

SHAFTESBURY BARNET HARRIERS

ANNUAL REPORT 1 OCTOBER 2012 TO 30 SEPTEMBER 2013

This report provides some of the highlights achieved by our athletes during the last year. But it's not just our top athletes and teams that make us the best overall club in the country, it's all our members, supporters, officials, coaches and others such as parents that make our club great.

The year kicked off with our Women's team of **RACHEL FELTON, BETH POTTER, VICTORIA WALKER** and **AMY CAMPBELL** winning the Bronze Medal in the National Women's Road Relays.

At the National Cross Country Relays our Under 20 Men's team of **MICHAEL CALLEGARI, FRANK BAILEY** and **RICHARD HORTON** became National Champions with the Senior Women's team of **VICTORIA WEBSTER, AMY CAMPBELL** and **BETH POTTER** coming second.

MELISSA COURTNEY and **ROBERT LIGHTOWLER** won the Junior and Youth World Titles respectively, at World Biathlon Championship.

In Athletics Weekly we had two Athletes who featured in the readers' poll for 'Athletes of the Year 2012'. **YAMILLE ALDAMA** and **ANTHONY WHITEMAN** were 2nd and 3rd respectively in the British Veterans section.

BETH POTTER won a team Silver Medal at the European Cross Country Championships.

Our Cross Country County Champions were – Hertfordshire **GERRY O'BRIEN** Under 11 Boys, **JAMIE DEE** Under 15 Boys, **ELEANOR HUNT** Under 17 Women, **LIAM DEE** Under 17 Men, **LIZZIE BIRD** Under 20 Women, Gloucestershire **RACHEL FELTON** Senior Women. Also at the Hertfordshire Championship the Under 11 Boys, U13 Boys, Under 17 Men, Under 20 Men and Women took the team titles.

ALLAN SMITH set several new Scottish Indoor High Jump records with 2.22 and then 2.23 (both new club records to boot).

At the Southern Indoor Championships **KYLE LANGFORD** U20 took the Silver Medal in the 800m, and **TIM BUCKLE** U20 took the Bronze Medal in the High Jump.

Our Hertfordshire and Middlesex Schools Cross Country Champions were **GERRY O'BRIEN, MOLLY PATCH, JAMIE HARPER, ELEANOR HUNT, JAMIE DEE** and **MICHAEL CALLEGARI**, with Silver Medals from **NAOMI KENDALL, LIANNE LANGFORD, NATALIE CONNOR** and **ROBBIE LIGHTOWLER** and Bronze Medals from **SAM WILSON, MARIE SATO, NATHAN DAVIES, LIAM DEE** and **NATHAN FERNANDES**.

At the British Athletic European Indoor Trials and UK Championships **YAMILLE ALDAMA** V40 won the UK Triple Jump Championships, and there were Silver Medals from **ALLAN SMITH** U23 High Jump, **ALLAN SCOTT** 60m Hurdles and **ZANE DUQUEMIN** U23 Shot. There were Bronze Medals from **MELISSA COURTNEY** U23 1500m, **ZOE BROWN** Pole Vault and **DAN BRAMBLE** Long Jump.

There were indoor club records by **MELISSA COURTNEY'S** U23 1500m in 4:17.57 and **DAN BRAMBLE** with 7.80m.

ANYA RODRIGUEZ U17 Pole Vault and **DEAN OAMEN** U20 Triple Jump became Eastern/Essex Champions.

MICHAEL CALLEGARI U20 won the Bronze Medal in the Southern Cross Country Championships. The team won the Silver Medal with **WILL RYLE-HODGES, FRANK BAILEY** and **ASHOK MATHUR**.

Scottish Indoor National Champions were **LEE MCCONNELL** 200m, **GEMMA NICOL** 400m, **ALLAN SCOTT** 60m Hurdles, **ALLAN SMITH** High Jump and **JOHN CARR** Triple Jump. **ZOE BROWN** became the Ireland Indoor Champion in the Pole Vault.

Our Cross Country Club Champions were:

Under 11 Girls **NICOLE BOWEN**, Under 11 Boys **ANDREW ROGERS**, Under 13 Girls **MARIE SATO**, Under 13 Boys **THOMAS FULTON**, Under 15 Girls **LIANNE LANGFORD**, Under 15 Boys - **KHALID-ALI AHMED**, Under 17 Women **NATALIE CONNOR**, Under 17 Men **SAM WILSON**, Junior Men **RICHARD HORTON**, Under 20 Women **SOPHIE CONNOR**, Senior Women **RACHEL FELTON**, Masters Men **ROBERT RIGBY**, 5 Miles Senior **NIALL FLEMING** and 9 Miles Senior Men **ORLANDO EDWARDS**.

