

Contents

Congratulations	2022-2023 Winter Season
Meeting report – Met League 1#	Championship Cross Country Races
Meeting Report – Southern XC Relays	Indoor Season 2022/23
Meeting Report – NWLL 1#	Lee Valley Minithon
Meeting Report – NWLL 2#	Winter Training
Up-Coming Club Young Athletes Fixtures	Jack Petchey Award

Congratulations

Congratulations to Sam Turner and Dylan Mills who both won their U15 Boys XC races at North-West London League meetings. Well done to Artie Feeny Willings who won the Jack Petchey award for September.

Meeting Report: - Met League 1#, Claybury 15.10.22

The Club's Cross Country Season got underway on a sunny Saturday in Essex with the first met League meeting, with two 3rd places (Junior Women and U13G) and 2 5th places (U11B and U13B) with the Junior Men 6th and U11 Girls with only one runner finishing 11th. Special mention should go to Amy Kirk (U15G) who was our first finisher in the Junior Women's race finishing 7th and 3rd U15G overall.

Results

U11 Boys (1500m, 44 Runners) - 1st B Kaspar (SBH) 5:27, 15th Alex Rankin 6:07, 18th Sebastian Mcneely 6:09, 20th Jacob Purcell 6:15, 38th Laurie Wotton 6:58, 39th Zak Wahid 6:58
Team:- 1st SBH 156 pts, **5th London Heathside 89 pts**

U11 Girls (1500m, 41 Runners) - 1st V Muraidhar (ESM) 5:46, 6th Edith Deakin 6:23 (1st U10G) 🏆
Team:- 1st WG&EL 110 pts, **11th London Heathside 36 pts**

U13 Boys (3,000m, 48 Runners) - 1st J Branch (Herts P) 10:46, 12th Rory Willis 11:55, 22nd Alex Kirk 12:21, 32nd Charlie Roberts 3:10, 34th Mikail Wahid 13:18, 40th Connor Roberts 13:58, 48th Jude Hampton-Phillips 14:53
Team:- 1st SBH 159 pts, **5th London Heathside 96 pts**, 15th London Heathside B 10 pts

U13 Girls (3000m 52 Runners) - 1st J March (Barnet) 11:49, 12th Rosa Cormacain 12:51, 15th Caitlin Roberts 12:59, 21st Lila Blustin 13:07, 24th Margot Hunt 13:19, 25th Maya Westgate 13:22, 30th Jasmina Roberts 14:16, 40th Charlotte Beale 15:02, 52nd Lucy Ryan 16:21
Team:- 1st Trent Park 170 pts, **3rd London Heathside 140 pts**, 10th London Heathside 65 pts

Junior Men (4000m 79 Runners) - 1st G Ward (Herts P) 13:31, 17th Frederick Beale 15:15, 23rd George Saint 15:37, 27th Gregory Berrisford Sweet 15:40, 28th Sam Turner (U15B) 15:44 (12th U15B), 32nd Alex Smith 15:52, 34th Eric Beale (U15B) 15:55 (15th U15B)
51st Ben Ryan (U15B) 16:42 (25th U15B), 73rd Artie Feeny Willings 18:30
Team:- 1st WG&EL 279 pts, **6th London Heathside 225 pts**, 11th London Heathside B 130 pt, 26th London Heathside C 1 pts

Junior Women (4000m 57 Runners) - 1st L McDonald (VPH&TH) 15:47, 7th Amy Kirk (U15G) 16:22 (3rd U15G) 🏆, 8th Hattie Munday 16:30, 26th Lettice Gundry (U15G) 17:57 (14th U15G), 31st Milly Watkins 18:22
Team:- 1st WG&EL 192 pts, **3rd London Heathside 160 pts**

Howard Williams Trophy (Juniors)
1st WG&EL 104.5 pts, **4th London Heathside 82 pts**

Meeting Report: - Southern XC Relays, Wormwood Scrubs, 22.10.22

School Holidays meant we were only able to enter one complete team in the XC Relays with the U15 Boys finishing 13th

Results: -

U17 Men (3x3000m, 29 Teams) - 1st Aldershot Farnham & District 28:39, 23rd London Heathside (George Saint 10:35, Greg Berrisford Sweet 11:16, No 3rd Runner) 21:51

U17 Women (3x3000m, 23 Teams) - 1st Windsor Slough Eton & Hounslow 32:26, 17th London Heathside (A368 11:12, B368 12:09, No 3rd Runner) 23:21

U15 Boys (3x2000m, 28 Teams) - 1st Havering AC 19:04, 13th London Heathside (Eric Beale 7:07, Ben Ryan 7:48, Sam Turner 6:45) 21:42

Meeting Report: NWLYA League, Meeting 1, Horsenden Hills 29.10.22

Half term reduced the Club's turnout but still some great performances with Dylan Mills winning the U15 Boys race, Kiara Corkin (U15G) and Koppany Szentes (U15B) finishing 2nd. The U11 Boys finished 3rd while the U11 Girls finished 2nd in their race. The U15 Girls finished 3rd in their race.

