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Congratulations

Congratulations to our Young Athletes who competed at the Middlesex and South of England Road Relays. Congratulations to Sam Turner who won the U15B race at the NWLL at Horsenden Hills. Amy Kirk also won the Haringey XC Championships.

Well done to Elkie Baker who won the Southern Inter-Counties U15G Discus with Suraya Frost and Thomas Wassermann also earning their County Vests. Malakai also represented London in the English Schools Combined Events Championships.



Winter Training

Training has recommenced at Finsbury Park. Please remember to wear appropriate clothing for cold and potential wet sessions. If running on the road consider wearing a reflective jacket, the club have a number you can borrow for sessions including head torches. If injured or ill it is better to rest and recover than come to training, of course let your coach know. Please also be aware of personal security and Young Athletes should not leave the track unaccompanied after training on a Tuesday or Thursday.

England Athletics Age Group Consultation

England Athletics have opened a consultation to change Young Athletes Age Groups from U11, U13, U15, U17, U20 to U12, U14, U16, U18 and U20 from April 2025 so will not impact age groups for next season. This will have a major impact on all young athletes going forward. The main motivation is to try and retain more young athletes in the sport, bring the UK more in line with other countries and result in athletes being under less pressure from exams when at the top of their age group. There are no proposals to change English Schools age groups. If you want to know more details can be found here: -

<https://www.englandathletics.org/news/age-group-changes-webinars-announced/>

Meeting Report: - Middlesex Road Relays

The winter program for the Young Athletes started as usual with the Road Relays. This year due to the high temperatures all races below U17 were shortened to 1000m/1500m. Kit Young started the action with a solid 12th place in the U11 road relay. The club finishing with two team gold (U15 Boys and Girls) silver for the U13 Boys and Bronze for the U17 Men. There were individual medals for Amy Kirk (U15G), Dylan Mills (U15B), George Saint (U17M) and Milly Watkins (U17W)



The U13 Boys A team with Rory Willis 2nd fastest overall was supported by Charlie Nicolson (4th) and Alex Kirk (6th) comfortably too the silver medal 21s behind winners ESM. London Heathside B team comprising Alex Rankin (11th), Seb McNeely (13th) and Pip (19th) were 4th.



The U15's however really excelled winning both races. We had 3 Girls teams with the A team finishing 1st 43s ahead of ESM. Amy Kirk (2nd), Kiara Corkin (5th) and Lettice Gundry (8th) all producing solid races. The B team of Rosa Cormacain (6th), Maya Westgate (7th) and Lila Blustin (11th) missed out on 3rd place by 14s the C team finished 5th with Jessica Lappin (12th), Margot Hunt (13th) and Jasmina Roberts (18th). The Boys also won with a 15s margin with Dylan Mills 2nd fastest only 3s off 1st, Frank Bailey (4th) and Sam Turner (8th). The B team comprising Alex Poutney (11th), Ennio Kaloukian (12th) and Phoenix Bonhote (24th) were 4th by only 8s

The U17 Men were 3rd led home by George Saint (3rd), David Baah Okyere (6th) and Artie Feeny Willings (21st) with Ben Ryan (22nd) also running. Milly Watkins was our only U17 finishing 3rd.

Well done to all the athletes and Team Manager Ruth,

Results

U11 Girls (1000m)
No Competitor

U11 Boys (1000m)
1st L DaSilva (TVH) 3:19
12th Kit Young 3:50

U13 Girls (3x1500m)
1st Harrow 16:45
No LH Team

U13 Boys (3x1500m)
1st Ealing Southall & Middlesex 15:25
2nd London Heathside A (Rory Willis 4:57, Charlie Nicholson 5:22, Alex Kirk 5:27) 15:46
4th London Heathside B (Alex Rankin 5:44, Seb McNeely 5:47, Pip Young 6:12) 17:43

U15 Girls (3x1500m)
1st London Heathside A (Amy Kirk 4:58, Kiara Corkin 5:21, Lettice Gundry 5:43) 16:02

4th London Heathside B (Rosa Cormacain 5:30, Maya Westgate 5:36, Lila Blustin 5:48) 16:59
5th London Heathside C (Jessica Lappin 5:53, Margot Hunt 5:53, Jasmina Roberts 6:30) 18:11

