

SHAFTESBURY BARNET HARRIERS

ANNUAL REPORT 1st OCTOBER 2014 to 30th SEPTEMBER 2015

This report only 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.

World Championships

KYLE LANGFORD 800m

DAN BRAMBLE Long Jump

ZHARNEL HUGHES 5th in 200m (20.02) lowering his own Club Record (No.3 on the UK all-time)

WILLEM COERTZEN Decathlon

DARYLL NEITA (4 x 100m Relay)

At the National Young Athletes Road Relays at Sutton Park the U15 Boys excelled by winning the team gold medals. Fastest times (top 10) in the race were recorded by **JAMIE DEE** U17 (2nd), **JEREMY DEMPSEY** U15 (4th), **ELLIOT DEE** U15 (6th), **GEORGE GROOM** U15 (7th), **FINN HARVEY** U13 (7th) and **THOMAS FULTON** U15 (9th).

At the Southern Cross Country Relay Championships at Wormwood Scrubs the U15 Boys won gold medals (**HAMZA KADIR**, **JEREMY DEMPSEY** and **GEORGE GROOM**). Individually **FINN HARVEY** U13 ran the 3rd fastest time of the race.

At the National Cross Country Relays at Mansfield, the U15 team of **HAMZA KADIR**, **ELLIOT DEE** and **GEORGE GROOM** won again. The Under 20 Men's team of **PHILLIP CROUT**, **ROBBIE LIGHTOWLER** and **MICHAEL CALLEGARI** won the bronze medals with **MICHAEL** recording the 3rd fastest time of the race.

KYLE LANGFORD was awarded the prestigious BMC Junior Athlete of the Year 2014

RACHEL FELTON represented England at the Lotto Cross Cup in Belgium.

Our Cross Country Champions and points winners were:

CROSS COUNTRY U11	MAAYAN RADUS	LUCA STUBBS
CROSS COUNTRY U13	LIA RADUS	FINN HARVEY
CROSS COUNTRY U15	LIDIA KYRIACOU	GEORGE GROOM
CROSS COUNTRY U17	GABRIELLA KYRIACOU	JAMIE DEE
CROSS COUNTRY U20	NATALIE CONNOR	MICHAEL CALLEGARI
CROSS COUNTRY Snr	VICTORIA WALKER	DANIEL WATTS 5 miles GLEN WATTS 9 miles
X COUNTRY Masters	MAGGIE COOPER	ROBERT RIGBY

POINTS U11	MAAYAN RADUS	LUCA STUBBS
POINTS U13	SCARLETT KENT	DANIEL GREENSTEIN
POINTS U15	LIDIA KYRIACOU	RUFUS KENT
POINTS U17	GABRIELLA KYRIACOU	OLIVER GREENSTEIN
POINTS U20	NATALIE CONNOR	MICHAEL CALLEGARI
POINTS Snr	REBEKAH GARDINER	GLEN WATTS

At the Southern Cross Country Championships in Brighton our U15 Boys (**GEORGE GROOM**, **JEREMY DEMPSEY**, **THOMAS PATRICK** and **JOSH EDWARDS**) won gold. Also the U20 Men (**MARK PEARCE**, **PHILLIP CROUT**, **BEN ROCHFORD** and **DALTON MCGUIGAN**) won team bronze medals. And **JAMIE DEE** U17 won an individual silver medal.

At the Southern Inter County Cross Country Championships in Oxford, **GEORGE GROOM** came 2nd (U15 Boys); other competitors were **JEREMY DEMPSEY**, **JAMIE HARPER**, **ELLIOT DEE**, **THOMAS FULTON**, **JOSH EDWARDS** and **THOMAS PATRICK**.

JOHN KELLY and **PHILIP CUNNINGHAM** completed their 100th Active Training World Metropolitan League races.

Congratulations to **ALLAN SMITH** U23 who represented GB&NI in his first Major Senior Indoor Championships in European Indoor Championship in Prague.

