

Contents

Congratulations
Meeting Report – Mini-Marathon
Meeting Report – UYDL 1#
Meeting Report – MYAL 1#
Indoor Season Review
Up-Coming Club Young Athletes Fixtures

2023 Summer Fixtures
ESAA Qualification Standards
Security at Finsbury Park
Volunteers Wanted
Jack Petchey Award

Congratulations

Well done to the U17 Women's 4x100m who set a new club overall record at the UYDL meeting in Stevenage which is the 11th fastest by an U17W team this year. Martha Jolly also set a new U17W long jump record with 5.17m

Congratulations to Elkie Baker who broke the club U15 Girls Discus record four times and with a new PB of 32.36m is currently ranked 2nd U15G in the UK. She and Ivy Paitoo both broke the U15G SP record with 8.63m and Sam Brown set a new U17M 400m record.

Well done to Kiara Corkin, Amy Kirk, Rosa Cormacain and Issy Watkins who all finished in the top 10 of the Mini-Marathon.

The Middlesex Championships Results will be covered in the June Newsletter. 27 medals were won by our young athletes with 13 County Champions 4 New Club Records and 3 Championship Bests.

Meeting Report:- Mini-Marathon

TCS Mini Marathon 23, Westminster, 22.4.23

U13 Girls

1st I Harrison (London) 8.47
8th Rosa Cormacain (Hac) 9.45
36th Caitlin Roberts (Har) 10.19
52nd Margot Hunt (Har) 10.42
53rd Maya Westgate (Isl) 10.42
70th Lila Blustin (Isl) 10.58
95th Reke Szentes (Isl) 11.20
100th Lydia Negati (Isl) 11.25
103rd Chiara Pegoraro (Hac) 11.29
145th Alice Rockwell (Isl) 12.46
152nd Alaia Poole (Isl) 13.13

U13 Boys

1st A Kadar (Kingston) 8.29
59th Rory Willis (Isl) 9.51
62nd Charlie Nicolson (Har) 9.56
89th Ennio Kaloukian (Isl) 10.11
101st Henry Hartland (Isl) 10.24
110th Finley Taylor (Har) 10.34
141st Pip Young (Isl) 12.05

U15 Girls

1st K Pye (Kingston) 8.36
6th Kiara Corkin (Isl) 9.24
9th Amy Kirk (Har) 9.30
32nd Ishaana Cannell (Isl) 10.07
40th Lettice Gundry (Isl) 10.19
81st Jessica Lappin (Har) 10.54

83rd Ivy Gray (Isl) 10.57

U15 Boys

1st F Rowe (Havering) 7.46
20th Dylan Mills (Hac) 8.37
43rd Koppany Szentes (Isl) 9.01
113th Arun Aujla (Isl) 10.07
121st Harry Conley (Isl) 10.16
122nd Lloyds Pritchard (Isl) 10.17
141st Ben Ryan (Har) 11.02

U17 Women

1st E Nicolson (Wandsworth) 8.45
10th Issy Watkins (Har) 9.22
14th Hattie Munday (Har) 9.39
39th Lucy Corkin (Isl) 10.24
43rd Ruby Walls (Isl) 10.26
50th Milly Watkins (Har) 10.40

U17 Men

1st G Stubbs (Barnet) 7.36
33rd David Baah-Okyere (Isl) 8.33
48th George Saint (Har) 8.41
72nd Alex Smith (Isl) 9.14
73rd Aujla Dillon (Isl) 9.14
89th Sam Turner (U15B) (Har) 9.28
101st Gregory Berrisford-Sweet (Isl) 9.40
106th Artie Feeny-Willings (Har) 9.46
114th Amarin Preka (Hac) 10.14

(Borough Challenge Positions)

Meeting Report: UYDL Div 2B 1#, Stevenage, 30.4.23

The Club's athletics season opened with the first UYDL meeting at Stevenage. This year VP&TH are going alone so the combined team comprises Heathside with Highgate Harriers although no Highgate Athletes or Officials attended this meeting. 8 U17 athletes from Israel's group did take part focusing on the hurdles and sprints.

