

Contents

Congratulations
England Athletics Age Group Consultation
Meeting Report: - Met League 1#
Meeting Report: - SEAA XC Relays
Meeting Report: - Minithon
Meeting Report: - NWLL XC Fryent Park

Meeting Report: - Met League 2#
Up-Coming Club Young Athletes Fixtures
2023/24 Winter Fixtures
2023/24 Indoor Fixtures
XC Points Competition
Jack Petchey Award

Congratulations

Congratulations to Sam Turner who was first at the NWLL fixture at Fryent Park. Sam was also October's Jack Petchey award winner. Well done to Kai Duberry and Lizzy Hayford who were 1st in the age groups at the Lee Valley Minithon.

Good Luck to Millie and Issy Watkins who will be competing for their school in the Senior Girls Final of the ESAA Cross Country Cup at Woodbridge School on 2nd December. Good Luck too to the Young Heathsideers selected to represent Middlesex at the Southern Inter-counties XC at Oxford.

England Athletics Age Group Consultation

England Athletics have decided to consult further on their proposal to change age groups from their current U11/U13/U15/U17 groups to U12/U14/U16/U18. Any Change is now unlikely to be adopted until 2026.

Meeting Report: - Met League 1# - Claybury. 14.10.23

The Junior Women opened their Met League season with a convincing win at Claybury, with both the U11 Girls and U13 Boys 3rd and Junior Men 4th. Notable individual performances amongst a bumper Heathside representation were Edith Deakin (U11G) 4th, Rory Willis (U13B) and Amy Kirk (JW) 5th, George Saint (JM) 8th, Margot Hunt (JW) 9th and Kiara Corkin (JW) 10th.



Results

U11 Boys (2000m 42 Runners) - 1 J Maiden (Herts P) (U11B) 05:16, 15 Kit Young (U11B) 06:16, 21 Dylan Lewis (U11B) 06:33, 35 William Edwards (U11B) 07:06, 40 Dominic Jenkins (U11B) 07:25. Team:- 1st SBH 147 pts, 7th London Heathside 59 pts

U11 Girls (2000m 40 runners) - 1 K Hailey (VPH&TH) (U11G) 06:02, 4 Edith Deakin (U11G) 06:11, 13 Imogen Wraight (U11G) 06:26, 15 Livia Belkin (U11G) 06:27, 22 Mathilda Hinson (U11G) 06:39, 32 Margot Dalton (U11G) 07:07. Team: - 1st SBH 127 pts, 3rd London Heathside 108 pts, 12th London Heathside B 9 pts

U13 Boys (3000m 62 runners) - 1 A Wolpert (VPH&TH) (U13B) 10:54, 5 Rory Willis (U13B) 11:12, 16 Alex Kirk (U13B) 12:15, 27 Dominic Perkins (U13B) 12:48, 30 Sebastian McNeely (U13B) 13:06, 32 Alexander Rankin (U13B) 13:12, 36 Lucien Pinsky (U13B) 13:17, 48 Nathan Grela Bekele (U13B) 13:43, 55 Pip Young (U13B) 14:19, 56 Joshua Collins (U13B) 14:30, 57 Jude Loud Brewster (U13B) 14:31. Team:- 1st WSE&H 221 pts, 3rd London Heathside 174 pts, 11th London Heathside B 81 pts, 19th London Heathside C 13 pts

U13 Girls (3000m 58 Runners) - 1 E Ponkratjeva (St Marys) (U13G) 0:11:47, 41 Chiara Pegoraro (U13G) 0:14:44, 54 Olivia Caggiano (U13G) 0:17:48, Team:- 1st St Mary's Richmond 194 pts, 16th London Heathside 23 pts

