

ANNUAL REPORT - YEAR ENDED 30 SEPTEMBER 2009

After last year's successful Olympics, our top athletes did us proud at the **World Championships** in Berlin:

Trecia Smith 5th Women's Triple Jump **Emma Ania** 6th Final Women's 4 x 100m relay
Larry Achike 13th Men's Triple Jump **Yamile Aldama** Women's Triple Jump
Marilyn Okoro Finalist Women's 800m **Willem Coertzen** 14th Men's Decathlon
Lee McConnell 4th Final Women's 4 x 400m relay **Ryan Moseley** Men's 100m

Lloyd Gumbs smashed his personal best and set a new club record in winning the 400m H in 49.62secs for 3rd on the 2009 UK Rankings at the **European Under 23 championships**. **Jade Nicholls** claimed Discus Bronze with 54.44m – a new PB. 400m specialist **Kris Robertson** was a member of the 6th placed GB 4 x 400m team who ran 3m06.18 in the final.

Orlando Edwards was first GB man home in the **European Mountain running championships** and finished 4th in the **Commonwealth Mountain running championships** running for England.

Nadia Williams led the way in the World Championships trials with a pb victory in the Womens' TJ with 13.67m. Senior club records were set by **Lucy Boggis** with 5605 for the Heptathlon and **Willem Coertzen** with 8146 in the Decathlon. **Lucy** also set a new Indoor Record in the Womens Pentathlon with a score of 3811pts

On the home front there were plenty of success stories both individually and for our teams. Our young up and coming athletes excelled in all competitions which augurs well for the continued success of the Club. A total of 32 Shaftesbury athletes represented their counties in the ESAA Cross Country Championships while a further 21 athletes represented their counties in the ESAA Track & Fields Champs at Sheffield – the highest number for any club in England.

- The senior men in British Athletics League went into the final fixture fighting to stay in the Premier Division and succeeded. We were 6th in the final standings.
- The women were 5th overall in Division One of the UK Women's T&F League.
- The Club won their first ever National Junior League title, with the men going on to represent GB in the European Junior Clubs Cup in 2010 in Poland.
- The Club were 6th in the National Young Athletes League Southern Premier Division.
- The Club won the London Inter Club Challenge for both men and women.
- **Neil Gamester** placed 2nd for England in the Home Countries C/C International at Bangor, Wales.
- **Joylyn Saunders-Mullins** enjoyed a very successful World Masters Championships in Lahti, Finland winning Silver in the W50 400 metres, Bronze in both 100 metres and 200 metres and was a member of the GB 4x400m team which broke the World Record and secured Gold medals. At the same Championships **Greg Dunson** won Gold in the M45 110m Hurdles and **Nina Anderson** won Gold in the W35 800 metres and Silver in the 400 metres
- **Marilyn Okoro** just missed out on an 800 metres medal at the European Indoor Championships while both **Alan Scott** (60m Hurdles) and **Ryan Moseley (60m)** both placed 8th in their respective finals.
- The following were English Schools Champions: **Andrew Elkins** (Hammer); **Makeda Lewis** (100m);
- The following athletes represented England in the SIAB International in Northern Ireland: **Tadhg Grant** (3000m), **Tom Peacock** (Shot) and **Makeda Lewis** (100m).
- **Jake Shelley** represented England at U20 level in a Cross Country international in Spain.
- **Richard Goodman** won the ESAA U17 Cross Country title and was a Silver Medallist in the National Cross Country Championships; Bronze medallist at the Southern Cross Country Championships; represented Great Britain in the European Youth Olympics (1500m) and won double Gold medals at the World Maccabi Games. He also won the London Mini Marathon 15-17 race.
- UK Schools Games: **Andrew Elkins** (Hammer) and **Richard Goodman** (3000m) both won Gold medals as did **Makeda Lewis** and **Chisolm Nwachuku** (4x100m).
- **Alice Keane** won the GB U20 Aquathon Championships (Run/Swim)

- **Ben Smith** who had a best High Jump of 2.00m as an Under 17 before losing a leg in an accident has been selected for the GB volleyball Paralympics squad as well as being short listed for the power lifting and wheelchair basketball squads.
- **Jillian Drouin** won the British Universities High Jump title.

