



LONDON HEATHSIDE

Junior Newsletter

Congratulations

Well done to Trey Corlis and Thomas Archer who have qualified for the National Schools Final in Manchester on the 9th-11th July.Champion.

Record breakers this month include Suraya Frost 70mH, Gabriel Edwards U13B 150m, Issy Watkins U15G 800m, Sapphire Thorbourne U15G Hammer, Milton Cooper U15B 300m and Hammer.

Trey Corlis finished 7th in the EAAS Combined Events South East Final and has qualified for the final in Bedford on 11/12th September. Great performances from all.



Middlesex Youth Athletics League 4#

The last of our 4 fixtures will be held on Sunday 18th July at StoneX. There are events for both U11, U13, U15 and U17. All results are submitted to [Powerof10](#). The league website can be found [here](#). Events include 100m, 150m (U11), 800m (U11), 1500m, Hurdles (U13/U15), Long Jump, High Jump, Vortex (U11), Shot Put, Discus and Hammer (U15/U17). There will also be 4x100m relays..

If you want to take part you must speak to your coach asap or contact [Helene Kehoe](#) asap as the team has to be declared on Friday 4th. The full timetable can be found [here](#) or below:-

- 12.00 pm Long Jump (U13G), Vortex (U11G), 800m (U11G)
- 12.15 pm 800m (U11B)
- 12.20 pm Long Jump (U11G)
- 12.30 pm 70mH (U13G)
- 12.45 pm 75mH (U13B)
- 12.50 pm Long Jump (U13B), Shot Put (U13B/U13G), Vortex (U11B)
- 1.00 pm 100m (U13B)
- 1.15 pm 100m (U13G)
- 1.30 pm 150m (U11G, U11B)
- 1.40 pm Long Jump (U11B), High Jump (U13B, U13G), Discus (U13B, U13G)
- 2.00 pm 1500m (U13G)
- 2.15 pm 1500m (U13B)
- 2.30 pm 4x100m (U11G, U11B)
- 2.40 pm High Jump (U15B, U17M), Shot Put (U15G, U17W), Discus (U15B, U17M)
- 2.45 pm 4x100m (U13G, U13B)
- BREAK
- 3.00 pm 100m (U15G, U15B)
- 3.30 pm Long Jump U17W, U15G, Shot Put (U15B, U17M), Discus (U15G, U17W), 100m (U17W, U17M),
- 3.45 pm 1500m (U15G, U17W)
- 4.05 pm 1500m (U15B, U17M)
- 4.20 pm Long Jump (U17M, U15B), Shot Put (U15G, U17M), Discus (U15B, U17M),
- 4.25 pm 75mH (U15G)
- 4.35 pm 80mH (U15B)
- 4.50 pm 4x100m (U15G, U17W)
- 5.05 pm 4x100m (U15B, U17M)

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Track and Field Fixture List

While it remains early and many detail may change due to the restrictions placed by having to provide a Covid Secure environment .At the moment declared fixtures look like as follows:-

[8th July—Club Handicap Race—Ally Pally](#)

8th-10th July –ESAA National School Championships in Manchester

[10th July LICC Open 2# at StoneX](#)

18th July—MYAL 3# at StoneX

[24th July—Middlesex U13 and U15 Championships at Lee Valley](#)

31st July—LICC Open 3# and Club Connect Relays at StoneX

21st August— LICC Open 4# at StoneX Stadium including Club Connect Relays

21st-22nd August—SEAA U13, U15 and U17 Champs at Kingsmeadow, Kingston

[31st August—Middlesex Senior U20 and U17 Champs at Lee Valley](#)

The Clubs focus for Juniors are the MYAL meetings. There may also be opportunities for the U17's to take part in the Club SAL meetings.

There are also multiple Open Meetings available with events for U11 upwards. Harrow, [Watford](#), [Thames Valley Harriers](#) are all hosting meetings throughout the summer. Open events over the next few weeks can be found on www.thepowerof10.info or [England Athletics](#).

MYAL3# — Meeting Report

Another meeting and another first place although this time jointly with Shaftesbury Barnet Harriers. The Juniors won 5 of the 8 Age Groups with 15 event wins and 5 new club records (another 2 would have been set but for the wind).