RACHEL FELTON V35 ran the Bath Half Marathon 1:15.19, a new Masters 35-39 Club Record.

The British Masters Indoor Championships took place at Lee Valley with **GREG DUNSON** winning gold and silver medals, **NENGI OSSAI** gold and **LISA WEBB** silver.

Congratulations to the following Shaftesbury runners and reserves selected to represent the London Boroughs at the Virgin London Mini Marathon Races:

SAMUEL CAHILL, DANIEL GREENSTEIN, MATTI HARRIS, FINN HARVEY, DYLAN MICHEL, DAVID STONE, LUCA STUBBS, JUDAH YAWITCH, SYDNEY ALLEN, CHLOE BRASSEY, ELINA BULMAN, MIA GROOM, ISABELL GOODMAN-SPEARS, GEMMA HARPER, SCARLETT KENT, LIA RADUS, JACK BLOOM, GEORGE GROOM, JAMIE HARPER, HAMZA KADIR, RUFUS KENT. ANUSHA BULMAN, JOSEPHINE CHADWICK, LIDIA KYRIACOU, GEORGIA LEE, KAYLA MICHEL, LILY RACHEL, NEVILLE, KHALID-ALI AHMED, NATHAN BLOOM, MARK CUNNINGHAM, OLIVER GREENSTEIN, GABRIELLA KYRIACOU, GEORGIE MARLBOROUGH, ELLIE MCNAMARA, ALICE YAU, REBECCA HURLEY, JESSICA HURLEY, REBECCA ANDREOU, LOUANNE LAMY, ELLA COLLIER, SHIRA DULBERG, BENJAMIN BLOOM, SOPHIE BRASSEY and **ERIN VISAYA**.

At the Hertfordshire /Middlesex Indoor Championships SBH had 10 golds, Hertfordshire medallists - **HARRY KYRIACOU** (200m), **SARENA CLARKE** (200m), **MATTHEW HALL** (60m Hurdles) and **YASMIN LAKIN** (Long and Triple Jump) and Middlesex medallists **GRACE CONROY** (800m and Pole Vault), **BILLY KELSEY** (800m), **REBECCA ANDREOU** (800m) and **MAURICE RYAN** (60m Hurdles).

RICHARD CHARLES U23 set a new Club Indoor Record of 1:50.03.

CHRIS BENNETT broke his own outdoor Club Hammer Record with a throw of 73.00m

OJIE EDOBURUN U20 and **DARYLL NEITA** U20 became England 60m Champions.

At the British Universities and Colleges Championships (indoor) SBH had 2 gold medallists: **RICHARD CHARLES** U23 and **GEORGIA BELL** U23 made it an 800m double.

GEORGE GROOM produced an excellent performance at the National Cross Country Championships at Parliament Hill Fields in becoming English National U15 Boys Champion. In the U17 Men's race **JAMIE DEE** finished in 9th place.

SBH had outstanding results at the British Indoor Championships; we came away from Sheffield with 6 medals, 4 gold, 1 silver and 1 bronze. Our gold medallists were **ALLAN SMITH** (whose 2.29m being a Scottish and SBH Club Record), **ANTONIO INFANTINO** (200m), **DANIEL BRAMBLE** (with a New Club Indoor Record of 7.90m) and **ZANE DUQUEMIN** (Shot). **NATHAN FOX** won the silver and **NONSO OKOLO** won the bronze in the triple jump. **LILY BECKFORD** U20 (55.10) set a New Indoor 400m Club Record. SBH were awarded the CLUB CONNECT first prize for scoring the most points in the men's events at the Indoor Championships.

NATHAN FOX Competed for England in Bratislava, Slovakia.

Our Cross Country County Champions were: **NAOMI TASCHIMOWITZ** (Avon, Somerset & Wiltshire), **AIMI WEIGHTMAN** U11, **LUCA STUBBS** U11, **GEORGE GROOM** U15, **JAMIE DEE** U17 and **RACHEL FELTON** Senior Women (all Hertfordshire) and **FINN HARVEY** U13 (Middlesex)

LIZZIE BIRD set an U23 Club 3000m Steeplechase record time of 9:58.33 which she then improved to 9:54.76 in Florida.

