



LONDON HEATHSIDE

Junior Newsletter

Congratulations

Well done to Thomas Archer (U20M) who set a new Overall Club Record for 5,000m with 14.42 at a BMC road race in Manchester. He also set a new Club U20M 800m record with

Closer to home –Suraya Frost (U13G), Imani Quamina (U15G) and Trey Corlis (U15B) who all set new club records in the sprint hurdles. At Mile End Gabriel Edwards set a new club fastest U13 75m time with 10.24s. Gabriel is currently ranked 2nd U13B in the Long Jump and 5th Fastest 200m.

Middlesex Youth Athletics League

The 2nd of our 4 fixtures will be held on 5th and 6th June with the Saturday a Track only event at Finsbury Park. The Sunday meeting at Perivale Athletics Track will be Field events only. This is to accommodate the social distancing requirements set out by the Sports Governing Body. As those who took part in the first meeting this is a great introduction to athletics and are fully officiated with electronic timing. All results are submitted to [Powerof10](#). The league website can be found [here](#) Unfortunately due to the restrictions on numbers there are no U11 events until the 3rd meeting at Parliament Hill on 26th June.

Saturday includes: 70mH, 75mH, 80mH, 100m, 200m (U15/U17), 1500m while on Sunday there will be Long Jump, High Jump, Shot Put, Discus and Hammer (U15 & U17)

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:-

Saturday

- U13B** - 12.30 pm 75m Hurdles, 1.00 pm 1500m, 1.45 pm 100m
- U13G** - 12.45 pm 70m Hurdles, 1.20 pm 1500m, 2.00 pm 100m
- U15B** - 2.30 pm 100m, 3.40 pm 1500m, 4.00 pm 80m Hurdles, 4.30 pm 200m
- U15G** - 2.30 pm 100m, 3.15 pm 1500m, 4.10 pm 75m Hurdles, 4.30 pm 200m
- U17M** - 3.00 pm 100m, 3.40 pm 1500m, 4.45 pm 200m
- U17W** - 3.00 pm 100m, 3.15 pm 1500m, 4.45 pm 200m

Sunday

- Long Jump**:- 12.30pm - U15G & U17W, 1.20 pm - U13B, 2.10 pm - U13G, 3.10 pm - U15B & U17M,
- High Jump** :- 12.30 pm - U13B & U13G, 1.20 pm - U17M & U15B, 3.10 pm - U17W & U15G
- Shot Put**:- 12.30 pm - U13B & U13G, 1.20 pm - U17W & U15G, 2.10 pm - U17M & U15B
- Hammer**:- 12.30 pm - U15B, U15G, U17M & U17W
- Discus**:- 2.10 pm - U17W, U15G & U13G, 3.10 pm - U17M, U15B & U13B

If attending on Saturday at Finsbury Park please be aware there is no parking in the Park and there are restrictions on the road closest to the Hornsey Gate. Parking is available in the Retail Park if required.

Perivale Athletics Track has some on street parking and a small car park but again leave yourself time to drop off your athlete and find somewhere to park. The nearest Underground Station is Perivale (Central London) about an 18 minute walk from the track.



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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:-

5th June—MYAL 2# - Finsbury Park—Track Only

6th June—MYAL 2# - Perivale—Field Only

12th June—London School Championships at Battersea Park

12th June—LICC Open and Middlesex Schools Trials at Lee Valley

13th June— LICC Open and Middlesex Schools Trials at Lee Valley

13th June—SEAA U15 and U17 3,000m Championships at Bedford

26th June—MYAL 3# at Parliament Hill

26th June—LICC Open Meeting at StoneX Stadium (Cophall)

3rd July—Golden Stag Mile at Finsbury Park

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

18th July—MYAL 3# at StoneX

24th July—Middlesex U13 and U15 Championships at Lee Valley

31st July—LICC Open at StoneX Stadium

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 have been cancelled. Instead trials are being held on 12th June to give Junior (U15) and Intermediate (U17) Athletes qualify for the national School Championships in Manchester on 9-11th July. U20 Athletes will need to record a qualifying performance in an open or league meeting. As a result if you want to compete you have to enter yourself.

