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## Congratulations

Congratulations to Gabriel Edwards (U13B) 60mH, Ella Burrridge (U15G) 200m and 300m, Milton Cooper (U15B) 300m, Milli Bridgeman-Athanasatos (U15G) Triple Jump, Elkie Baker (U15G) Discus, Imani Quamina (U17W) 80mH, Trey Corlis (U17M) 100mH, Hattie Munday (U17W) 800m who all set new Club records in April.

As at the end of April we have a number of Young Athletes in the Top 10 nationally; Milton Cooper (U15B) 200m, 300m, Trey Corlis 60mH, 100mH, Elkie Baker (U15G) Discus and Gabriel Edwards (U13B) 60m, 100m, 200m, 60mH and Long Jump.

Ella Burrridge won March's Jack Petchey Award.

## Track Etiquette

As the club becomes focused on the track season it is vital that everyone using Finsbury Park Track adheres to [Track Etiquette](#) to keep themselves and others safe. Athletic Tracks can be extremely dangerous places and there have been some incidents which could have resulted in serious accidents. Listen to your coach's instructions at all times and in particular ensure you do not walk onto without looking or block the track while others are running and very importantly do not enter the infield when athletes are practicing throwing; being hit by a discus, hammer or javelin may well be **fatal**.

## Meeting Report: - LICC Meeting, Lee Valley, 16.2.22

The track and field season is starting to crank up with the LICC meeting at Lee Valley. Organised by Shaftesbury these meetings cover a full schedule of events with over 400 competitors taking part, it was a particularly successful day for our young athletes with 4 new club records set and two National Schools Qualifying standards already achieved. Trey Corlis (U17M) set a new 100m Hurdles record and NS Schools qualifying performance and is ranked No2 Nationally, while Imani Quamina (U17W) set a new 80mH record. Our U15 Girls have set 22 new club records over the last 18 months with Ella Burrridge setting new records in the 200m and 300m. Milton Cooper improved his outdoor 300m record by almost 1s and also now has a NS qualifying standard. He had the pleasure of racing alongside Dina Asher-Smith (*see left with Ella and Magdeline*) who recorded the 5th fastest 300m All Time by a UK woman. Milton is currently ranked 4th U15B at 300m and 8th fastest over 200m.



### Results: -

#### 100m

H14 3rd Imani Quamina (U17W) 13.44  
H13 3rd Gabriel Edwards (U13B) 13.38 [AAA Grade 2](#)  
H15 1st Joshua Adeoye (U15B) 13.09 PB  
H11 7th Michael Lee (U17M) 13.71 PB  
H10 6th Caleb Macbruce (U20M) 12.47 PB

#### 200m

H10 3rd Ella Burrridge (U15G) 26.71 PB New U15G CR [AAA Grade 3](#)  
H10 6th Magdeline Paitoo (U15G) 27.13 [AAA Grade 3](#)  
H10 2nd Gabriel Edwards (U13B) 26.48 PB New U13B CR [AAA Grade 1](#)  
H8 5th Milton Cooper (U15B) 23.93 [AAA Grade 2](#)  
H12 3rd Joshua Adeoye (U15B) 26.91 PB  
H8 8th Caleb Macbruce (U20M) 26.06

#### 300m

H2 2nd Ella Burrridge (U15G) 42.73 PB New U15G CR [AAA Grade 3](#)

H1 2nd Milton Cooper (U15B) 37.90 PB QS New U15B CR by 1.32s [AAA Grade 1](#)

H2 3rd Magdeline Paitoo (U15G) 43.11 PB

#### 400m

H3 6th Oscar Hall (U17M) 65.06 PB

#### 800m

H5 3rd Dylan Mills (U15B) 2:20.25 PB

#### 75mH

2nd Casia Langley Bradshaw (U15G) 12.91 PB [AAA Grade 4](#)

#### 80mH

5th Imani Quamina (U17W) 12.83s PB New U17W CR [AAA Grade 4](#)

#### 100mH

1st Trey Corlis (U17M) 13.91s PB QS New U17M CR [AAA Grade 2](#)

#### 400mH

1st Trey Corlis (U17M) 65.59 PB

## Meeting Report: - UYDL, South Division 2B, Sutcliffe Park, Eltham, 24.4.22

A group of young Heathsiders travelled to Eltham in South London to take part in the YDL in a combined team with Highgate Harriers and VPH&TH. This is the first time the Club have competed in this league and the aim is to offer our growing ranks of U17 and U20 athletes a chance to compete against their peers. The format is identical to the Southern Athletic League with a wider range of events than the MYAL. Unfortunately, our league is entirely made up of teams south of the Thames and trips to Erith, Lewis and Tooting Bec await.