Our 29 year old Long Jump Club record was beaten by **DAN BRAMBLE** who jumped 8.21m surpassing **FRED SALLE'S** record of 7.97m which was set in 1986.

JOYCE SMITH officially started the 35th anniversary London Marathon.

In the London Mini Marathon we had wins from **DAVID STONE** U13 and **GEORGE GROOM** U15.

GB & NI U20 Team Selection – Congratulations to **OJIE EDOBURUN** (100m and 4 x 100m Relay), **TOMMY RAMDHAN** (200m and 4 x 100m Relay), **REBECCA KEATING** (Hammer), **DARYLL NEITA** (4 x 100m Relay), **SABRINA BAKARE** (4 x 400m Relay) and **LILY BECKFORD** (4 x 400m Relay). They all were selected in the 52-strong GB & NI U20 team for the Loughborough International at Bedford with **DAN BRAMBLE** (Long Jump) also competing for England.

Congratulations to the following County Champions:

CONFIDENCE LAWSON (100m & 200m), **SHEREEN CHARLES** (200m), **GEORGE GRANT** U20 (Pole Vault) **MAAYAN RADUS** U13 (1500m), **FINN HARVEY** U15 (1500m), **RACHEL CARTER** U15 (75m Hurdles), **LOUIS DAVIS** U15 (Javelin), and **FELLAN MCGUIGAN** U20 (Hammer).

Silver medals were won by **LISA WEBB** V45 (1500m), **LOUANN LAMY** U13 (800m) and **LOUISA PITSIALIS** U17 (Hammer). Bronze medals were won by **SHEREEN CHARLES** (100m), **LAUREN GEE** U20 (400m), **DYLAN MICHEL** U13 (1500m) and **TAARIQ JOHN-CLARKE** U23 (Long Jump) – All Middlesex

REBECCA KEATING U20 (Hammer) and **ISABEL DEACON** U17 (Pole Vault) (Berkshire) **STEFFI WILSON** U23 (100m and 200m), **GABRIELLE ROWSELL** U23 (Long Jump) and **ANDREW ELKINS** U23 (Hammer) (Dorset), **BILLY PRAIM-SINGH** U17 (Shot and Discus) (Essex), **LOUISA JAMES** U23 (Sussex).

LIAM DEE ran a personal best in 3:43.64, a new U20 1500m Club Record

SHAFTESBURY BARNET HARRIERS 125 YEARS ANNIVERSARY DINNER

A really enjoyable evening was had by 200 of our club members on Saturday in celebrating our 125th Anniversary. It was great to see old friends and also see our next generation of club athletes. Our President, **DAVE BEDFORD** gave a speech which did start a bit risqué as you might expect. He talked a bit about our history and how good we all thought we were when we had our 100 year Anniversary but that we had now reached an even higher level and are clearly the best club in country! He did make a particular reference to **ALAN WELLER** who keeps us all informed of the results of the club and its members through his excellent weekly newsletter but wasn't able to be present for the dinner. A signed copy of Emil Zatopek book was presented to **GEORGE GROOM**, our U15 National Cross Country Champion, from our oldest club member **PETER WOODSMITH**.

At the end of the evening presentations were made to the club members that have recently completed 50 years membership with the club; these were **MARGARET BEECHAM**, **GEOFF MORPHITIS**, **TONY PACKHAM**, **JULIAN GOATER**, **DAVE BEDFORD** and **RICHARD BOBER**.

Further presentations of SEAA 40 years' long service awards for club members that have assisted with the club/SEAA duties (officials, club committees, helpers etc but excluding time just as athletes) were made. Recipients were: **BRYAN SMITH**, **JOYCE SMITH**, **GERRY ELMORE**, **ROGER SIMONS**, **DAVE BEDFORD**, **GEOFF MORPHITIS** and **TONY SUNDERLAND**, and with the biggest cheer of the evening, to **TONY SMITH**.

