

SBH VIDEO AT THE YDL IN NORWICH – Many thanks to **GEORGE** and **KENNY GROOM** for their excellent video taken at Norwich. This is the link to it - <https://www.youtube.com/watch?v=u6xoeh3UM2Q>

UK YOUTH DEVELOPMENT LEAGUE SOUTHERN PREMIER 1 – Took place last Sunday in Norwich. Thanks to our official's team for their great work and commitment, particularly the photo finish squad led by **JOHN WRIGHT** and the field team led by **STEVE MARSHALL**. At the end of the day in windy conditions, the athletes competed well with a number of personal best's. All the new members for whom this was their first YDL came up to say how much they enjoyed it and asking details for the next round on **28 May in Bromley**. The final result was excellent in finishing 2nd to Blackheath and 100 points clear of 3rd placed Windsor. Well done all.

Team Result – 1st Blackheath & Bromley (824 points), **2nd SBH (725.5)**, 3rd Windsor, Slough, Eton & Hounslow (628.5), 4th Reading (576), 5th Team Norfolk (489), 6th Crawley (387)

100m – U17M A **MICAH AGYEPONG** 2nd (SB 11.56 w-2.6), B **SHINAWAT JAIDEE** 2nd (SB 12.17 w-5.7), U17W A **LATIFAH HARRIS-OSMAN** 3rd (SB 13.00 nwr), B **SOPHIA OBI** 3rd (SB 13.15 nwr), U20M A **DOMINIC ASHWELL** 1st (10.75 w0.1), B **JACOB BERKELEY** 2nd (11.57 w-2.3), U20W A **CHINWE IWUNZE** 2nd (13.25 w-3.3), B **LAYLA WALKER-LAWRENCE** 5th (14.05 w1.0), Non-Scoring U17M **TRISTON FOSTER** (12.25 nwr), **KIERAN BYARD-CHAMBERS** (12.28 nwr), U17W **DARA APOOLA** (PB 13.5 nwr) taking .01 of a second off her 2015 time, **SIMONE JONES** (PB 13.59 nwr), **SOPHIA TAGLIA** (14.19 nwr), U20M **GABRIEL YIADOM** (11.74 nwr), **CEEKE MADDIX** (12.5 nwr)

200m – U17M A **BEN LLOYD** (2nd Claim) 2nd (23.13 nwr), B **JOSHUA KUMAR** 1st (23.30 nwr), U17W A **BLESSING ADJEI-OKWABI** 4th (SB 28.01 nwr), B **LATIFAH HARRIS-OSMAN** 2nd (27.14 nwr), U20M A **LUKE SMITH** 2nd (23.24 nwr), B **MICAH AGYEPONG** U17 5th (23.56 nwr), U20W A **CHINWE IWUNZE** 5th (27.62 nwr), B **LAYLA WALKER-LAWRENCE** 5th (29.43 nwr), Non- Scoring U17W **SOPHIA TAGLIA** (29.68 nwr), U20M **CEEKE MADDIX** (24.9 nwr),

300m – U17W A **SOPHIE MADDOCK** 3rd (SB 42.98), B **SOPHIA DEMPSEY** 6th (PB 47.17)

400m – U17M A **NAJIBE ARBE** 2nd (PB 52.69) equalling his 19 March time, B **MITTIO MOHAMMADIAN** 1st (53.59), U20M A **JACOB BERKELEY** 5th (PB 57.52), B **JOSHUA KUMAR** U17 2nd (PB 52.76) taking .01 of a second off his 8 April time, U20W A **OLIVE COLES** (2nd Claim) 1st (58.15), B **JESSICA HURLEY** 2nd (SB 61.41)

800m – U17M A **THOMAS PATRICK** 1st (PB 1:59.90) taking 1.32 seconds off his 2016 time, B **NAJIBE ARBE** 4th (2:17.69), U17W A **SOPHIE MADDOCK** 5th (2:23.01), U20M A **HAMZA KADIR** 2nd (1:57.55), B **MATTHEW LEWIS** 1st (2:05.70), U20W A **LIANNE LANGFORD** 1st (SB 2:20.51), Non-Scoring U17M **NATHAN TADESSE** (SB 2:36.79)

1500m – U17M A **BEN WINFIELD** 5th (SB 4:16.47), B **FINN HARVEY** 1st (SB 4:22.76) taking .14 of a second off his 14 April time, U20M A **JEREMY DEMPSEY** 1st (SB 4:02.65), B **KHALID-ALI AHMED** 1st (SB 4:16.86)