At the National Cross Country Championship **MICHAEL CALLEGARI** won the Silver Medal.

BETH POTTER became the Scottish National Cross Country Champion.

In the England Athletics U15/U17/U20 Indoor Championship we had four medallists; **GREGORY THOMPSON** U20 (6kg Shot) won the Gold Medal with a New Club Record. **SHADINE DUQUEMIN** U20 (4kg Shot) won the Silver Medal. And Bronze Medals came from **KYLE LANGFORD** U20 (800m) and **DEAN OAMEN** (Triple Jump).

At the British Universities Indoor Championship, top honour went to **MELISSA COURTNEY** U23 (Brunel University) who won the Gold Medal in the 1500m. There were also Silver Medals from **ANTONIO INFANTINO** U23 (Kings College London) in the 200m and **ZANE DUQUEMIN** U23 (St Mary's University) in the 7.26kg Shot.

Our Club Cross Country Points champions were:

Under 11 Girls- **NICOLE BOWEN**
Under 13 Girls - **ELLA COHEN**
Under 15 Girls - **EMMA DWAN**
Under 17 Women - **NATALIE CONNOR**
Under 20 Women - **SUZU SATO**
Senior Women – **RACHEL FELTON**
Masters Women 35-49 – **MARGARET COOPER**

Under 11 Boys - **ANDREW ROGERS**
Under 13 Boys - **JAMIE HARPER**
Under 15 Boys - **KHALID-ALI AHMED**
Under 17 Men – **LIAM DEE**
Under 20 Men – **MICHAEL CALLEGARI**
Senior Men – **GLEN WATTS**
Masters Men 35-39 –**ORLANDO EDWARDS**
Masters Men 40-49 –**PHILIP CUNNINGHAM,**
Masters Men 50-59 –**RAY POWELL**
Masters Men 60-69 –**RUSSELL DEVITT**

At the European Indoor Championships **YAMILE ALDAMA** V40 finished in 6th place.

British Masters Champions were **ALFREDO MELAO** V55 winning the Long and Triple Jump and **LISA WEBB** V45 who won the 1500m.

MICHAEL CALLEGARI represented Great Britain under 20 Men's team in the World Cross Country Championships finishing in 37th place.

At the World Indoor Throws Competition there were great throws from **ZANE DUQUEMIN, CHRIS SCOTT, JADE NICHOLLS** and **AIDAN REYNOLDS** who won the Javelin with 67.56m, which is an all-time British Junior best.

Middlesex and Hertfordshire Indoor Champions were **MOHAMED CHARKAOUI-ESSOUNI** 1500m, **JONAS CHOR** U17 Long Jump, **TARLIA BAILEY** U17 Long Jump and **NNEKA OFULUE** U23 Shot.

The following were selected to represent the Borough of Barnet in the London Mini Marathon races: U13 Boys – **NATHAN FERNANDES, GEORGE GROOM, JAMIE HARPER, HAMZA KADIR,** U13 Girls – **NICOLE BOWEN, OLIVIA BOWEN, JOSEPHINE CHADWICK, LIA RADUS, MARIE SATO,** U15 Boys – **KHALID-ALI AHMED, NATHAN BLOOM, JACK FITZPATRICK, ASHVIN KURI,** U15 Girls – **SOPHIE BOWEN, GAIA CASCIELLO, EMMA DWAN, CHLOE GOODSON, GABRIELLA KYRIACOU, ELLIE MCNAMARA,** U17 Men – **BILLY KELSEY, CALLUM MCCORMICK, RORY MUDD, JAMES SOTHCOTT, SAM WILSON,** U17 Women – **ZOE CAVENDISH, LYDIA HERRIDGE, MOLLY PATCH, MARIA PEREVERZINA.**

There were solid runs in the National and Southern Road Relays. The Men's 12 stage team finishing in 14th position in the National and 5th in Southern Championships – these were combined as the Southern was initially cancelled due to snow and ice. Our Women finished in 21st place in the 6 stage race and 10th in the Southern Championships.

At the Young Athletes National Relays our Under 13 Boys team of **THOMAS FULTON, JAMIE HARPER** and **GEORGE GROOM** won the team Bronze Medals. Also **JAMIE DEE** U15 and **LIAM DEE** U17 won Individual Gold Medals for running the fastest times in their respective races.

At the European Champion Clubs Cup for Seniors in Portugal, we came an excellent 5th at our first attempt.

