

2023 Has been another exceptional one for the Club's Young Athletes with medals at County Regional and National Levels as well as representative honours with Trey Corlis representing England Schools. 38 Club Records were broken and although we weren't unable to retain the MYAL title finishing 2nd ahead of National Athletics League Clubs Thames Valley Harriers and Harrow demonstrates the strength of our young athletes. We have established ourselves in the UYDL which caters for U17 and U20 athletes and helps ensure we can offer more opportunities to compete in the Club Colours.



Age Group changes are likely to come in in the 2025 Season but next season will continue as before. If you would like more details and to complete a feedback survey it can be found [here](#).

Key dates for next season are; National U15/U17/U20 Indoor Championships, Sheffield, County Championships, Lee Valley 12-13th May, English Schools Championships, Birmingham 12-13th July, EA Championships, tbc 26-28th July and Southern Championships, tbc 10-11th August.

UK Rankings (Top 50)

Top 1-10

- 2nd Gabriel Edwards (U13B 75mH 11.69)
- 3rd Elkie Baker (U15G DT)
- 5th Trey Corlis (U17M 100nH)
- 8th Gabriel Edwards (U13B LJ)
- 10th Malakai David McKenzie Callum (U15B 80mH)

11-20

- 11th Suraya Frost (U15G 75mH)
- 14th Gabriel Edwards (U13B 200m)
- 15th Sam Brown (U17M 400m)
- 19th Tristian Willhoff-King (U15B HJ)
- 20th Gabriel Edwards (U13B 100m)
- 20th Magdeline Paitoo (U17W 300m)

21-30

- 24th Dylan Mills (U15B Mile)
- 30th Malakai David Callum McKenzie (U15B TJ)



31-40

- 31st Koppány Szentes (U15B 3000m)
- 32nd Montana Dennis (U17M 100mH)
- 36th Trey Corlis (U17M 100m)
- 37th George Saint (U17M Mile)
- 40th Thomas Wassermann (U17M 100mH)

41-50

- 45th Malakai David McKenzie Callum (U15B Pen)
- 46th Koppány Szentes (U15B Mile)
- 46th Malakai David McKenzie Callum (U15B LJ)
- 47th Thomas Wassermann (U17M Hammer)
- 49th Ella Burr ridge (U17W 300mH)

Middlesex Championships

- 1st Trey Corlis U17M 100mH
- 1st Thomas Wassermann U17M SP
- 1st Dylan Mills U15B 300m
- 1st Dylan Mills U15B 800m
- 1st Koppány Szentes U15B 3000m
- 1st Malakai David McKenzie Callum U15B 80mH
- 1st Gabriel Edwards U13B 100m
- 1st Gabriel Edwards U13B 100m
- 1st Gabriel Edwards U13B 75mH
- 1st Suraya Frost U15G 75mH
- 1st Magdeline Paitoo U17W 300m
- 1st Elkie Baker U15G DT

- 2nd Thomas Wassermann U17M 100mH
- 2nd Artie Feeny-Willings U17M High Jump
- 2nd Patrycja Jarosz U17W Hammer
- 2nd Milli Bridgman-Athanasatos U15G TJ
- 2nd Elkie Baker U15G SP
- 2nd Rosa Cormacain U15G 3000m
- 3rd Montana Dennis U17M 100mH
- 3rd Ella Burr ridge U17W 300m
- 3rd Issy Watkins U17W 1500m
- 3rd Imani Quamina U17W 80mH
- 3rd Rosa Cormacain U15G 1500m
- 3rd Tara Sweetnam U15G 75mH

London Schools Championships

1st Mikel Alexander U15B 300m
 1st Dylan Mills U15B 800m
 1st Trey Corlis U17M 100mH
 1st Martha Jolly U17W LJ
 2nd Martha Jolly U17W 100m
 2nd Magdeline Paitoo U17W 300m

2nd Malakai David McKenzie Callum U15B 80mH
 2nd Montana Dennis U17M 100mH
 2nd Cruz Musongo U15B HJ
 3rd Malakai David McKenzie Callum U15B 200m
 3rd Koppány Szentes U15B 1500m

Middlesex Schools Championships

1st Suraya Frost U15G 75mH
 1st Thomas Wassermann U17M 100mH
 1st Elkie Baker U15G DT (New Championship Best)

2nd Tristian Willhoft King U15B 80mH
 3rd Oscar Hall U17M 200m
 3rd George Saint U17M 800m

Southern U13/U15/U17 Championships

1st Elkie Baker U15G DT
 1st Gabriel Edwards U13B 75mH (New Championship Best)
 2nd Trey Corlis U17M 100mH
 Finalists:- Suraya Frost U15G 75mH, Mikel Alexander U15B 300m, Dylan Mills U15B 800m, Issy Watkins U17W 1500m, Imani Quamina U17W 80mH, Montana Dennis U17M 100mH