LICC Middlesex Schools Trials

Residents of Haringey, Barnet or Enfield the trials are the LICC meeting at Lee Valley you can enter using this [link](#). Athletes qualified for London Schools who have missed the entry for Battersea Park can also enter.

The £8 entry fee will be reimbursed by Middlesex Schools Athletics Association. Entries close on **4th June**.

London Schools Trials

Residents of Hackney, Islington and Camden should take part in the London Trials which will be held at Battersea Park on 12th June. Again the athlete is responsible for entering themselves as there are no Borough Teams. There are limited places so entrants can only enter one event and will have to achieved a minimum District level standard. Entries closed on Friday 21st May however they will consider performances at the LICC meeting.

Park Run Returns

Good news on Park Run with Priory Park Junior Park Run restarting on Sunday 6th June (Age 10 and under only). Finsbury Park Park Run has also been given permission to return on Saturday 26th June.

Highbury Fields and Ally Pally Park Runs 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](#)



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. Winners are:-

January—Fabienne Weston

February—Koppany Szentes

March—Lorna Dumbleton



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.

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



Results

LH Junior Sprint Competition 11.4.21

75m

U11B 1st Gabriel Edwards 9.96s, 2nd Kenzo Tyrell 11.65s, 3rd Rory Willis 11.78
U11G 1st Alice Rockwell 11.55s, 2nd Grace Wood 11.74s, 3rd Eddie Beck 11.96s

100m

U13B 1st Lucas Steel 14.11s, 2nd Ethan Spencer 14.34s 3rd Alex Butcher 14.74s
U13G 1st Tara Sweetnam 14.40, 2nd Naya Longo 14.81s, 3rd Naomi Kitashiba 15.24s
U15B 1st Trey Corlis 11.49s, 2nd Montana Dennis 12.49s, 3rd Milton Cooper 12.52s
U15G 1st Magdeline Paitoo 12.65s 2nd Martha Jolly 13.05, 3rd Imani Quamina 13.08s

LH Long Jump Competition 18.4.21

U11B—1st Freddie Burrige 3.22m, 2nd Kenzo Tyrell 3.13m, 3rd James Biry 2.31m
U11G—1st Eliza Burrige 2.84m, 2nd Eddie Beck 2.82m, 3rd Reke Szentes 2.60m
U13B— 1st Lucas Keys 3.28m, 2nd Samuel McDermott, 3.22m, 3rd Frank Bailey 2.88m
U13G—1st Nanayaa Osei-Mensah 3.58m, 2nd Maya Westgate 3.25m, 3rd Erin Jolly 3.24m

LH 600m/800m Competition 25.4.21

600m

U11B—1st Freddie Burrige 2:03, 2nd Zachary Boulouak 2:13, 3rd Pip Young 2:14
U11G—1st Phoebe Willhoff-King 2:07, 2nd Violet Lyons 2:11, 3rd Katie Hutchings 2.19

800m

U13B— 1st Sam Turner 2:40, 2nd Tristian Willhoff King 2:45, 3rd Frank Bailey 2.45
U13G—1st Caitlin Roberts 2.57, 2nd Lettice Grundy 3:06, 3rd Selma Lawrence 3:12

Note: U11 Boys Zephan Agbim (2:46) and Frido Lawrence (2:48) both ran 800m

MYAL1# — Meeting Report

It was quite emotional, after a 12 months hiatus seeing competitive Club Athletics finally returning. The gap has impacted many clubs with many unable to field anywhere near a full cohort of athletes, many were racing for their first time or for the first time in over a year. And wow what a return with the Club sweeping the board winning every age group. Although this was partly due to the great turnout of the juniors with the Club competing in all but two of the events, it also demonstrates the commitment of both the Juniors and Coaches during lockdown and the willingness to try new events. To comply with Covid restrictions and allow easier social distancing the first two matches took place over two days with one a track only meeting and the other field only.