For many this was the first meeting of the year, and they produced some great results with 3 event wins (Trey Corlis U17 100mH, 400mH and Hattie Munday U17 800m) and three 2nd places (Trey Corlis U17 100m, Imani Quamina U17 80mH and Millie Watkins U17 1500m). Trey's 100m Hurdles time was a new U17 club record and the 2nd fastest in the UK this year he also improved his 100m PB. Hattie Munday improved her 800m by over 6s after an injury plagued 2021 in doing so Hattie broke the 9-year-old Club record set by Lily Beckford in 2013. Imani Quamina also improved her Club U17 80m Hurdles Record. Thanks especially to coach Israel who accompanied the athletes and managed them on the day. We hope everyone enjoyed the experience, with the next fixture hosted by Bexley AC at the Erith Athletics Stadium on Sunday 29th May."

### Results

#### U20 Men

100m

B 8th Caleb MacBruce (U20) 12.45

Non scoring Chiemeka Thomas (U20) 13.28

#### U17 Men

100m

A 2nd Trey Corlis (U17) 11.37 PB by 0.21s [AAA Level 3](#)

B 5th Oscar Hall (U17) 12.25

200m

A 4th Oscar Hall (U17) 25.46

100m Hurdles

A 1st Trey Corlis (U17) 13.77 PB by 0.14s New U17M CR [AAA Level 1](#)

400m Hurdles

A 1st Trey Corlis (U17) 60.08 [AAA Level 4](#)

#### U17 Women

100m

Non scoring Imani Quamina (U17) 13.11 PB by 0.01s

200m

A 4th Imani Quamina (U17) 27.31

800m

A 1st Hattie Munday (U17) 2:17.68 PB by 6.2s New U17W CR [AAA Level 2](#)

1500m

A 2nd Millie Watkins (U17) 5:03.73

80m Hurdles

A 2nd Imani Quamina (U17) 12.80 PB by 0.03s New U17 CR [AAA Level 4](#)

300m Hurdles

B 2nd Nina Williams (U17) 58.95

#### Team

1st Medway and Maidstone AC 686.5 pts

2nd Cambridge Harriers AC 671 pts

8th Victoria Heathside Highgate 223 pts

## Up-coming Club Young Athletes Fixtures: -

### Middlesex Youth Athletics League 1#, Parliament Hill, 8<sup>th</sup> May 2022

The first MYAL will be at Parliament Hill on Sunday 8<sup>th</sup> May starting at 11.30am. You need to have been picked by your coach to take part. Competition website can be found [here](#).



	Parliament Hill							
	Boys/Junior Men				Girls/Junior Women			
	U11B	U13B	U15B	U17M	U11G	U13G	U15G	U17G
150m	2.35 pm				2.15 pm			
200m		12.55 pm	1.35 pm			12.35 pm	1.20 pm	
300m			4.25 pm				4.25 pm	4.40 pm
400m				4.40 pm				
600m	11.45 am				11.30 am			
800m		3.15 pm	3.55 pm	3.55 pm		3.00 pm	3.35 pm	3.35 pm
Hurdles		12.15 pm	4.15 pm			12.05 pm	12.15 pm	
Long Jump	1.20 pm	11.30 am	4.05 pm	4.05 pm	12.25 pm	2.15 pm	3.10 pm	3.10 pm
High Jump		2.15 pm	1.20 pm	1.20 pm		2.15 pm	4.05 pm	4.05 pm
Pole Vault			12.25 pm	12.25 pm			12.25 pm	12.25 pm
Vortex	12.25 pm				1.20 pm			
Javelin		12.25 pm	2.15 pm	2.15 pm		12.25 pm	3.10 pm	3.10 pm
Shot Put		11.30 am	3.10 pm	3.10 pm		11.30am	2.15 pm	2.15 pm
Discus			4.05 pm	4.05 pm			1.20 pm	1.20 pm