Under 11 Boys (2000 Metres 43 Runners): - 1 L. Da Silva (TVH) 7.36, 6 Alex Rankin 7.59, 15 Seb McNeely 8.31, 21 Kit Young 8.43, 29 William Edwards 9.29

Teams: - 1 Shaftesbury Barnet 28, 3 London Heathside 71

Under 11 Girls (2000 metres 32 Runners):- 1 C. Cooper (Bar) 8.37, 2 Edith Deakin 8.41, 10 Imogen Wraight 9.09, 16 Willow Lazar 9.34, 19 Mia Beeby 9.51

Teams:- 1 Ealing, Southall & Mdx 28, 2 London Heathside 47

Under 13 Boys (3000 metres 32 Runners):- 1 O. McDonald (Dac) 11.15, 8 C. Nicolson 12.21, 22 Lincoln Harrison 13.36, 25 Pip Young 14.02

Teams: - 1 Dacorum 39, 8 London Heathside 98

Under 13 Girls (3000 Metres 34 Runners):- 1 J. March (Bar) 12.11, 11 Lila Blustin 13.52, 19 Chiara Pegoraro 14.53, 33 Rita Monteiro 17.49

Teams 1 Ealing, Southall & Mdx 39, 4 London Heathside 63

U15 Boys (4,000m 25 Runners):- 1 Dylan Mills 14.17 🏆, 2 Koppany Szentes 14.24, 16 Ben Ryan 16.46

Teams: - 1 London Heathside 45

Under 15 Girls (4000 Metres 21 Runners):- 1 M. Rosen (Bar) 15.49, 2 Kiara Corkin 15.59, 7 Ishanna Cannell 16.43

Teams: - 1 Dacorum 34, 3 London Heathside 52

Under 17 Men (5000 metres 26 Runners):- 1 M. Cattini (Hrw) 15.43, 9 George Saint 17.19, 23 A.Preka 19.41, 25 Artie. Feeny-Willings 21.21

Teams:- 1 Highgate 23, 6 London Heathside 84

Under 17 Women (5000 Metres 13 runners)- 1 C. Harris Bar 18.24, 3 Hattie Munday LH 18.41

Teams: - 1 TVH 25, 4 London Heathside 42

Meeting Report: NWLYA League, Meeting 2, Fryent Park 5.11.22

Having run the previous week and races coming thick and fast these races weren't the best attended with only two age groups managing full teams. We secured 2 3rd place finishes and 4 4th places for the team. Individually Sam Turner won the U15 Boys race and Hattie Munday finished 2nd in the U17 Women's race with Edith Deakin a superb 3rd in the U11 girls race to add to the 2nd place the previous week.

Boys Under 11 (2,000m, 26 Runners):- 1st L. Da Silva (TVH) 6.28, 5th Alex Rankin 6.53, 12th Kit. Young 7.22, 21st William Edwards 8.02, 26th Ben Wheelan 9.09

Teams:- 1st ESM 25pts, 4th London Heathside 64 pts

Girls Under 11 (2000m, 24 runners):- 1st V. Muraudmar (ESM) 6.38, 3rd Edith Deakin 7.16, 7th Imogen Wraight 7.44

Teams:- 1st ESM 25 pts, 3rd London Heathside 54 pts

Boys Under 13 (3000m, 26 runners):- 1st O McDonald (Dacorum) 11.19, 21st Pip Young 14.41, 24th Jude Hampton Phillips 15.01

Teams:- 1st ESM 30 pts, 8th London Heathside 97 pts

Girls Under 13 (3000m, 17 runners):- 1st J. March (Barnet) 12.06, 10th Madeleine Michaelides 13.57

Teams:- 1st ESM 29 pts, 7th London Heathside 64 pts

Boys Under 15 (4000 metres, 19 runners):- 1st Sam Turner 13.44 🏆, 8th Ben Ryan 14.51

Teams:- 1st TVH 37 pts, 4th London Heathside 57pts

Girls Under 15 (4000m, 17 runners):- 1st L. Delvendahl (Highgate) 15.03, 7th Ishaana Cannell 15.47, 8th Lettice Gundry 15.56

