

RECENT NEW MEMBERS – We wish you a very warm welcome, and a happy, healthy and successful time with Shaftesbury to **ENA AKPATA, DENIS BABNIC, MANON BAINES, MARIO DEBRESU, MATEI FRUNZA, ERIN GIBLIN, GABRIELLA GREGORIOU, BARRY HAWES, JAMES ISAACS, BEN JACKSON, GABRIEL LAMB, KIERON LEE, EUAN PHILLIPS, JACK REDFORD, ELLA ROBINSON, MAX ROBINSON, NATHANIEL SENIOR** and **KARAN SOMANI**

NEW CLUB RECORD– Congratulations to **ROSALIND ZEFFERTT** who broke her own V55 Pole Vault record at Lee Valley on 1 December, with (2.20m) adding 10cm to her previous record.

JERSEY WINTER THROWING SERIES – Took place at St Clement on 3 December.
Javelin 600m – **LUCY WOODWARD U20** 2nd (PB 28.80m)
Javelin 800m – **EVAN CAMPBELL U20** 1st (43.10m)

LEE VALLEY DECEMBER INDOOR OPEN MEETING – Took place at Lee Valley on 1 December.

With the first Indoor meeting taking place at Lee Valley, there were personal best performances from **ZICO JONES** (60m and 300m), **OLIVER LAURENS** (60m), **OLIVIA DA CRUZ** (60m), **MITTIO MOHAMMADIAN** (600m) and **THOMAS CADWALLADER** (600m). **ROSALIND ZEFFERTT V55** added 10cm to her previous best, ranking her UK No.1 V55 in 2019.

60m – U15B 1.1 **ZICO JONES** 3rd (PB 7.75) taking .05 of a second off his 12 January time, 1.2 **OLIVER LAURENS** 7th (PB 8.46) taking .18 of a second off his 2 March time, 1.4 **CALVIN LAWRENCE** 5th (PB 9.14) taking .29 of a second off his 24 March time, 2.1 **ZICO** finished 6th (7.76), 2.4 **OLIVER** finished 4th (8.56), 2.5 **CALVIN** finished 5th (PB 9.01) taking .13 of a second off his 1.4 time

60m – U15G 1.4 **OLIVIA DA CRUZ** 2nd (PB 8.64) taking .25 of a second off her 24 March time, 2.3 **OLIVIA DA CRUZ** 2nd (PB 8.62) taking .02 of a second off her 1.4 time

60m – SM 1.6 **OSCAR LAURENS U15** 5th (PB 7.75) taking .11 of a second off his 24 March time, 2.7 **OSCAR** finished 6th (7.78)

60m – SW 1.4 **ROSALIND ZEFFERTT V55** 6th (9.96), 2.5 **ROSALIND** finished 7th (9.91)

300m – SM 2 **NENGI OSSAI V40** 2nd (SB 36.86), 6 **ZICO JONES U15** 2nd (PB 38.76)

600m – SM 1 **MITTIO MOHAMMADIAN U20** 2nd (PB 1:24.94) taking .35 of a second off his 2017 time, 2 **THOMAS CADWALLADER U13** 7th (PB 1:44.93) taking 5.68 seconds off his 2018 time

Pole Vault – SX B **ROSALIND ZEFFERTT V55** 10th (PB 2.20m) adding 10cm to her 31 August height, and is ranked UK No.1 V55 in 2019

Long Jump – SX C **JOSH WOODS U20** 1st (6.59m)

AVON, SOMERSET AND WILTSHIRE CROSS COUNTRY CHAMPIONSHIPS – Took place at Bath on 1 December.

Senior Women (6600m) – **JO KENT V50** (2nd Claim) 5th (26.43 1st V50)

CROSS COUNTRY CLUB CHAMPIONS – Congratulations to the following Club Champions, **GEORGE GROOM** (Under 20 Men), **DYLAN EVANS** (5 Miles Senior Men) and **PHILIP CUNNINGHAM** (Masters Men 40+)

START FITNESS METROPOLITAN LEAGUE – Took place last Saturday at Uxbridge. Another excellent day following the first fixture at Claybury, we achieved and incredible 7 winners **POSIE SHAW U11, ARTHUR PHILLIPS U11, ZICO JONES U13, SAMUEL GREENSTEIN U15, JOANNE MIRANDA U17, GEORGE GROOM U20** and **DYLAN**

