43 3000m	3rd 59 3200m	1st 48 3000m	5th 51 3000m	3rd 37 3000m	3rd 35 3000m	11th 174 3000m	2nd 27 3000m	2nd 46 3000m	3000m	1st 26 3000m		
1 Rory Willis	8	8	8	0	8	8	8	8	8	7	0	0	6	56	1
2 Charlie Nicolson	0	0	7	8	7	7	0	0	7	8	8	0	8	53	2
3 Alex Kirk	7	7	6	7	6	0	7	7	6	6	7	0	7	49	3
4 Aidan Lappin	0	0	0	6	5	0	6	6	5	9	6	0	0	39	4
5 Nathan Grela Bekele	4	2	5	0	4	6	0	0	0	0	5	0	5	31	5
6 Pip Young	3	1	4	3	0	0	0	5	0	0	4	0	4	24	6
7 Alex Rankin	6	4	4	0	4	0	4	0	0	0	0	0	0	18	7
8 Dominic Perkins	0	6	0	5	0	0	5	0	0	0	0	0	0	16	8
9 Lucien Pinsky	5	3	0	0	0	0	0	0	0	0	0	0	0	8	9
10 Sebastian Wasserberg	0	0	0	2	3	0	0	0	0	0	3	0	0	8	9
11 Sebastian McNeely	0	5	0	0	0	0	0	0	0	0	0	0	0	5	11
12 Joshua Collins	0	1	0	0	0	0	0	0	0	0	0	0	0	1	12
14 Jude Loud Brewster	0	1	0	0	0	0	0	0	0	0	0	0	0	1	12

Under 15 Girls

5 best results count of 9

Athlete	NWLL	NWLL	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	National	NWLL	Score	Position
	Fixture 1 30/09/23 Horsenden Hills	Fixture 1 14/10/23 Claybury	Fixture 2 04/11/23 Fryent Park	Fixture 2 11/11/23 Wormwood Scrubs	Fixture 3 25/11/23 Trent Park	Fixture 3 02/12/23 Uxbridge	Champ 06/01/24 Horsenden Hills	Fixture 4 13/01/24 Welwyn Garden City	Champ 27/01/24 Beckenham	Fixture 4 03/02/24 Hampstead Heath Extension	Fixture 5 17/02/24 Trent Park	Champ 24/03/24 Weston Pk	Fixture 5 03/03/24 Hanwell	(Max 56)	
LH Team Position No of Runners Distance	1st 21 4000m	1st 50 4000m	1st 13 4000m	2nd 56 3800m	2nd 22 4000m	1st 49 4000m	1st 26 4000m	1st 34 3800m	4th 183 4000m	1st 13 4000m	1st 32 4000m	VOID 4000m	1st 22 4000m		
1 Amy Kirk	-	8	-	8	-	8	8	8	8	8	8	8	-	56	1
2 Rosa Cormacain	8	4	7	6	-	6	6	7	6	-	7	-	8	49	2
3 Margot Hunt	7	7	8	5	-	-	7	-	5	-	6	-	7	47	3
4 Caitlin Roberts	6	5	-	4	8	5	-	1	4	8	5	-	6	43	4
5 Kiara Corkin	-	6	-	7	-	7	5	6	7	-	4	-	-	38	5
6 Lila Blustin	5	3	6	3	7	-	1	5	2	7	2	-	5	38	5
7 Lettice Gundry	-	4	-	2	-	4	3	3	3	-	3	-	-	22	7
8 Maya Westgate	-	2	-	1	-	-	4	4	1	6	-	-	-	18	8
9 Jasmina Roberts	4	1	-	1	6	-	-	-	1	-	1	-	-	14	9
10 L Davis	-	-	-	-	5	-	-	-	-	5	-	-	-	10	10
11 Ivy Gray	-	1	-	1	-	3	-	2	1	-	-	-	-	8	11
12 M Schofield	-	-	-	-	-	-	-	-	-	4	-	-	-	4	12
13 Kitty Kelsall	-	-	-	-	-	-	2	-	-	-	-	-	-	2	13