U15 Boys (3x1500m)
1st London Heathside A (Dylan Mills 4:41, Frank Bailey 4:45, Sam Turner 4:52) 14:29
4th London Heathside B (Alex Poutney 4:56, Ennio Kaloukian 4:57, Phoenix Bonhote 5:13) 14:55

U17 Women (3x3000m)
No London Heathside Team
3rd Milly Watkins 11:42

U17 Men (3x3000m)
1st Highgate Harriers 29:13
3rd London Heathside (George Saint 9:33, David Baah-Okyere 9:57, Artie Feeny-Willings 11:47) 31:17

Meeting Report:- Southern Road Relays

Great day out in Aldershot for the juniors at the SEAA road relays. Very strong competition and all teams performed well. Highlights U15 Girls 15th (out of 63 teams) U17 women 15th (out of 47 teams) U15 boys 32nd (out of 69 teams) and U17 men 39th team. Amy Kirk was the stand out individual performance with 14th fastest leg overall U15G."

U15 Boys (69 Teams)
1st Blackheath & Bromley 28:11
32nd London Heathside (40th Sam Turner 10:42, 25th Frank Bailey 10:45, 37th Ennio Kaloukian 10:59) 32:27

U15 Girls (63 Teams)
1st Aldershot Farnham & District 31:35
15th London Heathside (7th Amy Kirk 10:53, 20th Rosa Cormacain 11:35, 16th Kiara Corkin 11:44) 34:12

U17 Men (68 Teams)
1st Chelmsford 43:25
39th London Heathside (23rd George Saint 15:25, 27th David Baah-Okyere 16:03, 52nd Artie Feeny-Willings 18:31) 49:59



U17 Women (47 Teams)

1st Aldershot Farnham & District 50:26

15th London Heathside (24th Milly Watkins 18:22, 15th Ishaana Cannell 18:55, 12th Izzy Watkins 17:40) 54:57

Meeting Report:- NWLL, Horsenden Hill

The Young Athletes Cross Country season kicked off on the playing fields at Horsenden Hills which will be the site of the County Championships in January. 26 athletes took part with many making their debuts. There were wins for the U15 Girls and Boys with the U13 Boys 2nd, U11 Girls 3rd. Individually Sam Turner (U15B) was 1st and Rory Willis (U13B) 2nd as was Ishanna Channell.

Results

U11 Girls (2000m 22 runners)

1st S Davies (TVH) 8:24

8th Edith Deakin 8:58

9th Imogen Wraight 9:02

Team:- 1st SBH, 3rd London Heathside 63 pts

U11 Boys (2000m 42 runners)

1st D Pascal (SBH) 7:39

17th Kit Young 8:41

25th D Lewis 9:13

35th D Jeles 10:03

38th W Edwards 10:08

Teams:- 1st SBH 21 pts, 8th London Heathside 116 pts

U13 Girls (3000m, 33 runners)

1st B Dalton (Har) 12:52

19th Chiara Pegaro 15:49

28th Mia Beeby 16:32

Team:- 1st Harrow 31 pts, 9th London Heathside 115 pts

U13 Boys (3000m, 33 Runners)

1st J Hayward (ESM) 11:52

2nd Rory Willis 12:05 🏆

15th Alex Kirk 13:57

17th Alex Rankin 14:14

20th L Ponsky 14:27

28th N Grela Bekele 15:19

31st Pip Young 15:42



Team:- 1st ESM 20 pts, 2nd London Heathside 54 pts

U15 Girls (4000m 21 Runners)

1st J March (Bar) 15:03

6th Rosa Cormacain 16:28

8th Margot Hunt 16:36

11th Caitlin Roberts 18:16

12th Lila Blustin 18:18

18th Justine Roberts 19:24

Team:- 1st London Heathside 37 pts

U15 Boys (4000m 28 Runners)

1st Sam Turner 14:36 🏆

11th Pheonix Bonhote 15:51

12th T Mergia 15:52

23rd L Bestmann 17:32

Team:- 1st London Heathside 47 pts

U17 Women (5000m 11 Runners)

1st M Rosen (Bar) 19:43

2nd Ishanna Channell 20:21 🏆

Team:- 1st Highgate 30 pts, 4th London Heathside 35 pts

U17 Men (5000m 22 Runners)

1st I Mezey (ESM) 16:05

17th Artie Feeny Willings 19:38

22nd Ben Ryan 21:08

Team:- 1st ESM 33 pts, 7th London Heathside 81 pts

Up-coming Club Young Athletes Fixtures: -

Met League, Claybury, 14.10.23

Race Location: Claybury Park, London, IG8

Race Headquarters: From 11:15 onwards Ashton Playing Fields, 598 Chigwell Road, Woodford Green IG8 8AA.