U17 Club records from **Richard Goodman** (800m, 1500m and 3000m), **Andrew Elkins** (Hammer and undefeated in all age group competition), U15 record from **Matt McLaughlin** (3000m) and U13 record from **Sean Lupdag** (75m Hurdles) were the outstanding male youngsters. Just behind **Matt's** top ranking in the 3000m in the UK was another of our outstanding youngsters, **Michael Callegari** who was ranked 3rd and is part of the Cophthall squad which is certainly the top group in the UK. On the girl's side, Club records from **Natalie Connor** (U13 1200 metres), **Lucy Yates** who lowered **Marilyn Okoro's** U20 Womens' 800m Record indoors and out and **Makeda Lewis** who set a new SBH U17 girls javelin record and then in the ESAA championships, set a new Heptathlon record with 4472pts whilst **Tommy Bryant** cruised to an emphatic victory in the Senior Boys 2000m S/C to maintain our outstanding record at this event over the last 8 years.

The UK Challenge Grand Prix Final provided an outstanding result for the Club with **Nadia Williams** maintaining her UK No. 1 ranking winning with a pb of 13.69m while **John Carr** matched her with victory in the Mens event with a PB of 15.64m (+3.7), followed in 2nd by ex double English Schools Champion **Daniel Lewis** with a huge PB of 15.63m (+2.7) and fast improving U20 **Nathan Fox** with yet another legal PB of 15.39m. This is the only time a Club has provided the first 3 in any event.

BARNET COPHTHALL STADIUM AND OTHER INITIATIVES

We have managed the Stadium for the London Borough of Barnet for the last 5 years and under our direction we have overseen tremendous improvements to the operation and the facilities. Unfortunately this arrangement will come to an end in the New Year. Special thanks to **Angus McKenzie** and **Katie Alcock** and to all of you involved in this venture and for the number of high profile Schools and regional events you have attracted to the Stadium..

Work has been undertaken to refurbish the Clubhouse and to upgrade the gym equipment. In addition, the Club's image within the Stadium has been consolidated to provide a warmer and more welcoming presence more appropriate to our status and that of the facility. The club joined the Jack Petchey Award Scheme last year and this has continued throughout the current year with all winners being posted in the Reception at Cophthall Stadium.

2009 saw SBH becoming the first Club in the UK to be awarded Beacon Club status. This has now been further developed by the approval of the McCain's North London Network with Highgate Harriers, London Heathside and Middlesex University – this should lead to better partnership working between clubs and additional funding to support new initiatives. Development work in the local community has continued with the creation of the Barnet Athletics Group and the efforts of **Larry Achike** and **Nadia Williams**. The Club entered into a formal partnership with Barnet Schools Athletics Association to promote their competitions

At the Barnet Celebrating Sports Awards Evening, **Nadia Williams** received the '**Sports Performer of the Year Award**' and the **Shaftesbury Under 17 Boys Track & Field and Cross Country Teams** received the Junior Team of the Year award for their outstanding seasons in Club and Schools Championships.

The above successes were only achieved due to the efforts of a large number of unpaid volunteers. On the coaching front, mention must be made of **Frank Attoh** who coached 5 athletes at the World Championships, **Geoff Williams** and **Nadeem Shaikh** who between them are responsible for the achievements of our talented endurance squads at Cophthall and **Tony Smith** and **Gerry Elmore** who do sterling work identifying talent. Our officials are led by **John Wright**, who with his team have ensured that Cophthall is at the top of the list for club promotions for all the T&F Leagues and the first ever Combined Cup Final in the UK. Last, but not least, our thanks to all our members and friends who support our fund raising ventures through London Marathon. In addition to the London Mini Marathon, we are now involved in 4 other promotions including the Lord Mayor's Mile at his inauguration. Without the funding provided by this involvement we could not maintain our level of activity.