3000m – U17M A **DAVID STONE** 2nd (PB 9:32.38), B **BEN WINFIELD** 1st (9:34.81), U20M A **THOMAS BUTLER** (2nd Claim) 1st (SB 9:10.30), B **OLIVER GREENSTEIN** 4th (PB 10:21.23) taking 12.78 seconds off his 2016 time

80m Hurdles – U17W B **RACHEL CARTER** 2nd (12.91 w-2.6)

100m Hurdles – U17M A **TYRIQ LAFEUILLE** 2nd (SB 16.05 nwr), B **MICHAEL ADEBAKIN** 2nd (PB 20.20 nwr), U20W A **ALEXA EICHELMANN** 3rd (PB 18.74 w-3.7), B **SOPHIA OBI** U17 2nd (PB 16.07 w-0.3)

110m Hurdles – U20M A **EDSON GOMES** 1st (15.05 nwr), B **JAMES DAVIS** 1st (PB 19.38 nwr) taking 2.02 seconds off his 2016 time

300m Hurdles – U17W A **HANNAH FOSTER** 2nd (PB 45.95) taking .78 of a second off her 8 April time, and is ranked UK No.8 U17 in 2017, B **RACHEL CARTER** 3rd (SB 49.94)

400m Hurdles – U17M A **TYRIQ LAFEUILLE** 2nd (60.89), B **BEN BELLISARIO** 2nd (PB 75.72), U20M A **JAMES DAVIS** 4th (SB 65.51), B **OLIVER GREENSTEIN** 3rd (SB 75.24), U20W B **OLIVIA ALLBUT** U17 2nd (PB 66.63) taking .03 of a second off her 8 April time

1500m Steeplechase – U17W A **MIA GROOM** 1st (PB 5:30.48) and is ranked UK No.3 U17 in 2017

2000m Steeplechase – U20M A **GEORGE GROOM** 1st (SB 6:13.26) and is ranked UK No.5 U20 in 2017, B **THOMAS BUTLER** (2nd Claim) 2nd (PB 8:04.65)

High Jump – U17M A **BEN BELLISARIO** Equal 3rd (SB 1.60m), U17W A **KARA ONUJIRI** 2nd (PB 1.60m) adding 3cm to her 2016 jump, B **CRISTINA POTTER** 5th (SB 1.35), U20M A **SCOTT**

WEBSTER 2nd (SB 1.85m) equalling his 26 February jump, B **EDSON GOMES** 2nd (SB 1.65m), U20W A **TRINITY O'CONNOR U17** (2nd Claim) 4th (1.50m)

Pole Vault – U17W A **TRINITY O'CONNOR U17** (2nd Claim) 3rd (PB 2.75m) adding 15cm to her 15 April vault, U20M A **ROSS HAJIPANAYI** 1st (PB 3.91m) adding 1cm to his 2016 vault, B **JAMES DAVIS** 1st (SB 2.45m), U20W A **ALEXA EICHELMANN** 1st (SB 3.50m) equalling her 5 February vault, and is ranked UK No.10 U20 in 2017, Non-Scoring U20W **ISABEL DEACON** (2nd Claim) (PB 3.35m)

Long Jump – U17M A **MICHAEL ADEBAKIN** 1st (6.23m nwr), U17W A **KIERRA GRANT** 1st (SB 5.25m nwr) adding 23cm to her 8 April jump, B **CRISTINA POTTER** 2nd (PB 4.79m nwr) adding 9cm to her 2016 jump, U20M A **EDSON GOMES** 2nd (6.80m nwr) adding 36cm to his 2016 jump, B **AARON ELLINGTON** 2nd (6.09m nwr), U20W A **JAZZ SEARS U17** 4th (4.79m nwr)

Triple Jump – U17M A **ODERA UMEUGOJI** 2nd (PB 12.17m nwr) adding 16cm to his 2016 jump, U17W A **KIERRA GRANT** 1st (PB 11.32m nwr) adding 1.03m to her 2016 jump, B **RACHEL CARTER** 1st (SB 8.82m nwr), U20M A **ABBAS ADEJONWO** 1st (SB 13.04m nwr), B **AARON ELLINGTON** 2nd (PB 11.02m nwr), U20W A **JAZZ SEARS U17** 1st (PB 12.07m nwr) adding 22cm to her 8 January jump, and is ranked UK no.1 U17 in 2017

Shot 3kg – U17W A **JESSICA EMERY** (2nd Claim) 5th (SB 9.02m)

Shot 4kg – U20W A **PHILIPPA DAVENALL** (2nd Claim) 1st (10.31m), B **ALEXA EICHELMANN** 1st (10.16m)