English Athletics U15/U17 Championships

2nd Elkie Baker U15G DT
 Finalists:- Trey Corlis U17M 100mH, Malakai U15B 80mH, Suraya Frost U15G 75mH

English Schools T&F Championships

2nd Trey Corlis U17M 100mH
 3rd Elkie Baker U15G DT
 3rd Malakai U15B 80mH
 Selected:- Magdeline Paitoo (IG 300m), Sam Brown (JB 400m), Dylan Mills (JB 800m), Suraya Frost (U15G 75mH), Imani Quamina (IG 80mH), Montana Dennis (IB 80mH),



New MYAL Championship Bests

Suraya Frost U15G 75mH 11.46s
 Gabriel Edwards U13B 75mH 11.82s
 Gabriel Edwards U13B Long Jump 5.11m

PB Awards

EA have replaced the AAA Standards with a new 9 stage grading system. Details can be found [here](#). Based on Powerof10 records all the results are as follows:-



U13 Boys

75m			PB Award			
1	10.48	M Agwu (U11)	6	4	15.02 K Tyrell	2
2	12.34	J Smith (U11)	1	5	15.70 M Wahid	1
100m			150m			
1	12.65	G Edwards	9	1	24.49 J Smith (U11)	-
2	13.66	Z Yusuff-Philips	6	200m		
3	14.54	Z Yahya	4	1	25.54 G Edwards	8

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2	28.95	Z Yahya	5
3	29.54	Z Yusuff-Philips	4
600m			
1	2:04.5	K Young (U11)	2
2	2:13.3	W Edwards (U11)	-
800m			
1	2:25.5	R Willis	6
2	2:28.3	C Nicolson	5
3	2:45.9	A Lappin	1
4	2:46.9	O Baldry	1
5	2:47.0	M Wahid	1
6	2:48.5	K Young (U11)	1
7	2:54.8	J Collins	1
8	2:55.3	W Edwards (U11)	1

1500m			
1	4:53.0	R Willis	7
2	5:08.5	C Nicolson	5
3	5:21.5	O Baldry	3
4	6:08.2	P Young	-

75mH			
1	11.54	G Edwards	9 NCR
2	16.61	K Tyrell	-

High Jump			
1	1.10m	K Tyrell	1

Long Jump			
1	5.11m	G Edwards	9 NCR
2	4.28m	K Tyrell	6
3	3.50m	Z Yahya	3
4	3.33m	J Smith (U11)	2
5	3.30m	W Edwards (U11)	2
6	2.93m	M Agwu (U11)	1
7	2.33	K Young (U11)	2

SP (3Kg)			
1	6.21m	Z Yahya	1
2	4.57m	Z Yusuff-Philips	-
3	3.97m	K Tyrell	-

DT (1Kg)
No performances found

JT (400g)			
1	15.94m	K Tyrell	2

SPRINTS									
Male Award Standards									
Year	100m	200m	400m	800m	1600m	3200m	6400m	12800m	25600m
U11	1:40	3:30	8:00	16:00	32:00	64:00	128:00	256:00	512:00
U12	1:35	3:20	7:45	15:30	31:00	62:00	124:00	248:00	496:00
U13	1:30	3:10	7:30	15:00	30:00	60:00	120:00	240:00	480:00
U14	1:25	3:00	7:15	14:30	29:00	58:00	116:00	232:00	464:00
U15	1:20	2:50	7:00	14:00	28:00	56:00	112:00	224:00	448:00
U16	1:15	2:40	6:45	13:30	27:00	54:00	108:00	216:00	432:00
U17	1:10	2:30	6:30	13:00	26:00	52:00	104:00	208:00	416:00
U18	1:05	2:20	6:15	12:30	25:00	50:00	100:00	200:00	400:00
U19	1:00	2:10	6:00	12:00	24:00	48:00	96:00	192:00	384:00
U20	0:55	2:00	5:45	11:30	23:00	46:00	92:00	184:00	368:00
U21	0:50	1:50	5:30	11:00	22:00	44:00	88:00	176:00	352:00
U22	0:45	1:40	5:15	10:30	21:00	42:00	84:00	168:00	336:00
U23	0:40	1:30	5:00	10:00	20:00	40:00	80:00	160:00	320:00
U24	0:35	1:20	4:45	9:30	19:00	38:00	76:00	152:00	304:00
U25	0:30	1:10	4:30	9:00	18:00	36:00	72:00	144:00	288:00
U26	0:25	1:00	4:15	8:30	17:00	34:00	68:00	136:00	272:00
U27	0:20	0:50	4:00	8:00	16:00	32:00	64:00	128:00	256:00
U28	0:15	0:40	3:45	7:30	15:00	30:00	60:00	120:00	240:00
U29	0:10	0:30	3:30	7:00	14:00	28:00	56:00	112:00	224:00
U30	0:05	0:20	3:15	6:30	13:00	26:00	52:00	104:00	208:00

