

SHAFTESBURY BARNET HARRIERS

ANNUAL REPORT 1 OCTOBER 2016 to 30 SEPTEMBER 2017

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 last but not least the parents that make our club great.

GEORGE EVANS was nominated in the U20 Category for Scottish Athlete of the year.

At the National Road Relays, the U17 Men became National Champions.

NICOLE CARA was awarded the England Athletics Volunteer of the Year for the London Region.

At the Southern Cross Country Relays, the U 17 Men's team producing yet another outstanding victory. (HAMZA KADIR, GEORGE GROOM and ELLIOT DEE). And our Under 13 Boys (SAMUEL GREENSTEIN, LUCA STUBBS and DYLAN MICHEL) won well-deserved Silver Medals.

The England Athletics Hall of Fame and National Volunteer Award winners included JOYCE SMITH.

Congratulations to both our World Champions; NENGI OSSAI (M40 100m and 200m titles) and DAVID SWEENEY (M55 5000m and 10000m titles and the Cross Country and Half Marathon)

NAOMI TASCHIMOWITZ, RICHARD GOODMAN, JAMIE DEE U20 and JOSEPHINE CHADWICK U17 title won North of the Thames titles.

At the National Cross Country Relays our U17 Men (HAMZA KADIR, JEREMY DEMPSEY, ELLIOT DEE) became national champions

MARILYN OKORO was upgraded to a Bronze Medal from the 2008 Olympics in Beijing for the GB 4x400m relay. The now retired LEE McCONNELL enjoyed a couple of podium moments herself on the opening night of the World Championships as she received a couple of upgraded Bronze Medals from the 4x400m relays at the World Championships of 2009 and 2011 when the British quartets she was part of were edged out by the now-disgraced Russians.

At the South of England Inter County Championship JEREMY DEMPSEY won the U17 Men's title.

ANGUS MCKENZIE and STEVE MARSHALL were appointed to the IAAF World Championships team of officials. STEVE as Technical Manager ANGUS as the Deputy Technical/Sports Manager.

Our Cross Country County Champions were: Hertfordshire – ARCHIE NASH U11, LUCA STUBBS U13, AIMI WEIGHTMAN U13, KRISTIAN IMROTH U15 (2nd Claim), GEORGE GROOM U17 and NATALIE CONNOR U20. Middlesex – RICHARD GOODMAN Senior Men.

New Club Records were set in the indoors 60m Hurdles by SOPHIA OBI U17 (9.12) and KARA ONUIRI U17 (9.12)

At the Southern U20 Indoor Championship HAMZA KADIR won the 800m,

At the Northern Indoor Championship ANTONIO INFANTINO won the 200m

Cross Country Championships and points trophy 2016-2017

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|--------------------------|--------------------|-------------------|
| CROSS COUNTRY POINTS U11 | LAUREN MALTZ | ARCHIE NASH |
| CROSS COUNTRY POINTS U13 | ELEANOR RACHEL | SAMUEL GREENSTEIN |
| CROSS COUNTRY POINTS U15 | SOPHIA STAAB | MATTHEW MCATEER |
| CROSS COUNTRY POINTS U17 | SARAH BUTLER | NATHAN TADESSE |
| CROSS COUNTRY POINTS U20 | CHARLOTTE JOHNSTON | OLIVER GREENSTEIN |
| CROSS COUNTRY POINTS SNR | VICTORIA PRITCHARD | RICHARD GOODMAN |

| | | |
|---------------------------|--------------------|---|
| CROSS COUNTRY POINTS MSTR | NO WINNER | M40-49 GARETH EDWARDS, M50-59 ROBERT RIGBY, M60-69 RUSSELL DEVITT |
| CROSS COUNTRY CHAMP U11 | LAUREN MALTZ | TOBY EDWARDS |
| CROSS COUNTRY CHAMP U13 | AIMI WEIGHTMAN | LUCA STUBBS |
| CROSS COUNTRY CHAMP U15 | SOPHIA STAAB | FINN HARVEY |
| CROSS COUNTRY CHAMP U17 | LIDIA KYRIACOU | GEORGE GROOM |
| CROSS COUNTRY CHAMP U20 | GABRIELLA KYRIACOU | BILLY KELSEY |
| CROSS COUNTRY CHAMP SNR | NAOMI TASCHIMOWITZ | 5 Miles RICHARD GOODMAN, 9 Miles RICHARD GOODMAN |
| CROSS COUNTRY CHAMP MSTR | NO WINNER | ROBERT RIGBY |