Trey was 2nd in the U17M 100m and 200m as well as winning the 100m Hurdles. Oscar Hall, Montana Dennis and Sam Brown all recorded PB's and as a combined team won the 4x100m relay. The women were even more dominant with Martha and Magdeline securing sprint doubles in the 100m and Ella 1st in the 200m. Another double was secured in the 300m with Magdeline and Ella first home. Imani won the 80m Hurdles and Martha the Long Jump with a new club record of 5.17m. They also won the 4x100m improving the overall club record the U15 Girls set last year with a time of 51s. The club finished in 6th place but only 40 pts of 3rd which with a bigger turnout we would have done easily.

Results

U17 Men

100m

Trey Corlis 11.44 A 2nd AAA Grade 3

Oscar Hall 11.59 B 1st

Montana Dennis 11.87 ns

Sam Brown 12.31 ns

200m

Trey Corlis 23.46 A 3rd AAA Grade 4

Oscar Hall 23.10 B 1st PB AAA Grade 3

Montana Dennis 23.79 ns PB AAA Grade 4

Sam Brown 23.38 ns PB AAA Grade 4

400m

Sam Brown 64.12 A 3rd (May not be correct)

100mH

Trey Corlis 13.62 A 1st AAA Grade 1

Montana Dennis NR (No result given)

4x100m

1st London Heathside (Dennis, Brown, Hall, Corlis) 44.56

U17 Women

100m

Martha Jolly 13.07 B 1st AAA Grade 4

Magdeline Paitoo 13.04 A 1st AAA Grade 4

Imani Quamina 12.94 ns PB AAA Grade 4

Ella Burrridge 13.04 ns AAA Grade 4

200m

Ella Burrridge 26.99 A 1st AAA Grade 4

Martha Jolly DNR

Magdeline Paitoo DSQ

300m

Magdeline Paitoo 41.55 A 1st AAA Grade 2

Ella Burrridge 43.97 B 1st AAA Grade 4

80mH

Imani Quamina 12.40 A 1st AAA Grade 3

Long Jump

Martha Jolly 5.17m A 1st PB NCR AAA Grade 3

4x100m

1st London Heathside (Jolly, Burrridge, Quamina, Paitoo) 51.00 PB NCR by 2.25s and Club Overall Womens Record

Meeting Report:- MYAL

A well earned 2nd place was secured at the first MYAL meeting behind a large team from Shaftesbury. The U15 Girls and U17 Women both won their age group. Individually there were wins for Matilda Barrant (U13G SP), Gabriel Edwards (U13B 100m, 75mH) the latter in a new championship record. Suraya Frost (U15G 75mH), Ivy Paitoo (U15G SP), Mikel Alexander (U15B 300m), Malakai (U15G 80mH), Imani Quamina (U17W LJ), Elkie Baker (U17W DT) and Thomas Wassermann (U17M SP) as well as a host of PBs

New Club records were set by Sam Brown in the U17M 400m, Ivy Paitoo and Elkie Baker both threw 8.63m in the shot to share the club U15G record and despite throwing from a smaller hammer circle Elkie Baker improved her club record to 32.36m.

Results

U11 Girls

75m

Emilie Rose 12.22 A 4th PB

Anna Bah 13.1 B 5th PB

Imogen Wraight 12.03 ns

Elisabeth Paitoo 12.06 ns

Orlane Carels 12.93 ns

600m

Edith Deakin 2:08.00 A 3rd

Imogen Wraight 2:08.55 B 2nd

Kalysa Lewis 2:26.04 ns

Long Jump

Imogen Wraight 3.17m A 4th

Emilie Rose 2.83m B 1st

Anna Bah 2.79m ns

Elisabeth Paitoo 2.39m ns

Vortex

Anna Bah 17.33m A 3rd

Orlane Carels Louis Charles 13.00m B 2nd

Team 1st SBH 93 pts, 4th London Heathside 80 pts

London Heathside Young Athletes Club Newsletter

May 2023



U11 Boys

75m

Kai Duverry 12.55 A 6th
Kelema Harrison-Sousa 13.20 B 5th
Kaeden Emmanuel 11.60 ns

600m

Kit Young 2:04.46 A 6th
William Edwards 2:13.28 5th
Kai Duverry 2:09.93 ns
Kelema Harrison-Sousa 2:36.07 ns