Junior Men (4,000m 114 runners) - 1 L Dunham (Herts P) (U17M) 13:53, 8 George Saint (U17M) 14:45, 15 Dylan Mills (U15B) 15:07 (5th U15B), 25 Sam Turner (U15B) 15:17 (11th U15B), 26 Frank Bailey (U15B) 15:21 (12th U15B), 31 Ennio Kaloukian (U15B) 15:38 (14th U15B), 67 Will Groshong (U15B) 16:42 (34th U15B), 71 Leon Bestmann Calvo (U15B) 16:45 (37th U15B), 82 Tam Mergia (U15B) 17:02 (47th U15B), 89 Ben Ryan (U17M) 17:26, 94 Artie Feeny-Willings (U17M) 17:35. Team:- 1st SBH 420 pts, 4th London Heathside 382 pts, 17th London Heathside B 205 pts, 26th London Heathside C 45 pts

Junior Women (4000m 50 runners) - 1 J March (Barnet) (U15G) 15:38, 5 Amy Kirk (U15G) 16:18. (3rd U15G), 9 Margot Hunt (U15G) 16:56 (5th U15G), 10 Kiara Corkin (U15G) 16:59 (6th U15G), 13 Caitlin Roberts (U15G) 17:38 (8th U15G), 15 Rosa Cormacain (U15G) 17:54 (9th U15G), 24 Lettice Gundry (U15G) 18:29 (14th U15G), 28 Lila Blustin (U15G) 18:37 (18th U15G), 29 Maya Westgate (U15G) 18:47 (19th U15G), 31 Ivy Gray (U15G) 18:59 (21st U15G), 39 Jasmina Roberts (U15G) 19:48 (28th U15G). Team: - 1st London Heathside 167 pts, 5th London Heathside B 108 pts, 12th London Heathside C 32 pts

Meeting Report: - Lee Valley Minithon, Lee Valley, 21.10.23

The youngest Heathsiders got a taste of “dry” indoor action at the weekend with the first Lee Valley Minithon. Kai Duberry and Lizzy Hayford both winning the U9 age groups with Dylan Frat and Annaliese Asamoah both in the top two, as were Maddox Agwu, Willow Lazar and Rhoswen Keeping in the older age groups”.

Year 3 Boys

1st Kai Duberry (60m 9.99s, 200m 34.09s, 600m 2:10) 139 pts
3rd Dylan Fray (60m 10.27s, 200m 36.31s, TJ 11.25m) 136 pts
12th Dominik Milhaly Jeles (200m 40.12s, 600m 2:37, TJ 9.25m) 109 pts
15th Alexander Filipov (200m 37.63s, 600m 2:41, LJ 2.04m) 97 pts

Year 3 Girls

1st Lizzy Hayford (60m 9.67s, 200m 34.43s, LJ 2.54m) 140 pts
6th Annaliese Asamoah (60m 10.93s, 200m 41.35s, LJ 1.81m) 108 pts

Year 4/5 Boys

6th= Maddox Agwu (60m 8.81s, 200m 29.61s, LJ 2.89m) 150 pts

17th= Jaydon Smith (60m 9.89s, 200m 33.82s, LJ 3.19m) 139 pts

Year 4/5 Girls

8th Willow Lazar (60m 10.07s, LJ 2.86m, TJ 10.25m) 138 pts
11th Chann-Lei Lee (60m 9.43s, 200m 34.32s, SP 4.37m) 134 pts
16th=Kyla Thompson (60m 9.99s, 200m 34.38s, LJ 2.12m) 128 pts
33rd Mia Stevens (60m 11.86s, SP 4.14m) 73 pts

Year 6/7 Girls

9th Rhoswen Keeping (60m 8.92s, LJ 3.29m, SP 6.12m) 161 pts
11th Matilda Barrant (60m 9.51s, 200m 32.40s, LJ 3.66m) 159 pts
20th= Eliza Burridge (60m 9.60s, 60mH 12.97s, 200m 33.13s) 149 pts

Meeting Report: - SEAA Southern XC Relays, Wormwood Scrubs

Wormwood Scrubs has its own microclimate but Saturday saw it battered like everywhere else with heavy rainfall which impacted the later races. The Club had representation of 5 Junior Races with the U20 Men 7th and U17 Women 8th. The U15 Boys recorded a creditable 11th place while a young U15 Girls team were 15th.”

