



LONDON HEATHSIDE

Junior Newsletter

Congratulations

Well done to Trey Corlis Junior Boys 100m London Schools Champion and Imani Quamina Junior Girls 75mH London Schools Champion.

Record breakers this month include Thomas Archer who set a new U20M 1500m record, Gabriel Edwards (U11B) who set a new U13B record, Kiara Corkin new U13G 1500m record, Imani Quamina new U15G 75mH record, Ivy Paitoo U15G Discus, Elkie Baker U13G Discus, Martha Jolly U15G Long Jump and Suraya Frost U13G 70mH.

Great performances from all.

Middlesex Youth Athletics League 3#

The 3rd of our 4 fixtures will be held on 26th June at Parliament Hill. Although Covid restrictions will still be in place both field and track events will take place on one day. There will also be events for U11. All results are submitted to [Powerof10](#). The league website can be found [here](#). Events include 75m (U11), 200m, 300/400m (U15/U17), 600m (U11), 800m, Hurdles (U13/U15), Long Jump, Vortex (U11), Shot Put, Javelin and Hammer (U15/U17). The High Jump has yet to be confirmed.

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 U11B 600m, U13B Long Jump,
- 12.15 pm U11G 600m, U11G Vortex
- 12.30 pm U13G 70mH
- 12.45 pm U13B 75mH,
- 12.50 pm UU11B Vortex, 13G Long Jump, U13G/U13B Shot
- 1.00 pm U13B 800m,
- 1.15 pm U13G 800m
- 1.30 pm U11B 75m
- 1.40 pm U11G 75m, U11B/U11G Long Jump, U13G/U13B High Jump, U13G/U13B Javelin
- 2.00 pm U13B 200m
- 2.15 pm U13G 200m

BREAK

- 2.30 pm U15G 200m, U15B 200m, U15G/U17W Shot Put, U15B/U17M High Jump, U15B/U17M Javelin
- 3.00 pm U17W 200m, U17M 200m,
- 3.15 pm U15G 800m U17W 800m
- 3.30 pm U15B/U17M Long Jump, U15B/U17M Shot Put, U15G/U17W High Jump, U15G/U17W Javelin
- 3.40 pm U15B 800m, U17M 800m
- 4.00 pm U15G 75mH
- 4.10 pm U15B 80mH
- 4.20 pm U15G/U17W Long Jump, U15G/U15B/U17W/U17M Hammer
- 4.30 pm U15B 300m, U15G 300m
- 4.45 pm U17W 300m, U17M 400m



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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:-

26th June—MYAL 3# at Parliament Hill

3rd July—Golden Stag Mile at Finsbury Park

[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# 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](#).

County School Athletics Championships

Due to Covid restrictions the Middlesex and London School Championships took a different format this year with Middlesex opting for trials at the LICC Open at Lee Valley.

At Battersea in the London School Championships Imani Quamina won the 75mH in a PB of 12.05s just 0.3s outside Entry Standard to the National Schools Championships. Trey Corlis despite not being allowed to use blocks clocked 11.85s in the JB 100m a new PB, he also has the fastest 80mH time in London but is just 0.2s outside entry standard for both. Magdeline Paitoo took part in the 200m running a strong bend to finish in 2nd place.

At Lee Valley the LICC meeting acted as Middlesex Trials .there were a host of great performances and PB's

200m:- Leon Seale (U20M) 22.26 PB by 0.73s, Magdeline Paitoo (U15G) 27.51s

800m:- Jack Davis Black (U17M) 2:06 PB by 3.5s, David Baah-Okyere (U15B) 2:10 PB by 3.75s, Benji Bediako (U15B) 2:20 PB by 3.25s, Mia Rosen (U15G) 2:22 PB by 2.1s, Issy Watkins (U15G) 2:23 PB by 0.82s, Billy Fudge (U15B) 2:26. PB by 3.3s, Koppány Szentes 2:29