100m			
1	13.79	A Rockhill	8
2	13.99	M Miller	8
3	14.43	Z Harrison-Sousa	6
4	15.04	M Barrand	5
5	15.07	E Waites	5
6	15.24	El Burridge	4
7	16.10	A Ali	2

150m			
1	23.38	I Wraight (U11)	3



200m			
1	28.87	M Miller	8
2	29.45	Z Harrison-Sousa	7
3	29.96	E Waites	6
4	30.93	M Barrand	4
5	31.19	V Vazquez	4
6	31.62	R Keeping	4
7	31.85	K Krishnan	3
8	32.13	El Burridge	3
9	35.41	A Ali	1

600m			
1	2:04.9	I Wraight (U11)	3
2	2:08.0	E Deakin (U11)	-

800m			
1	2:50.2	R Szentes	3
2	2:52.1	C Pegoraro	3
3	2:57.1	I Wraight (U11)	2
4	3:03.5	A Rockhill	1
5	3:17.0	T Pushpanathan	-

1500m			
1	5:57.2	R Szentes	3
2	5:59.3	C Pegoraro	3
3	6:32.6	V Vazquez	-

70mH			
1	12.52	M Barrand	5
2	13.78	R Keeping	1
3	14.06	El Burridge	1
4	15.24	E Waites	-
5	16.35	T Pushpanathan	-

U13 Girls			
75m			
1	11.94	I Wraight (U11)	3
2	24.39	C Lee (U11)	-

HJ			
1	1.20m	Z Harrison-Sousa	5
2	1.15m	A Rockhill	4

PB Awards

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LJ			
1	3.88m	Z Harrison-Sousa	6
2	3.80m	R Keeping	6
3	3.71m	M Barrand	5
4	3.45m	I Wraight (U11)	4
5	3.42	El Burridge	4
6	3.02	K Krishnan	3
SP (2.72Kg)			
1	6.82m	R Keeping	4
2	6.78m	M Barrand	4
3	5.73m	Z Harrison-Sousa	2
DT (750g)			
1	16.88m	M Barrand	4
2	15.56m	R Keeping	3
JT (400g)			
1	10.58m	A Ali	1
2	10.40m	K Krishnan	1
3	9.87m	V Vazquez	1



U15 Boys

100m		PB Awards	
1	11.79	M Alexander	8
2	11.99	Malakai	7
3	12.50	K McDermott-Dixon	6
4	12.63	T Stephens	5
5	12.88	H Galbally	4
6	13.33	P Coley	3
7	13.93	L Rozzo	1
200m			
1	24.33	Mikel Alexander	7
2	24.34	Malakai	7
3	25.70	T Willhoff-King	4
4	25.76	J Francis	4
5	26.01	T Stephens	4
6	26.18	H Galbally	3
7	28.51	H Munday	1
8	29.20	Luca Rozzo	-
300m			
1	38.49	M Alexander	9
2	39.83	D Mills	7
3	40.67	Malakai	6
4	42.64	Tyree Stephens	5
6	44.13	L Rozzo	4
800m			
1	2:06	D Mills	8

2	2:13	S Turner	5
3	2:14	K Szentes	5
4	2:19	F Bailey	3
5	2:20	A Poutney	2
6	2:23	T Mergia	2
7	2:26	E Kaloukian	1
8	2:29	W Groshong	-
9	2:32	P Bonhote	-
10	2:33	Malakai	-
11	2:48	H Hartland	-
1500m			
1	4:30	D Mills	9
2	4:36	K Szentes	6
3	4:41	S Turner	5
4	4:50	P Bonhote	5
5	4:51	A Poutney	4
6	4:55	E Kaloukian	4
7	5:14	W Groshong	2
3000m			
1	9:34	K Szentes	7 NCR
2	10:30	E Kaloukian	4
80mH			
1	11.60	Malakai	9
2	12.69	T Willhoff-King	6
3	13.26	M Alexander	-
4	15.12	P Coley	-
HJ			
1	1.75m	T Willhoff-King	9
2	1.70m	Cruz Musongo	9
3	1.56m	Malakai	7
4	1.45m	D Mills	5
5	1.35m	A Poutney	3
6	1.20m	E Kaloukian	-
6	1.20m	B Baker	-
LJ			
1	5.76m	Malakai	9
2	5.21m	H Galbally	6
3	4.45m	H Munday	3
TJ			
1	11.58m	Malakai	7 NCR