U15 Girls (3x2km 27 Teams) - 1st Brentwood Beagles 21:14, 15th London Heathside (Caitlin Roberts 7:52, Maya Westgate 8:29, Jasmine Roberts 8:57) 24:18

U15 Boys (3x2km 39 Teams) - 1st Havering 19:11, 11th London Heathside (Sam Turner 6:45, Ennio Kaloukian 7:11, Dylan Mills 6:44) 20:40

U17 Women (3x3km 21 Teams) - 1st Chiltern Harriers 33:40, 8th London Heathside (Milly Watkins 11:56, Ishaana Cannell 12:57, Issy Watkins 11:52) 36:46

U17 Men (3x3km 22 Teams) - 1st Chelmsford 28:40, 21st London Heathside (David Baah Okyere 10:22, Artie Feeny Willings 12:32, -) -

Meeting Report: - NWLL 2#, Fryent Park, Kingsbury, 4.11.23

The 2nd NWLL meeting of the year saw a great turnout especially from our U11s. 1 individual win 2nd places and a 3rd place saw 1 team win 3 2nd places and 2 3rd place to cap a superb performance.

Luckily the lunchtime start meant the heavy rain in the morning had stopped. The U11 Girls secured 2nd place with Edith Deakin and Imogen Wraight both in the top 10. The U11 Boys were also 2nd with A Panchal our first runner home. The U13's only saw one girl E Oxley however the U13 Boys secured 3rd place with Rory Willis 3rd and Charlie Nicolson and Alex Kirk both in the top 10. The U15 Girls packed well and won the race with Margot Hunt 3rd, Rosa Cormacain 4th and Lila Blustin 5th. Sam Turner comfortably won the U15 Boys race 27s ahead of Ennio Kaloukian with the team finish 2nd. The U17 Men were 3rd with Fred Beale (U20) guesting next home was led by David Baah Okyere with Artie Feeny Willings and Ben Ryan completing the team. Milly Watkins was our only U17 Woman finishing 2nd.

Results

Girls Under 11 (2000m 38 runners) - 1st S. Davies (TVH) 6.55, 6th Edith Deakin 7.17, 10th Imogen Wraight 7.17, 14th Livia. Belkin 7.28, 18th Mathilda Hinson 7.43, 22nd Margot. Dalton 7.59, 30th J. Andre 8.35. Team: - 1st SBH 29 pts, 2nd London Heathside 48 pts

Boys Under 11 (2000m 51 runners) - 1st D. Pascal (SBH) 6.19, 9th A. Panchal 6.51, 14th Kit Young 7.01, 21st K. Duberry 7.12, 24th D. Lewis 7.19, 43rd W. Edwards 7.57 Teams: - 1st SBH 16 pts, 2nd London Heathside 68 pts

Girls Under 13 (3000m 25 runners) - 1st A. Porter (SBH) 12.39, 2nd E. Oxley 16.14, Team: 1st Harrow 30 pts, 8th London Heathside 100 pts

Boys Under 13 (3000m, 43 runners) - 1st J. Hayward (ESM) 11.31, 3rd Rory Willis 11.48, 7th Charlie Nicolson 12.19, 9th Alex Kirk 12.34, 31st N. Grela Bekele 14.1, 40th Pip Young 15.52. Teams: - 1st ESM 27 pts, 3rd London Heathside 50 pts

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

Girls Under 15 (4000m 13 runners) - 1st A. Johnson (ESM) 15.15, 3rd Margot Hunt 15.41, 4th Rosa Cormacain 16.11, 5th Lila Blustin 16.43. Teams: - 1st London Heathside 26pts, 2nd Highgate 31pts

Boys Under 15 (4000m, 34 runners) – 1st Sam Turner 13.53, 2nd Ennio Kalovkian 14.22, 17th W. Goshong 15.12, 20th T. Mergia 15.18, 24th L. Bestmann 15.01. Teams: - 1st ESM 39 pts, 2nd London Heathside 40 pts

Under 17 Women (5000m 11 runners) - 1st M. Rosen (Bar) 19.02, 2nd Milly Watkins 19.26. Teams: - 1st Highgate 29 pts, 4th London Heathside 38pts

Men Under 17 (5000m, 22 runners) - 1st L. Bailey (Hig) 16.18, 6th Fred Beale (U20) 7.47, 12th David Baah Okyere 18.21, 17th Artie Feeny Willings 19.47, 22nd Ben Ryan 21.53, Teams:- 1st Highgate 26 pts, 3rd London Heathside 56 pts

Meeting Report: - Met League, Wormwood Scrubs, 11.11.23

34 Young Heathsiders turned out at the Met League race on Saturday many preparing for the London Youth Games race on 18th.