Suraya Frost (U13G 70mH), Etienne Munday (U17M HJ), Edward Metcalf (U13B Javelin) and Trey Corlis (U15B 80mH) were part of 11 meeting records which given the conditions was some feat. There were so many great performances it's hard to pick specifics out, but highlights included 10 year old Gabriel Edwards 27.40s in the 200m the 4th fastest by an U13B this year which followed a 4.63m in the long jump on Saturday which is the 2nd furthest by an U13B! In his first ever javelin competition Edward Metcalf set a new meeting record for the Javelin and 11th furthest by an U13B this year.

Thanks to all those that helped put the events on Jonathan Litchfield and his team of officials, all those that helped get the track fit Kris, Dave, Chris and all the parents that helped on reception in the café and as taxi drivers but most of all to all the Juniors who produced such great performances and willingness to try new events. The next meeting is again over two days with the track events at Finsbury Park on the Saturday and Field events at Perivale on Sunday. Although it is at the end of half term it would be great to have such a great turnout again.

MYAL (Field Only), Finsbury Park, 22.5.21 and MYAL (Track Only), Perivale, 23.5.21

Overall

1st London Heathside 54 points

2nd Shaftesbury Barnet Harriers 36 points

3rd Ealing Southall & Middlesex 32 points

U13 Boys

1st London Heathside 151 points

2nd Highgate 97 points

The U13 Boys produced 4 wins with Max Wassermann (Shot and 75mH), Gabriel Edwards (LJ), and Sam Turner (HJ) all winning their events. Gabriel Edwards who is a U11 in his first race for the club produced two excellent performances in the Long Jump with the 2nd longest by a U13B this year and then a very composed 200m the next day. Kompany Szentes ran a strong 800m finishing just ahead of team mate Edward Metcalf who the previous day in his first ever Javelin through a meeting record of 26.55m.

200m

Gabriel Edwards 27.40 A 2nd PB AAA Grade 3

Freddie Burrige 30.95 B 3rd PB

800m

Koppany Szentes 2:29.46 B 1st AAA Grade 4

Edward Metcalf 2:32.03 A 2nd

Sam Turner 2:35.84 ns

Frank Bailey 2:38.22 ns

Freddie Burrige 2:44.22 ns

75mH

Max Wassermann 15.01 A 1st AAA Grade 4

Sam Turner 15.42 B 1st

Freddie Burrige 15.07 ns

Shot Put

Max Wassermann 5.12m A 1st PB

Sammy McDermott 4.57m B 1st PB

Long Jump

Gabriel Edwards 4.63m A 1st PB =2nd furthest by a U13B this year

Max Wassermann 3.83m B 2nd PB by 28cm

Freddie Burrige 3.93m ns PB

Javelin

Sam Turner 13.72m A 2nd PB

Jerome Henry 20.79m PB

Edward Metcalf 26.55m ns PB New Meeting Record

Frank Bailey 14.59m ns PB

High Jump

Sam Turner 1.30m A 1st PB

Jerome Henry 1.25m B 1st PB

Frank Bailey 1.20m ns PB

U13 Girls

1st London Heathside 153 pts

2nd Ealing Southall & Middlesex 94 pts

In the U13 Girls Suraya Frost was unable to match her club record the previous day but set a new meeting record in pretty miserable conditions for a hurdle race she also won the Long Jump with a top 10 UK performance. Kiara Corkin picked up her rivalry with Posie Shaw (SBH) leading into the home straight but was unable to hold her off finishing 1st however Kiara improved her PB by 20s. Also great debut runs from Amy Kirk and Caitlin Roberts.

