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## Congratulations

Congratulations to Izzy Watkins, Hattie Munday and Ruby Walls who won the U17W Southern and Middlesex Road Relay Titles. Mia Rosen, Amy Kirk and Lettice Gundry won the U15G Middlesex Title. Amy and Izzy both recorded the fastest lap in their races.

Well done to Martha Jolly, Ella Burrridge, Montana Dennis and Magdeline Paitoo who all represented Middlesex at the Southern Inter-Counties Championships. In addition well done to all the Heathsiders who represented their London Borough at the TCS Mini-Marathon.



Nididi Fraser-Uzoka set a new U17W Shot put record of 9.91m and Malia Anderson-Watson a new U13G Discus record of 22.78m

## Track and Field Season Review

The Club's Young Athletes certainly built on the success of 2021. 44 Young Athlete Club records have been broken this year. The Club had a record contingent representing Middlesex and London Schools at the English School Championships, National Champions in the U15B 300m and a Southern Champion as well as 8 County Champions.

### Gold Medalists

Sam Brown - ESAA English Schools U15B 300m Champion  
Milton Cooper – EA National U15B Indoor 300m Champion  
Issy Watkins – SEAA Southern U17W 800m Champion  
Trey Corlis -- Middlesex U17M 400mH Champion  
Thomas Wassermann – Middlesex U17M Hammer Champion  
Milton Cooper – Middlesex U15B 200m and 300m Champion

Sam Turner – Middlesex U15B High Jump Champion  
Magdeline Paitoo – Middlesex U15G 300m Champion  
Martha Jolly -Middlesex U15G Long Jump Champion  
Gabriel Edwards – Middlesex U13B 200m and 75mH Champion  
Ivy Paitoo – Middlesex U13G Shot Put Champion

### AAA Grade 1 Performances (Top 7.5% performance)

100m (U15B) Milton Cooper 11.53s  
100m (U13B) Gabriel Edwards 12.71s  
200m (U15B) Milton Cooper 23.16s  
200m (U13B) Gabriel Edwards 26.36s  
200m (U13G) Nyemah Anderson 27.35s  
300m (U15B) Sam Brown 36.33s  
300m (U15B) Milton Cooper 36.91s  
300m (U15G) Magdeline Paitoo 41.46s

300m (U15G) Ella Burrridge 41.49s  
800m (U17W) Izzy Watkins 2:15.2  
80mH (U13B) Gabriel Edwards 11.89s  
100mH (U17M) Trey Corlis 13.33s  
Long Jump (U15G) Martha Jolly 5.15m  
Shot Putt (U13G) (2.72kg) Ivy Paitoo 8.64m  
Discus (U15G) (1Kg) Elkie Baker 29.74m  
Discus (U13G) (750g) Malia Anderson 22.78m

### UK Top 50 Rankings

#### UK Ranking 1-10

1<sup>st</sup> Gabriel Edwards (U13B) 75mH  
3<sup>rd</sup> Gabriel Edwards (U13B) 60mH  
3<sup>rd</sup> Sam Brown (U15B) 300m  
5<sup>th</sup> Gabriel Edwards (U13B) 60m  
5<sup>th</sup> Trey Corlis (U15B) 100mH  
9<sup>th</sup> Milton Cooper (U15B) 300m

15<sup>th</sup> Nyemah Anderson (U13G) 200m  
16<sup>th</sup> Milton Cooper (U15G) 200m  
18<sup>th</sup> Magdeline Paitoo (U15G) 300m  
19<sup>th</sup> Malia Anderson (U13G) Discus  
20<sup>th</sup> Montana Dennis (U15B) 80mH  
20<sup>th</sup> Ella Burrridge (U15G) 300m  
20<sup>th</sup> Ivy Paitoo (U13G) Shot Put

#### UK Ranking 11-20

11<sup>th</sup> Elkie Baker (U15G) Discus (3<sup>rd</sup> U14G)

#### UK Ranking 21-30

22<sup>nd</sup> Trey Corlis (U17M) 100mH

27<sup>th</sup> Martha Jolly (U15G) 60m  
27<sup>th</sup> Milton Cooper (U15B) 100m  
28<sup>th</sup> Gabriel Edwards (U13B) 100m  
30<sup>th</sup> Milli Bridgman-Athanasatos (U15G) Triple Jump