Teams:- 1st Highgate 34 pts, 4th London Heathside 51 pts

Men Under 17 (5000m, 24 runners):- 1st M. Cattini (Harrow) 15.45, 8th George Saint 17.26, 15th Alex Smith 17.56, 18th A. Preka 19.15, 22nd Artie Feeny Willings 19.34

Teams:- 1st Highgate 18 pts, 3rd London Heathside 57 pts

Under 17 Women (5000m 12 runners):- 1st L. Russell (Highgate) 17.52, 2nd Hattie Munday 18.31

Teams:- 1st TVH 27 pts, 4th London Heathside 44 pts

Up-coming Club Young Athletes Fixtures: -

2022 Road and Cross-Country Fixtures

- ~~5th November – NWLL 2#, Fryent Park~~
- 12th November – Met League 2#, Wormwood Scrubs
- 19th November – London Youth Games, Parliament Hill (Representative)
- 26th November – NWLL 3#, Trent Park
- 3rd December – Met League 3#, Uxbridge

Meetings in green are school events, brown - representative.

Upcoming Races: -

Met League 2#, Wormwood Scrubs, 12.11.22

Venue - Wormwood Scrubs Park, London W12 0AE The start/finish area is adjacent to Linford Christie Stadium.

Race Headquarters - Met League Admin Start/Finish Area, Linford Christie Stadium, Wormwood Scrubs

Changing Facilities - Limited facilities are available, no lockers

Toilets – They are located in the stadium changing rooms adjacent to the park and the TVH Clubhouse. You are asked to wear a face-covering indoors unless exempt. Please follow any additional guidance on the day to limit numbers queuing indoors.

Showers - No

Course Description - Flat scrubland and playing fields. Areas of the course can be wet and muddy. Suitable for spikes.

Timetable -

- Race 1 12.20 Under 11 Boys approx 1.75km
- Race 2 12.25 Under 11 Girls approx 1.75km
- Race 3 12.40 Under 13 Boys approx 3.0km
- Race 4 12.45 Under 13 Girls approx 3.0km
- Race 5 1.00pm Under 17 Men / Under 15 Boys approx 3.8km
- Race 6 1.05pm Under 17 Women / Under 15 Girls approx 3.8km

Limited Car Parking The entrance for cars is Artillery Lane off Du Cane Rd, between the hospitals and prison, the postcode for satnav W12 0AE. At the end of Artillery Lane approaching the Scrubs, there is a 6' 6" height barrier entrance to the main car park, parking is **no longer free** at the weekend and the car park will be busy. There is also parking on Braybrook Street (between East Acton station and the stadium) and neighbouring streets, a short walk to the stadium across Wormwood Scrubs.

ULEZ – Wormwood Scrubs park is located within the Ultra-Low Emission Zone which attracts a £12.50 charge for certain older and diesel vehicles, please check at <https://tfl.gov.uk/modes/driving/ultra-low-emission-zone> if unsure.

If possible please use Public Transport – East Acton on the westbound Central Line is the closest station, but has no platform on the eastbound side; if travelling on the eastbound line use White City station, approx 10 mins walk from Wormwood Scrubs Park.

Buses – please check the TfL website for buses stopping near Hammersmith hospital.

North West London YA League 3#, Trent Park, 12.11.22

Race Location: - Trent Park, Enfield

Race Information:- There is no need to pre-register you can turn up on the day. Competitors should report to the Heathside flag at the start where running numbers, club vests and spikes if required will be available. Athletes should arrive at least 30 minutes before their race for warm up and briefing.

- 12.45 pm U11 Boys and Girls 2,000m
- 13.00 pm U13 Boys and Girls 3,000m
- 13.20 pm U15 Boys and Girls 4,000m
- 13.45 pm U17 Men and Women 5,000m

The Course: - The course is run over playing fields and is generally flat although some parts of the course can be muddy.

Scoring: - First 4 Athletes to score in both the Boys and Girls Team Competitions.

Boys and Girls run together this year over the same distance with separate finishing funnels. In this race however the Age Groups are split with the Girls starting 5 mins after the Boys.

Age Groups equate to U11 = School Years Yrs 4/5/6, U13 = Yrs 7/8, U15 = Yrs 9/10 and U17 = Yrs 11/12

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

Met League 3#, Uxbridge, 3.12.22

Venue: - Hillingdon Athletic Stadium, Gating Way, Uxbridge, UB8 1ES

Race Location: - Race Headquarters: Hillingdon Athletics Stadium, Gating Way, Uxbridge UB8 1ES. Nearest station is Uxbridge Underground Station (Metropolitan & Piccadilly Lines)

The race start is just under a mile walk from Uxbridge Underground Station (directions). There is a 2 minute walk from race HQ to the start (see the course map. 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.