1500m:- Roni Kizilkaya (U17M) 4:24, Fred Beale (U17M) 4:45 PB by 30s, Emilia Watkins (U15G) 4:58 PB by 21s, Eric Beale (U15B) 5:19 PB by 11.5s

80mH:- Trey Corlis (U15B) 12.53s

High Jump:- Etienne Munday (U17M) 1.60m

Long Jump:-Martha Jolly (U15G) 4.98m

Javelin:- Marcel Baczeck (U17M) 28.69m PB by 3.2m

Track Etiquette

On the Track:

Look out for others on the track. Don't get in the way of lanes being used for hurdles or relay practice.

Look both ways before moving across lanes.

If someone shouts 'TRACK' either move to the right, or move to the infield and let them pass you.

Don't stop suddenly on the track.

Should an athlete running an effort/timed run find their way blocked by someone jogging/walking/standing on the inside lanes, they should shout 'TRACK' to get the offender to move out of the way immediately

Athletes should not shout 'TRACK' to other athletes doing an effort/timed run even if they are slower. The faster athlete should overtake safely before moving back into the inside lane.

Lanes 1 and 2 should not be used for warm-up or cool-down running, leave these lanes free for athletes running efforts and timed runs.

Athletes should run in an anti-clockwise direction at all times.

Jumps Sessions:

Make sure you know what you are doing before you jump.

Wait for the coach to tell you to jump.

Make sure the runway and landing area is clear.

Throws Sessions:

Make sure you know what you are doing before you throw.

Wait for the Coach to tell you to throw.

Make sure the area is clear before you throw.

Always walk, DO NOT RUN, to pick up equipment.

NEVER venture into a throwing area or retrieve throwing implements without the express consent of your coach.

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 June.

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 April was Magdeline Paitoo



Golden Stag Mile

Run by Barnet & District AC and held at Finsbury Park the Golden Stag Mile is a friendly evening of Graded 1 mile Races.

This years meeting will be on Saturday 3rd July 2021. Generally races from U13 and above are welcome.

Several Juniors have already entered. As at 19.6.21 there were 9 spaces left

Entry details can be found [here](#).



MYAL2# — Meeting Report

Another dominant display by the Club's Juniors at the 2nd MYAL meeting of the season winning all but one of the age groups and including 21 event wins. This was the reverse of the first match with Finsbury Park hosting the track and Perivale the field events. Despite clashing with half term the two days saw some spectacular athletics as the Juniors get back up to speed after losing a year of their development. 6 League Records were broken over the two days and also national age group leading times were set.

Saturday saw a mix of 100m, 200m, 1500m and Hurdle races with Sunday including a full field event program with Discus replacing Javelin. With a number of Juniors missing it was a chance for others to step into the limelight or try new events. While Shaftesbury dominated the sprint events, which included Angel McLeod producing the fastest time by a U13G this year, we excelled over the 1500m with 4 wins from 7 races.

The Club won every age group apart from U17 Women where we had to settle for 2nd. There were 21 event wins for Kiara Corkin (U13G 1500m), Gabriel Edwards (U13B 100m, Long Jump), Max Wassermann (U13B 75mH, Shot), Jerome Henry (U13B Discus), Mia Rosen (U15G 1500m), Martha Jolly (U15G Long Jump), Imani Quamina (U15G Shot), Ivy Paitoo (U15G Discus, Hammer), Benjy Bediako (U15B 1500m), Trey Corlis (U15B 80mH, High Jump, Long Jump) Etienne Munday (U17M High Jump), Thomas Wassermann (U15B Discus, Shot), Milton Cooper (U15B Hammer), Magdeleine Paitoo (U17W Long Jump). In addition a host of club records fell with Kiara Corkin in the U13G 1500m, Trey Corlis U15B 80mH, Imani Quamina U15G 75mH and Ivy Paitoo U13G Discus.

After two meetings the Club have consolidated 1st place with 106 pts ahead of Shaftesbury Barnet on 75 points and Highgate on 66 pts.