Long Jump

William Edwards 2.98m A 6th
Jaydon Smith 2.91m B 2nd

Vortex

William Edwards 22.67m A 5th
Kaeden Emmanuel 16.73m B 7th
Ketema Harrison-Sousa 12.27m ns

Team: 1st SBH 87 pts, 6th London Heathside 55 pts

U13 Girls

100m

Eddie Waites 15.07 A 3rd
Matilda Barrant 15.04 B 4th
Myla Miller 14.49 ns
Zariya Harrison-Sousa 15.09 ns
Eliza Burridge 15.74 ns
Beatrix McGuirk-Wynne 16.78 ns

800m

Reke Szentes 2:50.18 A 9th
Malou Cole 3:03.92 B 8th

70mH

Eddie Waites 15.24 A 2nd
Eliza Burridge 15.08 B 1st
Malou Cole 15.98 ns

High Jump

Zariya Harrison-Sousa 1.20m A 3rd

Long Jump

Matilda Barrant 3.56m A 4th
Eliza Burridge 3.38m B 5th
Zariya Harrison-Sousa 3.69m ns

Shot Put

Matilda Barrant 6.66m A 1st

Javelin

No Competitor

Team:- 1st SBH 160 pts, 2nd London Heathside 97 pts

U13 Boys

100m

Gabriel Edwards 13.41 A 1st
Kenzo Tyrell 15.02 B 2nd
Lucien Delcroix-Pinsky 15.15 ns

800m

Charlie Nicolson 2:28.34 A 3rd
Rory Willis 2:32.13 B 3rd
Aidan Lappin 2:45.88 ns
Joshua Collins 2:54.83 ns

Emiliano Torres Gonzales 3:16.81 ns

75mH

Gabriel Edwards 12.47 A 1st New Championship Record
Emiliano Torres Gonzales 18.02 B 1st

Long Jump

Gabriel Edwards 4.62m A 2nd
Kenzo Tyrell 4.21m B 1st
Lucien Delcroix-Pinsky 3.44m ns

Shot Put

Emiliano Torres Gonzales 4.19m A 5th
Kenzo Tyrell 3.97m B 2nd

Javelin

No Competitor

Team: 1st SBH, 2nd London Heathside 117 pts

U15 Girls

100m

Suraya Frost 13.41 A 3rd
Mini Akesan 13.77 B 3rd
Ivy Paitoo 13.79 ns
Rene Travis 14.11s
Blessing Lawu 14.44 ns

300m

Kyra Smith 45.39 A 5th
Lana Laurance 47.63 B 4th
Maya Westgate 48.87 ns
Chilesche Gotch 52.22 ns

800m

Rosa Cormacain 2:28.81 A 5th
Maya Westgate 2:38.39 B 3rd
Lettice Gundry 2:39.73 ns
Kitty Kensall 2:41.26 ns
Margot Hunt 2:43.51 ns
Jessica Lappin 2:46.53 ns
Lia Blustin 2:47.63 ns

