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Congratulations

Congratulations to Gabriel Edwards (U13B 75mH) and Elkie Baker (U15G Discus) who won gold medals at the South of England Championships with Trey Corlis (U17M 100mH) winning silver. Elkie Baker also won a Silver Medal in the U15G Discus at the EA U15/U17 Championships.

Well done to Gabriel Edwards (U13B 75mH), Elkie Baker (U15G DT), Malia Anderson-Watson (U15G Hammer and Shot) and Mikel Alexander (U15B 300m) who all set New Club Records.



Winter Training

General Training will recommence at Finsbury Park from Sunday 10th September for those not taking part in the Road Relays.

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 2024. This will have a major impact on all young athletes. If you want to know more or contribute to the debate, there are 3 online seminars planned details of which can be found here: -

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

Meeting Report: - South of England U13, U15 & U17 Track and Field Championships, Lee Valley, 12-13th August

South of England Championships for U13, U15 and U17s was held at Lee Valley over the weekend with 15 young Heathsiders taking part. As we have come to expect they produced a host of PBs with three club records and outstanding performances including 2 gold medals a silver and Championship Best Performance despite the challenging weather conditions particularly on the Saturday with a stiff headwind.



Gabriel set a new U13B 75mH Championship Best of 11.69s (improvement of 0.36s) and won a gold medal defeating his rival UK No1 ranked Daniel Niewczasinski-Kirkla (WG&EL) in the process. Rory Willis set a new 800m PB.

In the U15 Girls Maya Westgate also set a new 800m PB, both Suraya and Tara found the windy difficult to negotiate in their Hurdle races. Malia set a new club record in the Hammer improving her previous mark by 2.49m. Elkie however secured the Gold Medal in the Discus setting a new PB of 37.16m with her 2nd throw and a winning margin of over 4m. In the U15 Boys Dylan (800m) and Mikel (300m) both negotiated their Heats to reach their finals.

In the U17 Women Issy continued her path back from injury in 1500m with a creditable 7th place and Imani finished 5th in the 80m Hurdles. The strong headwind impacted the sprinters with both Oscar and Trey's times down on their best. David ensured we had representation in the 800m in all age groups. In the 100mH both Trey and Montana made the final with Trey taking 2nd place. “



Results

U13 Boys

800m

H2 4th Rory Willis (U13B) 2:28.63 PB

75mH

Final 1st Gabriel Edwards (U13B) 11.69 CBP 🏆

Long Jump

6th Gabriel Edwards (U13B) 4.72m

U15 Girls

H3 9th Maya Westgate (U15G) 2:37.12 PB

75mH

H1 2nd Suraya Frost (U15G) 12.44 Q

H2 5th Tara Sweetnam (U15G) 12.56

Final 7th Suraya Frost (U15G) 12.50

Discus (1kg)

1st Elkie Baker (U15G) 37.16m PB by 1.89m NCR 🏆

Hammer (3Kg)

7th Malia Anderson-Watson (U15G) 28.95m PB by 2.49m NCR

U15 Boys

300m

H1 3rd Mikel Alexander (U15B) 38.49 PB by 0.26s NCR Q

Final 8th Mikel Alexander (U15B) 38.54

800m

H2 3rd Dylan Mills (U15B) 2:09.47 Q

Final 7th Dylan Mills (U15B) 2:08.03

U17 Women

1500m

7th Issy Watkins (U17W) 4:52.6

80mH

H1 4th Imani Quamina (U17W) 12.26

Final 5th Imani Quamina (U17W) 12.54

U17 Men

100m

H4 3rd Trey Corlis (U17M) 11.62 Q

SF1 5th Trey Corlis (U17M) 11.69

200m

H1 3rd Oscar Hall (U17M) 24.59

800m

H1 8th David Baah-Okyerere (U17M) 2:07.02

100mH

H2 2nd Trey Corlis (U17M) 13.37 Q

H2 3rd Montana Dennis (U17M) 14.11 PB by 0.02s Q

Final 2nd Trey Corlis (U17M) 13.43.1 🏆

Final 5th Montana Dennis (U17M) 14.44

Meeting Report: - SAL, Meeting 4, Grays 19.8.23

A good number of Young Athletes turned out to help the club secure 2nd place on the day and 9th in the final league table.

