

## SHAFTESBURY BARNET HARRIERS

### ANNUAL REPORT 1 OCTOBER 2018 to 30 SEPTEMBER 2019

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.

England Athletics Regional Volunteer Awards – Congratulations to **TONY SMITH** who was presented with the London Region Volunteer of the Year award. **TONY** has been a Coach and Team Manager at Shaftesbury Barnet Harriers for over 30 years. An incredibly well-respected man in the community, he is a coach mentor for new coaches at the club, has served on the committee for over 30 years, and even sat as president! He shares his love of the sport with athletes and coaches alike and is a fundamental part of the club.

At the National Young Athletes Road Relays our U17 Women who won the Silver medals (**LIA RADUS, FREYA STAPLETON** and **GRACE INGLES**) and our U17 Men finished the Bronze medals (**FINN HARVEY, DAVID STONE** and **KRISTIAN IMROTH**).

At the Southern Cross-Country Relay Championships – our U20 Men's team of **BEN WINFIELD, THOMAS PATRICK** and **GEORGE GROOM** won the race. Our U17 Men's of **LAURANCE EDWARDS, KRISTIAN IMROTH** and **JUDE MIRANDA** also won Gold. Our U13 Boys team of **ZICO JONES, ISAIAH OCHEJA** and **GIANLEO STUBBS** secured a well-earned Bronze medal.

**JAKE SHELLEY** won the Liddiard Trophy incorporating the North of the Thames Championships.

Our U17 Men (**FINN HARVEY, DAVID STONE** and **KRISTIAN IMROTH**) finished strongly to secure the Bronze medals at the National Cross-Country Relay Championships.

Congratulations to **LEE MCCONNELL** who was inducted in the Scottish Athletics Hall of Fame.

Congratulations to **ZHARNEL HUGHES** who was named as the male athlete of 2018 at the British Athletics Writers' Association awards.

**NEW CLUB INDOOR RECORDS** Congratulations to:

**EVELYNE FONTEYNE** U17 High Jump record (1.60m)

**SCARLETT KENT** U20 600m record (1:39.83).

**COLETTE HURLEY** Masters 55-59 300m record (53.46)

**AMELIA DALEY** U17 Long Jump (5.45m).

**JESSICA HUNTER** U23 60m Hurdles (8.45)

At the Middlesex Cross Country Championships **MUKHTAR MUSA** won the U15 Boys title and in the Senior Men's race **PHILLIP CROUT** also won. Our teams were equally successful with our U17 Men and Women winning their respective Team Titles, and the U15 Girls took the Team Bronze. **LIA RADUS** won a Silver medal with **MAAYAN RADUS** and **DAVID STONE** winning a Bronze medal.

At the Hertfordshire Cross Country Championships **THOMAS CADWALLADER, FREYA STAPLETON, KRISTIAN IMROTH** and **GEORGE GROOM** all became County Champions. We also won five Silver medals from **GIANLEO STUBBS, GRACE INGLES, GABRIELLA KYRIACOU, BEN WINFIELD** and **THOMAS KEARNS** with **LUCA STUBBS** winning a Bronze medal. Our teams were equally outstanding winning 3 titles from our U17 Women and U20 Men and Women, our U15 Girls and U17 Men took the team Bronze medals.

**ZICO JONES** U13 Boys 800m, **TARIQ WILD** U17 Men's 60m and **AMELIA DALEY** U17 Women's Triple Jump won gold at the Southern U13/U15/U17 Indoor Championships. There were Silver medals from **ZICO JONES** U13B 60m and **MIKHTAR MUSA** U17M 800m, and Bronze medals from **NICHOLAS SHAW** U17M 60m, **TARIQ WILD** U17M 200m and **MARLI JESSOP** U17W 60m H.

At the Southern U20/Senior Indoor Championships we had three Southern Champions with **PAGE FAIRCLOUGH** U23 who produced a sprint double (60m and 200m), **AKIN COWARD** High Jump and **NATHAN FOX** in the Triple Jump. Silver medals were won by **PHILLIPA LOWE** 800m and **EMMA ANDERSSON** pole vault. There were Bronze medals from **JESSICA HUNTER** 60m Hurdles, **JAZZ SEARS** U20 Triple Jump and **EAVION RICHARDSON** U23 Triple Jump.