A generally sunny Parliament Hill again saw a dominant display in many age groups. The Club won the U11 Boys, and both boys and girls for the U13 and U15 age groups. With one meeting remaining the Club have 165 points to Shaftesbury's 134 points and need just 42 points at the last meeting to guarantee the title for the first time.

There were event wins for Phoebe Willhof-King (U11G 600m), Grace Wood (U11G Long Jump), Gabriel Edwards (U11B 75m, Long Jump), Charlie Watkins (U11B Vortex), Suraya Frost (U13G 200m, 70mH, Long Jump), Issy Watkins (U15G 800m), Imani Quamina (U15G 75mH), Sapphire Thorbourne (U15G Hammer), Thomas Wassermann (U15B 80mH, Shot Put), Milton Cooper (U15B Hammer) and Martha Jolly (U17W Long Jump). New Club Records were set by Gabriel U13 Boys 75m, Issy U15G 800m, Milton in both Hammer and 300m and Sapphire also in the U15 Hammer.

Results

1st= London Heathside 59 pts

1st= Shaftesbury Barnet Harriers 59 pts

3rd Highgate Harriers 46 pts

A fantastic all-round result and hopefully we can repeat this once more at the last meeting at the StoneX Stadium on Sunday 16th July as the season reaches it's climax so delay those summer holiday plans.

Thanks as always to the coaches, officials and parents who all contributed to such a successful day.

Park Run Returns

Priory Park Junior Park Run restarted on Sunday 6th June (Age 10 and under only). Finsbury Park and Alexandra Park Park Runs have also been given permission to return on Saturday 24th July.

Highbury Fields Park Run currently await a date that they can restart



YMCA Crouch End 10k and Fun Run

The organisers of this popular race which includes a fun run in Priory Park have announced a revised date of Sunday 19th September.

This is a major source of funds for the YMCA North London who do such great work for the homeless.

While the big race is for Seniors there are 1500m races around the park for Juniors from School year 3 and up.

Entry details can be found [here](#)



London Heathside Handicap Race

The Club will be holding it's annual Handicap Race on 8th July 2021. Run over a distance of 5000m U13's and above are welcome to enter

[Entry Details Here](#)

Jack Petchey Foundation

London Heathside has been supported by the Jack Petchey Foundation for over 10 years and is grateful for the support they offer to our young athletes.

Each month a young athlete is presented the Jack Petchey award in recognition of their efforts for London Heathside and an amount of money is allocated to be spent on activities to support our young athletes.

The winner in May was Edward Metcalf



U11 Girls

1st Highgate Harriers 65 pts
2nd Shaftesbury Barnet Harriers 65 pts
3rd London Heathside 63 pts

The meeting saw the first U11 events and many of the Juniors making their debut for the club in their first proper athletics meeting. Amongst some excellent performances were; Phoebe Willhoft King winning the 600m despite a very large field and Grace Wood finishing 3rd in the 75m and winning the Long Jump. Charlotte Beale recorded the 2nd fastest 600m time followed by Alice Rockhill and Katie, grace and Isla. Alice was the 2nd fastest in the 75m just ahead of Eliza Burrridge and Isla Kavanaugh.. Vanessa Elmsley finished 1st in the B string Long Jump.

75m
Grace Wood 12.06 A 3rd
Vanessa Elmsley 13.46 B 6th
Alice Rockhill 12.47 ns
Eliza Burrridge 12.51 ns
Isla Kavanaugh 13.07 ns
600m
Phoebe Wilkoff-King 2:06.74 A 1st
Alice Rockhill 2:10.22 B 1st
Charlotte Beale 2:09.76 ns
Katie Hutchings 2:11.38 ns
Grace Wood 2:11.67 ns
Isla Kavanaugh 2:11.70 ns

Long Jump

Grace Wood 3.14m A 1st
Vanessa Elmsley 2.67m B 1st
Eliza Burrridge 2.50m ns
Vortex
No LH Competitor

U11 Boys

1st London Heathside 92 pts
2nd Highgate 77 pts

The Boys won their age group convincingly winning 3 of the 4 events with Rory Willis 2nd in the 600m. Debutant Charlie Watkins, whose sisters ran later in the U15G 800m, won the vortex with Gabriel Edwards winning the long jump and with 10.06s recording the fastest time by an U11 in the UK this year to break his club record and set a new meeting record by 0.65s! Elsewhere we had 6 competing in the 75m with Kingston and Jude dipping under 12s. Pip Young won the B string 600m with Seb Charlie and Kit all under 2.20s.

