

SHAFTESBURY BARNET HARRIERS BEST PERFORMANCE TRACK AND FIELD AWARDS

2021 – Took place on Tuesday 30 November at the Stonex Stadium, East Stand 100 Club, following the Shaftesbury Barnet Harriers Annual General Meeting. There were no Cross Country Awards for the 2020/21 season due to Covid-19

The presentation of awards was introduced by **GEOFF MORPHITIS** who ran through the 2021 highlights of each winner, Club President **GEOFF WILLIAMS** presented the award to each winner, and **JEREMY SOTHCOTT** took the photographs. Congratulations to the following 21 winners.

JAMAL RHODEN STEVENS – Senior Track Men - Best Performance 2021 - 400m (45.86) UK No.6, 200m (20.80) UK No.9 and 100m (10.17w/10.29) UK No.15.



LISA WEBB – Masters Track Women - Best Performance 2021 - 800m (2:38.21) UK No.4 and 1500m (5:29.41) UK No.4.



SEAN SUTHERLAND – Masters Track Men - Best Performance 2021 - 100m (12.27) UK No.8, 200m (25.59) UK No.8 and 400m (56.9/57.08) UK No.10.



EMILY NEWNHAM – Junior Athlete Of The Year Women - Best Performance 2021 – 400m Hurdles (60.01) UK No.1, 400m (54.74) UK No.3 and .200m (24.01) UK No.6.



ZICO JONES – Junior Athlete Of The Year Men and Under 15 Track Men - Best Performance 2021 - 200m (22.23) UK No.1, 300m (35.29) UK No.1 and 100m (11.2/11.21) UK No.6.



EVE WRIGHT – Under 20 Track Women - Best Performance 2021 – 100m (11.62) UK No.3. Gold medallist in the 4x100m relay at European Junior Championships in Talienn, Estonia.



GABRIEL LAMB – Under 17 Field Men - Best Performance 2021 - Discus (51.31m) UK No.3 and Hammer (44.78m) UK No.18.



DINA SILVERMAN – Under 15 Track Women - Best Performance 2021 - 800m (2:16.32) UK No.15 and 200m (26.45w/27.26) UK No.66.



ABIGAIL EDWARDS – Under 15 Field Women - Best Performance 2021 – Pole Vault (2.75m) UK No.4.



GIANLEO STUBBS – Under 15 Track Men - Best Performance 2021 – 1500m (4:07.01) UK No.2 and 800m (2:01.18) UK No.5.



THOMAS FERNAND – Under 15 Field Men - Best Performance 2021 – Javelin (36.97m) UK No.59.



SIENNA CORBYN – Under 13 Field Women - Best Performance 2021 – 75m Hurdles (12.3) UK No.33, 100m (13.42w/13.47) UK No.34 and High Jump (1.35m) UK No.39.



GREGORY THOMPSON – NAL Trophy - Best Performance 2021 – Discus (60.93m) UK No.3.



STACEY GONZALEZ BETANCOURT – Masters Field Female - Best Performance 2021 – Pole Vault (2.60m) UK No.1 V45.



LOLA MCCANN-EZEKIEL – YDL U17 Trophy Female - Best Performance 2021 – 100m (13.39), 200m (28.22) and 300m (43.83).