EVANS. Our teams were equally successful with wins from the **UNDER 11 BOYS, UNDER 13 BOYS, UNDER 15 BOYS/UNDER 17 MEN** and **UNDER 15 GIRLS/UNDER 17 WOMEN.**

The following are details of each race;

Under 11 Boys team with 6 runners, finished a close second to Woodford Green & Essex Ladies, moving up to 3rd place overall, **ARTHUR PHILLIPS** won the race after finishing 2nd in the first two fixtures, **MAX PANWAR** was 4th with **EUAN PHILLIP** 5th, **JARED MORRIS** 7th and **BARNEY MALLADINE** 9th. With the team winning by 18 points this moved them up from 3rd to 2nd

Under 11 Girls team with 2 runners, of which **POSIE SHAW** made it 3 wins out of 3 races. The team finished 6th which meant they dropped from 2nd to 3rd overall, but only 1 point behind Hillingdon.

Under 13 Boys team were depleted due to the Southern Inter Counties, which meant **ZICO JONES** took his opportunity by winning by a margin of 11 seconds, with **AUSTIN WARD** 5th and **JORDAN PEARLMAN** 9th. The team finished in 3rd place maintaining their lead over Woodford Green & Essex Ladies which is now 47 points

Under 13 Girls team had the lone figure of **LUCY JOHNSON** who finished 28th.

Under 15 Boys and **Under 17 Men's** team were in force again with 9 runners, with the team packing well to finish in 2nd place behind Hillingdon, overall we have improved our 1st place over Woodford Green & Essex Ladies from 1 point to 12. Top performance of the day came from **SAMUEL GREENSTEIN** who finished 6th but was 1st Under 15.

Under 15 Girls and **Under 17 Women's** team were exceptional with **JOANNE MIRANDA** winning by just 1 second from **EMILY HATHAWAY**. The team won by 25 points over Thames Valley Harriers, and overall with Victoria Park & Tower Hamlets slipping up we now have an overall lead of 44 points over London Heathside.

Under 20, Senior & Veteran Men's saw **DYLAN EVANS** returning after his 7th place at Claybury, to produce an outstanding run, winning by a margin of 3 seconds, **THOMAS BUTLER U23** had his best race to date finishing in 4th place. **GEORGE GROOM U20** seems to be form of 2 years ago, finishing in 11th place and was 1st Under 20 home. The team finished 10th and are 9th place overall. We need to show an improvement at Alexandra Palace as we are 374 points of that dreaded 11th place.

Under 20, Senior & Veteran Women's had 2 runners **SOPHIA STAAB U20** and **SCARLETT KENT U20** but still managed to finish in 9th place, and are relatively comfortable position in 6th place overall, but need to have all you Women out in force at Alexandra Palace.

[Copy of Mens & Womens 2019-2020 Points Tables Updated 07-12-19](#)

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Current Consecutive Races – PHILIP CUNNINGHAM V50 & V55 (18), JOANNE MIRANDA U15 & U17 (8), POSIE SHAW U11 (8), ARTHUR PHILLIPS U11 (6), JONATHAN BOARDMAN U17 (5), LUCY JOHNSON U11 & U13 (5), THEO BODEN U15 (4), ZICO JONES U13 (4), NATASHA TANNER U15 & U17 (4), FINN MACCARTHY U17 (3), THOMAS BUTLER U23 (3), ASHWIN FOWKES-GAJAN (3), BEN KELLY U20 (3), JAMES MUNYAMBU U17 (3), SCARLETT KENT U20 (3), AUSTIN WARD U13 (3), EUAN PHILLIP U11 (2), BARNEY MALLADINE U11 (2), MAX PANWAR U11 (2), DANNY DIGWOOD (2), JOHN KOURPAS (2), OLIVER GREENSTEIN (2), ANNABELLE PANWAR U11 (2)