Results

Men

100m

Oscar Hall (U17M) 11.8 B 2nd

Montana Dennis (U17M) 12.0 ns

200m

Montana Dennis (U17M) 24.1 ns

400m

Oscar Hall (U17M) 52.8 A 4th

2000mS/c

Artie Feeny-Willings (U17M) 8:56.8 A 5th

High Jump

Trey Corlis (U17M) 1.75m A 3rd

Artie Feeny-Willings 1.40m B 4th

Women

200m

Imani Quamina (U17W) 27.8 A 2nd

400m

Issy Watkins (U17W) 62.5 B 1st

800m

Issy Watkins (U17W) 2:21.2 A 2nd

1500m

Milly Watkins (U17W) 4:58.3 B 1st

100mH

Imani Quamina (U17W) 18.2 A 1st

400mH

Milly Watkins 91.2 B 2nd

Long Jump

Imani Quamina (U17W) 4.86m A 4th

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

The last Age Group Championships of the year took place over the Bank Holiday Weekend in the Alexander Stadium in Birmingham.

The action started on Saturday with Sam Smith going in the 400m and despite his trademark surge over the last 100m could only achieve 4th place in his heat and only 0.21s from qualifying for the final.



Sunday also saw slightly mixed fortunes. Malakai Callum missing out on a fastest qualifier place in his final by 0.02s. Suraya Frost also frustratingly missed a place in the final although she finished 3rd in her heat. Trey Corlis however won his Heat comfortably in the 3rd fastest time but in the final hesitated to adjust before the first hurdle and at this level was unable to make up ground finishing 6th.

In the field events Elkie Baker was leading the U15 Girls Discus after 3 rounds of the Discus with her first throw but was overtaken in round 4 by Bethany Pendelbury the English Schools Champion to finish in silver medal position.

Well done to all the athletes and their coaches, it takes a lot of hard work just to obtain the qualifying standard and all will have learnt much from the experience and performing in such a great stadium.

Results

300m

H1 4th Sam Brown (U17M) 50.67

75mH

H2 3rd Suraya Frost (U15G) 11.70

80mH

H2 5th Malakai David McKenzie Callum (U15B) 11.94

100mH

H3 1st Trey Corlis (U17M) 13.39

Final 6th Trey Corlis (U17M) 13.41

Discus (1Kg)

2nd Elkie Baker (U15G) 33.55m 🏅

Up-coming Club Young Athletes Fixtures: -

Middlesex Road Relays, Minet Centre, Hayes, 10.9.23

Races for U11 (1500m), U13 (3x3000m), U15 (3x3000m) and U17 (3x3000m). If you would like to race you need to let your coach know as the Club enter teams with a deadline of 7th September.

Club Championships Part 2, Finsbury Park, 12.9.23

The concluding part of the Club Championships with races over 200m, 800m, 3000m (U15/U17), High Jump, Javelin and Shot Putt. If you want to take part enter via the club fixture portal or tell your coach. The meeting is licenced, and results will be submitted on Powerof10.

SEAA South of England Road Relays. Aldershot, 21.9.23

Races for U13 (3x3000m), U15 (3x3000m) and U17 (3x3000m). If you would like to race you need to let your coach know as the Club enter teams with a deadline of 12th September.

2023 Summer Fixture List

The remaining Fixtures for the Summer are as follows: -

10.9.23 – SEAA Inter-Counties U15/U16 Championships – Oxford

12.9.23 – Club Championships Part 2, Finsbury Park

Winter 2023/24 Fixture List

The Draft Fixture List for the Winter is as follows: -

10/9/23 – Middlesex Road Relays, Minet Centre Hayes

23/9/23 – SEAA 3/4/6 Road Relays, Aldershot

26/9/23 – Haringey XC, New River

30/9/23 – NWLL – Berkeley Playing Fields, Greenford

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

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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

Nominations 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.

Mikel Alexander – Mikel has established himself this season as one of our leading sprinters leading the Club's U15B 100m, 200m and 300m standings.

Tristian Willhoff-King – Tristian who specialises in Hurdles and High Jump achieved 1.75m at the Middlesex School Championships and is UK ranked No 14 U15B

Rory Willis – Rory has continued to train and compete over the summer and improved his 800m and 1500m PB's the latter by over 25s. He also represented Middlesex for the first time at the Inter-Counties Meeting

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