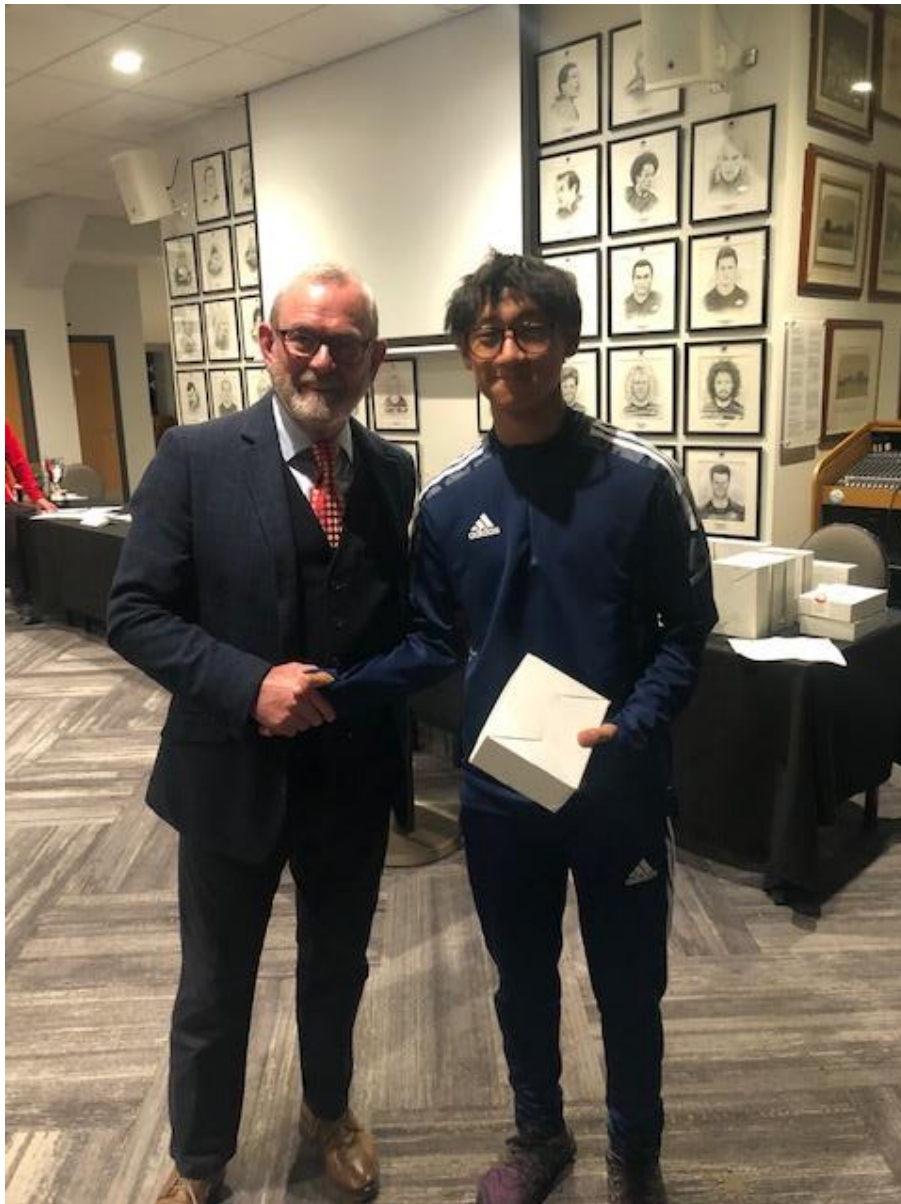
ANNA ROSE – EYAL U17 Trophy Female - Best Performance 2021 – 100m (12.24w/12.47), 200m (25.59) and 300m (42.65).



NIA FORBES-AGYEPONG – EYAL U15 Trophy Female - Best Performance 2021 – 75m Hurdles (11.74) UK No.29.



SAUGAT PUN – EYAL U15 Trophy Male - Best Performance 2021 – 100m (11.66) UK No.33 and 200m (23.69/23.93) UK No.38.



HARRY PINCHERLE – EYAL U13 Trophy Male - Best Performance 2021 – 200m (27.08) UK No.30 and 100m (13.2) UK No.44.



ALANNAH FASHANU U20 – Sprinters Cup Female - Best Performance 2021 – 100m (11.84) UK No.7 and 200m (24.82) UK No.19.



EMMANUEL DURUIHEOMA U20 – Sprinters Cup Male - Best Performance 2021 – 100m
(10.59w/10.67) UK No.13.



LIAM DEE – Long Distance Road Runner Male - Best Performance 2021 – 5000m (14:04.02) UK No.22 and 3000m (8:03.70i) UK No.30.



JEREMY SOTHCOTT – Services To The Club – In addition to his role as SBH Coaching Secretary, **JEREMY** took on the role of Liason Officer. He ensured that StoneX Stadium was available for training by organising the sessions of athletes and coaches could attend on a weekly basis throughout the period that the facility was subject to Covid restrictions. He worked closely with Saracens to provide use of the facility for members of both SBH and Barnet & District AC when many other facilities in London and throughout the UK were closed or only open to “elite” athletes.



RYAN FRECKLETON – Coach Of The Year – he coached 3 of this years SBH award winners, **EVE WRIGHT U20**, **ALANNAH FASHANU U20** and **EMMANUEL DUIRUIHEAOMA U20**.



GEOFF MORPHITIS – The SBH Treasurer has been a long-time member of the British Athletics League General Committee and when the National Athletics League was formed in 2019, he was voted onto the NAL Executive as Assistant Treasurer. He supervised the opening of the new bank account among a number of tasks he was asked to undertake. The NAL Chairman assessed the contribution of all Executive members of the NAL and decided to present to **GEOFF MORPHITIS** the Chairman's Annual Award for 2021.