These are the top 3 positions currently in each age-group – Boys Under 11 1st Arthur Phillips (24 points), 2nd Equal Euan Phillip and Max Panwar (13), Under 13 1st Zico Jones (20), 2nd Austin Ward (17), 3rd Gianleo Stubbs (16), Under 15 1st Equal Theo Boden and Samuel Greenstein (16), 3rd Leo Roncarati (15), Under 17 1st Finn MaCCarthy (18), 2nd Ashwin Fowkes-Gajan (17), 3rd Jude Miranda (16), Under 20 1st Ben Kelly (22), 2nd George Groom (15), 3rd Jeremy Dempsey (8), Senior 1st Thomas Butler (34), 2nd Dylan Evans (23), 3rd Phillip Crout (22), Masters 40-49 1st Orlando Edwards (8), 2nd Tim Parking (7), Masters 50-59 1st Philip Cunningham (22), 2nd Robert Rigby (8), 3rd David Greenstein (7) – **Girls** Under 11 1st Posie Shaw (24 points), 2nd Annabelle Panwar (12), 3rd Sienna Corbyn (11), Under 13 1st Lucy Johnson (20), 2nd Evie Redpath (16), 3rd Phoebe Music (7), Under 15 1st Rachael Pearlman (16), 2nd Asher Horbacki (14), 3rd Rebecca Jeffery (6), Under 17 1st Joanne Miranda (23), 2nd Natasha Tanner (14), 3rd Emily Hathaway (13), Under 20 1st Scarlett Kent (21), 2nd Indira Patel (16), 3rd Sophia Staab (8), Senior 1st Rebekah Gardiner (15), 2nd Naomi Taschimowitz (8)

The next and fourth fixture of five is at **Alexandra Palace on Saturday 11 January**, so please make a point now to mark up your diary, and help to secure our position as top club in the league.

Which is the fourth fixture in the **Winter Points** series, also it is the **Club Championship** race for the Under 11 Boys and Girls.

Under 11 Boys – ARTHUR PHILLIPS 1st (7.56), **MAX PANWAR** 4th (8.18), **EUAN PHILLIP** 5th (8.23), **JARED MORRIS** 7th (8.26), **BARNEY MALLADINE** 9th (8.29), **JACK REDFORD** 15th (8.44), 54 runners finished.

Team Result – 1st SBH (203 points), 2nd Woodford Green & Essex Ladies (185), 3rd Ealing, Southall & Middlesex (142), **7th SBH (86)**

Team Positions After 3 Fixtures – 1st Woodford Green & Essex Ladies (493 points), **2nd SBH (426)**, 3rd London Heathside (360), **8th SBH “B” (143)**

Under 11 Girls – **POSIE SHAW** 1st (8.30), **ANNABELLE PANWAR** 18th (9.54) 40 runners finished.

Team Result – 1st Woodford Green & Essex Ladies (126 points), **2nd Hillingdon (128)**, 3rd Victoria Park & Tower Hamlets (89), **6th SBH (61)**

Team Positions After 3 Fixtures – 1st Woodford Green & Essex Ladies (382 points), 2nd Hillingdon (243), **3rd SBH (242)**

Under 13 Boys – **ZICO JONES** 1st (11.58), **AUSTIN WARD** 5th (12.18), **JORDAN PEARLMAN** 9th (12.45) 51 runners finished.

Team Result – 1st Woodford Green & Essex Ladies (170 points), 2nd Ealing, Southall & Middlesex (147), **3rd SBH (141)**

Team Positions After 3 Fixtures – **1st SBH (569 points)**, 2nd Woodford Green & Essex Ladies (522), 3rd London Heathside (403), **17th SBH “B” (35)**

Under 13 Girls – **LUCY JOHNSON** 28th (15.15) the winner was Asmaa Abdullah Maalim of Hillingdon (12.36) 49 runners finished.

Team Result – 1st Thames Valley Harriers (158 points), 2nd Woodford Green & Essex Ladies (152), 3rd Hillingdon (142), **14th SBH (21)**

Team Positions After 3 Fixtures – 1st Woodford Green & Essex Ladies (521 points), 2nd Thames Valley Harriers (406), 3rd Hillingdon (393), **8th SBH (195)**

Under 15 Boys & Under 17 Men – **SAMUEL GREENSTEIN U15** 6th (15.07 1st U15), **FINN MCCARTHY U17** 11th (15.38), **ASHWIN FOWKES-GAJAN U17** 14th (15.54), **JONATHAN BOARDMAN U17** 17th (16.08), **SAM TRUEMAN U17** 22nd (16.30), **JAMES MUNYAMBU U17** 35th (17.08), **MATTHEW MCATEER U17** 37th (17.10), **THEO BODEN U15** 38th (17.10), **TOBY EDWARDS U15** 79th (20.49), the winner was Jonah Kramer U17 of Serpentine (14.33) 41 Under 15 runners finished, 40 Under 17 runners finished.