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SP (4kg)

1	10.68m	P Coley	6
2	9.73m	Malakai	4
3	8.29m	J Henry	2
4	7.42m	H Galbally	1
5	6.62m	R Alonso-Pascual	-
6	5.89	M Wassermann	-

DT (1.25kg)

1	27.48m	Patrick Coley	6
2	22.27	Malakai	4
3	11.39	R Alonso-Pascual	-

HT (4kg)

1	29.21	J Henry	4 NCR
2	18.79	P Coley	1

JT (600g)

1	25.19	J Henry	2
2	18.98	H Munday	-
3	17.28	R Alonso-Pascual	-
4	14.33	P Coley	-
5	12.71	L Rozzo	-

Pentathlon

1	2,280	Malakai	7 NCR
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3	45.2	K Smith	6
4	45.67	L Laurence	5
5	47.01	S Wilson	4
6	48.62	L Gundry	4
7	48.87	M Westgate	4
8	51.76	J Roberts	-
9	52.22	C Gotch	-

800m

1	2:23.3	A Kirk	7
2	2:27.6	K Corkin	5
3	2:27.9	R Cormacain	5
4	2:33.7	L Gundry	3
5	2:35.5	M Westgate	2
6	2:39.4	M Hunt	2
7	2:39.6	I Gray	2
8	2:46.5	J Lappin	-
9	2:47.6	L Blustin	-
10	3:03.0	J Roberts	-

1500m

1	4:56.9	A Kirk	7
2	4:58.5	R Cormacain	7
3	5:09.7	K Corkin	5
4	5:24.1	C Roberts	3
5	5:27.6	L Gundry	3
6	5:32.6	M Hunt	2
7	5:37.8	M Westgate	2
8	5:38.4	L Blustin	2
9	5:46.9	J Lappin	1
10	5:54.8	L Negatu	-
11	6:25.7	J Roberts	-

3000m

1	11:03.7	Rosa Cormacain	8 NCR
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75mH

1	11.46	S Frost	9 NCR
2	12.18	T Sweetnam	6
3	12.74	K Smith	4

HJ

1	1.40m	L Laurence	6
2	1.30m	K Smith	4
3	1.20m	C Gotch	2
4	1.10m	R Travis	-

LJ

1	4.62m	M Bridgman-Athanasatos	6
2	4.53m	K Smith	6
3	3.87m	M Westgate	3
4	3.78m	Min. Akesan	3
5	3.68m	Mun. Akesan	2
6	3.67m	M Hunt	2
7	3.50m	L Blustin	2
8	3.36m	R Cormacain	1
9	3.29m	C Gotch	1
10	2.97m	E Jolly	-