Congratulations to **FREYA STAPLETON** who was selected to represent England in the home international cross country in Dublin.

At the Scottish National U17 and Senior Indoor Championships **LEWIS MCGUIRE** U23 won the Gold medal in the high jump, **MARLI JESSOP** (U17) won the Silver medal in the 60m Hurdles and **CLAIRE MCGARVEY** U20 high jump and **ANGUS MCINROY** Shot 7.26kg won the Bronze medals.

**CLUB CROSS COUNTRY CHAMPIONS** were: **MEN** Under 11 **THOMAS CADWALLADER**, Under 13 **GIANLEO STUBBS**, Under 15 **MUKHTAR MUSA**, Under 17 **DAVID STONE**, Under 20 **GEORGE GROOM**, 5 Miles Senior Men **THOMAS BUTLER**, 9 Miles Senior Men **MATTHEW GRANT**, Masters Men 40+ **JAMES TRAPMORE** – **WOMEN** Under 11 **POSIE SHAW**, Under 13 **ABI JEFFERY**, Under 15 **AIMI WEIGHTMAN**, Under 17 **FREYA STAPLETON**, Under 20 **GABRIELLA KYRIACOU**, Senior Women **NAOMI TASCHIMOWITZ**.

**CLUB CROSS COUNTRY POINTS TROPHY** winners were: **MEN** Under 11 **THOMAS CADWALLADER**, Under 13 **JOSEPH O'HARA**, Under 15 **SAMUEL GREENSTEIN**, Under 17 **JUDE MIRANDA**, Under 20 **OLIVER GREENSTEIN**, Senior Men **MATTHEW GRANT**, Masters Men 40+ **ORLANDO EDWARDS**, Masters Men 50+ **ROBERT RIGBY**, Masters Men 60+ **JOHN KELLY** – **WOMEN** Under 11 **POSIE SHAW**, Under 13 **LAUREN MALTZ**, Under 15 **MAAYAN RADUS**, Under 17 **FREYA STAPLETON**, Under 20 **KAYLA MICHEL**, Senior Women **ELANA DIMMER**.

**DAVID STONE** had a superb race winning the U17 Men's Southern Title with **KRISTIAN IMROTH** taking the Bronze. We also won 2 further Bronze medals at the Southern Cross-Country Championships, firstly in the U15 Boys race with **MUKHTAR MUSA** and then with **NAOMI TASCHIMOWITZ** in the Senior Women's race.

Our women won six Gold medals at the Essex And Eastern Indoor Championships **HAYLEY MCLEAN** (200m and 400m), **JOY OGUNLEYE** U20 (60m), **REBECCA JEGGO** U20 (200m), **MARLI JESSOP** U17 (60m Hurdles) and **REBECCA WHEELER-HENRY** U15 (High Jump).

We had two Champions at the British Indoor Championships, in the 60m **DOMINIC ASHWELL** and **SCOTT LINCOLN** in the Shot. In the Triple Jump **NATHAN FOX** won a Bronze medal.

Congratulations to **KRISHAWN AIKEN** 400m and **JESSICA HUNTER** 60m Hurdles who won gold at the BUCS Indoor Championships. There were Silver medals from **LEWIS MCGUIRE** in the High Jump and **EAVION RICHARDSON** in the Triple Jump with **KAYANNA REID** winning the Bronze medal also in the Triple Jump.

At the British Masters Pentathlon Indoor Championships Including Southern Championships **LISA WEBB** won the V50 1500m Championships. **ROSALIND ZEFFERTT V55** came away with 4 medals, Silver (Long and Triple Jump) and Bronze (60m and 200m).

Congratulations to **MICHAEL NICHOLLS** F44 who won the Silver medal Javelin 800g at the World Para Athletic Championships.

**JOSH WOODS** won the U20 Triple Jump Bronze medal at England U15/U17/U20 Indoor Championships.

At the National Cross-Country Championships, our U17 Women **FREYA STAPLETON**, **LIA RADUS**, **SOPHIA STAAB** and **MIA GROOM** won the Bronze National team medals. Individual bronze medals were won by **HENRY MCLUCKIE U17** and **JEREMY DEMPSEY U20**.

