

ANNUAL REPORT 2005 - 2006

This has been a very busy year but it is pleasing to report a successful year. Apart from the usual compact fixture programme members have been involved in many representative fixtures with success and a survey by Runners World Magazine showed that we were the Number One overall Club in the UK.

A record number of members were selected for the Commonwealth Games held in Melbourne, Australia. Trecia Smith representing Jamaica won the women triple jump and Nick Neiland took gold for England in the men's javelin. England representatives were Natasha Danvers Smith 2nd in the women's 400m Hurdles, Nadia Williams 3rd for England in the women's triple jump, Jo Ankier 7th in the women's steeplechase, Marilyn Okoro 7th in the women's 800m, Emma Ania was 8th in the women's 100m, David Parker 9th in the men's javelin, Julie Dunkley 10th in the women's shot and Ellie Spain 11th in the women's pole vault. Zoe Brown represented Northern Ireland and finish 12th in the women's pole vault. Our Scotland representatives were Lee McConnell who was 3rd in the final of the women's 400m Hurdles and Allan Scott who just failed to make the final of the men's 110m Hurdles. In the men's shot Anthony Soalla-Bell representing Sierra Leon just missed out in making the final. Larry Achike and Abi Oyepitan were selected by England but injuries prevented them from going.

Eight members represented Great Britain at the European Athletic Championships Natasha Danvers Smith and Lee McConnell in the women's 400m hurdles and 4 x 400m relay, Marilyn Okoro in the women's 400m and 4 x 400, Emma Ania in the women's 4 x 100m, Gemma Bennett in 100m Hurdles, Ellie Spain in women's pole vault, Nick Neiland in the men's javelin and Larry Achike in the men's triple jump.

Representing Great Britain in the International Paralympic Committee World Championships in Holland, 14 year old Katherine Deal finished 4th in the Senior women's 400m for the visually impaired.

ROAD RUNNING

Our year starts with the Southern Road relays where the senior men were 20th, the senior women 6th, the under 17 men 18th, under 15 boys 2nd, under 13 boys 3rd, under 17 women 6th, under 15 girls 13th and under 13 girls 9th. At the National men's 6 stage road relays we finished 25th and women's team of Jo Ankier, Jade Wright and Rachel Felton in the 4 stage road relay were 2nd with Jo gaining selection for the GB Ekiden team that competed in Japan later in 2005.

The UK and AAA half marathon championships for men were held at Silverstone and Shaftesbury Barnet claimed the team title with Kojo Kyreme (3rd), Kevin Robertson (6th), Richard Williams (8th) and Daniel Lewis (18th).

In April this year the women were 4th in the National 6 stage road relay and the men were 27th in the National 12 stage road relay having placed 9th in the southern 12 stage road relay.

Our involvement with the adidas mini London Marathon is well know and this year with the majority of the London Borough of Barnet team made up of our members the Borough finished 3rd of the 32 London Boroughs plus the City of London. Jordan Stainer and Nial Fleming both finish 2nd in their respective age groups.

In May our female vets won the British Masters Road Relay Championships, the team was Mel Ellis, Kate Armstrong, Debbie Barley and Andrea Green. This was the 4th time in 8 years Shaftesbury Barnet has won this title. No other team has won it more than twice.

CROSS COUNTRY

This was a season that proved that Shaftesbury Barnet Harriers could be with the very best in the Country. In the National Championships the senior men were 4th team and finished 2nd in the 9 to score competition, the senior women were second and the junior women 3rd. The senior women were also 2nd in the Southern cross country championships with Jade Wright 2nd individual and the senior

men's team finished 4th. Our best performance at the cross country relays in November 2005 were the senior women who finished 6th, the junior women were 14th, the under 17 women 17th and the senior men 26th

Sarah Heath, Ann Ridley and Lis Dodwell made up the Club team that won the South of England Vets cross country Championship.

Tom Bedford stirred things up with the senior men and we had some excellent turnouts at the Metropolitan League fixtures that resulted in Shaftesbury Barnet convincingly winning the senior men's team competition. In the North West London League both Jordan Stainer and the under 13 team were 1st overall, in the under 15 age group Jake Shelley 1st, Nial Fleming 2nd overall and the under 15 team finished 1st overall. The girls were overall winners of the North West London League with the under 17 team and under 15 team both 1st, the under 13 team 2nd as was the under 11 team. Medal winners for the girls in the North West London League were Chantal Bazzonni 2nd under 17, Emma Layton 2nd and Laura Baker 3rd in the under 15, Laura Graham 3rd under 13 and Danielle Graham 2nd under 11. At the North of Thames Championships the senior men won the 4 to score, 6 to score and 8 to score team races while the under 17 men's team were also 1st with Dominic Easter winning the individual race. In the under 15 race Oliver Ilott was 1st and Nial Fleming 2nd and the team finished 2nd. The senior men and under 15 Boys won the Hertfordshire team title with Tom Bedford 2nd senior individual, Ollie Ilott 1st in the under 15 and Dominic Easter 1st under 17 year old. Katherine Deal was also a Hertfordshire cross country winner in the under 15 age group leading our team to victory and in the under 13 age group Laura Proffitt and the Shaftesbury Barnet team were second. In the Middlesex championships Daniel Russell was first in the junior men's championship and Hannah Shelley was 3rd in the under 17 women's championship. Dominic Bannister won the senior men's Inter Counties championship and went on to represent the UK at the World Cross Country Championships and Gemma Turtle was a member of the GB junior women's team that won the European cross country team title, Gemma finished 17th in the championship.