Thank you again for all the Officials (including debutants Andrew and Miriam), Coaches, Volunteers, Parents and Athletes that helped ensure the two days of athletics went so well.

MYAL (Track Only), Finsbury Park, 5.6.21 and MYAL (Field Only), Perivale, 6.5.21

Overall

1st London Heathside 52 points

2nd Shaftesbury Barnet Harriers 36 points

3rd Ealing Southall & Middlesex 32 points



U13 Boys

1st London Heathside 160 points

2nd Highgate 103 points

The U13 Boys produced a host of great performances with Edward Metcalf and Koppany Szentes in the 1500m working together trying to run down the Met League Champion Arthur Phillips (SBH) who had gone out hard from the start. Gabriel Edwards (U11B) again produced another series of great performance finishing 1st in the 100m recording the 11th fastest time by an U13B this year. On Sunday after two no jumps in the long jump he pulled out a 4.39m jump to win the event. Debuting in the Discus Jerome Henry who 2 weeks before had never picked a discus up won the competition. Max Wassermann improved his hurdle PB 0.25s to win the event with non-scorer Tristian Willhoff-King the fastest. On all 22 PB's were recorded by the team.

100m

Gabriel Edwards 13.2 A 1st PB AAA Grade 3

Lucas Steele 14.5 B 3rd PB

Eden Brown 14.26 ns PB

Tristian Willhoff-King 14.7 ns PB

Freddie Burrridge 14.83 ns PB

1500m

Edward Metcalf 5:07.75 A 2nd PB AAA Grade 4

Koppany Szentes 5:08.21 B 1st PB AAA Grade 4

Sam Turner 5:11.88 ns PB AAA Grade 4

Frank Bailey 5:21.23 ns PB

Frido Lawrence 5:27.57 ns PB

Rory Willis 5:44.89 ns PB

75mH

Max Wassermann 14.76 A 1st PB by 0.25s

Freddie Burrridge 14.79 B 1st PB by 0.28s

Tristian Willhoff-King 14.73 ns PB

Sam Turner 15:88 ns

Tyree Stephens 16.15 ns PB

Long Jump

Gabriel Edwards 4.36m A 1st AAA Grade 4

Max Wassermann 3.52m B 2nd

High Jump

Sam Turner 1.30m A 2nd AAA Grade 4

Jerome Henry 1.30m B 1st PB by 5cm AAA Grade 4

Roderick Alonso 1.20m ns PB

Frank Bailey 1.15m ns PB

Shot Put

Max Wassermann 5.40m A 1st

Freddie Burrridge 4.83m B 1st PB

Discus

Jerome Henry 18.12m A 1st PB

Max Wassermann 7.48m B 2nd PB

Roderic Alonso 10.75m ns PB

U13 Girls

1st London Heathside 143 pts

2nd Ealing Southall & Middlesex 86 pts

The U13 Girls, saw debutant Nyemah Anderson record the fastest time of the Heathsidiers. In the 100m with all 7 taking part recording PB's. Alice, Cecily and Pheobe all ran strong hurdle races. The highlight on Saturday however was the masterful display of front running by Kiara Corkin in the 1500m leading the race from the start to record a time of 5:04.87 taking 55s off her PB and smashing the club record and taking her to 18th in the UK Rankings. At Perivale amongst some great performances were Syrah Bradshaw (U11G) recording another 6m plus Shot and Elkie Baker in her first ever Shot and Discus competition recording 7.08m and 19.06m respectively, the latter the 5th furthest by an U13G nationally.