### UK Ranking 31-40

31<sup>st</sup> Martha Jolly (U15G) Long Jump  
31<sup>st</sup> Hattie Munday (U17W) 1500mSC  
33<sup>rd</sup> Gabriel Edwards (U13B) 200m  
37<sup>th</sup> Millie Watkins (U17W) 1500mSC

### UK Ranking 41-50

41<sup>st</sup> Issy Watkins (U17W) 800m  
42<sup>nd</sup> Gabriel Edwards (U13B) Long Jump  
42<sup>nd</sup> Suraya Frost (U15G) 60mH  
44<sup>th</sup> Syrah Langley-Bradshaw (U13G) Shot Put (2<sup>nd</sup> U12G)  
45<sup>th</sup> Jerome Henry (U15B) Hammer  
48<sup>th</sup> Patrycja Jarosz (U15G) Hammer  
48<sup>th</sup> Imani Quamina (U17W) 80mH

## Meeting Report:- Club Championships Part 2, Finsbury Park, 6.9.22

The Club held the 2<sup>nd</sup> part of the Club Championships on Saturday 6<sup>th</sup> September at Finsbury Park.

### **200m**

#### **Race 1 Wind 0.0**

1st Gabriel Edwards (U13B) 27.4  
2nd Tyree Stephens (U13B) 27.5  
3rd Ivy Paitoo (U13G) 30.0  
4th Nyah Brown (U13G) 30.1  
5th Freddie Burrige (U13B) 30.4  
6th Edie Waites (U13G) 31.3

#### **Race 2 Wind 0.0**

1st Magdeline Paitoo (U15G) 26.7  
2nd Ella Burrige (U15G) 27.1  
3rd Martha Jolly (U15G) 27.2  
4th Kyra Smith (U15G) 29.1

#### **Race 3 Wind 0.3**

1st Sam Brown (U15B) 24.4  
2nd Mikel Alexander (U15B) 26.3  
3rd Joshua Adeoye (U15B) 26.6  
4th Malakai David Mckenzie (U15B) 27.0  
5th Jordan Gboho (U15B) 28.2

#### **Race 4 Wind 0.0**

1st Montana Dennis (U15B) 24.7  
2nd Jacques Hafford (U15B) 28.1  
3rd Tobias Toth-Stevens (U15B) 29.0  
4th Henry Munday (U15B) 30.6

#### **Race 5 Wind 0.9**

1st Hattie Munday (U17W) 27.2  
2nd Imani Quamina (U17W) 27.6  
3rd Alexandria Warner-Seaton (U17W) 28.7

#### **200m Race 8 Wind 0.9**

1st Oscar Hall (U17M) 24.9  
2nd Thomas Wassermann (U17M) 25.1  
3rd Callum Sydenham (U17M) Barnet & District 25.2  
4th Frankie Frost (U20M) 25.7  
5th James Andrews (U17M) Barnet & District 26.0

### **800m**

#### **Race 1**

1st Rory Willis (U13B) 2:39.5  
2nd Lincoln Harrison (U13B) 2:44.2  
3rd Charlie Nicholson (U13B) 2:48.5  
4th Maya Westgate (U13G) 2:44.5  
5th Henry Holland (U13B) 2:51.6  
6th Kitty Kensal (U13G) 2:55.7  
7th Lila Blustin (U13G) 2:56.6  
8th Caitlin Roberts (U13G) 2:58.0  
9th Margot Hunt (U13G) 3:00.7  
10th Conor Roberts (U13B) 3:14.8  
11th Jasmina Roberts (U13G) 3:15.4  
12th Ennio Kaloukian (U13B) 3:20.7  
13th Lucy Ryan (U13G) 3:25.2

#### **Race 2**

1st Issy Watkins (U17W) 2:18.6  
2nd Hattie Munday (U17W) 2:26.4  
3rd Kiara Corkin (U15G) 2:34.3  
4th Amy Kirk (U15G) 2:39.6