Further new Club records were set – **RICHARD CHARLES** U20 ran the 800m in 1:48.30, **GREGORY THOMPSON** U20 in the 6kg Shot with a distance of 17.75m and then 18.26m, and **NICK PERCY** U20 throwing the 1.75kg Discus 62.21m.

Our County Champions were: **TOM CAREY** (400m and 110m Hurdles), **STEFFI WILSON** U20 (100m), **ANDREW ELKINS** U23 (Shot Putt 7.26kg, Discus 2kg, Hammer 7.27kg and Javelin 800g), **LIAM DEE** U20 (800m), **ADAM THORPE** U17 (800m), **TIM BUCKLE** U20 (High Jump), **KATE JONES** U20 (High Jump), **YASMIN LAKIN** U20 (Long Jump and Triple Jump), **CHLOE RIXON** U17 (Long Jump), **LUCY UNDERDOWN** (Shot Putt 4kg and Discus 1kg), **BILLY KELSEY** U17 (800m), **SOPHIA PARVIZI-WAYNE** U17 (3000m), **DEAN OAMEN** U20 (Triple Jump), **NNEKA OFULUE** (Shot Putt 4kg), **TARA KAFKE** (400m), **GEMMA NICOL** (100m and 200m), **JESSIE CONCANNON** U17 (100m), **EDONOJE ETOMI** U20 (100m) and **LOUISA JAMES** (Hammer 4kg).

ORLANDO EDWARDS was selected to represent GB & NI at the European Mountain Running Championships after he came 2nd in the trial race. At the European Championship **ORLANDO** was in the GB team that won the Silver Medals.

Three Shaftesbury athletes were selected for the GB & NI for the European Team Championship – **ZANE DUQUEMIN** U23 (Shot Putt), **JADE LALLY** (Discus), **YAMILE ALDAMA** V40 (Triple Jump).

At the England Athletics U20/U23 Championships & European Trials there were Gold Medals for **ZANE DUQUEMIN** U23 (Discus), **GREGORY THOMPSON** U20 (Shot Putt), **SABRINA BAKARE** U20 (400m), **SEB RODGER** U23 (400m Hurdles), **NICK PERCY** U20 (Discus) and **SHADINE DUQUEMIN** U20 (Discus) and **LOUISA JAMES** U20 (Hammer). Silver Medals were won by **MELISSA COURTNEY** U23 (1500m), **ALLAN SMITH** U23 (High Jump), **SHADINE DUQUEMIN** U20 (Shot Putt), **BETH POTTER** U23 (5000m), **GABRIELLA COVENEY** U23 (400m Hurdles), **GREGOR MACLEAN** U23 (Pole Vault), **JADE IVE** U23 (Pole Vault), **DEMPSEY MCGUIGAN** U23 (Hammer), **LOUISA JAMES** U23 (Hammer), **GREGORY THOMPSON** U20 (Discus) and **SHADINE DUQUEMIN** U23 (Discus). Finally our Bronze Medallists were **STEFFI WILSON** U20 (100m), **MICHAEL CALLEGARI** U20 (5000m), **AIDAN REYNOLDS** U20 (Javelin), **RICHARD CHARLES** U20 (800m), **RACHEL HUNTER** U23 (Hammer) and **ADAM CARPENTER** (Pole Vault).

Following our phenomenal success in the trials **MICHAEL CALLEGARI** (5000m), **NICK PERCY** (Discus), **GREGORY THOMPSON** (Discus), **SHADINE DUQUEMIN** (Discus) and **LOUISA JAMES** (Hammer) **SEB RODGER** (400m Hurdles), **ZANE DUQUEMIN** (Shot and Discus), **RICHARD CHARLES** (800m), **STEFFI WILSON** (4 x 100m Relay) **ALLAN SMITH** (High Jump) and **BETH POTTER** (5000m) were selected to compete in the European age group championships. At the championship **SEB** and **NICK** won Silver and **ALLAN** won Bronze. **STEFFI WILSON** won Gold in the 4 x 100m Relay.

Young Athletes had an excellent day at the Middlesex Schools Championships with Gold Medals from **EMMA BABALOLA** U15 (100m), **SOPHIA PARVIZI-WAYNE** U17 (1500m), **RACHAEL FATUADE** U17 (80m Hurdles) and **TAHLIA WELLER-HARRIS** U17 (Long Jump). Silver Medals came from **KHALID ALI-AHMED** U17 (800m), **LOLA DOWNES** U15 (75m Hurdles) and **NABIL HAQUE** U15 (Shot Putt). Finally our Bronze Medallists were **OLU AROWOJOLU** U15 (200m), **AURELIJA IPPOLITO** U17 (300m), **RACHEL CARTER** U15 (75m Hurdles) and **ALEX CONN** U17 (400m Hurdles).