## Middlesex Centenary Track and Field Championships, Lee Valley, 14-15<sup>th</sup> May 2022



This year's County Championships celebrate 100 years since the founding of the County Association and some special events are planned. Entries for the event is now open with a full range of events with Seniors, U120's and U17's competing on Saturday and U15 and U13 athletes on the Sunday. Entries are now closed.

## Middlesex Youth Athletics League 2#, Finsbury Park, 21<sup>st</sup> May 2022



The second first MYAL will be our home match at Finsbury Park on Saturday 21<sup>st</sup> May starting at 11.30am. You need to have been picked to take part please check with your coach.

	Finsbury Park							
	Boys/Junior Men				Girls/Junior Women			
	U11B	U13B	U15B	U17M	U11G	U13G	U15G	U17G
75m	2.35 pm				2.15 pm			
100m		12.55 pm	1.35 pm	1.55 pm		12.35 pm	1.20 pm	1.55 pm
200m			4.25 pm	4.40 pm			4.25 pm	4.40 pm
800m	11.45 am				11.30 am			
1500m		3.15 pm	3.55 pm	3.55 pm		3.00 pm	3.35 pm	3.35 pm
Hurdles		12.15 pm	4.15 pm			12.05 pm	12.15 pm	
Long Jump	1.20 pm	11.30 am	3.10 pm	4.05 pm	12.25 pm	2.15 pm	3.10 pm	4.05 pm
Long Jump (n/s)	12.25 am					11.30 am		
High Jump		2.15 pm	1.20 pm	1.20 pm		2.15 pm	4.05 pm	4.05 pm
Vortex	12.25 pm				1.20 pm			
Javelin		12.25 pm	3.10 pm	3.10 pm		12.25 pm	2.15 pm	2.15 pm
Shot Put			2.15 pm	2.15 pm			3.10 pm	3.10 pm
Hammer			4.05 pm	4.05 pm			4.05 pm	4.05 pm
Discus		11.30 am				11.30 am	1.20 pm	1.20 pm

## UYDL 2#, Erith Athletics Stadium, Erith, 29<sup>th</sup> May 2022



Part of a combined team with Highgate Harriers and VP&TH full program of events for U17 and U20 athletes including sprint hurdles and long throws. The 2<sup>nd</sup> meeting is hosted by Bexley AC. The Club will be arranging transport for any athletes that wish to compete. If you want to compete let your coach know.

	Eltham			
	U17M	U20M	U17W	U20W
100m	12.30 pm	12.30 pm	12.30 pm	12.30 pm
200m	15.05 pm	15.05 pm	15.05 pm	15.05 pm
300m			13.10 pm	
400m	13.10 pm	13.10 pm		13.10 pm
800m	15.30 pm	15.30 pm	15.30 pm	15.30 pm
1500m	12.00 pm	12.00 pm	12.15 pm	12.15 pm
3000m	14.10 pm	14.10 pm	14.40 pm	14.40 pm
Sprint Hurdles	14.25 pm	14.55 pm	14.00 pm	14.25 pm
Hurdles	11.30 am	11.30 am	11.30 am	11.30 am
1500m S/C	16.30 pm		16.40 pm	16.40 pm
2000m S/C		16.00 pm		
4x100m	16.10 pm	16.10 pm	16.10 pm	16.10 pm
4x400m	16.50 pm	16.50 pm	16.50 pm	16.50 pm
Long Jump	11.15 am	11.15 am	13.00 pm	13.00 pm
Triple Jump	14.45 pm	14.45 pm	16.00 pm	16.00 pm
High Jump	12.30 pm	12.30 pm	14.45 pm	14.45 pm
Pole Vault	14.45 pm	14.45 pm	11.30 am	11.30 am
Shot Put	14.30 pm	14.30 pm	11.15 am	11.15 am
Discus	13.15 pm	13.15 pm	14.15 pm	14.15 pm
Javelin	15.30 pm	15.30 pm	16.30 pm	16.30 pm
Hammer	11.15 am	11.15 am	12.15 pm	12.15 pm