TJ

1	9.57m	M Bridgman-Athanasatos	8 NCR
2	9.24m	K Smith	7

THROWS											
Male Award Standards						Female Award Standards					
Event	Level 1	Level 2	Level 3	Level 4	Level 5	Event	Level 1	Level 2	Level 3	Level 4	Level 5
Shot Put	7.25m	8.25m	9.25m	10.25m	11.25m	Shot Put	5.00m	5.50m	6.00m	6.50m	7.00m
Discus	16.00m	18.00m	20.00m	22.00m	24.00m	Discus	6.00m	7.00m	8.00m	9.00m	10.00m
Javelin	8.00m	9.00m	10.00m	11.00m	12.00m	Javelin	7.00m	8.00m	9.00m	10.00m	11.00m
Hammer	12.00m	14.00m	16.00m	18.00m	20.00m	Hammer	7.00m	8.00m	9.00m	10.00m	11.00m
Shot Put	10.00m	11.00m	12.00m	13.00m	14.00m	Shot Put	8.00m	9.00m	10.00m	11.00m	12.00m
Discus	18.00m	20.00m	22.00m	24.00m	26.00m	Discus	10.00m	11.00m	12.00m	13.00m	14.00m
Javelin	10.00m	11.00m	12.00m	13.00m	14.00m	Javelin	11.00m	12.00m	13.00m	14.00m	15.00m
Hammer	14.00m	16.00m	18.00m	20.00m	22.00m	Hammer	12.00m	14.00m	16.00m	18.00m	20.00m
Shot Put	12.00m	13.00m	14.00m	15.00m	16.00m	Shot Put	13.00m	14.00m	15.00m	16.00m	17.00m
Discus	20.00m	22.00m	24.00m	26.00m	28.00m	Discus	14.00m	16.00m	18.00m	20.00m	22.00m
Javelin	12.00m	13.00m	14.00m	15.00m	16.00m	Javelin	15.00m	16.00m	17.00m	18.00m	19.00m
Hammer	16.00m	18.00m	20.00m	22.00m	24.00m	Hammer	16.00m	18.00m	20.00m	22.00m	24.00m
Shot Put	14.00m	15.00m	16.00m	17.00m	18.00m	Shot Put	17.00m	18.00m	19.00m	20.00m	21.00m
Discus	22.00m	24.00m	26.00m	28.00m	30.00m	Discus	18.00m	20.00m	22.00m	24.00m	26.00m
Javelin	14.00m	15.00m	16.00m	17.00m	18.00m	Javelin	19.00m	20.00m	21.00m	22.00m	23.00m
Hammer	18.00m	20.00m	22.00m	24.00m	26.00m	Hammer	20.00m	22.00m	24.00m	26.00m	28.00m
Shot Put	16.00m	17.00m	18.00m	19.00m	20.00m	Shot Put	21.00m	22.00m	23.00m	24.00m	25.00m
Discus	24.00m	26.00m	28.00m	30.00m	32.00m	Discus	22.00m	24.00m	26.00m	28.00m	30.00m
Javelin	16.00m	17.00m	18.00m	19.00m	20.00m	Javelin	23.00m	24.00m	25.00m	26.00m	27.00m
Hammer	20.00m	22.00m	24.00m	26.00m	28.00m	Hammer	24.00m	26.00m	28.00m	30.00m	32.00m
Shot Put	18.00m	19.00m	20.00m	21.00m	22.00m	Shot Put	25.00m	26.00m	27.00m	28.00m	29.00m
Discus	26.00m	28.00m	30.00m	32.00m	34.00m	Discus	26.00m	28.00m	30.00m	32.00m	34.00m
Javelin	18.00m	19.00m	20.00m	21.00m	22.00m	Javelin	27.00m	28.00m	29.00m	30.00m	31.00m
Hammer	22.00m	24.00m	26.00m	28.00m	30.00m	Hammer	28.00m	30.00m	32.00m	34.00m	36.00m
Shot Put	20.00m	21.00m	22.00m	23.00m	24.00m	Shot Put	29.00m	30.00m	31.00m	32.00m	33.00m
Discus	28.00m	30.00m	32.00m	34.00m	36.00m	Discus	30.00m	32.00m	34.00m	36.00m	38.00m
Javelin	20.00m	21.00m	22.00m	23.00m	24.00m	Javelin	31.00m	32.00m	33.00m	34.00m	35.00m
Hammer	24.00m	26.00m	28.00m	30.00m	32.00m	Hammer	32.00m	34.00m	36.00m	38.00m	40.00m
Shot Put	22.00m	23.00m	24.00m	25.00m	26.00m	Shot Put	33.00m	34.00m	35.00m	36.00m	37.00m
Discus	30.00m	32.00m	34.00m	36.00m	38.00m	Discus	34.00m	36.00m	38.00m	40.00m	42.00m
Javelin	22.00m	23.00m	24.00m	25.00m	26.00m	Javelin	35.00m	36.00m	37.00m	38.00m	39.00m
Hammer	26.00m	28.00m	30.00m	32.00m	34.00m	Hammer	36.00m	38.00m	40.00m	42.00m	44.00m
Shot Put	24.00m	25.00m	26.00m	27.00m	28.00m	Shot Put	37.00m	38.00m	39.00m	40.00m	41.00m
Discus	32.00m	34.00m	36.00m	38.00m	40.00m	Discus	38.00m	40.00m	42.00m	44.00m	46.00m
Javelin	24.00m	25.00m	26.00m	27.00m	28.00m	Javelin	39.00m	40.00m	41.00m	42.00m	43.00m
Hammer	28.00m	30.00m	32.00m	34.00m	36.00m	Hammer	40.00m	42.00m	44.00m	46.00m	48.00m
Shot Put	26.00m	27.00m	28.00m	29.00m	30.00m	Shot Put	41.00m	42.00m	43.00m	44.00m	45.00m
Discus	34.00m	36.00m	38.00m	40.00m	42.00m	Discus	42.00m	44.00m	46.00m	48.00m	50.00m
Javelin	26.00m	27.00m	28.00m	29.00m	30.00m	Javelin	43.00m	44.00m	45.00m	46.00m	47.00m
Hammer	30.00m	32.00m	34.00m	36.00m	38.00m	Hammer	44.00m	46.00m	48.00m	50.00m	52.00m

U15 Girls

100m

1	12.73	S Frost	8
2	13.36	Mu Akesan	5
3	13.37	Mi Akesan	5
4	13.45	S Wilson	5
5	13.75	K Smith	3
6	13.77	T Sweetnam	3
7	13.79	I Paitoo	3
8	13.84	R Travis	3
9	13.85	M Bridgman-Athanasatos	3
10	14.55	L Laurence	1
11	15.41	E Jolly	-