100m

Chilesch Gotch (U11G) 16.38 A 5th PB

Elkie Baker 14.88 B 2nd PB

Nyemah Anderson 14.08 ns PB AAA Grade 4

Paloma Guisset 15.06 ns PB

Maya Westgate 15.32 ns PB

Kiara Corkin 15.33 ns PB

Rose Maslen (U11G) 16.94 ns PB

1500m

Kiara Corkin 5:04.87 A 1st PB by 55s, NCR AAA Grade 1

Lydia Negatu 6:13.78 B 3rd PB

Maya Westgate 6:02.69 ns PB

Phoebe Willhoff-King 6:17.74 ns PB

Ciara McMullen 6:22.36 ns PB

Aishling McMullen 6:40.95 ns PB

Mia Westgate 3.16m B 2nd

70mH

Alice Rockhill 16.07s B 1st

Cecily Hayward 16.27s A 2nd PB

Phoebe Willhoff-King 16.68 ns PB

Long Jump

Paloma Guisset 3.47m A 3rd

Maya Westgate 3.16m B 2nd

Chilesch Gotch (U11) 3.12m ns PB

High Jump

Nyemah Anderson 1.15m A 2nd PB

Cecily Hayward 1.10m B 1st PB

Shot Put

Elkie Baker 7.08m A 2nd PB AAA Grade 4

Syrah Bradshaw (U11) 6.3m B 1st PB

Discus

Elkie Baker 19.06m A 2nd PB UK AAA Grade 3

Syrah Bradshaw (U11) 13.09m B 1st PB

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 178 pts

2nd Shaftesbury Barnet Harriers 93 pts

Trey Corlis again excelled for the U15 Boys finishing 2nd in the 100m in a new PB by almost 0.5s he also set new club records in the 80m Hurdles and set a new Long Jump PB by almost 0.5m. Benjy Bediako returned to the track to win the 1500m race, kicking hard from the 250m mark to win the race and lower his PB by 11s. Thomas Wassermann won the Discus and had a good shot competition.

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

200m

Trey Corlis 24.32 A 2nd AAA Grade 3

1500m

Benjy Bediako 4:46.35 A 1st PB by 11s

Ben Ryan 5:37.91 B 3rd PB

Gregory Berrisford Sweet 5:12.15 ns PB

Artie Pitney-Willings 6:24.96 ns PB

80mH

Trey Corlis 12.22 A 1st PB NCR AAA Grade 2

Thomas Wassermann 12.33 B 1st PB by 0.24s

Long Jump

Trey Corlis 5.53m A 1st PB by 47cm AAA Grade 3

Benjy Bediako 4.47m B 1st

High Jump

Trey Corlis 1.60m A 1st AAA Grade 3

Benjy Bediako 1.35m B 1st

Shot

Thomas Wasserman 10.28m A 1st AAA Grade 4

Discus

Thomas Wasserman 22.48m A 1st PB

Hammer

Milton Cooper 22.60m A 1st PB

U15 Girls

1st London Heathside 162 pts

2nd Shaftesbury Barnet Harriers 160 pts

The U15 Girls saw two fantastic tactical 1500m races with Mia Rosen kicking with 200m to finish first ahead of Issy Watkins. In the non scoring race Izzy's sister Amelia was first ahead of Amara Odegberin. Imani Quamina broke her U15 75mH while finishing 2nd. Ivy Paitoo who is U13 stepped up the U15's and recorded 16.37m in the Hammer and 20.27m in the Discus the 4th furthest by an U13 Girl this year despite throwing a 250g heavier Discus this would also have been an U15G Club Record.