Team Result – 1st Hillingdon (293 points), **2nd SBH (276)**, 3rd Woodford Green & Essex Ladies (265), **8th SBH “B” (192)**, **25th SBH “C” (3)**

Team Positions After 3 Fixtures – **1st SBH (1036 points)**, 2nd Woodford Green & Essex Ladies (1024), 3rd Hillingdon (977), **5th SBH “B” (795)**, **19th SBH “C” (279)**

Under 15 Girls & Under 17 Women – **JOANNE MIRANDA U17** 1st (16.42 1st U17), **EMILY HATHAWAY U17** 2nd (16.43 2nd U17), **ELENA RONCARATI U17** 16th (18.37), **RACHAEL PEARLMAN U15** 26th (19.10), **NATASHA TANNER U17** 30th (19.22), **ASHA HORBACKI U15** 44th (21.22) 28 Under 35 runners finished, 22 Under 17 runners finished.

Team Result – **1st SBH (208 points)**, 2nd Thames Valley Harriers (183), 3rd Highgate Harriers (172), **10th SBH “B” (74)**

Team Positions After 3 Fixtures – **1st SBH (581 points)**, 2nd London Heathside (537), 3rd Victoria Park & Tower Hamlets (484), **9th SBH “B” (201)**, **24th SBH “C” (5)**

Under 20, Senior & Masters Men – **DYLAN EVANS** 1st (26.29), **THOMAS BUTLER U23** 4th (26.43), **GEORGE GROOM U20** 11th (27.35 1st U20), **JOHN KOURPAS** 113th (31.14), **OLIVER GREENSTEIN** 162nd (32.20), **DANNY DIGWOOD** 336th (37.52), **BEN KELLY U20** 357th (38.40), **PHILIP CUNNINGHAM V55** 439th (44.40) 458 runners finished.

Team Result Division 1 – 1st Highgate Harriers (1420 points), 2nd Victoria Park & Tower Hamlets (1290), 3rd London Heathside (959), **10th SBH (534)**

Team Positions Division 1 After 3 Fixtures – 1st Highgate Harriers (4105 points), 2nd Victoria Park & Tower Hamlets (3836), 3rd London Heathside (3095), **9th SBH (1882)**

Team Result Veteran Division 2 – 1st London Front Runners (243 points), 2nd London City (229), 3rd Ealing Eagles (220), **10th SBH (3)**

Team Positions Veteran Division 2 After 3 Fixtures – 1st London Front Runners (849 points), 2nd Ealing, Southall & Middlesex (759), 3rd London Heathside “C” (753), **11th SBH (252)**

Under 20, Senior & Masters Women – SOPHIA STAAB U20 35th (34.53 3rd U20), **ZOE LEVIN** (2nd Claim) 27th (34.22), **JO KENT V50** (2nd Claim) 38th (35.08), **SCARLETT KENT U20** 78th (38.16) the winner was Elizabeth Janes of Herts Phoenix (30.03) 208 runners finished.

Team Result Division 2 – 1st Trent Park (292 points), 2nd Ealing, Southall & Middlesex (262), 3rd Ealing Eagles (261), **9th SBH (104)**

Team Positions Division 2 After 3 Fixtures – 1st Trent Park (1034 points), 2nd Ealing Eagles (847), 3rd Ealing, Southall & Middlesex (799), **6th SBH (587)**

Howard Williams Trophy Juniors – 1st Woodford Green & Essex Ladies (102), **2nd SBH (100)**, 3rd London Heathside (93)

Howard Williams Trophy Seniors – 1st Highgate Harriers (44 points), 2nd Victoria Park & Tower Hamlets (44), 3rd London Heathside (44), **12th SBH (26)**

SOUTHERN INTER COUNTIES CROSS COUNTRY CHAMPIONSHIPS – Took place at Horspath, Oxford on 7 December.

Congratulations to **GIANLEO STUBBS** who won the Under 13 Boys title.