PB Awards

200m

1	27.91	S Frost	7
2	28.23	K Smith	7
3	28.28	I Paitoo	7
4	29.56	R Travis	5
5	29.82	L Laurence	4
6	31.46	C Gotch	2

300m

1	45.14	E Baker	6
2	45.16	I Paitoo	6

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

Track and Field Season Review 2023

SP (3kg)

1	8.97m	M Anderson-Watson	6 NCR
2	8.88m	E Baker	6
3	8.81m	I Paitoo	6
4	8.80m	R Travis	6
5	5.43m	Mun. Akese	-

DT (1kg)

1	37.16m	E Baker	9 NCR
2	22.98m	M Anderson-Watson	5
3	16.10m	I Paitoo	2

HT (4kg)

1	28.95m	M Anderson-Watson	5 NCR
2	22.53m	I Paitoo	3
3	22.20m	E Baker	3

JT (500g)

1	18.57m	E Baker	1
2	16.19m	I Paitoo	-
3	16.10m	M Anderson-Watson	-
4	13.35m	K Smith	-
5	7.74m	Min Akese	-

5	59.15	N Swinhoe	3
6	59.97	L Valman	3
7	63.12	A Feeny-Willings	1

800m

1	2:04.1	George Saint	6
2	2:04.9	D Baah-Okyere	6
3	2:20.2	G Berrisford Sweet	-
4	2:22.4	A Feeny-Willings	-
5	2:30.3	B Ryan	-
6	2:30.5	L Valman	-

1500m

1	4:23.2	D Baah-Okyere	5
2	4:24.7	G Saint	5
3	5:33.9	A Feeny-Willings	-

3000m

1	9:57.0	I Joslin	3
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100mH

1	13.18	T Corlis	9 NCR
2	14.02	T Wassermann	8
3	14.11	M Dennis	7

400mH

No performances found

JUMPS											
Male Award Standards						Female Award Standards					
Event	Level 1	Level 2	Level 3	Level 4	Level 5	Event	Level 1	Level 2	Level 3	Level 4	Level 5
LONG JUMP	3.00m	3.50m	4.00m	4.50m	5.00m	LONG JUMP	2.00m	2.50m	3.00m	3.50m	4.00m
US	3.75m	4.25m	4.75m	5.25m	5.75m	US	3.25m	3.75m	4.25m	4.75m	5.25m
UK	4.00m	4.50m	5.00m	5.50m	6.00m	UK	3.75m	4.25m	4.75m	5.25m	5.75m
USJavelin	5.00m	5.25m	5.50m	5.75m	6.00m	USJavelin	4.00m	4.25m	4.50m	4.75m	5.00m
Shot	4.25m	4.50m	4.75m	5.00m	5.25m	Shot	4.00m	4.25m	4.50m	4.75m	5.00m
DISCUS JUMP	1.00m	1.25m	1.50m	1.75m	2.00m	DISCUS JUMP	1.00m	1.25m	1.50m	1.75m	2.00m
US	8.75m	9.00m	9.25m	9.50m	9.75m	US	7.75m	8.00m	8.25m	8.50m	8.75m
UK	9.25m	9.50m	9.75m	10.00m	10.25m	UK	8.25m	8.50m	8.75m	9.00m	9.25m
USJavelin	10.00m	10.25m	10.50m	10.75m	11.00m	USJavelin	9.00m	9.25m	9.50m	9.75m	10.00m
Shot	11.25m	11.50m	11.75m	12.00m	12.25m	Shot	10.00m	10.25m	10.50m	10.75m	11.00m
DISCUS JUMP	1.00m	1.25m	1.50m	1.75m	2.00m	DISCUS JUMP	1.00m	1.25m	1.50m	1.75m	2.00m
US	1.50m	1.75m	2.00m	2.25m	2.50m	US	1.00m	1.25m	1.50m	1.75m	2.00m
UK	1.75m	2.00m	2.25m	2.50m	2.75m	UK	1.25m	1.50m	1.75m	2.00m	2.25m
USJavelin	1.40m	1.65m	1.90m	2.15m	2.40m	USJavelin	1.25m	1.50m	1.75m	2.00m	2.25m
Shot	1.65m	1.90m	2.15m	2.40m	2.65m	Shot	1.50m	1.75m	2.00m	2.25m	2.50m
DISCUS JUMP	1.00m	1.25m	1.50m	1.75m	2.00m	DISCUS JUMP	1.00m	1.25m	1.50m	1.75m	2.00m
US	1.00m	1.25m	1.50m	1.75m	2.00m	US	1.00m	1.25m	1.50m	1.75m	2.00m
UK	1.25m	1.50m	1.75m	2.00m	2.25m	UK	1.25m	1.50m	1.75m	2.00m	2.25m
USJavelin	1.25m	1.50m	1.75m	2.00m	2.25m	USJavelin	1.25m	1.50m	1.75m	2.00m	2.25m
Shot	1.50m	1.75m	2.00m	2.25m	2.50m	Shot	1.50m	1.75m	2.00m	2.25m	2.50m