200m

Suraya Frost 28.9 A 2nd PB AAA Grade 4

Tara Sweetnam 29.88 B 2nd PB AAA Grade 4

Elkie Baker 31.25 ns PB

Kiara Corkin 31.28 ns PB

Margot Hunt 34.23 ns PB

Violet Lyons 34.40 ns PB

800m

Kiara Corkin 2:29.80 A 2nd PB by 20s AAA Grade 2

Amy Kirk 2:47.41 B 3rd PB

Caitlin Roberts 2:51.35 ns PB

Elkie Baker 2:54.12 ns PB

Lettice Grundy 2:55.58 ns PB

Aishling McMullen 3:08.92 ns PB

Jasmina Roberts 3:12.41 ns PB

70mH

Suraya Frost 12.18 A 1st AAA Grade 2 New Meeting Record

Tara Sweetnam 12.70 B 1st

Margot Hunt 15.30 ns

Violet Lyons 15.32 ns

Hope Lacey 17.39 ns

Shot Put

Syrah Bradshaw 6.00m A 2nd PB

Violet Lyons 4.17m B 1st PB

Long Jump

Suraya Frost 4.39m A 1st PB

Violet Lyons 3.54m B 1st PB

Maya Westgate 3.50m ns PB

Ciara McMullan 3.42m ns PB

Margot Hunt 3.33m ns PB

Chilesche Gotch 3.19m ns PB

Ivy Paitoo 3.08m ns PB

Javelin

Elkie Baker 13.01m A 3rd PB

Syrah Bradshaw 11.22m B 1st PB

High Jump

Cecily Hayward 1.10m A 2nd PB

Margot Hunt 1.10m B 2nd PB

Middlesex AA U13/U15 Championships

Entries are now 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.



National Open Schools Cross-Race

The organisers of the Primary and Yr. 7 Cross Country Championships on 26th June 2021 at Market Harbour. 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

[LYG Virtual Spring Run](#)

Well done to all Heathsidiers that helped Haringey win the LYG Virtual Spring Run. Details can be found [here](#)



U15 Boys

1st London Heathside 189 pts

2nd Highgate 102 pts

The U15 Boys competition was dominated by Trey Corlis who competed in 6 events the highlight of which was his 80mHurdles the 5th fastest nationally this year, although only 3rd in the 200m this was the 7th fastest in the UK this year and only 0.3s outside the club record he also won both High and Long Jumps. Thomas Wassermann and Benjy Bediako also produced strong performances, Thomas winning the Javelin, Hurdles and Shot. Milton Cooper in his first competition won the Hammer.

200m

Trey Corlis 23.99 A 3rd AAA Grade 2 6th UK ranked time.
Montana Dennis 25.80 B 3rd

300m

Trey Corlis 40.21 A 3rd AAA Grade 3
Milton Cooper 40.73 B 1st AAA Grade 4

800m

Eric Beale 2:33.75 A 5th
Benjy Bediako 2:24.08 B 2nd PB by 0.06s

80mH

Thomas Wassermann 12.80 A 1st AAA Grade 4
9th UK ranked time

Montana Dennis 13.66 B 1st

Trey Corlis 12.26 ns AAA Grade 2

New Meeting and equal Club Record 5th UK ranked time.

Shot Put

Thomas Wassermann 9.90m A 1st PB by 2.11m

Artie Feeny-Willings 3.51m B 1st PB

Long Jump

Trey Corlis 5.08m A 1st PB

Benjy Bediako 4.42m B 1st

Javelin

Thomas Wassermann 20.13m A 1st

Artie Feeny-Williams 10.33m B 1st

High Jump

Trey Corlis 1.60m A 1st PB by 19cm

Benjy Bediako 1.40m B 1st PB by 15cm

U15 Girls

1st London Heathside 196 pts

2nd Ealing Southall & Middlesex 103 pts

Among the great performances of the U15 Girls were the return to the track of the Watkins sisters who both ran under 2:26 for the 800m which with Mia, Amara and the injured Hattie shows the immense depth the club has of middle-distance runners to complement our sprint and long jump squads. Ivy Paitoo won the Shot and Hammer events, Imani the 75mH and Queenie Owen the javelin.

