



## ANNUAL REPORT - YEAR ENDED 30 SEPTEMBER 2011

It is pleasing to once again report another successful year for Shaftesbury Barnet Harriers.

The successes of the club both by individual members, and teams, are so numerous that only a limited number can be mentioned in this short annual report. The regular e-mail updates by Alan Weller lists our achievements in much greater detail, and these updates can be found on our website. I apologise for any performances I may have left out! Here are some of our achievements, generally in chronological order:

One of the two major events of the last year was the Commonwealth Games last October, where we were represented by: Larry Achike, Pamenos Ballantyne, Jillian Drouin, Lee McConnell, Angus McInroy, Jade Nicholls, Gemma Nicol, Abi Oyepitan, Chris Scott, Trecia Smith, and Nadia Williams. In particular, congratulations to Trecia Smith on winning the gold medal in the women's triple jump.

Melissa Courtney and Izzy Thompson completed in the World Biathlon Championships in Dubai and Melissa won the gold.

Sarah Waldron represented the GB & NI U23 Women's team at the European Cross Country Championships in Albufeira, Portugal.

In November 2010, our Women's U20 National X/C Relays were 3<sup>rd</sup>

In Oct 2010 the Senior Women were 4<sup>th</sup> in the National road relays and then in September 2011 also came 4<sup>th</sup> in the Southern road relay

Our U15 boys were 2<sup>nd</sup> and the U17 team 4<sup>th</sup> at the southern road relays.

Tom Bedford set a new pb of 2 hrs 19 mins 30 secs in the Florence Marathon.

And what about Kojo's setting a new PB of 29:42 on the road and following this up with 29:29:55 at 10,000m AAA Champs and 5,000m PB of 14:05:53.

Shaftesbury's Herts County X/C Champions were as follows:

Under 11 Boys: Joseph Schott, Under 15 Girls: Natalie Connor, Under 20 Women: Sophie Connor, Under 11 Boys Team, Under 17 Boys Team, Under 15 Girls Team.

Our Middlesex County X/C Champions were:

Under 17 Men: Richard Charles, Under 20 Men: Jake Shelley, Under 15 Girls Team of Sophia Parvizi-Wayne, Freya Lenton and Molly Garden, and Under 20 Men's Team of Jake Shelley, Jack Perry-Williams and Tadhg Grant.

At the Southern X/C Men's U20 Race Richard Goodman won gold with the team just 2pts off victory.

The under 20 team of Richard Goodman, Jake Shelley, Tadhg Grant and Euan McKenzie won the National cross country title at Muddy Alton Towers.

A large number of Shaftesbury athletes represented their Universities in the British University Indoor Champs at Sheffield last weekend. Winners were: Men's 60m Hurdles: Julian Adeniran, Men's Triple Jump: Nathan Fox, and Men's Pole Vault: Douglas Curwen-Reed.

At the England U20 and U17 indoor championships Matt McLaughlin ran a personal best time of 1 minute 54.80 to win the U17 800 metres title.

At LBB Mini Marathon Trials age group winners were:- U13 Girls: Marie Sato, U15 Girls: Bethany Carter, U17 Girls: Kate Barber, U13 Boys: Nathan Bloom, U15 Boys: Sam Wilson and U17 Boys: Michael Callegari. Michael went on to win the London Boroughs Virgin London Mini marathon race and the London Youth Games cross country title.

SBH were well represented in the Inter Counties X/C. Richard Goodman finished 2nd in the U20 Men's Race, and then 71<sup>st</sup> at the World X/C Champs in Punta Umbria, Huelva, Spain.

Michael Callegari was 4th in the Inter Boys race, and went on to be 3rd scorer for England at the Schools Home Countries International X/C championship in Northern Ireland.

Congratulations to the following thirty Shaftesbury athletes who qualified for the English Schools Championships at Gateshead International Stadium - a club record number of qualifiers! Callum Scutt, Christian Scales, Joe Brennan, Phillip Crout, Natalie Connor, Yasmin Lakin, Eleanor Hunt, Oyin Omidiora, Sophie Connor, Victoria Walker, Chimdi Kema, Billy Kelsey, John Otugade, Anthony Jeffrey, Matthew McLaughlin, Michael Callegari, Tadhg Grant, Richard Charles, Gregory Thompson, Dempsey McGuigan, Kayomie Thompson, Chisolm Nwachukwu, Andrew Elkins, Adam Carpenter, Alex Lee, Melissa Courtney, Gabby Rowsell, Dean Oamen, Simone Keisha and Lily-Mae Fisher.

