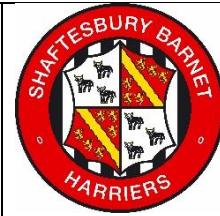


SHAFTESBURY BARNET HARRIERS

ANNUAL REPORT

1 OCTOBER 2019 to 30 SEPTEMBER 2020



What a strange and difficult year! This report highlights some of the achievements by our athletes during the last year. However, perhaps the biggest success for the club has been achieved through our officials. Shaftesbury Barnet Harriers hosted a ThrowsFest on 11 July at Barnet Cophall Stadium following the first lockdown; the first licensed athletics fixture in the UK. We had over 1600 participants at our 7 licensed meetings.

Training continued from June in compliance with the ever-changing guidelines. A big thank you to **JEREMY SOTHCOTT**, who has been managing the Coach/Athlete usage at Barnet Cophall Stadium.

At the National Young Athletes Road Relay our U17 Women's team of **EMILY HATHAWAY**, **FREYA STAPLETON** and **JOANNE MIRANDA** finished in 4th place.

At the National Men's 6 Stage our Senior Men's team **JAKE SHELLEY**, **PHILLIP CROUT**, **LIAM DEE**, **DYLAN EVANS**, **MARK PEARCE** and **THOMAS BUTLER** finished in 5th place.

Congratulations to **CLYDE GORDON** who at the England Athletics London Awards evening, received his well-earned Volunteer of the Year award. In a tight run vote **GEOFF MORPHITIS** was runner-up to **ANNE RODEN** in the Services to Athletics category.

CLYDE is a consummate team player and leads by example. **CLYDE** is a qualified coach and looks after our young throws squad (which includes significant BAME and women). He is a qualified field official and timekeeper and has been working with our photofinish team where his IT knowledge has been invaluable. **CLYDE** has team managed our successful boys YAL team, then the NJAL team and latterly the YDL team. The teams won a number of regional and national titles over the years. He was also a key member of the management team which took the successful SBH men's team into Europe at both Junior and Senior level. He also volunteered to manage the club team in the UKWAL team.

GEOFF joined SBH in 1964. He took up coaching in 1972 and became team manager (Division 5 Southern League) and has continued to the present time winning the BAL Premiership title in 2012 & 2013. He was a member of the BAL Finance committee and awarded life membership of the BAL. He became Club Treasurer in 1990 and remains so (nearly 30 years!). He was Club Chairman (1982-89) and Club President (1987-1990). In 2004 he led the team of Club officers in the successful bid for the five year management contract of Barnet Cophall Stadium. He was heavily involved with the redevelopment of Allianz Park into the first joint use facility for both athletics and Premiership Rugby. **GEOFF** was a founding member of the National Junior Athletic League and managed the SBH team to numerous victories with the Club representing GB&NI in Europe. He has organised the LICC series since inception in 2004. He was elected a member of the London Council of EA in 2007.

Southern Cross Country Relay Championships: U17 Women's team of **JOANNE MIRANDA**, **EMILY HATHAWAY** and **MAAYAN RADUS** took the Gold Medals. The U13 Boys team of **ZICO JONES**, **THOMAS CADWALLADER** and **GIANLEO STUBBS** won the Silver Medals.

National Cross Country Relay Championships: U20 Men's team of **THOMAS PATRICK**, **JEREMY DEMPSEY** and **HENRY MCLUCKIE** won the Gold Medal. There were Silver Medals from the U17 Women team of **FREYA STAPLETON**, **EMILY HATHAWAY** and **JOANNE MIRANDA** and our U13 Boys team of **GIANLEO STUBBS**, **ZICO JONES** and **THOMAS CADWALLADER**.

EDWIN YAMOAH won Silver Medals in the 100m and Long Jump and gold medals in 200m and 4x100m Relay (new World Record!) at the 10th World Transplant Games.

There were individually successes at the London Youth Games with a Silver Medal won by **GIANLEO STUBBS** U13 and Bronze Medals won by **ARTHUR PHILLIPS** U11, **ZICO JONES** U13, **SAMUEL GREENSTEIN** U15, **MUKHTAR MUSA** U17 and **MAAYAN RADUS** U17.