At the British Masters Championships. **CLAIRE SPURWAY** V40 completed a sprint double winning the 60m and 200m titles and **LISA WEBB** V50 won the 1500m title and a Bronze in the 800m.

## **Our Hertfordshire Indoor Champions were,**

U17M **ROHAN BAGAI**, 60m - U17W **MARLI JESSOP**, 60m, 60m Hurdles and Long Jump  
U20W **DARA APOOLA**, 200m - U17W **ALEXIA SAUNDERS**, 200m  
U20W **REMI JESSOP** (2nd Claim), 400m - U20M **BEN LLOYD**, 400m  
U20M **RALPH WILLIAMS**, 60m Hurdles - U15G **REBECCA WHEELER-HENRY**, High Jump  
U17W **EMMA IMAMOVIC**, Triple Jump

## **Our Middlesex Indoor Champions were**

U20M **MITTIO MOHAMMADIAN**, 800m - U15B **DIKE ONYEMELUKWE**, 60m H  
U20W **SOPHIA OBI**, 60m Hurdles – U17M **KENAN STEPHENS**, Triple Jump  
SW **ANGELA BARRETT**, (2nd Claim) Triple Jump

At the English Schools Cross Country Championships **DAVID STONE** won a superb Silver medal in the Senior Boys race. In the Intermediate Girls **FREYA STAPLETON** came 8th and in the Senior Girls race **LIA RADUS** won a team Bronze medal running for the London team.

**REMI JESSOP** U20 (2nd Claim) won both the SW 100m and 200m at the London Universities & Colleges Outdoor Championships with **GEORGE GROOM** U23 winning the SM 3000m S/C.

At the Barnet Primary Schools Cross Country Meeting **ARTHUR PHILLIPS** Y5 boys, **POSIE SHAW** Y5 girls and **DINA SILVERMAN** Y6 girls all won.

At the World Masters Indoor Championships **CLAIRE SPURWAY** won the Gold medal in the 60m

We had numerous athletes selected for the Virgin Money London Mini Marathon:

**GIANLEO STUBBS**, **ZICO JONES**, **LUCA STUBBS**, **MUKHTAR MUSA**, **SAMUEL GREENSTEIN**, **LEO RONCARATI**, **DYLAN MICHEL**, **DAVID STONE**, **DYLAN HEPWORTH**, **JUDE MIRANDA**, **MITTIO MOHAMMADIAN**, **BINI BLOOM**, **DINA SILVERMAN**, **EVIE REDPATH**, **MAAYAN RADUS**, **JOANNE MIRANDA**, **ELENA RONCARATI**, **RACHEL PEARLMAN**, **NATASHA TANNER**, **LIA RADUS**, **MIA GROOM**, **NADIA POTTER**, **JESSICA YEFET**, **SCARLETT KENT**, **SARA ROURKE**, **NATHAN GODDARD**, **FREYA STAPLETON**, **HENRY MCLUCKIE**, **GRACE INGLES**, **ASH FOWKES-GAJAN** and **EMILY HATHAWAY**

In the British Athletics Road Championship races, **HENRY MCLUCKIE** finished 1<sup>st</sup> in the U17 Boys.

## **County Outdoor Championships - Congratulations to the following County Champions:**

**Bedfordshire** **CHIYENNE ADRIEN** U17 (100m and 200m), **VANESSA ANSUAA** U17 (300m), **EAVION RICHARDSON** U23 (Triple Jump)

**Cambridgeshire** **IONA NEWBEGIN** U17 (100m), **JAMES HAMBLIN** (Hammer)

**Hampshire** **SAM DAWKINS** (100m, 200m and 400m), **LUCY WOODWARD** (Long Jump and Shot), **NICK PERCY** (Discus)

**Hertfordshire** **MARLI JESSOP** U17 (100m), **NICHOLAS SAVVA** U17 (200m), **PAGE FAIRCLOUGH** U23 (200m), **GIANLEO STUBBS** U13 (800m and 1500m), **AIMI WEIGHTMAN** U15 (800m and 1500m), **RALPH WILLIAMS** U20 (110m Hurdles), **HAYDN WILLIAMS** U20 (400m Hurdles), **INDIRA PATEL** U20 (5000m), **REBECCA WHEELER-HENRY** U15 (High Jump), **LEONIE ONYEMS** U20 (Triple Jump), **BENJAMIN HOCKING** U17 (Javelin)