Shot 5kg – U17M A **OLIVER GRAHAM** (2nd Claim) 5th (10.47m)

Shot 6kg – U20M A **GEORGE EVANS** 1st (15.57m), B **BILLY PRAIM-SINGH** (2nd Claim) 1st (PB 13.78m) adding 45cm to his 2016 put

Discus 1kg – U17W A **JESSICA EMERY** (2nd Claim) 1st (SB 38.35m) adding 45cm to her 1 April throw, and is ranked UK No.4 U17 in 2017, U20W A **PHILIPPA DAVENALL** (2nd Claim) 3rd (33.10m), B **LOUISA PITSIALIS** 4th (SB 18.07m)

Discus 1.5kg – U17M A **OLIVER GRAHAM** (2nd Claim) 4th (30.22m)

Discus 1.75kg – U20M A **GEORGE EVANS** 1st (56.66m), B **BILLY PRAIM-SINGH** (2nd Claim) 1st (SB 38.14m)

Hammer 4kg – U20W A **PHILIPPA DAVENALL** (2nd Claim) 1st (SB 53.30m) adding 4.93m to her 15 April throw, and is ranked UK No.5 U20 in 2017, B **LOUISA PITSIALIS** 1st (PB 39.17m) adding 4.61m to her 1 April throw

Hammer 5kg – U17M A **OLIVER GRAHAM** (2nd Claim) 3rd (52.72m)

Hammer 6kg – U20M A **BILLY PRAIM-SINGH** (2nd Claim) 2nd (60.28m), B **GEORGE EVANS** 2nd (PB 49.45m) adding 70cm to his 2016 throw

Javelin 500g – U17W A **CRISTINA POTTER** 4th (SB 28.83m)

Javelin 600g – U20W A **PHILIPPA DAVENALL** (2nd Claim) 5th (PB 15.76m), B **LOUISA PITSIALIS** 2nd (SB 13.35m)

Javelin 800kg – U20M A **ALFIE INGHAM** 2nd (PB 58.31m) adding 3.24m to his 2016 throw, and is ranked UK No.4 U20 in 2017, B **BILLY PRAIM-SINGH** (2nd Claim) 1st (PB 42.68m) adding 1.26m to his 2016 throw

4x100m – U17M 1st (45.28) **MICAH AGYEPONG, SHINAWAT JAIDEE, JOSHUA KUMAR, BEN LLOYD**, U17W 1st (50.40) **SOPHIA OBI, LATIFAH HARRIS-OSMAN, KIERRA GRANT, CHINWE IWUNZE**, U20M 3rd (44.84) **LUKE SMITH, DOMINIC ASHWELL, JACOB BERKELEY, GABRIEL YIADOM**, U20W 4th (53.27) **LAYLA WALKER-LAWRENCE, DARA APOOLA, SIMONE JONES, SOPHIA TAGLIA**

4x300m – U17W 3rd (2:55.44) **RACHEL CARTER, BLESSING ADJEI-OKWABI, SOPHIE MADDOCK, HANNAH FOSTER**

4x400m – U17M 3rd (3:33.57) **MITTIO MOHAMMADIAN** (54.9), **NAJIBE ARBE** (54.8), **THOMAS PATRICK** (53.1), **BEN LLOYD** (50.8), U20M 3rd (3:39.75) **MATTHEW LEWIS** (54.5), **JOSHUA KUMAR U17** (59.2), **JEREMY DEMPSEY** (53.5), **HAMZA KADIR** (52.6), U20W 2nd (4:05.25) **OLIVIA ALLBUT U17** (61.6), **LIANNE LANGFORD** (60.6), **SOPHIA DEMPSEY U17** (64.3), **OLIVE COLES** (58.8)

HERTFORDSHIRE CHAMPIONSHIPS – Day 1 took place last Monday in Stevenage.

Congratulations to **AIMI WEIGHTMAN** on becoming Hertfordshire 800m Champion, and **GRACE INGLES** and **SCARLETT KENT** who won 1500m Bronze Medals.