European Qualification – Congratulations to **MICHAEL CALLEGARI** U23, **RICHARD CHARLES** U23

European Team Championships – Congratulations to **DAN BRAMBLE** (Long Jump) and **ZANE DUQUEMIN** (Shot Put) who were selected as part of the GB & NI team, competing in Russia

Middlesex Schools Championships took place at Allianz Park and our young athletes were outstanding with gold medals from **MIREIA DE SEOUSA CALEDO** (200m), **JOSEPHINE CHADWICK** (800m), **HAMZA KADIR** (800m), **REBECCA ANDREOU** (800m), **RACHEL CARTER** (75m Hurdles) and **ABBAS ADEJONWO** (Triple Jump).

At the Hertfordshire Schools Championships gold medals were won by **THOMAS FULTON** U17 800m, **ELLIOT DEE** U17 1500m, **JAMIE HARPER** U15 1500m, **JEREMY DEMPSEY** U17 3000m,

GEORGE GROOM U17 1500m Steeplechase, **OLIVER HOCKING** U15 Discus, **MICHAEL MILLER** U17 Javelin and **FREDDIE NASH** U15 Javelin.

Scottish Schools Championships took place in Grangemouth **GEORGE EVANS** U20 won the Shot 6kg and Discus 1.75kg

European U20 Championships took place in Sweden. An excellent Championship for our athletes with 4 European Champions. Congratulations to **OJIE EDOBURUN** (100m), **TOMMY RAMDHAN** (200m), **KYLE LANGFORD** (800m) and **LILY BECKFORD** (4 x 400m Relay). Also competing were **DARYLL NEITA** (4th in 100m), **FELLAN MCGUIGAN** (Hammer), **LIAM DEE** (1500m)

Congratulations to **DARYLL NEITA** U20 (4 x 100m Relay) and **OJIE EDOBURUN** U20 (4 x 100m Relay) who were selected to compete for GB&NI in Germany at the Mannheim Baushaus Juniorgala.

GB & NI European U23 Team – Congratulations to our following athletes who were selected to compete in Estonia - **MELISSA COURTNEY** (1500m), **LIZZIE BIRD** (3000m Steeplechase) and **RACHEL HUNTER** (Hammer). And also to **DEMPSEY MCGUIGAN** (Hammer) who was selected for Ireland.

England U20 & U23 Championship (including European Trial) took place in Bedford and what a week-end it turned out to be with 7 England Champions who were **OJIE EDOBURUN** U20 (100m), **DARYLL NEITA** U20 (100m), **KYLE LANGFORD** U20 (800m), **MELISSA COURTNEY** U23 (1500m), **GEORGE EVANS** U18 (Discus and Shot), **NICK PERCY** U23 (Discus) and **RACHEL HUNTER** U23 (Hammer). There were also silver medals from **JOHN OTUGADE** U23 (100m), **LIAM DEE** U20 (1500m) and **REBECCA KEATING** U20 (Hammer), plus bronze medals from **STEFFI WILSON** U23 (100m and 200m) and **MICHAEL CALLEGARI** U23 (5000m)

MELISSA COURTNEY 4:09.74 set a new U23 1500m Club Record lowering her own record.

World Youth Championships – Congratulations to **GEORGE EVANS** who was selected to represent GB&NI at the World Youth Championships in Colombia where he won bronze in the discus.

Sainsburys British Championship including World Trials took place in Birmingham. Another excellent week-end for our athletes, finishing with three UK Champions; **ZHARNEL HUGHES** U23 (200m), **KYLE LANGFORD** U20 (800m) and **JADE LALLY** (Discus). There were silver medals from **DAVID SMITH** (High Jump), **DANIEL BRAMBLE** (Long Jump), **YAMILE ALDAMA** V40 (Triple Jump), and **ZANE DUQUEMIN** (Discus and Shot). Our bronze medallists were **OJIE EDOBURUN** U20 (100m), **NATHAN FOX** (Triple Jump) and **CHRIS BENNETT** (Hammer).