**Middlesex** **ZICO JONES** U13 (100m, 200m and 800m), **TARIQ WILD** U17 (100m), **EMILY HATHAWAY** U17 (1500m), **DIKE ONYEMELUKWE** U15 (80m Hurdles), **CRISTINA POTTER** U20 (100m Hurdles), **EVELYNE FONTEYNE** U17 (High Jump), **KENAN STEPHENS** U17 (Long Jump), **ANGELA BARRETT** (Triple Jump), **OLIVE HARVEY-DEW** U13 (Shot),

**Norfolk** **LUCY KOENIGSBERGER** U20 (Hammer)

**Surrey** **TOLU AYO-OJO** U20 (Pole Vault), **NATALIA IVANOV** U15 (Pole Vault) and **TAIT JONES** U20 (Discus), -

**Essex** **REBECCA JEGGO** U20 (100m and 200m), **CHARLIE DOBSON** U23 (200m), **HAYLEY MCLEAN** (200m, 400m and 400m Hurdles) and **LILY PARRIS** U17 (80m Hurdles).

Scottish East District Championships **CLAIRE MCGARVEY** U20 (High Jump).

At the BUCS Outdoor Championships there were wins for **ROBERT SHIPLEY** U23 400m, **JESSICA HUNTER** 100m Hurdles and **KAYANNA REID** U23 Triple Jump.

**ZOE LEVIN** became World Champion at the ITU Duathlon World Championship in the 25-29 age group, in which the race consisted of a 10k Run – 40k Bike – 5k Run.

At the Southern Counties Veterans AC Championships **NENE HARRISON** won the V35 Gold medals in the 100m Hurdles and Javelin 600g.

**NENE HARRISON** W35 won the Pentathlon Gold Medal at the British Masters Pentathlon Championships.

At the Southern U20/Senior Championships our winners were: **LIAM GARRETT** U20 (2nd Claim) 5000m, **KARA ONUIRI** U20M high jump, **AKIN COWARD** SM High jump, **EMMA ANDERSSON** SW Pole Vault and **NICK PERCY** SM Discus 2kg.

Congratulations to **JESSICA HUNTER** (100m Hurdles), **MARK PEARCE** (3000m Steeplechase), **NICK PERCY** (Discus) and **GREGORY THOMPSON** (Discus) who were selected for the World University Games.

Congratulations to **BETH POTTER** who won the Elite Women European Triathlon Champion title.

**County Schools champions were:**

**Cambridgeshire** - **CHARLIE KNOTT** U17M High jump

**Hampshire** - **TOLU AYO-OJO** U20M Triple Jump,

**Hertfordshire** - **TARIQ WILD** U17 100m, **MARLI JESSOP** U17W 100m, **TARIQ WILD** U17M 200m, **GIANLEO STUBBS** U13B 1500m, **AIMI WEIGHTMAN** U15G 1500m, **FREYA STAPLETON** U17W 1500m, **MARLI JESSOP** U17W 80m Hurdles, **DANIEL ONOCHIE-WILLIAMS** U17M Triple Jump, **AMELIA DALEY** U17W Triple Jump, **KATIE WEBB** U17W Discus and **BENJAMIN HOCKING** U17M Javelin 700g.

**London** - **MAAYAN RADUS** U17W,

**Middlesex** - **REMI JOKOSENMI** U17M 200m, **ESTHER FATUADE** U17W 200m, **LEA REYNALFARIA** U17W 300m, **MUKHTAR MUSA** U17M 1500m, **AZARIA NWANKWO** U15W 75m Hurdles, **EVELYNE FONTEYNE** U17W High Jump, **KENAN STEPHENS** U17M Triple Jump, **OLIVIA LAVA** U17W Discus, **ALVIN LEONG** U17M Discus, **HARRIET MOLLISON** U17W Hammer, **SAMRA RICHARDSON** U17W Javelin and **MILAN TRAJKOVIC** U17M Javelin.

We had four England U20/U23 Champions: **DOMINIC ASHWELL** U23 100m, **LILY BECKFORD** U23 400m, **LIAM GARRETT** U20 5000m and **KRISTIAN IMROTH** U20 3000m Steeplechase.