100m – Open Race 1 **ROSALIND ZEFFERTT V55** 2nd (15.70 w2.2)

200m – Open **ROSALIND ZEFFERTT V55** (34.88 w2.2)

800m – U13G **AIMI WEIGHTMAN** won the Gold Medal (PB 2:29.0) taking 1.90 seconds off her 9 April time

1500m – U15B **LUCA STUBBS** 5th (PB 4:45.7) taking 1.07 seconds off his 2016 time, U15G **GRACE INGLES** won the Bronze Medal (SB 5:03.83), **ELENA RONCARATI** 4th (PB 5:10.54) taking 11.96 seconds off her 2016 time, U17W **SCARLETT KENT** won the Bronze Medal (PB 5:02.28) taking 2.65 seconds off her 2015 time

Long Jump – Open **ROSALIND ZEFFERTT V55** 6th (3.60m w2.3)

Discus 1.5kg – Open **MICHAEL NICHOLLS F44** 1st (42.04m)

Shot 3kg – Open **ROSALIND ZEFFERTT V55** 3rd (6.87m)

BRITISH UNIVERSITY AND COLLEGES CHAMPIONSHIPS – Took place in Bedford from last Friday to Sunday. We came away with 2 Silver Medals - **DANIEL REES** (400m Hurdles) and **AKIN COWARD** (High Jump), also 2 Bronze Medals from **EAVION RICHARDSON** (Triple Jump) and **STEVEN TURNOCK** (Javelin)

100m – SM H2 **JAMAL RHODEN-STEVENS** (Kingston University) 2nd (11.00 w0.8), H7 **CHRISTOPHER CASTRO-NETO U23** (Nottingham Trent University) 4th (11.44 w0.8) in Semi-Final 3 **JAMAL** finished 6th (11.46 w-2.2)

200m – SM H10 **JAMAL RHODEN-STEVENS** (Kingston University) 1st (SB 22.38 w-2.3) in Semi-Final 1 **JAMAL** finished 2nd (22.61 w-3.9) in the Final **JAMAL** finished 7th (SB 22.00 w-3.8) taking .38 of a second off his H10 time

200m – SW H3 **LILY BECKFORD U23** (Brunel University) 2nd (26.31 w-4.2) in Semi-Final 1 **LILY** finished 3rd (25.55 w-3.7)

400m – SM H3 **SAM HAZEL U23** (Middlesex University) 1st (SB 49.77) in Semi-Final 3 **SAM** finished 2nd (PB 48.00) taking .82 of a second off his 2016 time, in the Final **SAM** finished 5th (PB 47.69) taking .31 of a second off his Semi-Final time, and is ranked UK No.10 U23 in 2017

5000m – SM 1 **SAM GRIFFITHS U23** (Bath University) 13th (SB 15:43.82), 2 **PHILLIP CROUT U23** (Cambridge University) 4th (SB 14:22.12) and is ranked UK No.7 U23 in 2017, **BRADLEY GOATER U23** (St Mary's University) 10th (SB 14:33.44), **WILLIAM RYLE-HODGES** (Oxford University) 11th (PB 14:34.11) taking 10.21 seconds off his 2016 time

400m Hurdles – SM H2 **DANIEL REES U23** (Aberdeen University) 2nd (PB 53.67) taking .36 of a second off his 22 April time, and is ranked UK No.2 U23 in 2017, in the Final **DANIEL** won the Silver Medal 2nd (PB 52.95) taking .72 of a second off his H2 time, still ranking him UK No.2 U23 in 2017

3000m Steeplechase – SM H2 **THOMAS KEARNS** (Cambridge University) 13th (PB 10:21.01)

High Jump – SM Qualification A **AKIN COWARD U23** (Birmingham University) and **LEWIS MCGUIRE U23** (Strathclyde University) 1st (1.94m) in the Final **AKIN** won the Silver Medal (2.06m), **LEWIS** finished 5th (2.03m)

Long Jump – SW Qualification C **EAVION RICHARDSON U20** (Birmingham University) 6th (5.31m)

Triple Jump – SW Qualification A **EAVION RICHARDSON U20** (Birmingham University) 2nd (12.03m) in the Final **EAVION** won the Bronze Medal (12.11m w2.6)

Discus 1kg – SW Qualification A **DIONNE MILNE U23** (Robert Gordon University) 3rd (SB 41.57m) adding 55cm to her 22 April throw, in the Final **DIONNE** finished 4th (SB 42.03m) adding 47cm to her Qualification throw, and is ranked UK No.6 U23 in 2017

Hammer 7.26kg – SM Straight Final **JAMES HAMLIN U23** (Loughborough Students) 5th (59.43m)

Javelin 800g – SM Qualification A **DYLAN CARLSSON-SMITH U20** (Brunel University) 9th (SB 42.22m), Qualification B **STEVEN TURNOCK** (Loughborough Students) 2nd (62.20m) in the Final **STEVEN** won the Bronze Medal (67.46m)

VACANCIES AT LEE VALLEY ATHLETICS CENTRE – The Centre is looking for additional casual staff to take them through the summer and into next winter. The job involves setting up and down for events, coaching on kid's sessions and cleaning, whilst in time those with the right abilities will get trained up to work on Reception as well. Rate of pay is £10.06 per hour.

