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## Congratulations

Congratulations to Issy Watkins the Southern U17W 800m Champion and Sam Brown for his silver medal in the U15B 300m. Magdeline Paitoo also reached the National U15G 200m final.

Well done to Izzy Watkins (U17W 800m), Milli Bridgeman-Athanasatos (U15G TJ) Malia Anderso-Watson (U13G DT) who set new club records in August.



## Meeting Report:- Upper Youth Development League, 4#, Tooting Bec, 7.8.22

Several young Heathsidiers headed to the newly refurbished Tooting Bec Track to compete in the last UYDL match of the season. Trey Corlis won the U17M High Jump to help the team finish 6th on the day and a final placed 7th overall in the League.

### Results

1<sup>st</sup> Cambridge Harriers 569 pts, 6<sup>th</sup> Victoria Heathside Highgate 250 pts

#### U20 Men

100m

Justin Paul (U20M) 11.78 A 6th  
Frankie Frost (U20M) 12.47 B 5<sup>th</sup>#  
Caleb MacBruce (U20M) 12.62 ns

200m

Frankie Frost (U20M) 25.60 B 3rd  
Caleb MacBruce (U20M) No Time

#### U17 Men

100m

Trey Corlis (U17M) 11.58 A 4th  
Akan Akpan (U17M) 12.62 ns

High Jump

Trey Corlis (U17M) 1.70m A 1st

Shot Putt

Akan Akpan (U17M) 10.52m A 4th

Javelin

Marcel Baczek (U17M) 36.91m B 1st

#### U17 Women

100m

Imani Quamina (U17W) 13.23 A 5th

200m

Imani Quamina (U17W) 27.67 A 6th

80mH

Imani Quamina (U17W) 12.99 A 2nd

## Meeting Report:- Southern U13/U15/U17 Championships, Chelmsford, 13-14.8.22

A large contingent of young Heathsidiers struggled through train strikes and traffic to take part in the South of England Championships in Chelmsford. Despite the extreme hot weather there were a host of great performances and two new club records. Issy Watkins produced our best performance breaking the club U17W 800m record taking the gold medal, after winning her heat on the Saturday she returned on the Sunday running almost 1s quicker. Sam Brown wasn't quite able to repeat his National Schools title being just pipped on the line in the final to take silver in the U15G 300m. Milli Bridgeman-Athanasatos set a big PB in the U15G Triple Jump. Both Ella and Magdeline reached the 200m final with Magdeline registering a PB finishing 5<sup>th</sup> in the final. Dylan and Rory both produced solid runs in the 800m as did Suraya and Casia in the 75m Hurdles. Imani finished 4<sup>th</sup> in her heat and qualified for the 80mH final where she finished 7<sup>th</sup>. Elkie had been ill in the week and could only throw 4m below her PB this season to finish in 5th place.

We'll done to everyone who braved the conditions.

### Results

#### 200m

H1 2nd Ella Burrridge (U15G) 26.40 [AAA Grade 2](#)  
H1 3rd Magdeline Paitoo (U15G) 26.56 [AAA Grade 2](#)  
Final 5th Magdeline Paitoo (U15G) 26.34 **PB** [AAA Grade 2](#)  
Final 6th Ella Burrridge (U15G) 26.69 [AAA Grade 2](#)

#### 300m

H1 1st Sam Brown (U15B) 37.59 [AAA Grade 1](#)  
Final 2nd Sam Brown (U15B) 37.16 **PB** [AAA Grade 1](#)

#### 800m

H2 5th Dylan Mills (U15B) 2:17.64 [AAA Grade 4](#)  
H2 8th Rory Willis (U13B) 2:35.3  
H1 1st Issy Watkins (U17W) 2:16.13 [AAA Grade 2](#)  
Final 1st Issy Watkins (U17W) 2:15.2 **PB** by 0.26s **NCR** [AAA Grade 1](#)

#### 75mH

7th Casia Langley-Bradshaw (U15G) 12.65 [AAA Grade 4](#)  
H2 8th Suraya Frost (U15G) 12.91 [AAA Grade 4](#)

#### 80mH

H2 4th Imani Quamina (U17W) 12.62 [AAA Grade 4](#)  
Final 7th Imani Quamina (U17W) 12.43 [AAA Grade 3](#)

#### Long Jump

10th Martha Jolly (U15G) 4.66m [AAA Grade 4](#)  
12th Ella Burrridge (U15G) 4.59m [AAA Grade 4](#)  
15th Milli Bridgeman-Athanasatos (U15G) 4.28m

#### Triple Jump

6th Milli Bridgeman-Athanasatos (U15G) 9.56m **PB** **NCR** [AAA Grade 4](#)

#### Discus

5th Elkie Baker (U15G) 25.61m [AAA Grade 3](#)

## Meeting Report:- England Athletics U15/U17 Championships, Bedford, 27-28.8.22

Our contingent of young athletes who took part in the National Championships at Bedford over the weekend will all have gathered great experience for the future. Championship athletics is a step up with live video streams, stadium announcers, crowds and the best athletes from across the country with all the extra pressure that creates. In addition, being held later in the season has issues as many athletes have started to wind down ahead of the winter. However like the English Schools Championships it is an achievement even to have obtained the qualifying standard to be able to compete alongside the most talented young athletes in the country.