New Club Indoor Records:

ROSALIND ZEFFERTT V55 Pole Vault 2.20m. **NATALIA IVANOV** U15 Girls Pole Vault 3.30m
EMMANUEL DURUIHEOMA U17 Men's 60m 6.89 **MANON BAINES** U17 Women's Pole Vault 3.22m
KACEY WALTERS U17 Women's HJ 1.65m **NIAH AKINTOKUN** U15 Girls 60m 7.55 + 200m 24.68

GIANLEO STUBBS won the U13 Boys title at Southern Inter Counties Cross Country Championships.

FREYA STAPLETON was selected to represent the England U20 Women's team in the Home Countries International Cross Country event.

County Cross Country Championships – Congratulations to our following County Champions:
Hampshire **HENRY MCLUCKIE** U20.

Hertfordshire **GIANLEO STUBBS** U13, **FREYA STAPLETON** U17, **THOMAS PATRICK** U20 and **LIAM DEE** SM.

Middlesex **ARTHUR PHILLIPS** U11, **POSIE SHAW** U11, **ZICO JONES** U13, **MAAYAN RADUS** U17.
Suffolk **APRIL HILL** U17.

SHAFTESBURY BARNET HARRIERS - CROSS COUNTRY WINNERS 2019-2020		
MENS SECTION	CLUB CHAMPIONSHIP	CLUB POINTS
UNDER 11 BOYS	ARTHUR PHILLIPS	ARTHUR PHILLIPS
UNDER 13 BOYS	THOMAS CADWALLADER	GIANLEO STUBBS
UNDER 15 BOYS	SAMUEL GREENSTEIN	SAMUEL GREENSTEIN
UNDER 17 MEN	LUCA STUBBS	JUDE MIRANDA
UNDER 20 MEN	GEORGE GROOM	BEN KELLY
5 MILES SENIOR MEN	DYLAN EVANS	DYLAN EVANS
9 MILES SENIOR MEN	DYLAN EVANS	
MASTERS MEN 40+	PHILIP CUNNINGHAM	BARRY HAWS
MASTERS MEN 50-59		ROBERT RIGBY
WOMENS SECTION		
UNDER 11 GIRLS	POSIE SHAW	POSIE SHAW
UNDER 13 GIRLS	POSIE SHAW	EVIE REDPATH
UNDER 15 GIRLS	AIMI WEIGHTMAN	RACHEL PEARLMAN
UNDER 17 WOMEN	MAAYAN RADUS	JOANNE MIRANDA
UNDER 20 WOMEN	LIA RADUS	INDIRA PATEL
SENIOR WOMEN	ELANA DIMMER	ELANA DIMMER

At the Southern U13, U15 & U17 Indoor Championships SBH had 8 Gold Medal's: **NIAH AKINTOKUN** U15 (60m and 200m), **EMMANUEL DURUIHEOMA** U17 (60m), **MALACHI AMADI** U15 (200m), **MARIO DOBRESU** U17 (200m), **ZICO JONES** U15 (300m), **KACEY WALTERS** U17 (High Jump) and **NATALIA IVANOV** U15 (Pole Vault). There were also 4 Silver Medal's from **MALACHI AMADI** U15 (60m), **MARIO DOBRESU** U17 (60m), **REMI JOKOSENUMI** U17 (200m) and **MANON BAINES** U17 (Pole Vault).

At the Northern Senior Indoor Championships **ROBERT SHIPLEY** (HCA) won the 400m Silver Medal.

At the Scottish Senior Indoor Championships **LEWIS MCGUIRE** won the Gold Medal in the high jump and **ANGUS MCINROY** won the Gold Medal in the Shot 7.26kg with **KRISHAWN AIKEN** 400m winning the Silver Medal.

THOMAS PATRICK U20 (Loughborough University) won the Bronze Medal at the BUCS Cross Country Championships.

At the Welsh U20 Indoor Championships **JAMI SCHLUETER** won the Gold Medal in 60m Hurdles and the Bronze Medal in the high jump.