75mH

Suraya Frost 11.95 A 1st
Tara Sweetnam 12.18 B 1st

High Jump

Lana Laurence 1.30m A 4th=
Mini Akesan 1.15m B 4th

Long Jump

Milli Bridgman 4.54m A 2nd
Kyra Smith 4.16m B 2nd
Chilesche Gotch 3.29m ns

Shot Put

Ivy Paitoo 8.63m A 1st PB NCR
Malia Anderson 7.87m B 1st
Rene Travis 5.98m ns

Javelin

Ivy Paitoo 16.19m A 4th
Kyra Smith? 11.59m B 2nd
Kyra Smith 13.35m ns

Discus

Malia Anderson 18.82m A 5th

London Heathside Young Athletes Club Newsletter

May 2023



Pole Vault
No Competitor

Team:- 1st London Heathside 178 pts, 2nd SBH

U15 Boys

100m

Malakai David McKenzie Callum 12.10 A 2nd

Mikel Alexander 11.99 B 2nd

Tyree Stephens 12.94 ns

300m

Mikel Alexander 39.83 A 1st

Luca Rozzo 45.18 B 2nd

Dara Jibo 50.71 ns

800m

Phoenix Bonhote 2:31.79 A 5th

Ennio Kaloukian 2:30.32 B 5th

Dara Jibo 2:47.93 ns

Ylone Carels 2:48.05 ns

80mH

Malakai David McKenzie Callum 12.67 A 1st

Mikel Alexander 14.19 B 2nd

High Jump

Ennio Kaloukian 1.20m A 5th

Long Jump

Malakai David McKenzie Callum 5.32m A 2nd

Henry Munday 4.39m B 2nd

Shot Put

Patrick Coley 8.77m A 3rd

Roderick Pasculo Castro 6.40m B 2nd

Javelin

Roderick Pasculo Castro 17.28m A 4th

Luca Rozzo 12.71m B 3rd

Discus

Patrick Coley 24.70m A 2nd

Roderick Pasculo Castro 11.39m B 3rd

Pole Vault

No Competitor

Team:- 1st SBH 227 pts, 2nd London Heathside 187 pts

U17 Women

100m

Magdeline Paitoo 13.16 A 2nd

Imani Quamina 13.07 B 2nd

Ella Burrridge 13.26 ns

Nanayaa Osei-Mensah 14.19 ns

Shanan McFarlane-Raveneau 14.87 ns

Patrycja Jarosz 16.08 ns

300m

Magdeline Paitoo 42.41 A 2nd

Ella Burrridge 43.12 B 1st

800m

Kiara Corkin (U15G) 2:27.6 A 4th

Amy Kirk (U15G) 2:29.15 B 2nd

High Jump

Magdeline Paitoo 1.40m A 2nd

Imani Quamina 1.30m B 1st

Long Jump

Imani Quamina 4.73m A 1st

Ella Burrridge 4.64m B 1st

Shot Put

Elkie Baker (U15G) 8.63m A 2nd

Patrycja Jarosz 6.82m B 1st

Javelin

Elkie Baker (U15G) 18.29m A 4th

Discus

Elkie Baker (U15G) 32.36m A 1st PB NCR

Patrycja Jarosz 10.80m B 2nd

Pole Vault

No Competitor

Team:- 1st London Heathside 186 pts, 2nd SBH 177 pts

U17 Men

100m

Oscar Hall 11.74 A 4th

Miles Cameron 11.95 B 3rd

Montana Dennis 11.83 ns

Toby Toth-Stevens 13.09 ns

400m

Sam Brown 50.91 A 2nd PB NCR by 0.9s beating Leon Zeniou's 2011 record

Oscar Hall 54.00 B 2nd

Nathaniel Swinhoe 59.15 ns

Lucian Valman 59.97 ns

800m

Artie Feeny Willings 2:34.13 A 7th

Ben Ryan 2:42.33 B 4th

High Jump

Thomas Wassermann 1.70m A 3rd

Nathaniel Swinhoe 1.40m B 3rd

Miles Cameron 1.45m ns

Long Jump

Oscar Hall 5.77m A 2nd

Sam Brown 4.89m B 2nd

Shot Put

Thomas Wassermann 11.71m A 1st

Lucian Valman tbc B 3rd

Javelin

Nathaniel Swinhoe 18.04m A 3rd

Lucian Valman 14.60m B 2nd

Discus

Thomas Wassermann 25.57m A 2nd

Pole Vault

No Competitor

Team 1st SBH 202 pts, 2nd London Heathside 166 pts

Indoor Season Review

National Indoor Championships:- 3rd Place U17W 200m Magdeline Paitoo, Finalist U17W 400m Sam Brown, Finalist U15B 60mH Malakai, Semi Finalist U15G 60mH Suraya Frost

Southern Indoor Championships:- 2nd U13B 60m Gabriel Edwards, 3rd U17W 200m Magdeline Paitoo, Finalist U17M 60mH Thomas Wassermann, Finalist U15W LJ Milli Bridgman-Athanasatos