100m

Imani Quamina 13.22 A 3rd PB by 0.44s AAA Grade 4

Martha Jolly 13:37 B 1st AAA Grade 4

Nanayaa Osei-Mensah 14:04 ns PB

Casia Bradshaw 14:08 ns PB

Selma Lawrence 15.71 ns PB

200m

Imani Quamina 27.36 A 3rd

Martha Jolly 28.81 B 2nd

Ella Burr ridge 28.47 ns PB by 0.3s

1500m

Mia Rosen 5:12.99 B 1st PB by 0.45s AAA Grade 4

Izzy Watkins 5:16.12 A 1st PB by 32s

Emilia Watkins 5:19.13 ns PB by 7s

Amara Odegberin 5:28.79 ns PB by 5s

Maia Barnes 6:39.13 ns

75mH

Imani Quamina 12.32 A 2nd PB NCR AAA Grade 3

Casia Bradshaw 13.40 B 2nd

High Jump

No LH Competitors

Long Jump

Martha Jolly 4.60m A 1st AAA Grade 4

Imani Quamina 4.39m B 1st

Ella Burr ridge 4.33m ns

Nanayaa Osei-Mensah 3.90m ns PB

Shot Put

Imani Quamina 7.95m A 1st

Ivy Paitoo (U13G) 5.45m B 3rd

Discus

Ivy Paitoo (U13G) 20.27m A 1st PB NCR AAA Grade 4

Hammer

Ivy Paitoo (U13G) 16.37m A 1st PB



U17 Women

1st Shaftesbury Barnet Harriers 160 pts

2nd London Heathside 141 pts

3rd Highgate Harriers 110 pts

The U17 women saw many U15's step up an age group with Magdeline Paitoo 3rd in the 100m and 200m despite competing against girls 2 years older. Lucy Corkin improved her 200m PB by 5s and her 1500m PB by a massive 45s. Anna Pritchard in her first race of the season was close behind also with a PB. The Club had a full compliment in the Hammer with both Naya and Fabienne recording PB's. Ave Maria Oformo also competed in 3 events registering 2 3rd places.

100m

Magdeline Paitoo (U15G) 13.28 A 3rd

Ave-Maria Oformo 14.01 B 4th

200m

Magdeline Paitoo (U15G) 27.57 A 3rd

Lucy Corkin (U15G) 29.38 B 4th PB by 5s

1500m

Lucy Corkin (U15G) 5:15.66 A 4th PB by 45s

Anna Pritchard 5:16.71 B 3rd PB

High Jump

Magdeline Paitoo (U15G) 1.35m A 4th

Fabienne Weston 1.05m B 2nd

Long Jump

Magdeline Paitoo (U15G) 4.77m A 1st

Ave Maria Oformo 3.74m B 2nd

Shot Put

Ave Maria Oformo 7.42m A 4th

Naya Longo 6.32m B 3rd

Discus

Fabienne Weston 16.13m A 5th

Naya Longo 12.02m B 3rd PB

Hammer

Naya Longo 20.70m A 3rd PB

Fabienne Weston 18.23m B 2nd PB

U17 Men

1st London Heathside 130 pts

2nd Highgate Harriers 126 pts

In the U17 Men Etienne Munday won the High Jump and finished 2nd in the Long Jump. Roni Kizikala was leading the 1500m into the home straight but was just out-sprinted by a Highgate Harrier and had to settle for 2nd place. Michael Lee debuted in the Discus after again only trying the event for the first time two weeks ago while Henry Pulham demonstrated his versatility by competing in three different field events. Against stiff competition from SBH Nana registered 3rd and 5th in the sprints.

100m

Nana Oduru Nyanning 11.67 A 5th

200m

Nana Oduru Nyanning 23.81 A 3rd

Avery Dietrich 25.04 B 3rd

1500m

Roni Kizilkaya 4:24.12 A 2nd

Luke Pike-Mullins 4:59.01 ns

Long Jump

Etienne Munday 5.62m A 3rd

Henry Pulham 4.35m B 1s

High Jump

Etienne Munday 1.65m A 1st

Shot Put

Henry Pulham 5.95m A 3rd

Michael Lee (U15B) 5.87m B 2nd

Discus

Michael Lee (U15B) 11.27m A 4th PB

Hammer

Henry Pulham 12.12m A 2nd

Michael Lee (U15B) 11.70m B 1st

The next MYAL will be a one day meeting at Parliament Hill on 26th June. The Club sits on top of the league points with an incredible 106pts out of a total possible 108 pts. Again athletes who want to compete should let their Coaches know."

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