

CONGRATULATIONS TO CLYDE GORDON – Who at the England Athletics London Awards evening on 2 October, received his well-earned Volunteer of the Year award.

RECENT NEW MEMBERS – We welcomed new members **COLUMBA BLANGO, ARIEL CARMEL, ALEX EVELEGH, BEN HARPER, JAMI SCHLUETER, LADDIE SHAW** and **JAMI SCHLUETER**

IAAF WORLD CHAMPIONSHIPS – Come to a completion at Doha, Qatar, with **ZHARNEL HUGHES** winning a Silver Medal after running on Leg 2 for the Great Britain & Northern Ireland team. Their time of (37.36) was a new National Record, taking .11 of a second off their 2017 time.

BEST PERFORMANCE AWARDS FOR 2019 – Another outstanding year for Shaftesbury, full details of our success are reflected in our Annual Report, which I will publish in next week's Newsletter.

Congratulations to all our winners, and I am aware that on most of the categories there were many names in the running before the eventual winners were decided.

Top of the Awards are the Athlete of the Year – The Women's Award went to **ELIZABETH (LIZZIE) BIRD** who at the World Championships in Doha smashed her own 3000m Steeplechase time (9:30.13) taking 6.51 seconds off her July time and **LIZZIE** is now ranked No.3 on the UK All-Time list.

The Men's Award went to **ZHARNEL HUGHES** who at the World Championships in Doha had what was a hectic Championships, running 7 races. He ran the Heat and Semi's and eventually finished 6th in the 100m Final (10.03), in the 200m ran the Heat and finished 3rd in the Semi-Final (20.30) and just missed out qualifying for the Final. On the 4 October **ZHARNEL** ran on Leg 2 in the GB 4x100m relay team in Heat 1 winning comfortably, then on the following day the GB team in the Final, ran a national record (37.36) winning the Silver Medal behind the USA team. **ZHARNEL** is currently ranked No.3 in the 100m and No.5 in the 200m on the UK All-Time list.

Link to the best performance award for 2019 – [SBH Best Performance Awards 2019](#)

YOUTH TALENT PROGRAMME 2019-2021 – Congratulations to **EMILY HATHAWAY** and **FREYA STAPLETON** have been selected for the Youth Talent Programme for the next 2 years.

It's the first stage of the Performance Pathway for young athletes in England aged 16. The programme (formerly AASE) a collaboration between England Athletics and British Athletics gives athletes the opportunity to learn, train and develop the necessary skills to progress on to becoming a senior international and is there to compliment your club training with your personal coach. This is a fantastic achievement as only a focused number of athletes across England have been shortlisted and identified to be part of the programme, which is there to confirm and support long term GB and Commonwealth Games potential.

NATIONAL MEN'S 6 STAGE AND WOMEN'S 4 STAGE ROAD RELAY – Took place on Sunday 6 October at Sutton Park, Sutton Coldfield, Birmingham. Congratulations to our Senior Men's team **JAKE SHELLEY, PHILLIP CROUT, LIAM DEE, DYLAN EVANS, MARK PEARCE** and **THOMAS BUTLER U23** finishing in a superb 5th place, and incidentally were 19 seconds quicker than last year when we finished 7th, that team was the same as this year except for **LIAM** and **DYLAN**.

NATIONAL YOUNG ATHLETES ROAD RELAY – Took place on Sunday 6 October at Sutton Park, Sutton Coldfield, Birmingham. Congratulations to our Under 17 Women's team of **EMILY HATHAWAY, FREYA STAPLETON** and **JOANNE MIRANDA** after an excellent 2nd place in the Southern relays,

finished just outside the medals in 4th place, only 12 seconds behind Wreake & Soar Valley. The Under 13 Boys team of **ZICO JONES**, **THOMAS CADWALLADER** and **GIANLEO STUBBS** fought all the way to finish in 7th place, with 2 of the team **ZICO** and **GIANLEO** who finished 20th last year.

START FITNESS METROPOLITAN LEAGUE – The first fixture of five took place on Saturday 12 October at Claybury, Essex.

Congratulations on an outstanding day at Claybury, with probably the best Individual and Team results that I can remember. Of the 12 races we had no less than 5 Individual wins from **POSIE SHAW** U11G, **GIANLEO STUBBS** U13B, **SAMUEL GREENSTEIN** U15B, **FREYA STAPLETON** U17W and **NAOMI TASCHIMOWITZ** SW. Also there were 3 runner up places from **ARTHUR PHILLIPS** U11B, **JUDE MIRANDA** U17M and **INDIRA PATEL** U20W.

Our teams were equally successful with wins from the **UNDER 13 BOYS** and **UNDER 15 GIRLS/UNDER 17 WOMEN**, the **UNDER 15 BOYS/UNDER 17 MEN** were a close 2nd to the home team Woodford Green & Essex Ladies and the **SENIOR WOMEN** finished in 4th place.

SOUTHERN CROS COUNTRY RELAY CHAMPIONSHIPS – Took place last Saturday 19 October at Wormwood Scrubs.

Again, it is congratulations to our Under 17 Women's team of **JOANNE MIRANDA**, **EMILY HATHAWAY** and **MAAYAN RADUS** who after finishing in 2nd place in the Southern Road Relays, went one better by taking the Gold Medal, although it was a close finish with Guildford & Godalming's last leg runner was finishing fast, but ended up 1 second behind **MAAYAN**.

The Under 13 Boys team of **ZICO JONES**, **THOMAS CADWALLADER** and **GIANLEO STUBBS** who performed excellently in the Southern Road Relays to finish 7th, won a well-deserved Silver Medal.

Our remaining teams were Under 20 Men who were 6th, Under 15 Boys were 7th and Under 17 Men were 17th.

NORTH WEST LONDON LEAGUE – The second fixture of five took place on Saturday 26 October at Kingsbury.

A far better turnout to the second fixture, with **ZICO JONES** with his 2nd out of 2 races in the Under 13 Boys race. In the Under 11 Boys race **ARTHUR PHILLIPS** ran an excellent race to claim 3rd place, also **ELENA RONCARATI** finished 3rd in the Under 17 Womens race.