At the Southern Cross Country Champs RICHARD GOODMAN claimed the Silver Medal and the Senior Men's team of RICHARD GOODMAN, RICHARD HORTON, LUUK METSELAAR, KOJO KYEREME, DANIEL WATTS and MATT GRANT won team Bronze Medals. There was an outstanding individual performance from GEORGE GROOM who won the U17 Bronze Medal,

At the Scottish National Indoor Championships DAVID SMITH won the high jump.

At the Herts Schools Cross Country AIMI WEIGHTMAN and BEN WINFIELD both won, there were silver medals from SAMUEL GREENSTEIN, KRISTIAN IMROTH and ELLIOT DEE, and bronze medals from SARAH BUTLER, GEORGE GROOM and JESSICA HURLEY

British Indoor Championships we had five winners ANTONIO INFANTINO (200m), ALLAN SMITH (High Jump), JADE IVE (Pole Vault), DAN BRAMBLE (Long Jump) and NATHAN FOX (Triple Jump)

Congratulations to our athletes who were selected for the European Indoor Championships; 800m KYLE LANGFORD, High Jump ALLAN SMITH, Long Jump DAN BRAMBLE and 4x400m Relay PHILIPPA LOWE

Congratulations to British University and Colleges champion MELISSA COURTNEY 1500m with LILY BECKFORD 400m winning the Silver Medal and EAVION RICHARDSON winning the Bronze Medal.

At the National Cross Country championships KRISTIAN IMROTH won the U15 race and in the U17 race GEORGE GROOM took the Bronze Medal.

At the England U15, U17, U20 Indoor Championships DOMINIC ASHWELL won gold in U20 60m Champion and there were silver medals for ANDREW NICOLAOU and ELLIE BAKER and a Bronze Medal for HAMZA KADIR.

Congratulations to RACHEL HUNTER (Hammer), CHRIS BENNETT (Hammer) and ZANE DUQUEMIN (Shot) who were selected to represent GB&NI in the European Throwing Cup Team.

At the British Masters Indoor Championships CLAIRE SPURWAY (60m), NENGI OSSAI (60m) and LISA WEBB (1500m) all won and NENE HARRISON (Shot) won the Silver Medal.

At the World Masters Indoor Champs NENGI won 3 Gold Medals (60m, 200m and 4 x 200m relay) and CLAIRE won a Gold Medal in the 4 x 200m relay, a Silver Medal in the 60m plus a Bronze Medal in the 200m.

SAMUEL GREENSTEIN finished 2nd overall in the Under 13 Boys North West London League

At the Southern 12 Stage and 6 Stage Road Relays our Men came 12th and Women 14th.
At the National 12 Stage Road Relays our Men's team were 17th.

RICHARD HORTON won the Men's 10k held in conjunction with the SIAB Schools XC International.

AIMI WEIGHTMAN won the Gold Medal as a member of the winning Hertfordshire Schools team at the National Schools XC Champs

DIONNE MILNE, LEWIS MCGUIRE and DANIEL REES became Scottish University and College Champions.

We had 6 Hertfordshire Indoor Champions – ROHAN BAGAI (60m and 200m), EMILY RODRIGUEZ (200m), HOLLY TAYLOR (300m), JOSEPH PEPPIATT (400m), HENRY FULTON (800m) and SCARLETT KENT (800m).