Under 15 Boys

5 best results count of 9

Athlete	NWLL	NWLL	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	National	NWLL	Score	Position
	Fixture 1 30/09/23 Horsenden Hills	Fixture 1 14/10/23 Claybury	Fixture 2 04/11/23 Fryent Park	Fixture 2 11/11/23 Wormwood Scrubs	Fixture 3 25/11/23 Trent Park	Fixture 3 02/12/23 Uxbridge	Champ 06/01/24 Horsenden Hills	Fixture 4 13/01/24 Welwyn Garden City	Champ 27/01/24 Beckenham	Fixture 4 03/02/24 Hampstead Heath Extension	Fixture 5 17/02/24 Trent Park	Champ 24/03/24 Weston Pk	Fixture 5 03/03/24 Coptall	(Max 56)	
LH Team Position No of Runners Distance	1st 28 4000m	4th 114 4000m	4th 4000m	9th 108 3800m	1st 45 4999m	5th 90 4000m	NT 43 4000m	6th 78 3800m	14th 181 4000m	1st 23 4000m	4th 75 4000m	NT Void 4000m	1st 23 4000m		
1 Sam Turner	8	7	8	8	8	8	-	7	8	8	8	-	8	56	1
2 Ennio Kaloukian	-	5	7	6	7	8	8	8	7	7	-	-	7	52	2
3 Tam Mergia	6	-	-	5	-	-	-	6	-	-	7	-	6	30	3
4 Phoenix Bonhole	7	-	-	-	6	-	-	-	6	5	-	-	-	24	4
5 Will Groshong	-	4	6	4	-	-	-	-	-	4	-	-	-	18	5
6 Leon Bestmann Calvo	-	3	-	3	5	-	-	-	4	-	-	-	-	15	6
7 Frank Bailey	-	6	-	7	-	-	-	-	-	-	-	-	-	13	7
8 L Bestmann	5	-	4	-	-	-	-	-	-	3	-	-	-	12	8
9 Joe Skelsey	-	-	-	-	-	-	-	5	5	-	-	-	-	10	9
10 Dylan Mills	-	8	-	-	-	-	-	-	-	-	-	-	-	8	10
11 Tam Mergia	-	2	5	-	-	7	7	-	-	6	-	-	-	7	11
12	-	-	-	-	-	-	-	-	-	-	-	-	-	-	12

Under 17 Girls

5 best results count of 9

Athlete	NWLL	NWLL	NWLL	Met League	NWLL	Met League	Middlesex	Met League	Southern	NWLL	Met League	Champ	NWLL	Score	Position
	Fixture 1 30/09/23 Horsenden Hills	Fixture 1 14/10/23 Claybury	Fixture 2 04/11/23 Fryent Park	Fixture 2 11/11/23 Wormwood Scrubs	Fixture 3 25/11/23 Trent Park	Fixture 3 02/12/23 Uxbridge	Champs 06/01/24 Horsenden Hills	Fixture 4 13/01/24 Welwyn Garden City	Champs 27/01/24 Beckenham	Fixture 4 03/02/24 Hampstead Heath Extension	Fixture 5 17/02/24 Trent Park	Champ 24/03/24 Weston Pk	Fixture 5 03/03/24 Hanwell	(Max 56)	
LH Team Position No of Runners Distance	3rd 17 5000m	1st 50 5000m	4th 11 5000m	2nd 56 4400m	4th 13 5000m	1st 49 4000m	NT 17 5500m	1st 34 3800m	9th 121 5000m	2nd 9 5000m	1st 32 4000m	NT Void 5000m	5th 14 5000m		
1 Ishanna Channell	8	-	-	-	-	-	8	-	6	8	-	-	-	30	1
2 Amara Shankardas	-	-	-	-	8	-	-	-	5	7	-	-	-	20	2
3 Milly Watkins	-	-	8	-	-	-	-	-	8	-	-	-	-	16	3
4 Lucy Corkin	-	-	-	-	-	-	7	-	-	-	8	-	-	15	4
5 Issy Watkins	-	-	-	-	-	-	-	-	7	-	-	-	8	15	4
10	-	-	-	-	-	-	-	-	-	-	-	-	-	-	

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London Heathside Young Athletes Club Newsletter

February/March 2024



Under 17 Boys

5 best results count of 9

	Athlete	NWLL Fixture 1 30/09/23 Horsenden Hills	NWLL Fixture 1 14/10/23 Claybury	NWLL Fixture 2 04/11/23 Fryent Park	Met League Fixture 2 11/11/23 Wormwood Scrubs	NWLL Fixture 3 25/11/23 Trent Park	Met League Fixture 3 02/12/23 Uxbridge	Middlesex 06/01/24 Horsenden Hills	Met League Fixture 4 13/01/24 Welwyn Garden City	Southern 27/01/24 Beckenham	NWLL Fixture 4 03/02/24 Hampstead Heath Extension	Met League Fixture 5 17/02/24 Trent Park	National Champ 24/03/24 Weston Pk	NWLL Fixture 5 03/03/24 Hanwell	Score (Max 56)	Position
	LH Team Position	7th	6th	3rd	9th	1st	5th	6th	6th	NT	3rd	4th	void	7th		
	No of Runners	22	26	22	108	29	90	38	78	166	17	75	void	18		
	Distance	5000m	5000m	5000m	3800m	5000m	4000m	5500m	3800m	6000m	5000m	5000m	5000m	5000m		
1	George Saint	-	8	-	-	8	-	8	8	8	8	8	-	-	56	1
2	Artie Feeny Willings	8	6	7	8	6	7	6	7	7	7	6	-	8	52	2
3	Ben Ryan	7	7	6	7	5	-	5	6	6	-	-	-	7	46	3
4	David Baah Okyere	-	-	8	-	7	8	7	-	-	-	7	-	-	37	4
11		-	-	-	-	-	-	-	-	-	-	-	-	-	-	8

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