The Junior Women again produced our best result finishing 2nd despite all being U15. First home was Amy Kirk in 9th with Kiara Corkin 11th with a host of other Heathsiders close behind Rosa, Margot, Caitlin and Lila all in the top 20.

Both U11 teams finished 5th with Edith Deakin 7th and Alexander Panchal 10th. Charlie Nicolson was the first U13 Boy home with the team finishing 3rd with Alex Kirk 15th. The Junior Men who were also predominantly U15s were 9th with Sam Turner in 20th our first home. Well done to Team Manager Ruth and all the athletes who ran.



Results

U11 Boys (2km, 51 Runners) - 1st D Pascal (SBH) 7.31, 10th Alexander Panchal 8.26, 21st Kit Young 8.45, 28th Dylan Lewis 9.12, 41st William Edwards 9.49, 43rd Dominic Jenkins 10.10. Team: - 1st SBH 177 pts, 5th London Heathside A 107 pts, 18th London Heathside B 10 pts

U11 Girls (2km 32 runners) - 1st L Graham (St Mary's) 7.19, 7th Edith Deakin 7.50, 17th Livia Belkin 8.13, 25th Margot Hunt 9.09. Team: - 1st SBH 75 pts, 5th London Heathside 45 pts

U13 Boys (3km, 59 runners) - 1st J Hayward (ESM) 9.53, 9th Charlie Nicolson 10.26, 15th Alex Kirk 10.56, 25th Aidan Lappin 11.24, 27th Dominic Perkins 11.30, 46th Alex Rankin 12.33, 50th Pip Young 12.39, 56th Sebastian Wasserberg 14.32. Team: - 1st ESM 205 pts, 3rd London Heathside 164 pts, 16th London Heathside B 28 pts

U13 Girls - 1st E Ponkratjeva (St Mary's) 10.55 No London Heathside Competitors

Junior Men (5km 100 runners) - 1st D Jeffs (St Mary's) 14.06, 20th Sam Turner 15.20 (8th U15B), 30th Frank Bailey 15.40 (14th U15B), 32nd Ennio Kaloukian 15.42 (16th U15B), 71st Tam Mercia 16.57 (38th U15B), 76th Will Goshong 17.09 (42nd U15B), 80th Artie Feeny-Willings 17.25, 88th Leon Bestmann Calvo 18.02 (51st U15B), 93rd Ben Ryan 18.36. Team: - 1st SBH 356 pts, 9th London Heathside 247 pts, 22nd London Heathside B 63 pts

Junior Women (5km 54 runners) - 1st K Shaw (Herts P) 15.31, 9th Amy Kirk 16.44 (5th U15G), 11th Kiara Corkin 17.03 (6th U15G), 13th Rosa Cormacain 17.16 (7th U15G), 14th Margot Hunt 17.22 (8th U15G), 16th Caitlin Roberts 17.50 (9th U15G), 17th Lila Blustin 17.52 (10th U15G), 26th Lettice Gundry 18.19 (14th U15G), 28th Ivy Gray 18.22 (16th U15G), 35th Maya Westgate 19.24 (20th U15G), 41st Jasmine Roberts 20.25 (25th U15G)
Team: - 1st WSEH 202 pts, 2nd London Heathside A 177 pts, 3rd London Heathside B 137 pts, 14th London Heathside C 36 pts

Up-coming Club Young Athletes Fixtures: -

NWLL, Trent Park, 25.11.23

Race Location: - Trent Park, Cockfosters Road, Enfield, EN4,OPS

Timetable: -

12:45 Under 11s ~2,000m

13:00 Under 13s ~3,000m

13:20 Under 15s ~4,000m

13:45 Under 17s ~5,000m

Course: - Laps of the Start/Finish field with older age groups dropping down the hill from the gap to run one lap of the Oakwood side & returning to the Start/Finish field.