They are looking for people with a passion for Athletics, a love of hard work and a keen interest in coaching children (preferably but not necessarily holding a minimum of an Athletics Assistant Coach award). Anyone interested should contact **MICK** to express their interest by e mailing me on mbond@vibrantpartnerships.co.uk

Best regards – **MICK BOND**, Centre Manager, Athletics Centre

Lee Valley Leisure Complex, 61 Meridian Way, Edmonton, London N9 0AR - Telephone: 020 8344 7230

COACHES SET FOR MEDAL RECOGNITION – With 100 days until the start of the Championships, the organisers of the IAAF World Championships London 2017 have announced that for the first time ever at a World Championships, coaches of medal-winning athletes will also receive medals. The medals, gifted to successful athletes once they return from their ceremony, will be for them to hand to their coach or significant advisor in recognition of the unique and valued working relationship between athlete and coach.

NEWS HEADLINE FOR THE EVENING STANDARD – In the 27 April edition they reported that Barnet Council last night approved the application (new £20m stand), with the improvement aimed at delivering "enhanced community, education and sporting facilities". The stadium is also home to Shaftesbury Barnet Harriers athletic club.

LONDON MARATHON EVENTS LAUNCHES THE BIG HALF – A new event for London that is 'truly global yet uniquely local'. Mayor of London, Sadiq Khan, says "It has the potential to become one of the most remarkable days in our sporting calendar".

London Marathon Events today announced plans for The Big Half, a unique new annual mass participation event, which will take place in London on **Sunday 4 March 2018**.

The Big Half is more than just an event; it is a campaign. This unique event will demonstrate how sport and the community can get together to inspire social change, create social cohesion and improve health and wellbeing.

The programme for Sunday 4 March 2018 features:

The Big Half, a mass participation race over the classic half marathon distance, starting at the iconic setting of Tower Bridge and finishing in Greenwich

The Little Half for younger runners will be held on a 2.1 mile route from Southwark Park to the stunning Finish Line by the Cutty Sark in Greenwich

The Big Relay, exclusively for community groups from the four host boroughs of Tower Hamlets, Southwark, Lewisham and Greenwich, with distances ranging from one mile to five miles

The Big Festival in Greenwich with a huge range of food music and entertainment, including performances from community groups and fun activities and fitness classes for the whole family to enjoy

The information including route map is available to view [here](#)

ENGLAND CHAMPIONSHIPS – The following championships – **U20/SENIOR COMBINED EVENTS** on 27/28 May (Entries Close 8 May) and **U23/U20** on 17/18 June (Entries Close 30 May). Use this link to download registration pack and enter online - <http://www.englandathletics.org/england-athletics-news/entry-now-available-for-our-upcoming-track-and-field-championships?nid=490&userId=-1>

SOUTHERN CHAMPIONSHIPS 2017 PROSPECTUS – The full prospectus has now been published for all events, please use this link – [Southern Championships Prospectus 2017](#)

For online entry please use this link – <http://seaa.org.uk/index.php/events/track-and-field> - All Championships are held at the Crystal Palace National Sports Centre, Ledrington Road, London (Satnav SE19 2BB), except 22/23 July.

SENIOR & U20 CHAMPIONSHIPS – Takes place on **Saturday 10 June** and **Sunday 11 June**. Entries close **Tuesday 30 May**

U15 & U17 3000m CHAMPIONSHIPS – Takes place on **Sunday 11 June**. Entries close **Tuesday 30 May**

COMBINED EVENTS & RELAY CHAMPIONSHIPS – Takes place on **Saturday 22 July** and **Sunday 23 July** at the Horspath Athletics Track, Horspath Road, Oxford (Satnav OX4 2RR). U15 Boys/Girls Pentathlon, U17, U20 & Senior Women Heptathlon, U17 Men Octathlon, U20 & Senior Men Decathlon. Entries close **Tuesday 11 July**

U15 & U17 CHAMPIONSHIPS INCLUDING U13 OPEN EVENTS – Takes place on **Saturday 19 August** and **Sunday 20 August**. Entries close **Tuesday 8 August**

UPCOMING FIXTURES FOR THE NEXT 4 WEEKS (TRACK AND FIELD) UNLESS STATED

Contact details of all Cross Country Team Managers can be found on the SBH website. Please use this link <http://sbharriers.co.uk/athletics/track-field/team-managers/>