Magdeline Paitoo ran a strong heat in the U15G 200m dipping in 3<sup>rd</sup> place to qualify for the final after the 2<sup>nd</sup> placed Irish athlete was disqualified. However, in the final she thought she heard the false start recall and stopped before carrying on, finishing in 8<sup>th</sup> place. Martha Jolly finished in 10<sup>th</sup> place after only managing one legal jump, out of three, of 4.82m which was 33cm down on her PB, again in the 200m heats her time of 27.35 was almost a second off her PB this year. Ella Burrridge's 300m time was also 1s off her fastest this season and her 5<sup>th</sup> place in the heat didn't allow her to progress. Elkie only managed one legal throw of her 3, again over 4m down on her PB and left her finishing in 9<sup>th</sup> place just failing to get an additional 3 trials.

Despite their frustrations I'm sure all will have gained valuable experience and will come back stronger next season.

### Results

#### 200m

H1 7th Martha Jolly (U15G) 27.35 [AAA Grade 4](#)  
H2 2nd Magdeline Paitoo (U15G) 26.54 [AAA Grade 2](#)  
Final 8th Magdeline Paitoo (U15G) 28.57

#### 300m

H3 5th Ella Burrridge (U15G) 42.67 [AAA Grade 2](#)

#### Long Jump

10th Martha Jolly 4.82m [AAA Grade 3](#)

#### Discus

9th Elkie Baker 25.71m [AAA Grade 3](#)

## Up-coming Club Young Athletes Fixtures: -

### 2022 Track and Field Fixtures

This year's outdoor season is now almost over.

**6<sup>th</sup> September – London Heathside Club Championships – Day 2**  
10<sup>th</sup> September – Inter-counties U15/U17 Championships, Oxford

### 2022 Road and Cross-Country Fixtures

**11<sup>th</sup> September – Middlesex Road Relays, Hayes**  
**24<sup>th</sup> September – SEAA 3/4/6 Road Relays, Crystal Palace**  
1<sup>st</sup> October – TCS Mini Marathon, City of London  
**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.

### London Heathside Club Championships (Part 2)

The final part of the club championships will be held on **Tuesday 6<sup>th</sup> September** will feature the following events:-

- 200m
- 800m
- 3000m (U15/U17)
- 5000m (Seniors)
- Javelin
- Shot
- High Jump



Events start at 6.00 pm. You can enter through the club website [entry portal](#), email [Simon Baker](#) with your name age group and event or let your coach know.

### Southern Athletics League

The Clubs Seniors compete in the Southern Athletics League with U17 and U20 athletes able to compete alongside Seniors. The last match of the season is on 10<sup>th</sup> September (Perivale). 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](#)



### Middlesex Road Relays

The next club road race will be the Middlesex Young Athletes Road Relays on **Sunday 11<sup>th</sup> September** at Minet Park, Hayes. There is an U11 1500m Road Race and then Age Group races with teams of 3 running 3,000m legs on a closed cycle track. You need to be picked by the team manager to take part, U11's should let [Ruth Miller](#) know they would like to run in the U11 Road Race.



### Southern 3/4/6 Stage Relays

Depending on strength of training groups the Club will look to enter teams into the Southern Road Relays at Crystal Palace, London SE19 2BB on **24<sup>th</sup> September**. U13, U15 and U17 Girls run in 3 legs of 3000m while U13 and U15 Boys run 4 legs. U17 men run 4 legs of 4,500m

### 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. Highgate and Shaftesbury also hold regular competitions. The Club will look to hold a competition in September.



### Upcoming Open Meetings

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

Wednesday 7<sup>th</sup> September – Highgate Harriers End of Season Open – [www.opentrack.run](http://www.opentrack.run),

### 2022-2023 Winter Season

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

- 11.9.22 – Middlesex Road Relays – Hayes
- 24.9.22 – SEAA 6/4/3 Road Relays – Crystal Palace
- 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)

### Pre-Loved Kit

The club always welcome running spikes and other kit in good in condition that can be used by other young athletes in the Club. The Coaches always bring spare running spikes to cross country races so there is no need to buy your own.

### Jack Petchey Award

The next nominations are for September.



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