TRACK & FIELD

With two major track & field events, the Commonwealth Games in March and the European Championships in August it was a long season for many of our internationals. However the season was a good one with the men finishing 6th in the British Athletics League; this was the 23rd season they have been in the top flight, longer than any other Club in the country. The women finished 3rd in the UK Women's Track & Field League division 1 while the young athletes combined boys and girls team won the auxiliary final of the UK National Young Athletes League. In the National Junior League scores of both men and women were combined for the first time, we won the Southern Premier League and the Club finished third in the final with Nony Mordi winning the female athlete of the match award and setting a new league and Scottish record in the women's triple jump.

Our members at the Commonwealth Games and European Championships have already been mentioned. At the end of the summer there was a match UK against USA, Russia and China, it was good to see the following members in that fixture representing the UK: Marilyn Okoro, Jo Ankier, Tasha Danvers-Smith, Lee McConnell, Sam Westlake-Cann and Nick Neiland.

At the World Masters Indoor Championships held in Linz, Austria Sarah Heath won the W40 800metres.

Once again there was good successful representation from Shaftesbury Barnet at the European Trials and AAA championships. Nick Neiland and David Parker had a one – two in the javelin for us, as did Tasha Danvers-Smith and Lee McConnell in the women's 400m Hurdles. Other winners were Ellie Spain in the women's pole vault and Julie Dunkley women's shot. Jo Ankier was 3rd in the women's steeplechase, Gemma Bennett 3rd in the women's 100m hurdles, Allan Scott 3rd in the men's 110m Hurdles, Sam Westlake Cann 4th in men's shot, Graham Allan 4th in men's hammer, Marilyn Okoro 5th in the women's 800m, Abi Oyepitan 5th in the women's, Louise Watton 5th in the women's javelin, 100m, Ryan Moseley 6th in the men's 100m and Darryl Stone 10th in the men's high jump.

The 10,000 metres track championship was held separately from the main championships and Dominic Bannister was a convincing winner.

Throughout the season athletes score points in various UK Challenge meetings and in the finals there were wins for Natasha Danvers-Smith in the 400mH in 55.88, for Nadia Williams in the triple jump with 13.09m and for Adam Charlton in the 400m in 47.40. Tom Carey achieved personal best at both 110mH in 14.44 for 4th and at 400mH in 52.46 for 5th and last years sprints champion Ryan Moseley, just back from a holiday in Barbados, still managed 3rd at both 100m (10.80) and 200m (21.57). The throws were positive with Sam Westlake-Cann 2nd in the shot, Neville Thompson 5th in the discus with 50.41 and Graham Holder 3rd in the hammer with a seasons best of 59.42. Gemma Turtle continued her return from injury with a bronze medal at 1500m with 4.31.49. There were silver medals for both Louise Watton in the javelin with 48.01m and for Kirsty Law with a massive new personal best of 52.30m.

At the First ever UK School Games held in Glasgow 12 members were originally selected only 8 actually competed due to injury and illness. Star performance was from Chris Bennett who won the hammer with a new club and Scottish Under 17 record of 65.44m. Club captain Nonso Okolo maintained his unbeaten record when winning the long jump with 6.89m. There was a bronze medal in the triple jump from Nathan Fox with his 2nd best ever jump of 14.23m. Both Matt Sullivan with a PB of 1.58.65 in the 800m and Opy Jacobs with 15.65m in the shot were just outside the medals in 4th places. Ross Sambrook ran 4.47.66 in the 1500m steeplechase whilst Sophie Proffitt ran a PB of 4.57.82 in the 1500m and Abigail Lambden cleared 10.65m in the triple jump.

BARNET COPTHALL STADIUM

As reported last year the Club through Cophall Management Services has taken on the management of Barnet Cophall Stadium. We have been fortunate to have the skills of Geoff Williams as manager of the Stadium and as members will have seen throughout the year there has been an enormous improvement in the facilities and look of the stadium. The track was resurfaced in September/October and some changes are being made to the field event facilities with an improved pole vault layout, resurfacing of the outside javelin run-up and new cages to the long throws circles. The Club members who are directors of Cophall Management Services Limited together with Geoff Williams are continuing to work in partnership with the London Borough of Barnet for continual improvement of the Stadium and its surrounds.

GENERAL

Last year it was reported that with a Club of our size with some 600 members that there was only dozen or so members who ran the Club. The situation has not improved and in reality the dozen or so is in reality perhaps half a dozen members who are looking after all the administration of Shaftesbury Barnet Harriers. We are thankful for those parents who offered their services by officiating at Club matches and to our qualified officials who are always there come rain or shine, without them we would have no competition.

It must be emphasised that this report has only touched on some fantastic performances by our members throughout the year. Our team results have shown that Shaftesbury Barnet Harriers are at the very top of athletics in the UK but this is due in every case to some magnificent results from members of those teams from the under 13 years old members of the young athletes teams to the international who competed at events other than their speciality in the National Leagues.