Middlesex Indoor Championships:- 1st U17M 400m Sam Brown, 1st U17M 60mH Trey Corlis, 1st U17M SP Thomas Wassermann, 1st U15B 800m Alex Pountney, 1st U15B 60mH Malakai, 1st U17W 300m Magdeline Paitoo, 1st U17W 60mH Imani Quamina, 1st U15G 60mH Suraya Frost, 2nd U17M 200m Trey Corlis, 2nd U17M 60mH Montana Dennis, 2nd U15B 200m Malakai, 2nd U13B SP Max Wassermann, 2nd U17W 200m Magdeline Paitoo, 2nd U17W 300m Ella Burrige, 3rd U17M 60mH Thomas Wassermann, 3rd U15B 60m Malakai, 3rd U15G 300m Kyra Smith, 3rd U15G TH Milli Bridgman-Athanasatos, 3rd U15G SP Elkie Baker

Southern Combined Indoor Championships:- 2nd Place U15B Pentathlon Malakai

A number of athletes ended the season with Top 50 rankings:-

Top 10 Ranking

2nd Gabriel Edwards (U13B) 60mH
5th Gabriel Edwards (U13B) 60m
6th Magdeline Paitoo (U17W) 300m
8th Malakai (U15B) 60mH
10th Trey Corlis (U17M) 60mH
10th Gabriel Edwards (U13B) 200m

Top 20 Ranking

15th Suraya Frost (U15G) 60mH
16th Milli Bridgman-Athanasatos (U15G) TJ

Top 30 Ranking

24th Montana Dennis (U17M) 60mH
24th Thomas Wassermann (U17M) 60mH
26th Malakai (U15B) 60m
29th Mikel Alexander (U15B) 60m

Top 40 Ranking

34th Etienne Munday (U20M) HJ
35th Ella Burrige (U17W) 300m
36th Magdeline Paitoo (U17W) 200m
37th Malakai (U15B) LJ

Top 50 Ranking

45th Imani Quamina (U17W) 60mH

Up-coming Club Young Athletes Fixtures: -

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

The 2nd UYDL match will be at the Wier Archer Stadium in SW London. If you are interested in competing speak to team manager Israel. These meetings offer age group specific events which the SAL or MYAL may not provide.

We are in a composite team with Highgate Harriers. We may be travelling by public transport or sharing a coach with Highgate,

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						
14.00	80m Hurdles	U17 Women	A followed by B		Long Jump	Men
14.10	3000m	Men	All		Hammer	Women
14.25	100m Hurdles	U20 Women	A followed by B	11.35	High Jump	Men
14.35	100m Hurdles	U17 Men	A followed by B	12.00	Long Jump	Women
14.45	3000m	Women	All	12.45	Discus	Men
15.00	110m Hurdles	U20 Men	A followed by B	12.55	Shot	Women
15.15	200m	U20 Men	A followed by B		Discus	Women
15.25	200m	U17 Men	A followed by B	14.15	Shot	Men
15.30	200m	U20 Women	A followed by B		Pole Vault	Men
15.40	200m	U17 Women	A followed by B	14.30	Triple Jump	Men
15.50	2000m S/Ch	U20M	A & B String		High Jump	Women
16.00	800m	U20 Men	A followed by B	15.00	Javelin	Men
16.10	800m	U17 Men	A followed by B	15.35	Triple Jump	Women
16.20	800m	U20 Women	A followed by B	16.15	Javelin	Women
16.30	800m	U17 Women	A followed by B	16.55	Javelin	Women

London and Middlesex Schools Championships, 10th June 2023

These are for Yrs 9 and above or exceptional Yr8s You need to be entered through your school or in the case of Middlesex by representing your borough at the county championships. Details of the London Championships which are held in Battersea Park can be found on www.londonaa.org.uk. If your school is not affiliated you may need to enter separately ask your coach and we can approach London AA on your behalf. If you qualify for Middlesex (Haringey residents) you can nominate yourself directly through the www.middlesexschoolsathletics.org. Trials for the Haringey team at the Championships are being held at New River on Thursday 11th May. The Middlesex Schools Championships will be held at the StoneX on 11th June.

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

These will be held at Lee Valley over the weekend of the 12th-13th August. Entries are not yet open but will be available through www.seaa.org.uk.