Congratulations to our English School Champions **SOPHIA PARVIZI-WAYNE** U20 (3000m) and **REBECCA KEATING** U20 (Hammer), also bronze medals were won by **PHILIPPA DAVEHALL** U17 (Hammer) and **BILLY PRAIM-SINGH** U17 (Hammer).

Congratulations to **HOLLY TAYLOR** who has set a U13 Pentathlon Club Record with 1441 Points.

A new 200m U23 and Senior Men Club Record was set **ZHARNEL HUGHES** U23 (20.05) breaking the 1994 **TERRY WILLIAMS** record.

Congratulations to **KYLE LANGFORD** U20 breaking (1:45.78) his own 800m U20 club record. He moves up to No.2 in the SBH All-Time rankings only .14 of a second behind **PAUL HERBERT'S** (1.45.64) Senior Club Record which he set in 1988. Both **KYLE** and **PAUL** have a common coach in **GEORGE HARRISON**.

CAU Inter-County Championships (including AAA Senior Championships) took place on a combined basis in Bedford. Five of our athletes took both the Inter-County and AAA's titles - **ANTONIO INFANTINO** (200m), **GLEN WATTS** (3000m Steeplechase), **ZANE DUQUEMIN** (Discus), **JADE LALLY** (Discus) and **JOANNA BLAIR** (Javelin). Silver medals were won on both the Inter-County and the AAA's by **TOMMY RAMDHAN** U20 (200m), **BEN ROCHFORD** U20 (800m), **MELISSA COURTNEY** U23 (800m) and **ETHAN WALSH** U20 (Pole Vault) and bronze

medals from **CONFIDENCE LAWSON** (100m) and **LOUISA JAMES** U23 (Hammer). **NATHAN FOX** (Triple Jump) is the AAA's Champion, **DAVID SMITH** (High Jump) is the Inter-County Champion with **RACHEL HUNTER** U23 (Hammer) winning the silver medal and **ANGUS MCINROY** (Discus) was bronze medallist.

World Masters Championships took place in France. Congratulations to our World Champions **ENGI OSSAI** (100m and 200m), **ANTHONY WHITEMAN** (800m and 1500m) and **KOJO KYEREME** (10000m).

Scottish Athletics Championships took place in Aberdeen. Congratulations to our 4 Scottish Champions - **ANGUS MCINROY** (Shot and Discus), **DAVID SMITH** (High Jump), **CHRIS BENNETT** (Hammer) and **RACHEL HUNTER U23** (Hammer)

Scottish Age Group Championships took place in Grangemouth. Congratulations to double Scottish Champion **GEORGE EVANS** U20 (Shot and Discus)

Southern U15 and U20 Inter County Championships took place at Allianz Park. Congratulations to our 3 Inter County Champions – **LILY BECKFORD** U20 (400m), **JAMIE HARPER** U15 (1500m) and **ALANDO ALFRED** U20 (Triple Jump). Also **JULIAN LAMY** U20 (200m Steeplechase) won a silver medal and **EAVION RICHARDSON** (Long Jump) a bronze medal.

UK Women's Athletics League Division 1 – Our team returned to the Premiership for 2016 as runners-up in the division.

British Athletics League Premiership –The 3rd place overall was a fair performance overall, but we will do better in 2016 with more of our juniors staking a regular place in the squad.

WILLEM COERTZEN set a new Decathlon personal best of 8398 points, a New Club Record.

Congratulations to **EDWIN YAMOA** who became World Champion in the (Long Jump) and won 4 silver medals (100m, 200m, 4 x 100m and 4 x 400m) in the World Transplant Games in Argentina.