BRITISH ATHLETIC LEAGUE PREMIERSHIP (UNDER 20 AND SENIOR MEN) - The first fixture of four takes place on **Saturday 6 May** at the Sheffield Hallam University Athletics Stadium, Woodbourn Road, Sheffield (**Satnav S9 3HL**). Travel arrangements to be advised
The timetable is on the SBH website, please use this link to view/print <http://sbharriers.co.uk/athletics/track-field/leagues/>
Note: You will have to be selected by your Team Manager

UK WOMENS ATHLETIC LEAGUE DIVISION 1 (UNDER 20 AND SENIOR WOMEN) - The first fixture of three takes place on **Saturday 6 May** at the Alexander Stadium, Walsall Road, Perry Barr, Birmingham (**Satnav B42 2LR**). Travel arrangements to be advised
The timetable is on the SBH website, please use this link to view/print <http://sbharriers.co.uk/athletics/track-field/leagues/>
Note: You will have to be selected by your Team Manager

EASTERN YOUNG ATHLETES LEAGUE (UNDER 13/15/17 MEN/WOMEN) - The first fixture of five takes place on **Sunday 7 May** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HA**).
There will be a coach leaving Allianz Park at 10.00am, if you wish use this facility please contact **BRENTON HALL** or **TY HOLDEN**
The timetable is on the SBH website, please use this link to view/print <http://sbharriers.co.uk/athletics/track-field/leagues/>
Note: You will have to be selected by your Team Manager, although you can compete as a non-scorer.

VETERANS LEAGUE COMPOSITE TEAM WITH BARNET & DISTRICT - The first of four fixtures takes place on **Monday 8 May** at the Lee Valley Athletics Centre, 61 Meridian Way, Edmonton (**Satnav N9 0AR**). Currently the League Rules are that you need to be a 2nd Claim member of Barnet & District AC to compete, if not there are non-scoring events.
The timetable is on the SBH website, please use this link to view/print <http://sbharriers.co.uk/athletics/track-field/leagues/>
Note: If you are available and wish compete please contact team manager Men David Wilcock david.wilcock@virgin.net Women Karen Murphy karenmurphy@ntlworld.com

PALACE OPEN MEETING - Takes place on **Wednesday 10 May** at Crystal Palace National Sports Centre, Ledrington Road, London (**Satnav SE19 2BB**).
Events to be included: 75m (lower age groups), 100m, 200m, 400m, 800m, Mile - All age groups.
Online registration click [Here](#). For more information, email [Mick Barlow](mailto:Mick.Barlow) or call 07966 647 715.
Online entry: £4 single event, £6 multiple events - On day entry: £5 single event, £7 multiple events

MIDDLESEX COUNTY CHAMPIONSHIPS - Takes place on **Saturday 13 May** and **Sunday 14 May** at the Lee Valley Athletics Centre, 61 Meridian Way, Edmonton (**Satnav N9 0AR**).
Link to Information & online entry - <http://middlesexaa.org.uk/>
Entries Closed

HERTFORDSHIRE COUNTY CHAMPIONSHIPS DAY 2 U15 B/G TO SENIOR MEN/WOMEN, ALSO U13 B/G 1500m - Takes place on **Sunday 14 May** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**).
This is the link to the Hertfordshire website - <http://www.hertscaaa.org.uk/fixtures6.html> where you can find the prospectus, which gives you the fixture information.
Entries Closed

WATFORD OPEN MEETING – Takes place on **Wednesday 17 May** at the Woodside Stadium, Horseshoe Lane, Watford (**Satnav WD25 7HH**). Events **7.00pm** 400m No U13s, **7.15pm** Pole Vault up to 3.5m, **8.00pm** 800m No times over 2m 45s. Note pre-entries are required for all field events.
For all entry information and 'On the Day entry form' please use this link <http://www.watfordharriers.org.uk/oldsite/indexnc.htm> then select Watford Open Graded Meetings at the top

MIDDLESEX YOUNG ATHLETES LEAGUE (UNDER 11/13/15/17 MEN/WOMEN) – The second fixture of four takes place on **Saturday 20 May** at the Finsbury Park Stadium, Endymion

Road (Satnav N4 1EE). Nearest tube station is Manor House (Piccadilly Line).

The timetable is on the SBH website, please use this link to view/print <http://sbharriers.co.uk/athletics/track-field/leagues/>

Note: You will have to be selected by your Team Manager, although you can compete as a non-scorer.

ENGLAND 10,000m CHAMPIONSHIPS – Takes place on **Saturday 20 May** at the Parliament Hill Fields Athletic Track, Staff Yard, Highgate Road (Satnav NW5 1QR).