At the Northern Ireland and Ulster Championship **ZOE BROWN** (Pole Vault) and **DEMPSEY MCGUIGAN** U23 (Hammer) won gold medals.

At the Senior and Under 20 Area Championships we had 11 Gold Medallists - **ANTONIO INFANTINO** U23 (200m), **KYLE LANGFORD** U20 (800m), **ZAC RANDALL** U23 (800m), **LIZZIE BIRD** U20 (1500m), **GEMMA BENNETT** (100m Hurdles), **DAN BRAMBLE** (Long Jump), **NONSO OKOLO** (Triple Jump), **CHRIS SCOTT** (Discus 2kg), **DEMPSEY MCGUIGAN** U23 (Hammer 7.26kg), **LOUISA JAMES** U20 (Hammer 4kg) and **NICK PERCY** U20 (Discus 1.75kg with 62.79m) which was a New Club Record.

In the Northern Championships **NONY MORDI** won the Triple Jump.

In the Welsh U17/U20 Championships in Swansea, **MELISSA COURTNEY** U23 won the 1500m.

At the World Youth Championship **SABRINA BAKARE** took the 400m Gold Medal and **KYLE LANGFORD** U20 took the Bronze Medal with **LIAM DEE** (1500m) and **FELLAN MCGUIGAN** (Hammer) also selected.

SABRINA BAKARE became World Schools Champion in the 400m.

At the Welsh Championship **ZOE BROWN** won the Women's Pole Vault, with **AIDAN REYNOLDS** U20 taking the Silver Medal in the Javelin, and **ADAM CARPENTER** U23 took the Silver Medal in the Men's Pole Vault.

At the Midlands Championships **GABRIELLE COVENEY** U23 won the 400m Hurdles Gold Medal.

At the Ireland U20/U23 Championships **GABRIELLE COVENEY** U23 who won 400m Hurdles Gold Medal, **DALTON McGUIGAN** U20 won the 3000m Steeplechase Gold Medal and **DEMPSEY McGUIGAN** U23 won the Silver Medal in the Hammer.

RICHARD HORTON, LIAM DEE, JAMIE DEE, MARIE SATO, RACHAEL FATUADE, RENEE DAVIS, CIARA STEWART, ADAM SHIRET and **JULIAN LAMY** were the nine winners Shaftesbury nominated for the Jack Petchey Award. The Jack Petchey Foundation gives grants to programmes and projects that benefit young people aged 11-25. The Foundation exists to raise the aspirations of young people, to help them take advantage of opportunities and play a full part in society.

MARILYN OKORO (800m) and **SEB RODGER U23** (400m Hurdles) were selected for the GB & NI team for the World Championships in Moscow.

At the British Championships and World Championship Trials **MARILYN OKORO** secured her spot by winning the 800m and **JADE LALLY** won the Discus. Other medalists were Silver from **DAN BRAMBLE** Long Jump and Bronze Medals from **NATHAN FOX** Triple Jump and **CHRIS SCOTT** Discus.

We entered the newly formed UK Youth Development League (U13/U15) – finishing in a respectable 4th position.

The Barnet/SBH composite team were runners-up in the Southern Counties Veteran's League Herts and North Middx Division.

Even more club records were set by – **ALLAN SMITH** U23 Senior High Jump (2.26m), **SABRINA BAKARE** U20 400m (52.77), **JESSICA HURLEY** U15 300m (43.7) and **RACHEL CARTER** U13 70m Hurdles (11.61).

We won the UK Youth Development League (U17/U20) Southern Premier 1 allowing the team to contest the League Final as Southern Champions.

SBH PREMIERSHIP CHAMPIONS 2013 and win LEAGUE CLUB OF THE YEAR 2013 TROPHY!

We retained the senior men premiership title and will be representing GB&NI in the European Champion Clubs Cup for Senior's in Portugal May 2014. Also the club won the **JO SMITH TROPHY** which is awarded to the best UK Club on the basis of their league position on a combined basis in both the BAL and UKWAL at the end of the season. The Women's team, in their first season back in the UKWAL Premiership, had tough matches in Edinburgh and Manchester but showed their true strength in the final match at Bromley to finish 3rd but this was not quite enough to avoid relegation to National One for 2014 but they will be back up in 2015!