U17 Men

100m

1	10.97	Trey Corlis	9
2	11.23	Oscar Hall	8
3	11.48	M Dennis	7
4	11.59	T Wassermann	6
5	11.95	M Cameron	4
6	12.31	S Brown	3
7	12.46	T Toth-Stevens	3

PB Awards

200m

1	22.90	T Corlis	8
2	22.91	O Hall	8
3	23.32	M Dennis	7
4	23.38	S Brown	7
5	23.90	M Cameron	5
6	24.71	T Wassermann	3
7	25.05	N Swinhoe	2
8	26.15	T Toth-Stevens	-
9	26.19	D Baah-Okyere	-
10	29.53	A Feeny-Willings	-

400m

1	49.70	S Brown	9 NCR
2	52.65	O Hall	8
3	56.62	D Baah-Okyere	5
4	56.93	M Dennis	5

HJ

1	1.78m	T Corlis	7
2	1.70m	Thomas Wassermann	6
3	1.45m	Artie Feeny-Willings	2
4	1.40m	Nathaniel Swinhoe	1

LJ

1	5.77m	O Hall	6
2	5.54m	T Corlis	5
3	4.89m	S Brown	2
4	4.63m	N Swinhoe	1

TJ

No performances found

SP (5kg)

1	11.71m	T Wassermann	6
2	9.75m	M Dennis	3
3	7.44m	S Brown	-
4	4.94m	L Valman	-

DT (1.5kg)

1	27.82m	T Wassermann	4
2	13.17m	M Dennis	-

HT (5kg)

1	33.59m	T Wassermann	3 NCR
2	21.21m	N Swinhoe	-

JT (700g)