We also won 3 silver medals – **ELLIE BAKER** U23 800m, **EAVION RICHARDSON** U23 Triple Jump and **GEORGE EVANS** U23 Shot and Bronze medals – **JOSHUA FAULDS** U20 400m Hurdles and **JAZZ SEARS** U20 Triple Jump.

At the ESSA South West Schools Combined Events Championships **LUCY WOODWARD** U17W won the Heptathlon Gold medal.

At the Welsh Senior Championships **ETHAN WALSH** U23 won the Pole Vault Gold medal.

At the Eastern Counties Championships our winners were **IONA NEWBEGIN** (100m and 200m), **SOPHIE FORBES-LAIRD** (300m), **MARLI JESSOP** (80m Hurdles), **LILY PARRIS** (300m Hurdles) and **KATIE WEBB** (Discus).

53 Shaftesbury athletes competed at the New Balance ESAA English Schools Championships. Congratulations to our **English Champions** – **MARLI JESSOP** U17 80m Hurdles and **GLEN QUAYLE** U20 Pole Vault. There were Silver medals from **JOY OGUNLEYE** U20 (100m), **HANNAH FOSTER** U20 (200m) and **JAZZ SEARS** U20 (Triple Jump).

There were Bronze medals from **AMELIA WILLS** U20 (1500m Steeplechase), **AMELIA DALEY** U17 (Triple Jump), **JOSH WOODS** U20 (Triple Jump) and **TAIT JONES** U20 (Discus).

At the European U23 Championships **ELLIE BAKER** won a well-earned Silver medal and **LILY BECKFORD** won a Silver medal in the Great Britain 4x400m relay team.

**RALPH WILLIAMS** won Gold at the CSSF U18 World Student in the sprint hurdles and Silver in the Great Britain 4x100m relay team.

At the CAU Inter Counties and AAA Senior Championships SBH had 5 Gold, 2 Silver and 4 Bronze medals. Event of the day came from our Discus throwers who filled the top 3 positions **NICK PERCY** Gold, **ZANE DUQUEMIN** Silver and **GREGORY THOMPSON** Bronze.

The remaining Gold medallists were **DAVID SMITH** (High Jump), **DAN BRAMBLE** (Long Jump), **NATHAN FOX** (Triple Jump) and **SCOTT LINCOLN** (Shot). The Silver medal was won by **JESSICA HUNTER** (100m Hurdles). Finally, the Bronze medallists were **PAGE FAIRCLOUGH** (100m), **AKIN COWARD** (High Jump) and **ETHAN WALSH** (Pole Vault).

Congratulations to **ANTONIO INFANTINO** who became Italian 200m Champion.

Athletics is very much a team competition.

4<sup>th</sup> in the UK Women's Athletics League Division 1 (Under 20 & Senior Women)

3<sup>rd</sup> in the British Athletics League Premiership (Under 20 & Senior Men)

3<sup>rd</sup> in the Eastern Young Athletes League (Under 13/15/17 Men/Women)

2<sup>nd</sup> in the UK Youth Development League Southern Premier Division (Under 17 & 20 Men/Women),

2<sup>nd</sup> in the UK Youth Development League Final,

1<sup>st</sup> in the Club Connect 2019 British Championships (M)

2<sup>nd</sup> in the Club Connect 2019 British Championships (M&W)

2<sup>nd</sup> in the Eastern Young Athletes League Top 6 Final.

Well done to all those that competed.

At the British Masters Championships **NENE HARRISON** won the W35 100m and Shot and **LISA WEBB** won the W50 800m Silver medal).

At the Scottish Senior Championships SBH had 4 Champions – **KRISHAWN AIKEN** (200m), **ALLAN SMITH** (High Jump), **NICK PERCY** (Discus) and **CHRIS BENNETT** (Hammer). There were also 5 Silver medals – **DANIEL REES** (110m Hurdles and 400m Hurdles), **LEWIS MCGUIRE U23** (High Jump) and **ANGUS MCINROY** (Shot and Discus). **DIONNE MILNE** won a Bronze medal (Discus).