At the Southern U20 and Senior Indoor Championships we managed a superb haul of 16 medals, with 9 Southern Champions as follows – **REBECCA JEGGO** (HCA), **COLUMBA BLANGO**, **HAYLEY MCLEAN**, **KARA ONUIRI**, **BRAD DAVIES-PUGHE**, **JAZZ SEARS**, **DANIEL LEWIS** and **ANGELA BARRETT**. There were Silver Medals from **AKIN COWARD** and **EMMA ANDERSSON** and Bronze Medals from **HANNAH FOSTER**, **LILY PARRIS**, **EDSON GOMES**, **CHARLIE KNOTT** and **LUCY WOODWARD**.

Hertfordshire Schools Cross Country Championships

Primary Boys – **THOMAS CADWALLADER** won the Gold Medal

Primary Girls – **DINA SILVERMAN** won the Silver Medal

Junior Boys – **GIANLEO STUBBS** won the Gold Medal

Intermediate Boys – **SAMUEL GREENSTEIN** won Silver Medal and **LUCA STUBBS** won Bronze.

Intermediate Girls – **AIMI WEIGHTMAN** won the Gold Medal

Senior Boys – **KRISTIAN IMROTH** won the Gold Medal

Senior Girls – **INDIRA PATEL** won the Gold Medal

Middlesex Schools Cross Country Championships

Colts Boys – **AUSTIN WARD** won the Gold Medal

Minor Girls – **POSIE SHAW** won the Silver Medal

Intermediate Girls – **JOANNE MIRANDA** won the Gold Medal

Senior Girls – **MIA GROOM** won the Bronze Medal

BETH POTTER became the England 5 mile road champion.

MARK PEARCE was selected for the GB Universities Team, at the World University Cross Country Championships.

We had 2 England Champions at the England U15, U17 & U20 Indoor Championships –

60m – U15B **MALACHI AMADI** won the Silver Medal

60m – U15G **NAIAH AKINTOKUN** won the Gold Medal

60m – U17M **EMMANUEL DURUIHEOMA** won the Silver Medal

200m – U17M **MARIO DOBRESU** won the Gold Medal and **REMI JOKOSENUMI** won the Bronze.

300m – U15B **ZICO JONES** won the Silver Medal

60m Hurdles – U17M **RUBEN HEDMAN** won the Bronze Medal

Triple Jump – U20M **JOSH WOODS** won Silver Medal and **KENAN STEPHENS** won Bronze Medal

Triple Jump – U20W **JAZZ SEARS** won the Silver Medal

British Indoor Championships –

200m – SW **REBECCA JEGGO U23** (HCA) won the Bronze Medal

400m – SM **KRISHAWN AIKEN** won the Bronze Medal

60m Hurdles – SW **JESSICA HUNTER** won the Silver Medal

Pole Vault – SM **ETHAN WALSH** won the Silver Medal

Long Jump – SM **DAN BRAMBLE** won the Gold Medal

Triple Jump – SW **EAVION RICHARDSON U23** won the Bronze Medal

Shot 7.26kg – SM **SCOTT LINCOLN** (HCA) won the Gold Medal

ECCA Saucony English National Cross Country Championships

U13 Boys (3000m) – **GIANLEO STUBBS** won the Silver Medal

U17 Women (5000m) – **FREYA STAPLETON** came 6th with SBH third team

U20 Men (10000m) – **JEREMY DEMPSEY** 4th with SBH team in the Gold Medal position

U20 Men's team of **JEREMY DEMPSEY**, **THOMAS PATRICK**, **KRISTIAN IMROTH** and **NATHAN GODDARD** became National Champions. Our U17 Women's team of **FREYA STAPLETON**, **APRIL HILL**, **JOANNE MIRANDA** and **EMILY HATHAWAY** took the Bronze Medals.

FREYA STAPLETON was selected by England to run in the World Schools Cross Country Championships.

At the CAU Inter County Championships (British Athletics Cross Challenge), in the U13B **GIANLEO STUBBS** and in the U20M **HENRY MCLUCKIE** both came third.

Congratulations to **BETH POTTER** who won the Silver Medal at the European Sprint Duathlon Championships.

At the British Masters Indoor Championships– M45 **SEAN SUTHERLAND** won the Silver Medal in the 400m. W50 **LISA WEBB** won the Gold Medal in the 1500m and Bronze Medal in the 800m. In the 60m Hurdles – W35 **NENE HARRISON** won the Gold Medal and a further Gold in the Shot 4kg.