200m

Imani Quamina 27.07 A 2nd AAA Grade 4

Martha Jolly 27.92 B 2nd AAA Grade 4

Ella Burrridge 28.72 ns PB

Casia Bradshaw 30.36 ns PB

300m

Amara Odeogberin 47.95 A 3rd PB

Ella Burrridge 47.13 B 2nd PB

800m

Mia Rosen 2:28.52 A 2nd AAA Grade 4

Amara Odeogberin 2:40.28 B 3rd

Isabella Watkins 2:24.59 ns PB by 11s AAA Grade 3

Millie Watkins 2:25.46 ns PB by 36s AAA Grade 3

75mH

Imani Quamina 12.64 A 1st AAA Grade 3

Casia Bradshaw 14.32 B 2nd

Shot Put

Ivy Paitoo 4.41m A 1st PB

Sapphire Thorbourne 4.01m B 1st PB

Long Jump

Martha Jolly 4.61m A 2nd PB by 14cm

Ella Burrridge 3.96m B 1st

Javelin

Queenie Owen 11.89m A 1st PB

Dominion Morakinyo 11.49m B 1st PB

High Jump

Isabelle Watkins 1.25m A 3rd

Dominion Morakinyo 1.20m B 2nd PB

Hammer

Ivy Paitoo 16.34m A 1st PB

Sapphire Thorbourne 12.65m B 1st PB

U17 Women

1st London Heathside 151 pts

2nd Shaftesbury Barnet Harriers 125 pts

The U17 Women saw a host of great performances including Lucy Corkin stepping up an age group to run both 300m and 800m. The only win was Magdeline Paitoo in the Long Jump

200m

Magdeline Paitoo 27.89 A 2nd

Ave Maria Oformo 30.84 B 3rd

300m

Magdeline Paitoo 45.35 A 2nd PB

Lucy Corkin (U15G) 46.77 B 3rd PB

800m

Lucy Corkin (U15G) 2:35.58 A 2nd PB

Clara Leustean 2:38.60 A 2nd PB

Shot Put

Naya Longo 4.81m A 4th PB

Alanis H Garcia 4.80m B 3rd PB

Clara Leustean 5.01m ns PB

Long Jump

Magdeline Paitoo 4.44m A 1st

Javelin

Fabienne Weston 17.64m A 3rd

Naya Longo 12.08m B 2nd

High Jump

Madeline Paitoo 1.35m A 3rd PB

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

U17 Men

1st London Heathside 143 pts

2nd Shaftesbury Barnet Harriers 119 pts

In the U17 Men Etienne Munday shone producing a last round jump of 5.74m to win the competition and improving his High Jump PB by 15cm to win the event with 1.75m. Marcell Barzek won the Javelin and Jack Davis Black was 2nd in a hard fought 800m.

200m

No LH competitors

400m

No LH competitors

800m

Jack Davis Black 2:10.37 A 2nd

Fred Beale 2:16.31 B 1st PB

Roni Kizilkaya 2:14.18 ns PB

Arthur Reed 2:24.39 ns PB

Janek Sabbeur 2:24.73 ns PB

Bedo Drackoszy 1.25m B 1st PB

Hammer

Henry Pulman 10.67m A 2nd PB

Marcel Baczek 8.62m B 1st PB

Shot Put

Etienne Munday 7.49m A 3rd PB by 1.5m

Michael Lee 5.47m B 1st PB

Chiemeka Thomas 3.67m ns PB

Long Jump

Etienne Munday 5.74m A 1st PB by

26cm AAA Grade 4

Chiemeka Thomas 4.53m B 1st PB

Javelin

Marcell Barzek 25.40m A 1st PB

Henry Pulham (U15B) 14.94m B 2nd PB

High Jump

Etienne Munday 1.75m A 1st PB by

15cm AAA Grade 4 New Meeting Record

2021 School Standards

For reference we set out below the current School Standards and Qualification Performances for the national Championships. Junior Athletes are U15 and Inter are U17.