UK Youth Development League Final took place in Birmingham. A fantastic team performance in good conditions saw SBH finish 2nd overall, which was our best performance under the new YDL format. There were many good individual efforts but the key to our success was the team spirit and the willingness of the athletes to double and treble up, even at short notice, to cover an injured colleague. The men were clear winners and therefore qualified for the European Champion Clubs Cup for Juniors in 2016 to be held in Spain.

After a successful Eastern Young Athletes League season, the composite team with Barnet & District qualified for the Plate Final which took place at Thurrock. We were 5th in the EYAL plate final which was good performance considering most of our under 17 athletes were at the Youth Development League Final on the same day

Hertfordshire Young Athletes Road Relays – Took place in Hayes with our athletes winning 4 gold and 2 silver team medals and 2 gold and 2 silver road race medals.

1500m Road Race – U11 Girls **LOLA STUBBS** 1st, **LOTTIE RACHEL** 2nd and U11 Boys

GIANLEO STUBBS 1st, **TOBY EDWARDS** 2nd

U13 Girls **SYDNEY ALLEN** fastest time of the race,

U13 Boys **LUCA STUBBS** fastest time of the race

U15 Girls 'A' Team won the gold medal **SCARLETT KENT, MIA GROOM, LIDIA KYRIACOU** (fastest time of the race), 'B' Team won the silver medal (**GEORGIA LEE, SOPHIA DEMPSEY GEMMA HARPER**)

U15 Boys 'A' Team won the gold medal **HENRY ROCHA, THOMAS PATRICK, JAMIE HARPER** fastest time of the race and 'B' Team won the silver medal (**JOE CHOTT, DAVID STONE, JOSH EDWARDS**)

3 x 3000m Road Relay – U17 Women 'A' Team won the gold medal (**GABRIELLA KYRIACOU LIANNE LANGFORD** fastest time of the race, **JESSICA HURLEY**)

3 x 3000m Road Relay – U17 Men 'A' Team won the gold medal (**GEORGE GROOM** (9.27) fastest time of the race, **JAMES DAVIS, JEREMY DEMPSEY**)

Middlesex Young Athletes Road Relays took place in Hayes. It was another excellent day for our Young Athletes, winning 2 Gold and 1 Bronze team medals and 1 Bronze road race medal.

1500m Road Race –U11 Boys **SAMUEL GREENSTEIN** 2nd

3 x 3000m Road Relay – U13 Boys 'A' Team won the gold medal (**BINI BLOOM** fastest time of the race, **MATTI HARRIS, JUDAH YAWITCH**). The 'B' Team won the bronze medal **DYLAN MICHEL, GILAD NACHSHEN, JACK ADEY**

3 x 3000m Road Relay – U15 Boys 'A' Team won the gold medal (**JACK BLOOM** fastest time of the race, **SAM CAHILL, DANIEL GREENSTEIN**).

This year's European Champion Clubs Cup for Juniors was held in Istanbul in September with SBH the British representatives. SBH produced their best result since winning the event in 2012 by finishing a clear 3rd behind Spain and Turkey. Outstanding performances from **GERALD MATTHEWS** in the sprints, with victory in the 100m, and was joined by **CHRIS CASTRO, ANDREW AMOAH** and **ALANDO ALFRED** when anchoring the 4 x 100m team to win. **KYLE LANGFORD** won the 1500m and then went on with **SAM HAZEL, BILLY KELSEY** and **BEN ROCHFORD** to anchor the 4 x 400m team to a victory. Following the recent win in the YDL Final, the Junior Men's team can look forward to competing in the ECCJ in 2016 which is due to be held in Castellon, Spain. Thanks go to the management team of **GEOFF MORPHITIS, CLYDE GORDON, NICOLE CARA, BRENTON HALL** and **KATIE DOODY**, without whose help and commitment the Club would not have had such a successful trip.

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 2016.

Philip Cunningham – General Secretary

24th November 2015

Based on the Alan Weller weekly reports and newsletters