At the World Championships, **WILLEM COERTZEN** competed for South Africa in the Decathlon and finished in 9th place; his point's total of 8343 smashed his personal best by 99 points, also a new Club Record.

At the Scottish Championships, club members won 5 Gold Medals, 2 Silver Medals and 2 Bronze Medals. Performance of the day came from **NICK PERCY** who won the Senior Discus with a New Club Record by an U20 with 55.84m. Our other Gold Medallists were **ALLAN SCOTT** (110m Hurdles), **ALLAN SMITH** U23 (High Jump), **JOHN CARR** (Long Jump), **NONY MORDI** (Triple Jump) and **NICK PERCY** U20 (Discus), Silver Medals from **AMY CAMPBELL** (1500m) and **ANGUS MCINROY** (Discus), Bronze Medals from **CHRIS BENNETT** (Hammer) and **RACHEL HUNTER** U23 (Hammer).

At the South of England U15/U20 Inter County Championships there were Gold Medals from **SABRINA BAKARE** U20 (100m), **GREGORY THOMPSON** U20 (Discus) and **LOUISA JAMES** U20 (Hammer), also Silver Medals from **DEAN OAMEN** U20 (Triple Jump), and Bronze Medals from **MICHAEL CALLEGARI** U20 (800m) and **YASMIN LAKIN** U20 (Triple Jump).

At the South West Inter County Championships **ADAM CARPENTER** U23 won the Pole Vault Gold Medal and **ANDREW ELKINS** U23 won the Hammer Gold Medal.

RICHARD HORTON became World Duathlon Champion 2013 (Under 23).

ROBBIE LIGHTOWLER U17 won the British Aquathlon Youth National Championship.

NICK PERCY U20 became Triple Scottish Champion – he won the Shot Put 6kg, Discus 1.75kg and Hammer 6kg.

At the South of England U15/U17 Championships, **CALLUM SCUTT** won the Bronze Medal (Long Jump).

At the England Athletics U15 & U17 Championships **MICHAEL CALLEGARI** U20 ran away with Under 20 Gold Medal in the 3000m. The 4 x 100m Relay team of **OJE ETOMI** U20, **CHIMDI KEMA** U17, **JORDAN ARCHER** U17, **BAMI FALANA** U20 took the Under 20 Bronze Medal.

KOJO KYEREME V35 won the Surrey 10,000m Championships.

At the Youth Development League National Under 17 and 20 Final the Men won their section convincingly. Overall, the combined match the club came 3rd. As winners of the men's competition, SBH will be representing Great Britain & NI in the European Champion Clubs Cup for Juniors in 2014 in Spain.

At the Eastern Young Athletes League Plate Final, the Barnet/SBH composite team finished in 6th place.

At the Southern Counties Veterans League Final, the Barnet/SBH composite Women's team, finished in 6th place.

At British Masters Championships we had two Double Gold Medal winning performances, firstly from **NENGI OSSAI** V35 who won the 100m and 200m and secondly **GREG DUNSON** V45 won the 110m Hurdles and the 400m Hurdles. **LISA WEBB** V45 won the Silver Medal in the 1500m and also the Bronze Medal in the 400m.

SOPHIA PARVIZI-WAYNE U17 won the 3000m Gold Medal in the UK Schools Games.

At the Hertfordshire and Middlesex Young Athletes Road Relay we had over 50 Young Athletes competing with 6 wins plus 5 of our runners running the fastest leg of their race.

WILLIAM PRIOR U13 set a new Javelin Club Record throw of 37.95m.

At the European Champions Clubs Cup for Juniors held in Brno, Czech Republic, we claimed a creditable 2nd place, in a very close finish.

ALLAN SMITH and **NICK PERCY** have been selected for Scotland for the 2014 Commonwealth Games.

At the Southern Young Athletes Road Relays there were Gold Medals for the U13 Boys, Silver Medals for the U17 Men and Bronze Medals for the U17 Women. Also **JAMIE HARPER** U13 and **SOPHIA PARVIZI-WAYNE** U17 had the fastest times in their races.

There was a good all round performance from our team at the Southern Senior Women's Road Relays including the fastest time of the day from **BETH POTTER**.

On a sadder note we need to report that **ROBERT POPE** and **ROGER DUNKLEY** passed away during the year.

Finally congratulations to all our many members who contributed to our team successes. Apologies if you have not been mentioned by name but I can assure you that our success during the last year has been due to the efforts of everyone. Good luck to you all in 2014.

Philip Cunningham 28 November 2013

Based on the Alan Weller weekly reports and newsletters