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

Surface: - Cross country. Expect rough ground, hills and mud. The course will take spikes.

Public transport: - Cockfosters Tube on the Piccadilly Line is 5 minutes' walk from the start. There is limited car parking in the Park.

Post race refreshments and presentation: Cock Inn, Games Road, Cockfosters

Met League, Uxbridge, 2.12.23.

Venue Hillingdon House Farm, Uxbridge, Middlesex UB8 1ES (What3Words: spicy.slip.finds)

Race Headquarters: - Hillingdon Stadium, Gattling Way, Uxbridge, Middlesex UB8 1ES

Changing Facilities: - Male and Female Changing Rooms and Toilets within athletics stadium from 11am to 3pm. Please don't try to use the facilities within the main sports centre.

Toilets: - Yes, in the stadium

Showers: - No

Refreshments: - Near the Finish

Course Description: - A PROPER XC COURSE. Parkland setting, undulating course, with one steep climb per lap, on grass and woodland paths. Very muddy areas likely. Option of a small river crossing for adults only if conditions on the day allow. There will be a longer route around the river for those who are unable/unwilling to cross the river.

Timetable: -

Race 1 12.00 pm Under 11 Boys and Girls approx. 2km

Race 2 12.10 pm Under 13 Boys approx. 3.0km

Race 3 12.20 pm Under 13 Girls approx. 3.0km

Race 4 12.35 pm Under 17 Men / Under 15 Boys approx. 4km

Race 5 12.45 pm Under 17 Women / Under 15 Girls approx. 4km

Parking: - There are ONLY 50 pay and display parking spaces allocated for this fixture outside the stadium. Parking in the main sports centre car park is not permitted. Disruption caused by sports centre members trying to find a parking space in the main car park may result in this venue not being available in the future. If you must drive, please see the parking map provided for free street parking locations. There are also 2 large car parks in Uxbridge town centre, just 15 mins walk away.



Public Transport: -

Recommended Hillingdon station on the Met and Piccadilly Lines 10-15 mins walk from the course. U1 and U2 buses stop within 3 mins walk of the Sports Centre.

Southern Cross-Country Championships, Beckenham Park, 27.1.24

Entries for this Championship race will close on Friday 21st December. If you wish to run, please let Theam Manager Ruth Miller know.

Middlesex Cros Country Championships, Horsenden Hills, 6.1.24

Entries for this Championship race will close on Friday 30th December. If you wish to run, please let Theam Manager Ruth Miller know.

Winter 2023/24 Fixture List

The Fixture List for the Winter is as follows: -

- 25/11/23 – NWLL, Trent Park
- 2/12/23 – Met League, Uxbridge
- 9/12/23 – SEAA Masters & Inter-Counties, Oxford
- 6/1/24 – Middlesex County XC, Horsenden Hill, Greenford
- 13/1/24 – Met League, Welwyn Garden City
- 20/1/24 – British Athletics Cross Challenge, Parliament Hill
- 25/1/24 – Middlesex Schools XC Championships, Harrow School
- 27/1/24 – SEAA Championships, Beckenham
- 31/1/24 – London Schools XC Championships, tbc
- 3/2/24 – NWLL, Hampstead Heath Extension
- 10/2/24 – Met League, Trent Park
- 24/2/24 – ECCA National XC Championships, Shropshire
- 2 or 3/3/24 – NWLL, Coptall
- 9/3/24 – CAU Inter-Counties, Loughborough
- 16/3/24 – ESSA XC Championships, Pontefract