We had 9 Middlesex Indoor Champions – LATIFAH HARRIS-OSMAN (60m), ANDREW NICOLAOU (200m), NAJIBE ARBE (400m), MITTIO MOHAMMADIAN (800m), NATHAN TADESSE (1500m), KARA ONUIRI (High Jump), CHIMA ONUORA (Long Jump), ALESSA LEWIS (Long Jump) and JEFF HAGAN (Triple Jump).

The Virgin Money London Mini Marathon Barnet teams included:

U13 Boys – LUCA STUBBS, SAMUEL GREENSTEIN, GILAD NACHSHEN, DYLAN MICHEL, NATHAN DOUGLAS, THEO BODEN, LEO RONCARATI and ARON YONA (6 to run)

U13 Girls – AIMI WEIGHTMAN, ELENA RONCARATI, ROSE GARRETT, MAAYAN RADUS, JOANNE MIRANDA, ELEANOR RACHEL, SYDNEY ALLEN and ELINA BULMAN (6 to run)

U15 Boys – FINN HARVEY, NAJIBE ARBI, MITTIO MOHAMMADIAN, MATTI HARRIS, BENJAMIN BLOOM, MATTHEW MCATEER, DMITRY VESHCHIKOV and MATTHEW WOOLF (6 to run)

U15 Girls – LIA RADUS, MIA GROOM, SCARLETT KENT, CHLOE BRASSEY, HOLLY GREENWOOD, PEARL THOMAS-BOCKING, GEMMA HARPER and SOPHIE BRASSEY (6 to run)

U17 Men – HAMZA KADIR, LIAM GARRETT, JAMIE GREENWOOD, PETER JACKMAN, JACK BLOOM, GIACOMO RONCARATI, RUFUS KENT and EWAN JOHNSTON (6 to run)

U17 Women – LIDIA KYRIACOU, JOSEPHINE CHADWICK, SARAH BUTLER, LILY RACHEL, LILE CORNWELL, ELLA COLLIER, KAYLA MICHEL and ELENA LAMBRIANOU (6 to run)

NATASHA TANNER U15 was selected for the London Borough of Enfield and CONOR O'KEEFFE U15 and JESSICA HURLEY U17 both selected for the London Borough of Camden. LAUREN MALTZ U13 was selected to compete for the London Borough of Harrow.

Many thanks RAY and CLARE POWELL for another successful event, and their hard work is much appreciated. Thanks to all the Shaftesbury helpers who turned up at that unearthly hour on the Sunday morning, and their professionalism is much appreciated by all of us at the club and Virgin Money London Marathon.

AIMI WEIGHTMAN became Hertfordshire 800m Champion.

NEW BRITISH/WORLD INDOOR RECORDS – Congratulations to ANTHONY WHITEMAN whose 800m times 1:53.40, 1:51.3 and 1:50.52 were World Records and 4:12.94 for the 1 Mile.

AIMI WEIGHTMAN set a new Club Record at 1500m (4:56.9)

Our County Champions were:

EDSON GOMES U20 (Bedfordshire 100m and 110m Hurdles), SAM HAZELL U23 (Bedfordshire 100m), HANNAH FOSTER U17 (Bedfordshire 200m and 300m Hurdles), SOPHIE MADDOCK U17 (Bedfordshire 800m), TYRIQ LAFEUILLE U17 (Bedfordshire 100m and 400m Hurdles), KIERRA GRANT U17 (Bedfordshire Long Jump), JAZZ SEARS U17 (Bedfordshire Triple Jump), JO BLAIR (Bedfordshire Javelin), TRINITY O'CONNOR U17 (Berkshire Pole Vault), ANDREW ELKINS (Dorset Hammer), JAMES HAMBLIN U23 (Essex Hammer), BILLY PRAIM-SINGH U20 (Essex Shot and Hammer), ROBERT THOMAS (Hampshire 100m), CORIN BEARPARK (Hampshire 400m and 800m), NATHAN THOMAS (Hampshire Discus), OLIVER GRAHAM (Suffolk Hammer), JADE LALLY (Surrey Discus), JADE IVE (Surrey Pole Vault), NIALL CARNEY U23 (Warwickshire 400m Hurdles), BETHAN REES U20 (Staffordshire Javelin), DIONNE MILNE U23 (Scottish North District Discus), GEORGE EVANS U20 (Scottish North District Discus), LEWIS MCGUIRE U23 (Scottish North District High Jump) and ANGUS MCINROY (Scottish North District Discus). Our Middlesex County Champions were– ANDREW NICOLAOU (100m), TARIQ WILD (200m), MICAH AGYEPONG (200m), MITTIO MOHAMMADIAN (400m & 800m), FINN HARVEY (1500m), AMBER DUVERNEY (75m Hurdles), SOPHIA OBI (80m Hurdles), JEFF HAGAN (Triple Jump), ALANDO ALFRED (Triple Jump) and MICHAEL NICHOLLS (Discus). Our Hertfordshire County Champions were ROHAN BAGAI (100m), BEN LLOYD (400m), KRISTIAN IMROTH (800m), AIMI WEIGHTMAN (1500m) and MICHAEL MILLER (Javelin).