5th Ella Mai Hancock (U17W) 2:41.0

6th Lucy Corkin (U17W) 2:42.3

8th Lettice Gundry (U15B) 2:50.5

9th Maddison Frawley (U17W) 2:59.2

10th Alice Waites (U15G) 3:00.5

11th Jessica Lappin (U15G) 3:12.2

12th Ivy Gray (U15G) 3:14.0

13th Amani Albrair (U17W) 3:15.8

#### **Race 3**

1st George Saint (U17M) 2:12.8

5th Dylan Mills (U15M) 2:20.0

6th Greg Berrisford Sweet (U17M) 2:21.4

7th Sam Turner (U15B) 2:22.2

8th Koppány Szentés (U15B) 2:25.2

9th Ben Ryan (U17M) 2:28.0

10th Frank Bailey (U15B) 2:29.2

11th Artie Feeny-Willings (U17M) 2:29.2

12th Amarin Preka (U17M) 2:36.3

### **High Jump (Men)**

1st Etienne Munday (U20 M) 1.70m

2nd Thomas Wassermann (U17M) 1.65m

3rd Avery Dietrich (U20M) 1.55m

4th Jacques Hafford (U15B) Barnet and District 1.50m

5th Artie Feeny-Willings (U15B) 1.40m

7th Malakai David Mckenzie (U15B) 1.35m

8th Sam Turner (U15B) 1.30m

9th Jordan Gboho (U15B) 1.30m

10th Dylan Mills (U15B) 1.25m

11th Frank Bailey (U15B) 1.15m

### **High Jump (Women)**

1st Kyra Smith (U15G) 1.35m

2nd Kiara Corkin (U15G) 1.20m

3rd Nyah Brown (U13G) 1.20m

### **Javelin (700g)**

1st Marcel Baczek (U17M) 36.58m

### **Javelin (400g)**

1st Roderic Alonso-Pascual (U13 B) 14.33m

2nd Ivy Paitoo (U13G) 14.05m

### **Shot Put (4kg)**

1st William Adeji (U15B) 10.47m

2nd Malakai David Mckenzie (U15B) 7.52m

### **SP (4kg)**

1st Alexandria Warner-Seaton (U17W) 7.31m

### **SP (3kg)**

1st Roderic Alonso-Pascual (U13B) 6.11m

2 Max Wassermann (U13B) 5.98m

### **SP (2.72kg)**

1st Nyah Brown (U13G) 7.46m

2nd Ivy Paitoo (U13G) 7.14m

3rd Malia Anderson (U13G) 5.82m

## Meeting Report:- Middlesex Road Relays, Hayes 11.9.22

September saw the traditional road relays to open the winter season, with the club securing two wins in the U15 and U17 girls with Issy Watkins and Amy Kirk securing fastest laps in their respective races.

Last season we had no U11s so Seb McNeely produced a welcome run to finish 10th in the Boys race. The U13's were all debuting in the race with Rory Willis running our fastest leg and 9th fastest overall to finish in 4th place. Interestingly their time of 36.36 was 30s faster than our U13 Boys winning time last year. For the girls Caitlin Roberts ran the 9th fastest leg overall as the team finished in 6th place.

The U15 Boys secured our first medal with 2nd place thanks to Koppány Szentes and Dylan Mills recording the 6th and 7th fastest legs overall with Ben Ryan taking 20s off his time last year crossing the line behind St Mary's Richmond. A young U15 Girls team went one better with Amy Kirk improving her time last year by 30s to record the fastest lap in the race Mia Rosen and Lettice Gundry both ran well to secure the gold medal.



Despite valiant runs from Fred Beale, George Saint and Greg Berrisford-Sweet who all recorded times of 11.00 or below our U17 Mens team could only finish 6th. The U17 womens team however secured the gold medal with Issy Watkins the fastest lap. Ruby supported Issy and Hattie who had both turned out for the Seniors in the SAL the day before.

Thank to Ruth, Kabila and Zac for supporting the athletes on the day.

## Results

### U11 Road Race (1,500m)

10th Seb McNeely (U11B) 6.11  
(No girl runners)

### U13 Road Race 3x3000m

U13 Boys - 4th London Heathside 36.36 (Rory Wills 11.25, Alex Kirk 12.32, Charlie Nicolson 12.39)

U13 Girls - 6th London Heathside 39.34 (Caitlin Roberts 12.59, Maya Westgate 13.07, Lila Blustin 13.28)

### U15 Road Race 3x3000m

U15 Boys - 2nd London Heathside A 33.28 (Koppány Szentes 10.56, Dylan Mills 10.56, Ben Ryan 11.35) 🏆  
DNF London Heathside B (Eric Beale 11.02, Frank Bailey 11.20)

U15 Girls - 1st London Heathside 36.17 (Amy Kirk 11.32, Mia Rosen 12.11, Lettice Gundry 12.34) 🏆