## 2022 Track and Field Fixtures

This year's outdoor season is now starting to take shape. We will be competing in the **MYAL** which will provide competition for U11, U13, U15 and U17 athletes. This season we will also compete as part of a combined team in the **Upper Youth Athletics League** with Highgate Harriers and VP&TH, this is for U17 and U20 athletes only. It will be Middlesex AA's Centenary so the County Championships will feature special medals and events to celebrate.

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 Finals (Middlesex) - tbc  
11-12<sup>th</sup> June – County Schools Championships, Lee Valley/Battersea  
**14<sup>th</sup> June - LH Club Handicap Race, Highgate Woods**  
18<sup>th</sup> June – Middlesex Schools U17/U15 Championships – StoneX  
**21<sup>st</sup> June – London Heathside Club Championships – Day 1**  
25<sup>th</sup> June – LICC Open Meeting – Stone X  
**25<sup>th</sup> June – MYAL 3#, Perivale**  
**26<sup>th</sup> June - UYDL 3#, Lewes Athletics Track, Lewes**  
27<sup>th</sup> June – Middlesex Schools Yr7/Yr8 Championships – Lee Valley  
8<sup>th</sup> -9<sup>th</sup> July – ESAA English Schools Championships, Sportscity Manchester  
10<sup>th</sup> July – London Youth Games Athletics Championships – Lee Valley  
24<sup>th</sup> July – LICC Open Meeting – StoneX  
**24<sup>th</sup> July – U13 Southern Inter-counties Match, tbc**  
**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/U15/U17 Championships, Chelmsford  
27<sup>th</sup>-28<sup>th</sup> August - English U15/U17 Championships, tbc  
28<sup>th</sup> August – LICC Open – StoneX  
**6<sup>th</sup> September – London Heathside Club Championships – Day 2**  
**10<sup>th</sup> September – Inter-counties U15/U17 Championships, tbc**

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

## Middlesex Young Athletics League

This is the main focus of the club's track and field season with 4 meetings held between May and July. We are also the League Champions although this year new League entrants Harrow and Thames Valley Harriers will certainly add to the competition provided by Shaftesbury Barnet and Highgate. There is a selection of events for U11, U13, U15 and U17 athletes which vary between the matches which are held at Perivale, Finsbury Park, Parliament Hill and StoneX. Talk to Team Managers Ruth, Mary, Rachel and Russell about taking part.



## Upper Youth Development League

This season we have joined Highgate Harriers and Victoria Park & Tower Hamlets combined team to compete in the UYDL which is a competition for U17 and U20 athletes. Our entry is specifically aimed at young athletes in more specialist events e.g., Hurdles, Hammer whose events are not provided at the MYAL or Southern Athletics League. However, anyone can be nominated to enter, unlike many open meetings the matches are held on weekends and free for Heathside athletes. The other teams in our league group are generally based in Southeast London but will offer strong competition. If you want to take part let Coach Israel know.



## Southern Athletics League

The Clubs Seniors compete in the Southern Athletics League with U17 and U20 athletes able to compete alongside Seniors. However, all events use senior implements and standards so these may not be suitable for all specialist events. U17 or U20's who wish to compete should declare their availability on this [link](#)

## London Heathside Club Championships

This year's club championships will again be split over two Tuesday Evenings. Day 1 on **Tuesday 21<sup>st</sup> June** will feature 100m, 300/400m, 1500m, Hammer, Discus and High Jump. Day 2 **Tuesday 6<sup>th</sup> September** will feature 200m, 800m, 3000m, 5000m, Javelin, Shot, Long Jump. Further details including entry will be given closer to the date.



## London Heathside Handicap Race

The annual Heathside Handicap will be held again this summer and back at the traditional venue in Highgate Wood on Tuesday 14<sup>th</sup> June 2022. It is open to U13's and above.