New Club Records were set by SOPHIA OBI (15.72) U17 100m, HANNAH FOSTER (44.28) U17 300m Hurdles record, JAZZ SEARS (12.07m) U17 Triple Jump record, MIA GROOM 1500m Steeplechase (5:18.11), CRISTINA POTTER U17 Women's 500g Javelin (35.72m) and TARIQ WILD U15 Boys 300m (37.7)

Our Southern Senior/U20 Champions were: CONFIDENCE LAWSON (100m), JAMAL RHODEN-STEVENSON (400m), TOM BUTLER (1500m), JADE LALLY (Discus), JO BLAIR (Javelin), PHILIPPA DAVENALL (Hammer) At the Welsh Senior Champs BETHAN REES U20 won the Senior Javelin title.

Our Hertfordshire Schools winners TARIQ WILD (100m and 200m), DARA APOOLA (100m), BEN LLOYD (400m Hurdles), MICHAEL ADEBAKIN (Long Jump), CALLUM WOODAGE (Pole Vault), CHRISTIAAN CAVALLI-WARBY (Shot and Hammer),,, AIMI WEIGHTMAN (800m), JAMIE HARPER (800m), GRACE INGLES (1500m), THOMAS PATRICK (1500m), KARA ONUIRI (80m Hurdles and High Jump), JESSICA EMERY (Discus) and ROHAN OYEWOLE (Javelin).

Our Middlesex Schools winners were ANDREW NICOLAOU (100m), REMI TOKOSENMI (200m), NAJIBE ARBI (400m), AMBER DUVERNEY (75m Hurdles) and SOPHIA OBI (80m Hurdles).

EMMA RAE won the Gold Medal Hammer 4kg U20W at the Scottish Schools Champs.

TRINITY O'CONNOR (2nd Claim) won the Gold Medal (Pole Vault – U17W) Berkshire Schools.

MELISSA COURTNEY (1500m) and ALLAN SMITH (High Jump) were selected for the World University Games

OJIE EDOBURUN (100m and 4x100m), SAM HAZEL (4x400m Relay) and DARYLL NEITA (100m and 4x100m Relay) were selected for the European U23 Championships

DOMINIC ASHWELL (100m), ELLIE BAKER (800m) and GEORGE EVANS (Discus) selected for the European U20 Championship

The European Team Championship included DAN BRAMBLE (Long Jump), ZANE DUQUEMIN (Discus), JADE LALLY (Discus), JO BLAIR (Javelin), ZHARNEL HUGHES (4x100m Relay) DARYLL NEITA (4x100m Relay).

GEORGE EVANS Discus and Shot, PHILLIP CROUT 5000m, DARYLL NEITA 100m and OJIE EDOBURUN (100m) won Gold at the England U20 and U23 Championships. There were Silver Medals from GEORGE GROOM (3000m Steeplechase), AKIN COWARD (High Jump) and BETHAN REES (Javelin). Bronze Medals came from DOMINIC ASHWELL (100m), TOMMY RAMDHAN (200m), SAM HAZEL (400m), ELLIE BAKER (800m) and EAVION RICHARDSON (Triple Jump).