Fastest Lap:- 🏆 Amy Kirk (U15G) 11.32

### U17 Road Race 3x3000m

U17 Men - 6th London Heathside 31.54 (Fred Beale 10.13, George Saint 10.41, Greg Berrisford-Sweet 11.00)

U17 Women - 1st London Heathside 34.12 (Issy Watkins 10.44, Hattie Munday 11.21, Ruby Walls 12.07) 🏆

Fastest Lap:- 🏆 Issy Watkins (U17W) 10.44

## Meeting Report:- Southern 6/4/3 Stage Road Relay Championships, Crystal Palace, Saturday September 24

Simon Baker reports on our two winning girls teams from the Middlesex Road Relays heading to Crystal Palace to take part in the 3 x 3000m Southern Road Relays:

“While many clubs had opted for the alternative races at Aldershot there was still plenty of talent on show. The Young U15 girls team finished in 7th, a great result considering all three were in the 1st race as U15s. Lettice Gundry started the team off passing over to Amy Kirk in 9th place who managed to improve the team into 7th place with Kiara Corkin continuing to push they finished only 7s behind 6th placed VP&TH.

“Our U17 women have had a strong track season and demonstrated their potential for this season’s cross-country by taking the gold medal. Hattie Munday got the team off to a great start in 3rd place. Ruby Walls managed to overtake the teams ahead which allowed Issy Watkins, the Southern U17W 800m Champion, to move further way with the 2nd fastest leg of the race and take gold for the team.” The U17s finished 43-seconds ahead of second placed South London Harriers.

### Results

#### U15 Girls (3x3000m)

7th London Heathside (Lettice Gundry 13:06, Amy Kirk 12:17, Kiara Corkin 12:10) 37:32

13 Teams

#### U17 Women (3x3000m)

1st London Heathside (Hattie Munday 11:37, Ruby Walls 12:47, Izzy Watkins 11:25) 35:48

6 Teams

### Up-coming Club Young Athletes Fixtures: -

#### 2022 Road and Cross-Country Fixtures

15<sup>th</sup> October – Met League 1#, Claybury

22<sup>nd</sup> October – Southern XC Relays, Wormwood Scrubs

29<sup>th</sup> October – NWLL 1#, Perivale

Meetings in green are school events, brown - representative.

### Upcoming Races

#### Met League Race 1, Claybury, 15.10.22

**Venue:-** Claybury Park, Roding Lane North, Woodford Green, IG8 8NN

**Start /Finish:-** area in Claybury Park

**Changing Facilities:-** Ashton Playing Fields, Chigwell Road, IG8 8AA, 10 minutes walk from course.

**Showers:-** Limited shower facilities.

**Toilets:-** No toilets at course. Use Ashton Playing Fields.

**Refreshments:-** Light refreshments throughout the afternoon at the WGEL clubhouse at Ashton Playing Fields.

**Travel:-** Where possible, please use public transport, walk or cycle. If travelling by car, please car share to reduce the impact and check for restrictions that may be in effect in the area (Ultra Low Emission Zone for example). Please also park with consideration of others, especially if using on-street parking.

The league and/or host club(s) do not warrant the accuracy of the information provided so take no responsibility for any fines or charges that may be levied.

**Public Transport:-** Woodford Underground Station (Central Line). Take trains with Loughton or Epping destination.

**Direction:-** 10 minute walk from station along Snakes Lane East to Ashton Playing Fields.

**Parking:-** Approximately 150 spaces at Ashton Playing Fields (IG8 8AA). Parking in the vicinity of Claybury Park is impossible or extremely limited. Please look out for any restrictions and do not block access to any properties. There is virtually no parking in the Roding Lane North area because of residential parking. You are advised to park at Ashton Playing Fields and make the 10 minute walk to the course. You MUST NOT park on the grass triangle in Roding Lane North so as to avoid confrontation with residents. Any inconsiderate parking could jeopardise the future of the races.

**Direction:-** To walk to the course from Ashton Playing Fields, take Gaynes Hill Road (opposite) to Roding Lane North (10 Minutes).

**Additional Notes:-** For car drivers, use the A406 eastbound /M11 northbound junction and branch left onto A1400 signposted Gants Hill and then A113 at roundabout signposted Chigwell onto Chigwell Road. Ashton Playing Fields IG8 8AA is 800 metres away.

**Course Details:-** Parkland setting, undulating course, with one steep climb on each large lap on grass and woodland paths. On certain sections the course width is limited. Care is required on the narrow downhill start.