There were successes at the English Schools Cross Country Championships with top 20 finishes from **DAVID STONE** SB 4th, **FREYA STAPLETON** SG 9th, **KRISTIAN IMROTH** SB 10th **HENRY MCLUCKIE** SB 14th, **GIANLEO STUBBS** JB 14th and **KIT EVANS LOMBE** IB 14th.

At the Indoor Championships there were 6 Hertfordshire Champions and 15 Middlesex Champions, plus 5 Silver and 2 Bronze Medals.

Hertfordshire Gold medals for **FREDDIE REILLY** 400m – U20M, **SCARLETT KENT** 800m – U20W, **EDDIE JOHNSTON** 60m Hurdles – U17M, **RALPH WILLIAMS** 60m Hurdles – U20M, **REBECCA WHEELER-HENRY** High Jump – U17W and **NICHOLAS SAVVA** Shot 5kg – U17M.

Middlesex Gold medals for **MALACHI AMADI** 60m – U15B, **NIA FORBES-AGYEPONG** 60m – U15G, **CHINWE IWUNZE** 60m – U20W, **PHOENIX LYON** U23 60m – SM, **MALACHI AMADI** 200m – U15B, **NIA FORBES-AGYEPONG** 200m – U15G, **PHOENIX LYON** U23 200m – SM, **ZICO JONES** 300m – U15B. **MITTIO MOHAMMADIAN** 400m – U20M, **DIKE ONYEMELUKE** 60m Hurdles – U15B, **ALINA COFIE** 60m Hurdles – U17W, **CRISTINA POTTER** 60m Hurdles – U20W, **KACEY WALTERS** High Jump – U17W, **MANON BAINES** Pole Vault U17W, **SEBASTIANO CORBO** Pole Vault U20M and **CRISTINA POTTER** Shot 4kg U20W.

There were silver medals for **TANAWAT RAVENG** 60m – U17M, **ANDONI AMPHLETT** 300m – U15B, **ZICO JONES** 800m – U15B, **KAREN APOLOT** 60m Hurdles – U15G and **SEBASTIANO CORBO** Long Jump – U20M and Bronze Medals for **CRISTINA POTTER** U20 Long Jump – SW and **LOLA MCCANN-EZEKIEL** 300m – U15G.

The Covid pandemic lockdown prevented athletics training and did not allow any scope for competition. Training was permitted in June and arrangements for events were published and updated. The efforts of our coaches and athletes to keep the sport going demanded our best efforts to organise competitions even in the very disturbing times. On the first weekend permitted (11 July) SBH promoted a “ThrowsFest” at Copthall with two pools of 6 throwers in each throwing event. Compliance with Covid restrictions was achieved and the meeting went well with good performances by the athletes and enjoyment by the officials.

League competition had already been abandoned and Copthall was not available for competitions. Thus, we embarked on a series of LICC meetings at the Lee Valley Athletics Centre in partnership with the Achilles Club. Devising event arrangements was difficult. We had to deal with an “away” track, and with constantly changing restrictions. However, a successful series of 6 events over three weekends was held.

SBH were responsible for the meeting format and the officials while Achilles organised the entries and shared the meeting management. With restrictions on numbers we had Young Athletes on the Saturdays and Juniors and Seniors on the Sundays. It took 2 weekends to cover the full range of track and field events. There was a good attendance throughout and again the officials were happy to have come. Special mention should be made of the Young Athletes 4 x 100m Relay event run on behalf of UKA that we held when some one hundred teams from all over the country attended, and over a thousand people passed through the venue over the course of the day

We understand that our arrangements were used for other club promotions. Gratifyingly, there were no adverse effects from these events. We can take satisfaction that we led the promotion of meetings during a very traumatic summer. We had many comments of appreciation from athletes and coaches for our efforts and those of our many officials.

The 2020 outdoor season provided relatively few competition opportunities in these difficult times. Therefore, the Club Council have decided that there would be no Club Best Performance Awards for the year but to award medals to athletes who have produced top 6 age group rankings in 2020 as set out below. There were 6 new Club Records of which the most notable was the 1:44.83 in the Senior men’s 800m by **KYLE LANGFORD** and on the women’s side, **LIZZIE BIRD** who set a new record in the 2000m Steeplechase which was also the best ever by UK athlete.