This is the qualifying race for the GB&NI team for the IAAF London World Championships (Qualification Standard Men 28:10.00, Women 32:15.00)

Why not come all and support the runners, a spectacular view from lane 4 on the track.

LOUGHBOROUGH INTERNATIONAL – Takes place on **Sunday 21 May** at the Loughborough University Track, Ashby Road, Loughborough (Satnav LE11 3TU).

VETERANS LEAGUE COMPOSITE TEAM WITH BARNET & DISTRICT – The second of four fixtures takes place on **Monday 22 May** at the Ridlins Wood Athletic Track, Woodcock Road, Stevenage (Satnav SG2 9PA). Currently the League Rules are that you need to be a 2nd Claim member of Barnet & District AC to compete, if not there are non-scoring events.

The timetable is on the SBH website, please use this link to view/print <http://sbharriers.co.uk/athletics/track-field/leagues/>

Note: If you are available and wish compete please contact team manager Men **David Wilcock** david.wilcock@virgin.net Women **Karen Murphy** karenmurphy@ntlworld.com

RESULTS TRACK AND FIELD UNLESS STATED

The **BK Students-CB Etudiants & J.Humbert Cup** took place in Oordegen, Belgium on 1 May
400m Hurdles – 1 **SEB RODGER** 1st (SB 50.29) and is ranked UK No.1 in 2017

The **Brewer Memorial Games** took place in Cheltenham on 1 May
400m Hurdles – SM **NIALL CARNEY U23** 1st (SB 55.8) and is ranked UK No.8 U23 in 2017

The **Herne Hill Harriers Open Meeting** took place in Tooting Bec on 1 May
800m – SX 1 **MOHAMED ISMAIL MOHAMED** 1st (SB 1:58.65)

The **Great Birmingham 10k** (Road) took place on 30 April
RICHARD GOODMAN 4th (SB 30.28)

The **Cypriot National Championships** took place in Nicosia, Cyprus on 29-30 April
Javelin 600g – JO **BLAIR** (HCA) 1st (SB 53.52m) adding 3.08m to her 11 February throw, and is ranked UK No.1 in 2017

The **Brutus Hamilton Challenge** took place in Berkeley, California, USA on 28-29 April
1500m – **GEORGIA BELL** (Berkeley University) 8th (4:26.35)

The **Penn Relays** took place in Philadelphia, Pennsylvania, USA on 27-29 April
Dicus 2kg – **GREGORY THOMPSON** (Maryland University) 5th (PB 59.33m) adding 11cm to his 2016 throw, and is ranked UK No.4 in 2017

The **Tom Jones Memorial** took place in Gainesville, Florida, USA on 28 April
100m – 2 **OJIE EDOBURUN U23** 3rd (10.07 w3.3), 4 **CONFIDENCE LAWSON** 3rd (10.52 w2.0)
200m – 3 **OJIE EDOBURUN U23** 2nd (PB 20.40 w2.3) taking .10 of a second off his 2016 time

The **SEC Relays** took place in Baton Rouge, Louisiana, USA on 28-29 April
Hammer 7.26kg - **DEMPSEY MCGUIGAN** (Ole Mississippi University) 3rd (67.48m)

The **Longhorn Invitational** took place in Austin, Texas, USA on 28-9 April
Hammer 7.26kg - **FELLAN MCGUIGAN U23** (Texas Christian University) 3rd (63.63m)

The **Texas Tech Red Raider Shoot-Out** took place in Lubbock, Texas, USA on 28-29 April
Discus 2kg - NICK PERCY (Nebraska University) 1st (60.61m)
Hammer 7.26kg - NICK PERCY (Nebraska University) 1st (66.01m)

The **Drake Relays** took place in Des Moines, Iowa, USA on 27-29 April
Hammer 2kg – REBECCA KEATING U23 (Missouri University) 15th (54.47m)

The **Lee Valley Summer Sprint Series** took place on 26 April
100m – SM DOMINIC ASHWELL U20 3rd (SB 10.61 w3.4), **ZANSON PLUMMER U23** 7th (SB 10.82 w3.4), **SX 1 AARON ELLINGTON U20** 1st (PB 11.92 w3.0), **SX 7 ANDREW NICOLAOU U15** 6th (SB 11.56 w1.8) taking .23 of a second off his 8 April time, and is ranked UK No.5 U15 in 2017, **HARRY KYRIACOU U23** 7th (SB 23.13 w1.8), **SX 8 LUKE SMITH U20** 1st (PB 11.04 w2.0) taking .23 of a second off his 8 April time, and is ranked UK No10 U20 in 2017, **RENARD FREDERICK** 2nd (SB 11.07 w2.0) taking .11 of a second off his 8 April time, **SX 10 LOUIS UBAKA** 1st (SB 11.33 w1.2)
100m – SW LAURA CLARK U23 2nd (PB 11.75 w4.1) taking .45 of a second off her 2013 time, **PAGE FAIRCLOUGH U23** 5th (SB 12.18 w4.1), **SX 8 LUKE SMITH U20** 1st (PB 22.43 w1.5) taking .01 of a second off his 26 February time