At the BMAF Pentathlon Champs NENE HARRISON won the Gold Medal.

More new Club Records were set by: U15 Boys 4x100m Relay squad of TARIQ WILD, REMI JOKOSENMI, NICHOLAS SHAW and ANDREW NICOLAOU, U17 Women's relay LATIFAH HARRIS-OSMAN, HANNAH FOSTER, KIERRA GRANT, CHINWE IWUNZE and JESSICA EMERY U17 1kg Discus and DARYLL NEITA U23 100m.

At UK Championship our champions were DAN BRAMBLE, JADE LALLY and NICK PERCY. We also had five Silver Medalists DARRYL NEITA, DAVID SMITH, NATHAN FOX, ZANE DUQUEMIN and JO BLAIR, and four Bronze Medalists KYLE LANGFORD, SEB RODGER, NONSO OKOLO and SHADINE DUQUEMIN.

At the World Transplant Games EDWIN YAMOAHA won the three golds in the (100m, Long Jump and 4x100m Relay), and the Silver Medal in the (200m).

New Club records: JESSICA EMERY U17 Discus 1kg club record (42.32m), TARIQ WILD U15 200m (22.57 w0.9), 400m Hurdles, BEN LLOYD U17 (53.12), DARYLL NEITA 100m (11.14 w-0.4), KYLE LANGFORD U23 (1:45.45) and the U17 4x100m relay team of LATIFAH HARRIS-OSMAN, HANNAH FOSTER, KIERRA GRANT and CHINWE IWUNZE (47.51), CRISTINA POTTER U17 Javelin and KYLE LANGFORD U23 Senior 800m Club Record (1:45.25).

At the English Schools we had five Individual and two relay Gold Medalists: HANNAH FOSTER U17 300m, HAMZA KADIR U20 1500, BEN LLOYD U17 400m Hurdles, BETHAN REES U20 Javelin 600g and DANIEL BAINBRIDGE U20 Javelin 800g. In the 4x100m Relays EMILY RODRIGUEZ was in the winning Middlesex U15 Girls squad and MICAHA AGYEPONG was in winning the Middlesex U17 Men's squad. There were Silver Medals from JEREMY DEMPSEY U20 (3000m), JAZZ SEARS U17 (Triple Jump) and JESSICA EMERY U17 (Discus), REMI JOKESENUMI U15, ANDREW NICOLAOU U15 and NICHOLAS SHAW U15 in the (Middlesex 4x100m Relay Team), also Bronze Medals from ANDREW NICOLAOU U15 (100m), TARIQ WILD U15 (200m) and THOMAS PATRICK U17 (1500m).

Congratulations to our two gold medalists at the European U23 Champs OJIE EDOBURUN 100m and SAM HAZELL 4x400m relay team.

BRITISH TRANSPLANT CHAMPIONSHIPS – EDWIN YAMOAHA won 3 Gold 1 Silver, plus a relay Bronze Medal.

Our gold medalists at the CAU Inter County Champs were OJIE EDOBURUN (100m), ANTONIO INFANTINO (200m), JADE IVE (Pole Vault), ANGELA BARRETT (Triple Jump) and MICHAEL NICHOLLS (Discus). KELLY BRAMHALD (Javelin) won the Silver Medal, and STEVEN TURNOCK (Javelin) won a Bronze Medal.

Our athletes at the World Championships were

NICK PERCY Discus
DARRYL NEITA U23, 100m
KYLE LANGFORD U23, 800m – 4th in the Final with new club record
BETH POTTER 10000m,
ZHARNEL HUGHES U23, 200m
NATHAN FOX Triple Jump
CHRIS BENNETT Hammer
JADE LALLY Discus,

DARYLL NEITA won the Silver Medal as the 4th leg runner in the 4x100 relay GB&NI team

Our Scottish Champions were DAVID SMITH (High Jump) and ANGUS MCINROY (Discus). There were 4 Bronze Medalists, DANIEL REES (400m Hurdles), PAUL OGUN (Long Jump), ANGUS MCINROY (Shot) and DIONNE MILNE (Discus).