EA U15, U17 National Track and Field Championships, Alexander Stadium, Birmingham, 26-27th August

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

2023 Summer Fixture List

The Fixture List for the Summer is now confirmed: -

- 11.5.23 – Haringey Yr 9/10 School Athletics Championships, New River
- 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
- 20.5.23 – SAL 1# - Finsbury Park (U17/U20/Sen)
- 28.5.23 – YDL Upper 2# - Wier Archer Stadium, Kingsmeadow (U17/U20)**
- 4.6.23 – MYAL 2# - Bannister Stadium, Harrow**
- 8.6.23 – Club Championships Part 1
- 10.6.23 – Middlesex/London Schools Championships, Lee Valley/Battersea
- 13.6.23 – London Schools Yr7/8 Championships, Mile End
- 17.6.23 – ESAA Intercounty Schools Matches (Closed)
- 18.6.23 – SAL 2# - Dartford (U17/U20/Sen)
- 18.6.23 – LICC 2# - StoneX
- 24.6.23 – MYAL 3# - Finsbury Park (U11/U13/U15/U17)**
- 25.6.23 – YDL Upper 3# - Spectrum Stadium, Guildford (U17/U20)**
- 26.6.23 – Middlesex Yr 7/8 Championships, StoneX (Closed)
- 30.6.23 – English Schools T&F Championships – Alexander Stadium, Birmingham
- 1.7.23 - English Schools T&F Championships – Alexander Stadium, Birmingham
- 1.7.23 – London Youth Games Athletics, Stratford
- 9.7.23 – SAL 3# - Dartford (U17/U20/Sen)
- 9.7.23 – LICC 3# - StoneX
- 21.7.23 – London Borough Connect Relays – London Stadium
- 22.7.23 – MYAL 4# - StoneX (U11/U13/U15/U17)**
- 30.7.23 – YDL Upper – Walton (U17/U20)**
- 12.8.23 – Southern T& F Championships (U13/U15/U17) – Lee Valley
- 12.8.23 – LICC 4# - StoneX
- 13.8.23 – Southern T& F Championships (U13/U15/U17) – Lee Valley
- 19.8.23 – SAL 4# - Thurrock (U17/U20/Sen)
- 26.8.23 – EA T&F Championships (U15/U17) – Alexander Stadium, Birmingham
- 27.8.23 – EA T&F Championships (U15/U17) – Alexander Stadium, Birmingham

If you do not wish to receive this newsletter, please let us know and we will remove you from the circulation list.

27.8.23 – LICC 4# - StoneX

10.9.23 – SEAA Inter-counties Championships - Oxford

Middlesex Young Athletics League

This is the main focus of the club's track and field season with 4 meetings held between May and July. We are current League Champions with stiff competition provided by Harrow, Thames Valley Harriers, Shaftesbury Barnet, Highgate and this year Woodford Green and Essex Ladies.



There are a selection of events for U11, U13, U15 and U17 athletes which vary between the matches which are held at Perivale, Finsbury Park, Parliament Hill and StoneX. Talk to team captains Ruth, Mary, Rachel and Russell about taking part.

Upper Youth Development League

This season we are in a combined team with Highgate Harriers to compete in the UYDL which is a competition for U17 and U20 athletes. Our entry is specifically aimed at young athletes in more specialist events e.g. Hurdles, Hammer whose events are not provided at the MYAL or Southern Athletics League. However, anyone can be nominated to enter as long as you have an EA registration.



Unlike many open meetings the matches are held on weekends and free for Heathside athletes. The other teams in our league group are north or west of London and will offer strong competition. If you want to take part let Coach Israel know.

Southern Athletics League

The Club's Seniors compete in the Southern Athletics League with U17 and U20 athletes able to compete alongside Seniors. However, all events use senior implements and standards so these may not be suitable for all specialist events.



London Inter-Club Challenge

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

Open Meetings

There are regular open meetings held at Lee Valley, Watford and other tracks in reasonable distance from Finsbury Park. Entries can generally be found on the www.opentrack.run, www.entry4sports.co.uk or www.roster.com websites.

Qualifications Standards

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

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

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

Security at Finsbury Park

Sadly we have had reports at thefts from bags at Finsbury Park. We remind everyone that it is best not to bring valuables to the track if possible. If you need something to be kept securely please let your coach know and they can arrange for it to be locked away.

Volunteers

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

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

Jack Petchey Award

The winner for April has yet to be agreed.



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