Under 13 Boys (3050m) – GIANLEO STUBBS (Hertfordshire) won the Gold Medal (10.46), **THOMAS CADWALLADER** (Hertfordshire) 18th (11.25)

Team Result – 1st Hertfordshire (47 points), 2nd Surrey (48), 3rd Hampshire (56)

Under 15 Boys (3050m) – LEO RONCARATI (Middlesex) 37th (14.29) the winner was Lewis Sullivan of Suffolk (13.06)

Team Result – 1st Suffolk (16 points), 2nd Surrey (36), 3rd Kent (50), **7th Middlesex (119)**

Under 17 Men (3050m) – LUCA STUBBS (Hertfordshire) 59th (17.09) the winner was Mohamed Ali of Middlesex (15.08)

Team Result – 1st Surrey (29 points), 2nd Kent (38), 3rd Hampshire (58), **7th Hertfordshire (121)**

Under 20 Women (3050m) – MIA GROOM (Hertfordshire) 17th (25.20) the winner was Maisie Grice of Hampshire (22.12)

Team Result – 1st Hampshire (23 points), 2nd Surrey (27), 3rd Essex (64)

Senior Women (3050m) – RHIANNON DUNLOP (Hampshire HCA) 14th (23.36) the winner was Elizabeth Davies of Essex (22.21)

Team Result – 1st Essex (23 points), 2nd Surrey (30), **3rd Hampshire (53)**

TELFORD 10k ROAD RACE – Took place at Telford on 8 December.

JAKE SHELLEY 10th (SB 29.44), **NAOMI TASCHIMOWITZ** 212th (PB 34.44) taking 31 seconds off her 2010 time

CARDIFF CHRISTMAS INDOOR CLASSIC – Took place at Cardiff on 8 December.

300m – SM 8 CHARLES LIVINGSTON U20 1st (PB 37.89)

3000m – BMC Men’s A LIAM DEE 6th (SB 8:15.37)

ESSA ENGLISH SCHOOLS CROSS COUNTRY CUP FINAL – Took place at Spinkhill on 7 December.

An excellent run from **AIMI WEIGHTMAN U15** who was just outside the medals in the Individual and Team race.

Intermediate Girls (3050m) – AIMI WEIGHTMAN U15 (Dame Alice Owen’s School) 4th (11.59) the winner was Ruby Vinton of Woodbridge School (11.20) and is coached by **MARK**

GODDARD

Team Result – 1st Dr Challoner's High School (34 points), 2nd The Coopers Company & Coburn School (116), 3rd Bradford Grammar School (116), 4th Dame Alice Owen's School (129)

OXFORD v CAMBRIDGE CROSS COUNTRY 129TH VARSITY MATCH – Took place at Wimbledon Common on 7 December.

Congratulations to **PHILLIP CROUT** and **WILLIAM RYLE-HODGES** who finished 1st and 3rd respectively, enabling Cambridge University to win by 15 points.

Senior Men (7500m) – **PHILLIP CROUT** (St Catherine's Cambridge) 1st (38.43), **WILLIAM RYLE-HODGES** (Magdalene, Cambridge) 3rd (38.51)

Senior Men (4000m) – **THOMAS KEARNS** (Wolfson, Cambridge) 6th (22.05) the winner was William Christofi of University, Oxford (21.21)

Team Result – 1st Cambridge University (47 points), 2nd Oxford University (32)

Team Overall Series Result – Oxford University (65 wins), Cambridge University (64 wins)

MIDDLESEX UNIVERSITY STUDENT INDOOR CHAMPIONSHIPS – Took place at Lee Valley on 4 December.

60m – SW H3 **SHARKIRA RILEY U20** 5th (PB 9.00), H4 **ALEXANDRA PURPURA U23** 6th (PB 9.82)

800m – SW Straight Final **HANNAH FOSTER U20** won the Silver Medal (PB 2:37.54)

3000m – SM 2 Final **JOSH EDWARDS U20** 4th (PB 9:18.80)

Long Jump – SW Straight Final **ALEXANDRA PURPURA U23** 7th (PB 3.92m)

VICTORY 5 ROAD RACE – Took place at Portsmouth on 1 December.

HENRY MCKLUCKIE U20 2nd (PB 24.18) ranking him UK No.1 U20 in 2019