1	20.87m	L Valman	-
2	18.04m	N Swinhoe	-

London Heathside Young Athletes Club Newsletter

Track and Field Season Review 2023



ENDURANCE																							
Male Award Standards												Female Award Standards											
Event	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10	Level 11	Event	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9	Level 10	
100m	02:20.00	02:05.00	01:50.00	01:35.00	01:20.00	01:05.00	00:50.00	00:40.00	00:30.00	00:25.00	00:20.00	100m	02:20.00	02:05.00	01:50.00	01:35.00	01:20.00	01:05.00	00:50.00	00:40.00	00:30.00	00:25.00	00:20.00
200m	04:40.00	04:20.00	04:00.00	03:40.00	03:20.00	03:00.00	02:40.00	02:20.00	02:00.00	01:50.00	01:40.00	200m	04:40.00	04:20.00	04:00.00	03:40.00	03:20.00	03:00.00	02:40.00	02:20.00	02:00.00	01:50.00	01:40.00
400m	09:30.00	09:00.00	08:30.00	08:00.00	07:30.00	07:00.00	06:30.00	06:00.00	05:30.00	05:00.00	04:45.00	400m	09:30.00	09:00.00	08:30.00	08:00.00	07:30.00	07:00.00	06:30.00	06:00.00	05:30.00	05:00.00	04:45.00
800m	19:00.00	18:00.00	17:00.00	16:00.00	15:00.00	14:00.00	13:00.00	12:00.00	11:00.00	10:30.00	10:15.00	800m	19:00.00	18:00.00	17:00.00	16:00.00	15:00.00	14:00.00	13:00.00	12:00.00	11:00.00	10:30.00	10:15.00
1600m	38:00.00	36:00.00	34:00.00	32:00.00	30:00.00	28:00.00	26:00.00	24:00.00	22:00.00	21:00.00	20:30.00	1600m	38:00.00	36:00.00	34:00.00	32:00.00	30:00.00	28:00.00	26:00.00	24:00.00	22:00.00	21:00.00	20:30.00
3200m	76:00.00	72:00.00	68:00.00	64:00.00	60:00.00	56:00.00	52:00.00	48:00.00	44:00.00	42:00.00	41:00.00	3200m	76:00.00	72:00.00	68:00.00	64:00.00	60:00.00	56:00.00	52:00.00	48:00.00	44:00.00	42:00.00	41:00.00
6400m	152:00.00	144:00.00	136:00.00	128:00.00	120:00.00	112:00.00	104:00.00	96:00.00	88:00.00	84:00.00	82:00.00	6400m	152:00.00	144:00.00	136:00.00	128:00.00	120:00.00	112:00.00	104:00.00	96:00.00	88:00.00	84:00.00	82:00.00
12800m	304:00.00	288:00.00	272:00.00	256:00.00	240:00.00	224:00.00	208:00.00	192:00.00	176:00.00	170:00.00	168:00.00	12800m	304:00.00	288:00.00	272:00.00	256:00.00	240:00.00	224:00.00	208:00.00	192:00.00	176:00.00	170:00.00	168:00.00
25600m	608:00.00	576:00.00	544:00.00	512:00.00	480:00.00	448:00.00	416:00.00	384:00.00	352:00.00	340:00.00	336:00.00	25600m	608:00.00	576:00.00	544:00.00	512:00.00	480:00.00	448:00.00	416:00.00	384:00.00	352:00.00	340:00.00	336:00.00
51200m	1216:00.00	1152:00.00	1088:00.00	1024:00.00	960:00.00	896:00.00	832:00.00	768:00.00	704:00.00	680:00.00	672:00.00	51200m	1216:00.00	1152:00.00	1088:00.00	1024:00.00	960:00.00	896:00.00	832:00.00	768:00.00	704:00.00	680:00.00	672:00.00
102400m	2432:00.00	2304:00.00	2176:00.00	2048:00.00	1920:00.00	1792:00.00	1664:00.00	1536:00.00	1408:00.00	1360:00.00	1344:00.00	102400m	2432:00.00	2304:00.00	2176:00.00	2048:00.00	1920:00.00	1792:00.00	1664:00.00	1536:00.00	1408:00.00	1360:00.00	1344:00.00
204800m	4864:00.00	4608:00.00	4352:00.00	4096:00.00	3840:00.00	3584:00.00	3328:00.00	3072:00.00	2816:00.00	2720:00.00	2704:00.00	204800m	4864:00.00	4608:00.00	4352:00.00	4096:00.00	3840:00.00	3584:00.00	3328:00.00	3072:00.00	2816:00.00	2720:00.00	2704:00.00
409600m	9728:00.00	9216:00.00	8704:00.00	8192:00.00	7680:00.00	7168:00.00	6656:00.00	6144:00.00	5632:00.00	5440:00.00	5408:00.00	409600m	9728:00.00	9216:00.00	8704:00.00	8192:00.00	7680:00.00	7168:00.00	6656:00.00	6144:00.00	5632:00.00	5440:00.00	5408:00.00
819200m	19456:00.00	18432:00.00	17408:00.00	16384:00.00	15360:00.00	14336:00.00	13312:00.00	12288:00.00	11264:00.00	10960:00.00	10916:00.00	819200m	19456:00.00	18432:00.00	17408:00.00	16384:00.00	15360:00.00	14336:00.00	13312:00.00	12288:00.00	11264:00.00	10960:00.00	10916:00.00

U17 Women

100m

1	12.73	M Paitoo
2	12.74	I Quamina
3	12.93	M Jolly
4	13.04	E Burrridge
5	14.19	N Osei-Mensah
6	14.44	B Lawu
7	15.78	P Jarosz

200m

1	25.63	M Paitoo
2	26.68	E Burrridge
3	26.82	I Quamina
4	29.30	B Lawu
5	29.34	N Osei-Mensah

300m

1	40.39	M Paitoo	9 NCR
2	42.76	E Burrridge	7
3	43.54	I Quamina	5
4	47.27	L Corkin	2
5	60.49	N Osei-Mensah	-

800m

1	2:21.2	I Watkins	8
2	2:31.9	R Walls	3

PB Award

6	6
5	5
-	-
-	-
9	8
7	7
5	5
2	2
-	-
3	3
9 NCR	8
7	7
5	5
2	2
-	-
3	3
8	8
3	3

3	2:35.9	L Corkin	2
4	2:38.5	I Cannell	2
1500m			
1	4:48.1	I Watkins	8
2	4:58.1	M Watkins	7
3	5:15.4	I Cannell	3
4	5:30.4	L Corkin	1

3000m

No performances found

1500mSC

No performances found

80mH

1	12.18	I Quamina	8 NCR
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300mH

1	47.74	E Burrridge	7 NCR
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HJ

1	1.45m	M Paitoo	6
2	1.35m	I Cannell	4
2	1.35m	I Quamina	4
4	1.15m	B Lawu	-

LJ

1	5.17m	M Jolly	7 NCR
2	4.86m	I Quamina	5
3	4.64m	E Burrridge	4

TJ

No performances found

SP (3kg)

1	7.41m	P Jarosz	1
2	5.80m	B Lawu	-

DT (1kg)

1	12.45m	P Jarosz	-
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HT (3kg)

1	25.29m	P Jarosz	2
2	14.85m	B Lawu	-

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