At the Scottish U13/U15/U20 Champs GEORGE EVANS U20M won the Gold Medal.

At the Welsh U13/U15/U17/U20 Champs BETHAN REES U20W Javelin 600g (HCA) won the Gold.

At the Southern U15/U17 Champs HANNAH FOSTER 300m Hurdles won gold. We also had 4 Silver Medals LIA RADUS (1500m), TYRIQ LAFEUILLE (400m Hurdles), CALLUM WOODAGE (Pole Vault) and JESSICA EMERY (Discus). Also Bronze Medals from KARA ONUIRI (High Jump) and JAZZ SEARS (Triple Jump).

The men finished 4th in the British Athletics League Premiership Division whilst the women were 7th in the UK Women's Athletics League Premiership Division.

LISA WEBB V50 won the 1500m Gold Medal at the Vets AC/Southern Counties VAC Champs

6 more new Club Records:

TARIQ WILD U15 200m record (22.56),

TARIQ WILD U15 100m record (11.05 w0.5)

BEN LLOYD U17 400m Hurdles (52.56),

JAZZ SEARS U17 Triple Jump record 12.21m

U17 Men's 4x100m relay squad of ROBERT THOMAS, MICHAEL ADEBAKIN, JOSHUA KUMAR and MICAHA AGYEPONG (43.39),

U15 Men's 4x300m relay squad of TARIQ WILD, REMI JOKOSENUMI, GILAD NACHSHEN and DANIEL ONOCHIE-WILLIAMS (2:36.87),

NENE HARRISON became British Masters Heptathlon Champion.

At the England U15/U17 Champs–BEN LLOYD U17 (400m Hurdles) and HANNAH FOSTER U17 (300m) both became English Champions. There were Silver Medals from LIA RADUS U17 (1500m), KARA ONUIRI U17 (High Jump) and JAZZ SEARS U17 (Triple Jump). Lastly JESSICA EMERY U17 (Discus) won the Bronze Medal.

ROBBIE LIGHTOWLER won the Sprint Duathlon and Aquathlon world titles.

The U17, U15, U13 and U11 team competed in the Middlesex Young Athletes League.

The U17, U15 and U13 team competed in the Eastern Young Athletes League and qualified for the Final in Bedford.

The U20 and U17 team competed in the Youth Development League and were runners-up in the Southern Premier Division and went on to come 2nd overall in the National Final in Birmingham.

At the County Road Relay Championships our gold medalists were: (Hertfordshire) GIANLEO STUBBS U11B Road Race, U17M (BEN WINFIELD, HENRY FULTON and DYLAN HEPWORTH) and the U17W (MIA GROOM, SCARLETT KENT and LIDIA KYRIACOU). (Middlesex) U17 Men (NAJIBE ARBI, MITTIO MOHAMMADIAN, DAVID STONE).

At the Southern Inter County Champs DAN ONOCHIE-WILLIAMS (Triple Jump) and DANIEL BAINBRIDGE (Javelin) became Inter County Champions

SHAFTESBURY BARNET HARRIERS U20 men's team again represented GB&NI in the European Champion Clubs Cup for Juniors in Brno in the Czech Republic coming a creditable 5th place with a young and relatively inexperienced team.

It was with great regret that we reported the death of PETER WOODSMITH, BILL STEVEN, GLYNNE JENKINS and KATIE BUDD.

On behalf of the club we send our thanks and appreciation to all our Team Managers, Officials and helpers, for their contribution and professionalism throughout the year. Also a big thank you to all the Parents who support their sons/daughters week in, week out. 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 2018.

Philip Cunningham – General Secretary
21 November 2017

Based on the Alan Weller weekly reports and newsletters