SBH TOP 6 UK TRACK & FIELD RANKINGS 2020			
RANK	EVENT	SENIOR MEN	RESULT
5	100m	Ojie Edoburun	10.35
1	200m	Antonio Infantino	20.5

3	400m	Charlie Dobson (HCA)	45.84	
5	800m	Kyle Langford	01:44.8	(A)
2	3000m S/C	Mark Pearce	08:33.6	
2	High Jump	David Smith	2.24	
4	Pole Vault	Ethan Walsh	5.36	
4	Long Jump	Dan Bramble	7.81	
6	Triple Jump	Nathan Fox	15.86	
1	Shot	Scott Lincoln (HCA)	20.65	
5	Hammer	Chris Bennett	69.27	
2	Discus	Nicholas Percy	63.02	
3	Javelin	Daniel Bainbridge	72.68	
SENIOR WOMEN				
3	400m H	Lina Nielsen	56.99	
4	400m H	Hayley McLean	57.61	
1	2000m S/C	Elizabeth Bird	06:11.8	(B)
3	3000m S/C	Elizabeth Bird	09:55.2	
1	Discus	Jade Lally	58.95	
3	Discus	Shadine Duquemin	54.82	
JUNIOR MEN				
2	1500m	Henry McLuckie	3.42.16	(A)
1	3000m	Charles Hicks	8.08.94	
4	3000m	Henry McLuckie	8.15.91	
2	110m	Jami Schlueter	14.3	
1	Pole Vault	Glen Quayle	4.82	
2	Long Jump	Brad Davies-Pughe	7.33	
4	Triple Jump	Josh Woods	14.42	
2	Hammer	Oliver Graham	66.47	
JUNIOR WOMEN				
2	Triple Jump	Jazz Sears	12.53	
UNDER 17 MEN				
2	100m	Emmanuel Duruiheoma	10.94	
1	200m	Mario Dobrescu	21.78	
2	200m	Remi Jokosenumi	21.98	
1	400m	Mario Dobrescu	48.17	(A)
3	1500m	Mukhtar Musa	3.53.53	
5	100m H	Ruben Hedman	13.45	
3	High Jump	Kimani Jack	1.99	
3	Shot	James Isaacs	15.52	
3	Discus	Gabriel Lamb	48.11	
UNDER 17 WOMEN				
5	High Jump	Kacey Walters	1.69	
UNDER 15 BOYS				
3	100m	Malachi Amadi	11.2	
5	200m	Malachi Amadi	23.15	
6	300m	Zico Jones	37.48	
UNDER 15 GIRLS				
6	100m	Niah Akintokun	12.49	
1	200m	Niah Akintokun	24.68	(A)
2	Pole Vault	Natalia Ivanov	3.3	(A)

B = UK Top All time

A = Club Record

At the Muller British Championships the club had 2 National Champions. **SCOTT LINCOLN** who had won the previous 5 Shot Put Championships back to 2015 and **NICK PERCY** in the Discus who retained the title he won last year. The Men retained their **ClubConnect** title being top point scorers.

There were Silver Medals for **OJIE EDOBURUN** (100m) **LINA NIELSEN** (400m Hurdles), **MARK PEARCE** (3000mS/C), **DANIEL BAINBRIDGE** (Javelin) **CHRIS BENNETT** (Hammer) and **JADE LALLY** (Discus). We also won 5 Bronze Medals from **REBECCA JEGGO** (200m), **ELLIE BAKER** (800m), **HAYLEY MCLEAN** (400m Hurdles), **ETHAN WALSH** (Pole Vault) and **ANGELA BARRETT** (Triple Jump).

On a sadder note Keith Moyses died in November 2019. Keith had organised our Young Athletes teams during the 1980 / 90's and taken them to the highest level where they have remained. During his tenure we were national champions 6 times, and won the European Championships which we hosted twice.

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 2021.

Philip Cunningham – General Secretary
24 November 2020

Based on the Alan Weller weekly reports and newsletters