Transport: Nearest tube station is Woodford (Central Line) NB take the train towards 'Epping' and get off at Woodford to save time. Ashton Playing Fields is a 10 minute walk. The Bus routes 275 and W14 also stop at Ashton Playing Fields.

There is some car parking for 150 cars at Ashton Playing Fields (IG8 8AA). Parking closer to the course is very limited. Please do not park where you block access there is no parking on Roding Lane North which is residents only. Do NOT park on the grass triangle in Roding Lane North as residents may confront you.

London Heathside Young Athletes Club Newsletter

October 2023

The race start is a 10 minute walk from race HQ off Roding Lane North (directions). Look for the Heathside club flags, this is where you can get your race number and leave your kit etc. If you are planning to arrive already in your race kit, then head straight over to the start.

CLUB VEST/T-SHIRT/COLOURS – If you are a member of Heathside you can simply turn up and run. You **MUST** however wear club kit.

RACE NUMBER – collect these from the Team managers Ruth or Kabir at least 30 mins before the start of your race. You will need to reuse this number for the rest of the series so **DON'T THROW IT AWAY**.

THE COURSE - Parkland setting, undulating course, with one steep climb per large lap, on grass and woodland paths.

RACE TIMES-

- 12.00 pm U11 Boys and U11 Girls 1500m
- 12.10 pm U13 Boys 3,000m
- 12.20 pm U13 Girls 3,000m
- 12.30 pm U17 Men and U15 Boys 4,000m
- 12.45 pm U17 Women and U15 Girls 4,000m

This race will score in the Club Junior XC Points Championship.



SEAA XC Relays, Wormwood Scrubs, 21.10.23

This is a Championship event and you will need to be picked by the Team Manager. Entries close on 10th October.

TIMETABLE & AGE CATEGORIES – Please note these are approximate start times.

- 11.00am - Under 17 Women / Under 20 Women - 3 Stages x 3km
- 11.30am - Under 17 Men / Under 20 Men - 3 Stages x 3km
- 12.10pm - Under 13 Girls - 3 Stages x 2km
- 12.40pm - Under 13 Boys - 3 Stages x 2km
- 1.10pm - Under 15 Girls - 3 Stages x 2km
- 1.35pm - Under 15 Boys - 3 Stages x 2km

Lee Valley Minithon, Lee Valley 21.10.23

Lee Valley will host 3 Minithons over the winter for children School Years 3-7 Saturday 21st October, 9th December 2023 and 23rd March 2024 . Athletes can choose 3 events from 60m, 200m, 600m, 60mH, LJ, SP, HJ with final positions calculated on points depending on performances. Details of how to book are [Here](#) Cost £18.

Winter 2023/24 Fixture List

The Fixture List for the Winter is as follows: -

- 14/10/23 – Met League - Claybury Park
- 21/10/23 – SEAA XC Relays, Wormwood Scrubs
- 4/11/23 – NWLL – Fryent Park, Kingsbury
- 11/11/23 – Met League, Wormwood Scrubs
- 18/11/23 – LYG XC, Parliament Hill
- 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
- 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 – Harrow School
- 9/3/24 – CAU Inter-Counties, Loughborough
- 16/3/24 – ESSA XC Championships, Pontefract

Jack Petchey Award

Winner for September:-



Malia Anderson-Watson – Malia has continued to develop as a thrower and now holds both the U15 Girls Hammer and Shot Putt Club records despite it only being her first year in the Age Group.

Nominations for October:-

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.

Lettice Gundry – Lettice was part of the U15G winning road relay team at the Middlesex Road Relays

Rory Willis - Rory represented Middlesex for the first time at the Inter-Counties Meeting and was 2nd in the U14 Boys NWLL XC Race.

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

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