75m
Gabriel Edwards 10.09 A 1st PB U13B NCR
James Bryan 12.00 B 3rd PB
Kingston George 11.84 ns PB
Jude Hampton Phillips 11.97 ns PB
Kenzo Tyrell 12.03 ns
Seb McNeely 12.46 ns
Pip Young 12.52 ns
600m
Rory Willis 1:59.80 A 2nd PB
Pip Young 2:12.04 B 1st PB
Seb McNeely 2:14.24 ns
Charlie Watkins 2:16.43 ns
Kit Young 2:17.78 ns

Long Jump

Gabriel Edwards 4.52m A 1st AAA Grade 3
Jude Hampton Phillips 2.38m B 2nd PB
Kenzo Tyrell 3.34m ns PB
James Bryan 2.41m ns
Vortex
Charlie Watkins 22.85m A 1st
Kenzo Tyrell 21.93m B 1st

U13 Boys

1st London Heathside 97 pts

2nd Shaftesbury Barnet Harriers 88 pts

There were no event wins in the U13 Boys however the team all put in great performances to win the age group with 2nd places in the 800m by Sam Turner while Tristian Willhoff King ran 2.34 in his first race over the distance. Max Wassermann scored highly in all his events as everyone contributed to win the age group by 9 pts from SBH.

200m

Eden Brown 28.67 A 2nd PB AAA Grade 4

Tyree Stephens 29.90 B 3rd PB

800m

Sam Turner 2:26.71 A 2nd PB by 6s AAA Grade 3

Frank Bailey 2:38.56 B 1st

Tristian Wilkoff-King 2:34.93 ns PB

Jefferson Warren 2:56.54 ns PB

75mH

Max Wasserman 15.04 A 2nd AAA Grade 4

Sam Turner 14.84 B 1st PB by 0.6s AAA Grade 4

Tyree Stephens 15.38 ns

Long Jump

Jefferson Warren 3.65m A 4th PB

Max Wassermann 3.48m B 1st

Theo Deegan 3.19m ns PB

Shot Put

Max Wasserman 5.28m A 2nd

Javelin

No LH Competitor

U13 Girls

1st London Heathside 121 pts

2nd Barnet & District 86 pts

The U13 Girls saw another awesome display of hurding by Suraya Frost with a wind assisted 11.68s she also won the 200m and Long Jump events. In a tough 4 way battle for the 800m Kiara Corkin was just run out of the top three on the home straight. Valuable points were added by Tara Sweetnam (70mH/200m) and Elkie Baker (Shot/Javelin). Neymah Anderson, although non scoring, ran the 2nd fastest 200m by a Heathsider in her first race over the distance. Milli Bridgeman-Athanasatos in her debut jumped the 2nd longest with 4.30m.

200m

Suraya Frost 28.14 A 1st PB by 0.4s AAA Grade 1

Tara Sweetnam 29.16 B 2nd PB AAA Grade 3

Nymeh Anderson 28.80 ns PB AAA Grade 3

Kiara Corkin 30.86 ns PB

Paloma Guisset 31.09 ns PB

Margot Hunt 32.81 ns

Chilesche Gotch 34.12 ns

800m

Kiara Corkin 2:31.06 A 3rd AAA Grade 3

Elkie Baker 3:05.95 B 3rd

Maya Westgate 2:51.09 ns PB

70mH

Suraya Frost 11.68 A 1st PB w NMR AAA Grade 1

Tara Sweetnam 12.53 B 1st AAA Grade 3

Margot Hunt 15.36 ns

Long Jump

Suraya Frost 4.32m A 1st AAA Grade 3

Paloma Guisset 3.63m B 1st PB

Milli Bridgeman-Athanasatos 4.30m ns PB AAA Grade 3

Margot Hunt 3.42m ns

Maya Westgate 2.88m ns

Flo Deane 2.53m ns

Shot Put

Elkie Baker 6.31m A 2nd

Rose Maslen 3.71m B 1st

Javelin

Elkie Baker 16.16m A 4th PB by 3.11m AAA Grade 4

Middlesex AA U13/U15 Championships

Entries are open for the Middlesex AA Track and Field Championships which will be held at Lee valley on **Saturday 24th July**.