The Course: - Parkland setting, undulating course, with one steep climb per large lap, on grass and woodland paths. Option of small river crossing if conditions on the day allow.

Timetable:

- 12.20pm Under 11 Boys 2km No River Crossing
- 12.25pm Under 11 Girls 2km No River Crossing
- 12.40pm Under 13 Boys 3km No River Crossing
- 12.45pm Under 13 Girls 3km No River Crossing
- 1.00pm Under 17 Men/Under 15 Boys 4 km No River Crossing
- 1.05pm Under 17 Women/Under 15 Girls 4km No River Crossing

2022-2023 Winter Season

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

- 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
- 26.1.23 – Middlesex Schools XC Championships – Harrow School (Closed)
- 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 – Bolesworth Castle, Cheshire
- 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)

Championship Cross Country Races

We are almost half way through the cross country season and are now focusing on the three Championship races in the New Year with the County, Southern and National XC Championships. Entries need to be submitted at the end of this year or early next year which the club will pay on the athlete's behalf. The Nationals are to be held in Cheshire next year and with Young Athlete races starting at 11.00am the club are considering arranging an overnight stay for runners beforehand. These races should be every young endurance runners goals. Please let your coach or Ruth Miller know if you want to run in these races especially the national Championships.

Indoor Competitions

The indoor track season starts next month. We are lucky that the leading indoor facility in the South East is at Lee Valley. The track there has also just been re-laid. Israel and Mary's coaching groups in particular are focusing on indoor events over the winter but is a great experience for all young athletes from U13 and above. Younger athletes can experience the event at their minithons.

Lee Valley hosts their [own events](#) as well as open meetings and Championship events



There are a number of indoor competitions this winter held at Lee Valley (unless stated). Most of the events have entry details listed on [Opentrack](#):-

December Open – Sunday 4th December 2022
 Lee Valley New Year's Open – Sunday 2nd January 2023
 BeFit Open – Saturday 8th January 2023
U13/U15/U17 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

England Athletics U20/U17/U15 Indoor Championships, Sheffield 11th-12th February 2023

The EA National Championships will again be held in Sheffield. Last season Milton Cooper won gold in the U15 Boys 300m. To compete you need to have attained the qualification standard (see below). If you want to compete and have the qualification standard the club will pay for your entry (£15). Entry details are [here](#).

Event	U20M	U20W	U17M	U17W	U15B	U15G
60m	7.60	8.20	7.70	8.30	8.20	8.60
200m	22.50	25.50	23.50	26.50	25.50	27.50
300m				42.20	40.50	44.00
400m	52.00	59.00	53.00			
800m	01:58.0	02:15.0	02:08.2	02:18.0	02:12.0	02:24.0
1500m	04:00.0	04:40.0	04:12.0	04:46.0		
60mH	8.90	9.50	9.00	10.00	10.50	10.50
HJ	1.92m	1.64m	1.82m	1.62m	1.62m	1.50m
PV	4.20m	3.20m	3.70m	3.00m	2.50m	2.40m
LJ	6.50m	5.50m	6.30m	5.30m	5.50m	4.90m
TJ	13.50m	11.20m	12.15m	10.80m	11.00m	10.00m
SP	12.75m	11.25m	12.50m	11.00m	11.00m	10.00m

Note:- Entries will only be accepted from athletes who have achieved the entry standard in competitions between the qualifying period - 1st January 2022 – 16th January 2023 (entry closing date)

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 10th December 2022 – [Bookings Open](#)

Winter Training

Now it is dark, cold and often wet remember to ensure you come to training prepared with warm waterproof clothing, gloves if needed. If you are training on the road try to bring fluorescent clothing to ensure you are visible to pedestrian and vehicles.

Jack Petchey Award

The winner for September was Artie Feeny Willings for his improvements to his 800m time and dedication turning out to run for the club.



The nominations for October are: -

Dylan Mills – Who won the U15 Boys race at the NWLYAL meeting at Horsenden Hills, his first race of the season.

Ben Ryan – Who has seen renewed commitment to Cross Country racing since the beginning of the season as well as in training.

Ishaana Cannell – Has performed well in cross country races this season finishing our first or 2nd U15 Girl at the two North west London League races this season.

Malia Anderson – Has put lots of effort improving her speed and fitness in preparation of the Spring Throws as well as hill training..

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