**Date:** Tuesday 14th June

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

**Venue:** Highgate Wood (meet by cricket nets)

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

**How to enter:**

Entry is free for current London Heathside members

Send your entry to [heathsidehandicap@gmail.com](mailto:heathsidehandicap@gmail.com)

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

## London Inter-Club Challenge

Hosted by Shaftesbury at StoneX (or Lee Valley) these are open meetings and include a Quadkids competition and wide range of both track and field events.

## Road Races

The YMCA Crouch End 10k, 5k and Fun Run is on Sunday 8th May 2022. This however clashes with the first MYAL meeting so check if you will be competing before entering the YMCA race.



## Quadkids

This is the most common form of athletic competition for U11's who compete in 4 events 75m, 600m, Long Jump and Vortex Throw with points awarded according to performance. The Club will hold 3 or 4 competitions over the year although dates are yet to be confirmed. Highgate and Shaftesbury will also be holding regular competitions.



## Upcoming Open Meetings

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

Wednesday 4<sup>th</sup> May – Watford AC Open, Watford – [www.watfordharriers.org.uk](http://www.watfordharriers.org.uk)

Wednesday 11<sup>th</sup> May – Lee Valley Sprints Open, Lee Valley – [www.opentrack.run](http://www.opentrack.run)

Wednesday 18<sup>th</sup> May – Watford AC Open Graded Meeting – [www.watfordharriers.org.uk](http://www.watfordharriers.org.uk)

Saturday 28<sup>th</sup> May – Be-Fit Academy Open, Dagenham – [www.opentrack.run](http://www.opentrack.run)

Wednesday 1<sup>st</sup> June – Hercules Wimbledon 1500m Night of Races, Wimbledon – [www.opentrack.run](http://www.opentrack.run)

Most events appear covered races will be graded but most will limit the number of entries per event so early entry is recommended.

## SEAA Track and Field Championships



South of England  
Athletic Association

Entries are now open for South of England Track and Field Championships; entry fees are £15. [Entry Details](#)

Senior and U20 Track and Field Championships 8<sup>th</sup>-9<sup>th</sup> July at Chelmsford

U15 and U17 3000m Championships 9<sup>th</sup> July at Chelmsford

Combined Events Championships 23<sup>rd</sup>-24<sup>th</sup> July in Oxford

U15 and U17 Track and Field Championships 13<sup>th</sup>-14<sup>th</sup> August at Chelmsford

## AAA Standards

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

## Volunteers

A reminder to all parents but if you can volunteer to help it would be massively appreciated. In particular in May, we will be looking for help putting on the MYAL so help shifting equipment, helping in the Café or baking a cake would all be very welcome. If you are at either MYAL and want to help with the officiating do please let any of the coaches know.

## Disruption to Young Athletes Training

Unfortunately, due to the track hosting Blitz American Football matches access to the Track on Sunday mornings will be disrupted several times this summer. If you train on Sunday Morning check with your coach timings. The club booking will start earlier at 9.00 am but there will be no access to the infield and only the back straight will be usable from 11.00 am. Date impacted in May are Sunday 1<sup>st</sup> May, Sunday 15<sup>th</sup> May, Sunday 22<sup>nd</sup> May.

## Jack Petchey Award



This month's nominations are as follows: -

**Elkie Baker** – Elkie has trained hard over the winter developing her throwing technique and has mastered the full rotation throw demonstrated by improving her PB by almost 5m, breaking the club twice in April and being ranked 9<sup>th</sup> U15G in the UK despite it being her first year in the age group.

**Milli Bridgeman-Athanasatos** – Milli has also been working hard since last season with her coach John Herbert and has learnt a new event in the Triple Jump. She has improved her PB in the Long Jump to 4.69m and also set a club U15G record in the Triple Jump of 8.68m

**Nina Williams** – Nina who trains in Israel's group has risen to the challenge of focusing on the 300m Hurdles one of the most demanding events on the track setting a PB of under 59s in her first race.

**Dylan Mills** – Dylan is in his first year with the club and has transitioned from cross country to the track culminating in recording a PB of 2:17.97 in a BMC 800m race at the Linford Christie Stadium.

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