Entry Costs £7 per Event

[Enter Here](#)

Entries Close on **Saturday 10th July**.

The Senior, U20 and U17 Championships will be held on 30th August.

Only 3 have signed up so far, This is a great introduction to championship athletics competing against the best in the County.



National Open Schools Cross-Race

The organisers of the Primary and Yr. 7 Cross Country Championships on 26th June 2021 at Market Harborough. Endorsed by England Athletics there are races for all school aged children up to College level.

Entry details can be found [here](#)



SEAA Southern T&F U13, U15 and U17 Champs

Entries are now open for all the Age Group Championships on the following links –

<http://seaa.org.uk/index.php/onlineereg>

The Championships Entry Closing Dates are as follows;

U20 & Senior 12/13 June at Bedford (Closing Date Tuesday 1 June)

U15 & U17 3000m 13 June at Bedford (Closing Date Tuesday 1 June)

U15, U17, U20 & Senior Combined Events 3/4 July at Oxford (Closing Date Tuesday 22 June)

U13, U15 & U17 21/22 August at Kingston (Closing Date Tuesday 10 August)

You will need your EA Comp Number



South of England
Athletic Association

Chelmsford AC Miles of Miles Meeting

Chelmsford AC are hosting an evening of Mile Races on 6th August 2021.

[Entry Details](#)



U15 Boys

1st London Heathside 113 pts

2nd Shaftesbury Barnet Harriers 105 pts

The U15 Boys, despite missing Trey Corlis, again saw contributions from all those taking part to win the age group again from SBH but by 8 pts. Thomas Wasserman won the hurdles and then produced a big PB of over 1m in the Shot to win that competition. In the Hammer Milton Cooper threw over 25m to set a new Club Record to go with the 300m record he also broke by 0.07s.

200m

Montana Dennis 25.95 A 4th PB

Milton Cooper 25.06 B 2nd PB

300m Milton Cooper 39.43 A 3rd PB U15B NCR
800m

Greg Berrisford Sweet 2:23.82 A 4th PB by 28s

Ben Ryan 2:40.50 B 5th PB

Artie Fenny Willings 2:43.76 ns PB

80mH

Thomas Wassermann 12.55 A 1st AAA Grade 3

Montana Dennis 13.33 B 1st PB by 0.33s

100m

Trey Corlis 11.85 A 1st PB by 0.43s AAA Grade 2

Milton Cooper 12.63 ns

Artie Pitney-Willings 15.62 ns

Long Jump

No LH Competitors

Shot Put

Thomas Wasserman 11.27m A 1st PB by 1.10m

AAA Grade 3

Javelin

Thomas Wassermann 20.23m A 2nd PB by

10cm

Hammer

Milton Cooper 25.16m A 1st PB by 3.10m U15B

NCR

U15 Girls

1st London Heathside 163 pts

2nd Shaftesbury Barnet Harriers 119 pts

In the U15 Girls Imani Quamina ran a wind assisted PB of 11.61 in the 75mH, which was 0.4s faster than her previous best. She also ran a big PB in the 200m. Issy and Amelia Watkins won their 800m races both leading from the front to record new PB's. Issy's time of 2:19.67 broke Rose Garrett's previous club record. In the Hammer Sapphire Thornborne set a new club record and also threw Javelin and Shot with Ivy Paitoo.