Indoor Season Fixture List

- 25.11.23 – Southern Combined Championships (U15/U17/U20/SEN) - Lee Valley
- 3.12.23 – Lee Valley Open Meeting (All) – Lee Valley
- 8.12.23 – BFTA Minithon – Lee Valley
- 9.12.23 – Lee Valley Minithon (U9/U11/U13) – Lee Valley
- 1.1.24 – New Years Day Open Meeting – (All) Lee Valley
- 7.1.24 – BFTA Open Meeting (All) – Lee Valley
- 27/28.1.24 – London Games (U13/U15/U17) – Lee Valley
- 7.2.24 – England Athletics Championships (U15/U17/U20) – Sheffield
- 14.2.24 – Middle Distance Open (All) – Lee Valley
- 17/18.3.24 – Tri-Counties Championships (U15/U17/U20/SEN) – Lee Valley

XC Points Competiton 2023/24

The club's XC Points race is almost a 3rd way through with 4 of the 13 races now complete. Points are awarded with 8 for the first Heathside finisher with the next 7 pts etc. The best 7 results (6 for U11s) score.

Under 11 Girls																
6 best results count of 11																
	Athlete	NWLL Fixture 1 30/09/23 Horsenden Hills	Met League Fixture 1 14/10/23 Claydon Park	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 Champ 06/01/24 Horsenden Hills	Met League Fixture 4 13/01/24 Welwyn Garden City	Southern Champs Beckenham Park	NWLL Fixture 4 03/02/24 Hampstead Heath Ext	Met League Fixture 5 17/02/24 Trent Park	National Champs Weston Park	NWLL Fixture 5 03/03/24 Coptall	Score (Max 48)	Position
	LH Team Position No of Racers Distance	3rd 22 2000m	3rd 40 2000m	2nd 38 2000m	5th 32 1800m	1400m	2000m	1500m	1750m	-	1750m	1700m	-	1700m		
1	Edith Deakin	8	8	8	8	-	-	-	-	-	-	-	-	-	32	1
2	Imogen Wraight	7	7	7	-	-	-	-	-	-	-	-	-	-	21	2
3	Livia Belkin	-	6	6	7	-	-	-	-	-	-	-	-	-	19	3
5	Margot Dalton	-	4	4	6	-	-	-	-	-	-	-	-	-	14	4
4	Mathilda Hinson	-	5	5	-	-	-	-	-	-	-	-	-	-	10	5
6	J Andre	-	-	3	-	-	-	-	-	-	-	-	-	-	3	6
10		-	-	-	-	-	-	-	-	-	-	-	-	-	-	9

London Heathside Young Athletes Club Newsletter

November 2023



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 Fixture 2 11/11/23 Wormwood Scrubs	NWLL Fixture 3 25/11/23 Trent Park	Met League Fixture 3 02/12/23 Uxbridge	Middlesex Champ 06/01/24 Parliament Hill	Met League Fixture 4 13/01/24 Welwyn Garden City	NWLL Fixture 4 03/02/24 Hampstead Heath Ext	Met League Fixture 5 17/02/24 Trent Park	NWLL Fixture 5 03/03/24 Harrow School	Score (Max 48)	Position
LH Team Position No of Racers Distance	8th 42 2000m	7th 42 2000m	2nd 51 2000m	8th 51 1800m	2000m	2000m	1500m	1700m	1700m	1700m	1700m		
1 Kit Young	8	8	7	7	-	-	-	-	-	-	-	30	1
2 Dylan Lewis	7	7	5	6	-	-	-	-	-	-	-	25	2
3 William Edwards	5	6	4	5	-	-	-	-	-	-	-	20	3
4 Alexander Panchal	-	-	8	8	-	-	-	-	-	-	-	16	4
5 Dominic Jenkins	6	5	-	4	-	-	-	-	-	-	-	15	5
6 Kai Duberry	-	-	6	-	-	-	-	-	-	-	-	6	6
21	-	-	-	-	-	-	-	-	-	-	-	-	-