SBH had 5 champions at the South of England U13/U15/U17 Championships – **MUKHTAR MUSA** U17 Men's 1500m, **MARLI JESSOP** U17 Women's 80m Hurdles, **KIMANI JACK** U17 Men's High Jump, **KACEY WALTERS** U15 Girl's High Jump (1.69m) and **AMELIA DALEY** U17 Women's Triple Jump (12.08m). There were Silver medals from **ZICO JONES** in the U13 Boys 100m and 800m, **NICHOLAS SAVVA** in the U17 Men's 400m, and **JOANNA MIRANDA** in the U17 Women's 1500m.

At the World Transplant Games **EDWIN YAMOAH** won 2 Gold and 2 Silver medals.

SBH had an excellent British Championship with **4 British Champions**.

**OJIE EDOBURUN** 100m,

**ALLAN SMITH** high jump,

**NICK PERCY** discus

**SCOTT LINCOLN** Shot.

We had 4 Silver Medals

**ZHARNEL HUGHES** (200m),

**LIZZIE BIRD** (3000m Steeplechase),

**DAN BRAMBLE** (Long Jump)

**ANGELA BARRETT** (Triple Jump)

and 3 Bronze Medals –

**ZHARNEL HUGHES** (100m),

**NATHAN FOX** (Triple Jump)

**SHADINE DUQUEMIN** (Discus).

At the England U15/U17 Championships Silver medals were won by **MARLI JESSOP** U17 (80m Hurdles), **KACEY WALTERS** U15 (High Jump) and **CHARLIE KNOTT** U17 (High Jump).

## **IAAF World Championships – Doha, Qatar**

Congratulations to our athletes competing at the World Championships:

**OJIE EDOBURUN** (100m and 4x100m Relay),  
**ZHARNEL HUGHES** (100m, 200m and 4x100m Relay),  
**KYLE LANGFORD** (800m)  
**LIZZIE BIRD** (3000m Steeplechase)  
**ANTONIO INFANTINO** (200m)

**ZHARNEL** won silver in the 4x100m Relay recording a new GB&NI National and European Record.

At the Southern Young Athletes Road Relays our U17 Women's team of **FREYA STAPLETON**, **EMILY HATHAWAY** and **JOANNE MIRANDA** won the Silver.

**NEW CLUB RECORDS** – Congratulations to:

**DAISY HARVEY-DEW, MACIE SUTHERLAND, LILY PLASETT, OLIVE HARVEY-DEW** U13 Girls  
4x200m (2:04.70)

**NIAH AKINTOKUN** U15 Girls 100m (12.01)  
**SOPHIE FORBES-LAIRD** U15 Girls 300m (41.9)  
**ALINA COFIE** U15 Girls 75m Hurdles (11.32)  
**KACEY WALTERS** U15 Girls High Jump (1.70m)  
**KACEY WALTERS** U15 Girls Shot Put 3kg (10.72m)  
**SOPHIE FORBES-LAIRD, TOSIN JOKOSENMI, ALINA COFIE, NIAH AKINTOKUN** U15 Girls  
4x100 Relay (48.93)

**EMILY HATHAWAY** U17 Women's 1500m Steeplechase (5:10.88)  
**LUCY WOODWARD** U17 Women's Heptathlon (4642 points)  
**LATIFAH HARRIS-OSMAN, HANNAH FOSTER, KIERRA GRANT, CHINWE IWUNZE** U17  
Women's 4x100m relay team (47.51)

**REMI JOKOSENMI, EMMANUEL DURUIHEOMA, NICHOLAS SHAW, ANDREW NICOLAOU**  
U17 Men's 4x100m Relay (42.01)  
**GILAD NACHSHEN, NICHOLAS SAVVA, JUBRIL ADENIJI, NNAMDI NDUKWE,** U17 Men's  
4x400m relay (3:27.81)

**LIZZIE BIRD** Women's 3000m Steeplechase (9:30.13)

**ZHARNEL HUGHES** Senior men's 200m (20.00 w -0.2)  
**KYLE LANGFORD** U23 and Senior Men's 800m (1:44.97)  
**GREGORY THOMPSON** 2kg Discus (65.56m)

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 2020.

Philip Cunningham – General Secretary

26 November 2019

Based on the Alan Weller weekly reports and newsletters