200m

Imani Quamina 26.88 A 2nd PB by 0.2s and just 0.01s outside club record! AAA Grade 3

Ella Burrige 28.01 B 1st PB by 0.47s

Laila Tempesta 28.01 ns PB by 2s

Ella Mai Hancock 29.02 ns PB by 1s

300m

Ella Burrige 46.34 A 3rd PB

Ella Mai Hancock 46.37 B 1st PB

800m

Issy Watkins 2:19.67 A 1st PB by 4s and New

U15G Club Record AAA Grade 2

Amelia Watkins 2:22.45 B 1st PB by 3s AAA Grade 3

Maia Barnes 3:04.74 ns

75mH

Imani Quamina 11.61 A 1st PB w NMR AAA Grade

1

Long Jump

Laila Tempesta 4.19m A 3rd

Ella Burrige 3.74m B 2nd

Shot Put

Ivy Paitoo (U13G) 5.62m A 5th

Sapphire Thorbourne 5.53m B 2nd

Javelin

Sapphire Thorbourne 12.15m A 2nd

Ivy Paitoo (U13G) 11.20m B 2nd

Hammer

Sapphire Thorbourne 19.37m A 1st PB New Club

U15G Record

Ivy Paitoo 15.49m B 1st

U17 Women

1st Shaftesbury Barnet Harriers 120 pts
5th London Heathside 52 pts

There were only a few U17's taking part. The U17 Womens team was made up of U15 Girls with Lucy Corkin producing a solid 300m and 800m while Martha Jolly won the Long Jump.

200m
Martha Jolly (U15G) 27.00 A 3rd PB by 1.2s AAA Grade 3
300m
Lucy Corkin (U15G) 45.93 A 3rd PB by 0.8s
800m
Lucy Corkin (U15G) 2:32.07 A 3rd PB by 3.5s
Long Jump
Martha Jolly (U15G) 4.62m A 1st AAA Grade 4

U17 Men

1st Shaftesbury Barnet Harriers 139 pts
5th London Heathside 24 pts

In the U17 Men Janak Subberwal took 6s off his 800m PB finishing just behind former Heathsider Spike Blake now running for SBH. Fred Beale set a new PB in the 400m

400m
Fred Beale 56.52 A 3rd PB
800m
Janak Subberwal 2:18.18 A 3rd PB by 6s

Preliminary Winter Fixture List

Sunday 12th September - Middlesex Road Relays - Hayes
Saturday 26th September - SEAA 6/4/3 Road Relays - Crystal Palace
Saturday 26th September? - NWLL XC League - Horsenden Hill
Saturday 16th October - Met League - Claybury
Saturday 23rd October - SEAA XC relays - Wormwood Scrubs
Saturday 30th October? - NWLL XC League - Fryent Park
Saturday 13th November - Met League - Welwyn Garden City
Saturday 13th November - ESAA XC Cup Regional Finals
Saturday 20th November - London Youth Games - Hampstead Heath
Saturday 27th November? - NWLL XC League - Trent Park
Saturday 27th November - Chingford League - Trent Park
Saturday 4th December - Met League - Uxbridge
Saturday 4th December - ESAA XC Cup Final - Newquay
Saturday 8th January - Middlesex Championships - Horsenden Hills
Saturday 15th January - Met League - Wormwood Scrubs
Wednesday 26th January? - Middlesex Schools Championships - Harrow
Saturday 29th January - SEAA Southern Championships - tbc
Wednesday 2nd February? - London Schools XC Championships - Wormwood Scrubs
Saturday 12th February? - NWLL XC League - tbc
Saturday 19th February - Met League - Trent Park
Saturday 3rd March? - National Championships - tbc
Saturday 13th March? - National Schools Championships - Ashford
Saturday 20th March? - NWLL XC League - tbc
Saturday 27th March - SEAA U15/U17 Championships - tbc

Young athletes coaches

Who's Who:-

Russell Weston
Qualification: Head of Junior Section
Events: Middle distance, Pole Vault, Shot, Hammer, Javelin and Discus

Rachel Weston
Events: Sprints, Hurdles, High Jump, Long Jump

Helene Mary Kehoe
Events: Sprints, Long Jump
Israel Nworgu

Events: Sprints, Hurdles
Ruth Miller
Events: Middle distance and cross-country

Zac Zacharides
Events: Middle distance and High Jump

Kabir Kemp
Events: Anything from 400m to 3000m.

Richie Boyce
Events: Sprints, Long Jump

Filipe Leal
Events: Junior Athletics

Simon Baker
Events Throws