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 Fixture 2 11/11/23 Wormwood Scrubs	NWLL Fixture 3 25/11/23 Trent Park	Met League Fixture 3 02/12/23 Uxbridge	Middlesex Champ 06/01/24 Parliament Hill	Met League Fixture 4 13/01/24 Welwyn Garden City	Southern Champ 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 Coptall	Score (Max 56)	Position
LH Team Position No of Runners Distance	9th 33 3000m	16th 58 3000m	8th 25 3000m	NT 52 3200m	3000m	3000m	3000m	3000m	3000m	3000m	3000m	3000m	3000m		
1 Chiara Pegaro	8	8	0	0	0	0	0	0	0	0	0	0	0	16	1
2 E Oxley	0	0	8	0	0	0	0	0	0	0	0	0	0	8	2
3 Mia Beeby	7	0	0	0	0	0	0	0	0	0	0	0	0	7	3
4 Olivia Caggiano	0	7	0	0	0	0	0	0	0	0	0	0	0	7	3
7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6

Under 13 Boys

5 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 Fixture 2 11/11/23 Wormwood Scrubs	NWLL Fixture 3 25/11/23 Trent Park	Met League Fixture 3 02/12/23 Uxbridge	Middlesex Champ 06/01/24 Parliament Hill	Met League Fixture 4 13/01/24 Welwyn Garden City	Southern Champ 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 Coptall	Score (Max 56)	Position
LH Team Position No of Runners Distance	2nd 33 3000m	3rd 62 3000m	3rd 43 3000m	3rd 59 3200m	3000m	3000m	3000m	3000m	3000m	3000m	3000m	3000m	3000m		
1 Alex Kirk	7	7	6	7	0	0	0	0	0	0	0	0	0	27	1
2 Rory Willis	8	8	8	0	0	0	0	0	0	0	0	0	0	24	2
3 Charlie Nicolson	0	0	7	8	0	0	0	0	0	0	0	0	0	15	3
4 Alex Rankin	6	4	0	4	0	0	0	0	0	0	0	0	0	14	4
5 Nathan Grela Bekele	4	2	5	0	0	0	0	0	0	0	0	0	0	11	6
6 Pip Young	3	1	4	3	0	0	0	0	0	0	0	0	0	11	6
7 Dominic Perkins	0	6	0	5	0	0	0	0	0	0	0	0	0	11	6
8 Lucien Pinsky	5	3	0	0	0	0	0	0	0	0	0	0	0	8	8
9 Aidan Lappin	0	0	0	6	0	0	0	0	0	0	0	0	0	6	9
10 Sebastian McNeely	0	5	0	0	0	0	0	0	0	0	0	0	0	5	10
11 Sebastian Wasserberg	0	0	0	2	0	0	0	0	0	0	0	0	0	2	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 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 Champ 06/01/24 Parliament Hill	Met League Fixture 4 13/01/24 Welwyn Garden City	Southern Champ 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 Coptall	Score (Max 56)	Position
LH Team Position No of Runners Distance	1st 21 4000m	1st 50 4000m	1st 13 4000m	2nd 56 3800m	4000m	5000m	4000m	3800m	4000m	4000m	4000m	4000m	4000m		
1 Margot Hunt	7	7	8	5	-	-	-	-	-	-	-	-	-	27	1
2 Rosa Cormacain	8	4	7	6	-	-	-	-	-	-	-	-	-	25	2
3 Lila Blustin	5	3	6	3	-	-	-	-	-	-	-	-	-	17	3
4 Amy Kirk	-	8	-	8	-	-	-	-	-	-	-	-	-	16	4
5 Caitlin Roberts	6	5	-	4	-	-	-	-	-	-	-	-	-	15	5
6 Kiara Corkin	-	6	-	7	-	-	-	-	-	-	-	-	-	13	6
7 Jasmina Roberts	4	1	-	1	-	-	-	-	-	-	-	-	-	6	7
8 Lettice Gundry	-	4	-	2	-	-	-	-	-	-	-	-	-	6	7
9 Maya Westgate	-	2	-	1	-	-	-	-	-	-	-	-	-	3	9
10 Ivy Gray	-	1	-	1	-	-	-	-	-	-	-	-	-	2	10
11	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11