The **Charnwood Open Series** took place in Loughborough on 26 April
100m – SX 10 KYLIE ROBILLAIRD 6th (SB 12.78 w-0.8)

PARKRUN - Can you make sure that you are registered as 'Shaftesbury Barnet Harriers', as the link I use to select all results only shows SBH athletes.

PARKRUN RESULTS

29 April – **ALLY PALLY – THEO BODEN U13** 60th (24.59) 137th parkrun – **CARIN GLADES, PERTH, AUSTRALIA - STUART MOORE V55** 78th (26.41) 55th parkrun – **HACKNEY MARSHES - BARRY CHISHOLM V55** 72nd (24.20) 84th parkrun – **HILLSBOROUGH - RUSSELL DEVITT V65** 110th (26.10) 80th parkrun – **NORTH LAKES, BRISBANE, AUSTRALIA – DAVID SWEENEY V55** 2nd (16.21) 40th parkrun – **OAK HILL – DYLAN MICHEL U13** 4th (19.19) 27th parkrun, **DYLAN HEPWORTH U15** 5th (19.50) 15th parkrun, **KAYLA MICHEL U17** 25th (21.53) 20th parkrun, **LOUIS MARCUS U11** 79th (25.14) 6th parkrun, **BRADLEY SINGER** 114th (27.05) 63rd parkrun – **SUNDERLAND – HUGH RICHARDS V70** 100th (First Time PB 26.07) 66th parkrun – **ST ALBANS – DAVID GREENSTEIN V50** 48th (20.42) 26th parkrun, **CLAURE HOBSON** 187th (24.46) 76th parkrun

PHOTOGRAPH'S – From time to time we have photographs of our members taken at meetings or presentations which we would like to use both on the website or incorporated within our report to our local newspaper. Can you please let me know if you do NOT want your photograph to be used. Also I would appreciate if you could send me any photographs, which I can then publish on the website and newsletter.

FACEBOOK – Photographs can be found on the SBH page.

SARACENS SPORT FOUNDATION – Little athletics programme is an athletics 'Multi Skills' programme for children aged 4-9 years. The programme is designed to teach children fundamental movement skills of athletics – running, jumping and throwing. The sessions are game based and as of September there will be a progression throughout the term.

LAP runs on a Tuesday and Thursday from 4.30-5.30pm – Term time only.

1st Legacy athletics club is a pathway club for children aged 10-15 years new to athletics. Children are introduced to all the different athletics disciplines and have the opportunity to develop running, jumping and running skills that we hope they will then go onto use as a participant in the formal athletics club structure or in any other sport for activity they choose to progress to. The lead coach is Gintare Dargeviciute who brings a wealth of experience and knowledge to the club.

1st Leg AC runs on a Tuesday and Thursday from 5.00–6.00pm – Term time only.

For full and contact details use this link to the SBH website - <http://sbharriers.co.uk/>

ALLIANZ PARK - Main Switchboard telephone number is 0203 675 7240.

CHARGES FOR USING ALLIANZ PARK – The current charges for using Allianz Park are as follows
- Adult Daily entry fee £4.00 - Junior (U16) Daily entry fee £2.00 - Concession (Students in full time education, unwaged and Over 65) Daily entry fee £2.20.

As a member of Shaftesbury Barnet Harriers you can apply for membership of Allianz Park, this is a link for all information and application form [Allianz Park Membership Form 2017](#) Any official coach of Shaftesbury Barnet Harriers gets entry free of charge.

Charges for those with a membership card are as follows – Adult Daily entry fee £3.60, Monthly fee £24.00 – Junior (U16) Daily entry fee £1.80, Monthly fee £12.00 – Concession (Students in full time education, unwaged and Over 60) Daily entry fee £1.80, Monthly fee £12.00.

Please use this link to view all membership details and application form (which you can print) - [Allianz Park Membership Form 2017](#)

All Allianz Park membership enquiries should be directed towards Isobel

Dunncliffe at athletics@allianzpark.com Her direct phone number is 0203 675 7252

Alan