**Times:-**

- 12.00 pm U11 Boys - course - 1 small lap, 1500 metres
- 12.05 pm U11 Girls – course – 1 small lap, 1500 metres
- 12.15 pm U13 Boys - course - 2 small laps 3000 metres
- 12.30pm U13 Girls – course – 2 small laps, 3000 metres
- 12.45 pm - U15 Boys/U17 Mens - course - 1 small and 1 large lap 4000 metres
- 13.00 pm - U15 Girls/U17 Womens - course - 1 small and 1 large lap 4000 metres



#### NWLL Race 1, Horsenden Hill, 29.10.22

**Venue.** Tir Chonails Clubhouse, Greenford, bottom end of Berkeley Avenue, UB6 0NZ.

**Host Club** Ealing, Southall & Middx. AC

**Car Parking** Limited car parking available so car sharing is advised.

The YA Races will precede the North London CC Assn Senior Championships that start at 1-30 p.m. so an early start to the YA races to avoid congestion.

YA Race 1 - U/11 athletes running 2000m will start at 11-00 a.m.

YA Race 2 - U/13 athletes running 3000m will start at apx. 11-15 a.m.

YA Race 3 - U/15 athletes running 4000m will start at apx. 11-40 a.m.

YA Race 4 - U/17 athletes running 5000m will start at apx. 12-05 p.m.

Following requests from some TMs I have agreed that first year U/20's may run as guests in race 4.

## 2022-2023 Winter Season

The fixture list for the new season is beginning to take shape with the following dates confirmed:-

- 1.10.22 – **Chingford League** – XC Dagenham Central Park
- 15.10.22 – **Met League 1#** - Claybury
- 22.10.22 – Southern XC Relays – Wormwood Scrubs
- 29.10.22 – **NWLL 1#** - Horsenden Hills
- 5.11.22 – **NWLL 2#** - Fryent Park
- 12.11.22 – **Met League 2#** - Wormwood Scrubs
- 19.11.22 – London Youth Games XC – Parliament Hill (Closed)
- 26.11.22 – **NWLL 3#/Chingford League** - Trent Park
- 3.12.22 – **Met League 3#** - Uxbridge
- 7.1.23 – Middlesex County Championships – Parliament Hill
- 14.1.23 – **Met League 4#** - Welwyn
- 28.1.23 – Southern XC Championships – Beckenham Park
- 4.2.23 – **NWLL 4#** - Hampstead Heath Extension
- 4.2.23 – **Chingford League** – Road – Victoria Park
- 11.2.23 – **Met League 5#** - Trent Park
- 25.2.23 – National XC Championships – tbc, Yorkshire
- 4.3.23 – **NWLL 5#** - Harrow School
- 11.3.23 – Inter-Counties Cross Country Championships, Loughborough (Closed)
- 18.3.23 – ESSA National Cross Country Championships - Nottingham (Closed)

## Indoor Competitions

There are a number of indoor competitions this winter held at Lee Valley (unless stated), entry details on [Opentrack](#):-

- December Open – Sunday 4th December 2022
- Lee Valley New Years Open – Sunday 2nd January 2023
- BeFit Open – Saturday 8th January 2023
- Southern Indoor Championships – Saturday 14th January- Sunday 15th January 2022
- London Indoor Games (U13/U15/U17) – Saturday 28th-Sunday 29th January 2023
- AYO Falola Dream Mile – Wednesday 8th February 2023
- EA Indoor Championships (U15/U17/U20) – Saturday 11th February- Sunday 12th February (Sheffield)
- Lee Valley Middle Distance Open – Wednesday 15th February 2023
- Tri-Counties Championships – Saturday 18th – Sunday 19th March 2023

## Lee Valley Minithon

For younger athletes in school years 7 and under Lee Valley will be holding Minithons over the winter. These are fully licenced and officiated meetings with athletes able to choose 3 events from 60m, 60m Hurdles, 200m, 600m, High Jump, Long Jump, Shot Putt. They cost £20 to enter. Mary will be there to support any athletes competing.

Saturday 22th October 2021 – [Bookings Open](#)

## Jack Petchey Award



# London Heathside Young Athletes Club Newsletter

October 2022



The nominations for September are:-

Artie Feeny Willings – Artie achieved his 800m PB below 2:30

Ruby Walls – Ruby was part of both U17 Women’s Middlesex and Southern Road Relays winning Team

Malia Anderson-Watson - set a new U13G Discus Record of 22.78m at Southend.

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