Under 15 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 Champ 06/01/24 Parliament Hill	Met League Fixture 4 13/01/24 Welwyn Garden City	Southern Champ 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 Coptall	Score (Max 56)	Position
LH Team Position No of Runners Distance	1st 28 4000m	4th 114 4000m	4th - 4000m	9th 108 3800m	4999m	5000m	4000m	3800m	4000m	4000m	4000m	4000m	4000m		
1 Sam Turner	8	7	8	8	-	-	-	-	-	-	-	-	-	31	1
2 Ennio Kaloukian	-	5	7	6	-	-	-	-	-	-	-	-	-	18	2
3 Will Groshong	-	4	6	4	-	-	-	-	-	-	-	-	-	14	3
4 Frank Bailey	-	6	-	7	-	-	-	-	-	-	-	-	-	13	4
5 Tam Mergia	6	-	-	5	-	-	-	-	-	-	-	-	-	11	5
6 L Bestmann	5	-	4	-	-	-	-	-	-	-	-	-	-	9	6
7 Dylan Mills	-	8	-	-	-	-	-	-	-	-	-	-	-	8	7
8 Phoenix Bonhole	7	-	-	-	-	-	-	-	-	-	-	-	-	7	8
9 Tam Mergia	-	2	5	-	-	-	-	-	-	-	-	-	-	7	8
10 Leon Bestmann Calvo	-	3	-	3	-	-	-	-	-	-	-	-	-	6	10
11 Koppany Szentes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11
12	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11

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

London Heathside Young Athletes Club Newsletter

November 2023



Under 17 Girls

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	Champ 0 06/01/24 Parliament Hill	Met League Fixture 4 13/01/24 Welwyn Garden City	Champ 0 27/01/24 Beckenham	NWLL Fixture 4 03/02/24 Hampstead Heath Extension	Met League Fixture 5 17/02/24 Trent Park	Champ 0 24/03/24 Weston Pk	NWLL Fixture 5 03/03/24 Coptall	Score (Max 56)	Position
	LH Team Position No of Runners Distance	3rd 17 5000m	1st 50 5000m	4th 11 5000m	2nd 56 4400m	5000m	5000m	5500m	3800m	5000m	5000m	4000m	5000m	5000m		
1	Ishanna Channell	8	-	-	-	-	-	-	-	-	-	-	-	-	8	1
2	Milly Watkins	-	-	8	-	-	-	-	-	-	-	-	-	-	8	1
10		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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 Champ 06/01/24 Parliament Hill	Met League Fixture 4 13/01/24 Welwyn Garden City	Southern Champ 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 Coptall	Score (Max 56)	Position
	LH Team Position No of Runners Distance	7th 22 5000m	6th 26 5000m	3rd 22 5000m	9th 108 3800m	5000m	5000m	5500m	3800m	6000m	5000m	5000m	5000m	5000m		
1	Artie Feeny Willings	8	6	7	8	-	-	-	-	-	-	-	-	-	29	1
2	Ben Ryan	7	7	6	7	-	-	-	-	-	-	-	-	-	27	2
3	George Saint	-	8	-	-	-	-	-	-	-	-	-	-	-	8	3
4	David Baah Okyere	-	-	8	-	-	-	-	-	-	-	-	-	-	8	3
11		-	-	-	-	-	-	-	-	-	-	-	-	-	-	8

British Athletics Cross Challenge, Parliament Hill, 20.1.24

This is not a club race but for those interested entries are open for the British Athletics Cross Challenge at Parliament Hill (U13's and above). January is a very busy month for Cross Country so with School Cross Country, Met League and Southern and County Championships which are the club's priority so discuss with your coach before entering.

[Entry Details](#)

Jack Petchey Award



Winner for October was **Sam Turner** – Sam was part of the gold medal winning U15B team at the Middlesex Road Relays and also won the U15 Boys race at the NWLL at Horsenden Hills.

Nominations for November: -

Margot Hunt – Margot has started the XC season in fine form and was our 2nd U15 Girl runner in 2 races and first home in the Fryent Park Race she has also been picked to represent Middlesex at the Inter-Counties Race.

Nathaniel Swinhoe – After a strong summer season on the track Nathaniel has helped support coach Mary deliver her sessions to various coaching groups

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