Event	Junior Girls				Inter Girls			
	National	Entry	County	District	National	Entry	County	District
100m	12.4	12.7	13.2	13.5	12.2	12.5	13.0	13.4
200m	25.5	26.2	27.2	28.0	25.1	25.8	26.8	27.5
300m	41.0	42.0	44.2	46.0	40.2	41.2	43.5	45.5
800m	2:15.0	2:18.0	2:26.0	2:33.0	2:13.0	2:16.0	2:25.0	2:32.0
1500m	4:40.0	4:48.0	5:03.0	5:20.0	4:39.0	4:45.0	5:00.0	5:15.0
3000m	n/a	n/a	n/a	n/a	10:10.0	10:20.0	11:10.0	12:00.0
75/80m Hurdles	11.4	11.7	12.5	13.5	11.6	12.0	13.0	14.0
300m Hurdles	n/a	n/a	n/a	n/a	45.0	46.4	51.0	54.0
1500m St/C	n/a	n/a	n/a	n/a	5:13.0	5:23.0	5:50.0	6:15.0
High Jump	1.65m	1.59m	1.45m	1.40m	1.71m	1.65m	1.50m	1.45m
Long Jump	5.30m	5.20m	4.70m	4.40m	5.55m	5.40m	4.90m	4.60m
Triple Jump	n/a	n/a	n/a	n/a	11.30m	10.90m	10.00m	9.00m
Pole Vault	3.00m	2.70m	2.00m	1.80m	3.40m	3.10m	2.20m	1.90m
Shot	11.20m	10.60m	9.00m	8.00m	12.70m	11.60m	10.00m	8.70m
Discus	30.00m	27.00m	22.00m	19.00m	37.00m	33.00m	26.00m	21.00m
Javelin	36.00m	34.00m	28.00m	23.00m	41.00m	38.00m	30.00m	25.00m
Hammer	43.00m	37.00m	25.00m	21.00m	53.00m	48.00m	34.00m	23.00m

Event	Junior Boys				Inter Boys			
	National	Entry	County	District	National	Entry	County	District
100m	11.4	11.6	12.2	12.5	11.0	11.2	11.7	12.0
200m	23.2	23.8	24.8	25.6	22.2	22.7	23.7	24.4
300m	36.8	38.0	40.0	42.0	n/a	n/a	n/a	n/a
400m	n/a	n/a	n/a	n/a	49.7	51.1	53.5	55.5
800m	2:02.0	2:05.0	2:13.0	2:20.0	1:55.0	1:57.0	2:05.0	2:10.0
1500m	4:13.0	4:20.0	4:36.0	4:50.0	4:03.0	4:06.0	4:20.0	4:30.0
3000m	n/a	n/a	n/a	n/a	8:50.0	8:56.0	9:35.0	10:00.0
High Hurdles	11.6	12.0	12.8	13.8	13.5	14.0	15.2	16.0
400m Hurdles	n/a	n/a	n/a	n/a	56.5	58.7	64.0	68.0
1500m St/Ch	n/a	n/a	n/a	n/a	4:32.0	4:40.0	5:05.0	5:20.0
High Jump	1.78m	1.72m	1.60m	1.50m	1.94m	1.88m	1.70m	1.60m
Long Jump	5.95m	5.80m	5.30m	5.00m	6.80m	6.40m	5.80m	5.50m
Triple Jump	12.40m	12.00m	11.00m	10.00m	13.70m	13.20m	12.00m	11.00m
Pole Vault	3.30m	3.00m	2.30m	2.10m	4.20m	3.90m	2.80m	2.20m
Shot	13.30m	12.30m	10.50m	9.50m	14.20m	13.20m	11.00m	10.00m
Discus	38.00m	35.00m	28.00m	24.00m	44.00m	41.00m	33.00m	26.00m
Javelin	47.00m	44.00m	35.00m	30.00m	54.00m	52.00m	40.00m	33.00m
Hammer	45.00m	38.00m	27.00m	24.00m	56.00m	49.00m	30.00m	24.00m