Matthew McLaughlin ran 1m 51.59secs U17 Mens 800m, and later improved his Club Record to 1:51:10 and topped the UK under 17 ranking for 2011.

Michael Callegari set a New Club Record of 8:28:89 in the 3000m, moving him up to No.1 Ranked UK U17 in 2011.

At the Aviva World Trials and UK Championships, with 28 Shaftesbury athletes competing, there were many outstanding performances. UK Champions were Jade Nicholls, who won the Discus, and Larry Achike V35, who won the Triple Jump. Other medallists were Abi Oyepitan who took the 200m Silver, with Bronze Medals for Marilyn Okoro in the 800m, Beth Potter in the 5,000m, Gemma Bennett in the 100m Hurdles, Dan Bramble in the Long Jump, and Nadia Williams in the Triple Jump. 18 year old Richard Goodman set a new club record 3:45:66 for the 1,500m.

Allan Smith (U20) won 8 national titles in 2011, and he now holds all the home nations junior high jump titles indoors and outdoors for the season!

Orlando Edwards finished a superb 6th in the GB Champs, to secure a place in the GB team contesting the World Mountain Running Champs in Tirana, Turkey in September. He went on to finish 25<sup>th</sup>, third GB scorer.

The second major competition of the year was the **World Championships in Daegu**. Congratulations to our following members for representing the GB&NI team: Marilyn Okoro (800m and 4 x 400m), Lee McConnell (400m + 4 x 400m), Abi Oyepitan (4 x 100m) and Yamile Aldama (Triple Jump). Congratulations also to Frank Attoh who coached several athletes competing at these championships.

Our Young Athletes finished their season in spectacular style, by finishing second in the National Auxiliary Final. Shaftesbury alone had 35 individual wins!

The Shaftesbury U20 Men's team enjoyed yet another National Junior League Final victory to qualify to represent GB&NI in the 2012 European Clubs Championships. Our U20 Women's team finished a very creditable 3rd.

At the Copa de Europa Atletismo Clubs Junior - Castellon, Spain our winners were Richard Charles in the 1500, and Richard Goodman in the 3000m. Shaftesbury Barnet Harriers were third on 81pts.

At the Middlesex Road Relay Championship our winners were: Jamie Harper Under 11 Boys (1500m), Under 13 Boys team James Brennan, Felix Bordet-Stead and Domonic Thompson, the Under 15 Boys team of Alex Abadesso, Jobe Davies and Joseph Brennan, and the Under 15 Girls team Chloe Goodson, Emma Dwan and Sophie Parvizi-Wayne.

Izzy Thompson finished 9th in the 2011 World Biathlon Champs (Girls Category D) held in Sofia, Bulgaria.

At the Southern Young Athletes Road Relays the Under 15 team won with Billy Kelsey, Adam Thorpe, Robbie Lightowler and Joseph Brennan.

### **OTHER INITIATIVES**

The successful formation of the McCain's North London Network, with Highgate Harriers, London Heathside, and Middlesex University, continues to reap benefits for all clubs involved. A coaching co-ordinator has recently been appointed, and this should result in further improvements.

The club continued to be involved with the Jack Petchey Award Scheme led by Jeremy Sothcott.

The above successes were only achieved due to the efforts of a large number of unpaid volunteers. On the coaching front, we have a dedicated team who are in regular attendance at the Stadium to help our athletes. Our officials are led by John Wright, Geoff Williams, and Steve Marshall, who have ensured that Copthall is at the top of the list for club promotions for all the T&F Leagues. And lest we forget, all our team managers, who turn out week in, week out.

Our thanks to all our members, and friends, led by Nadeem Shaikh, who support our fund raising ventures through the London Marathon.

Congratulations to veteran coach **Bob Parker** whose great contribution to athletics over many years was rewarded with a national award for 'Services to Athletics' at the UKA Awards Presentation and Dinner in 2010.

On a sadder note we should remember our members that have passed away over the last year, who include Roger Little and Brendan Gallagher.

Philip Cunningham  
November 2011

# MENS BEST PERFORMANCE AWARDS 2010

(excludes competitions after 30<sup>th</sup> September but includes Commonwealth Games)

<b>ATHLETE OF THE YEAR</b>	<b>Larry Achike, Willem Coertzen</b>
<b>JUNIOR ATHLETE OF THE YEAR (BRYAN SMITH CUP)</b>	<b>Allan Smith</b>
<b>SENIOR TRACK (I.C. COVINGTON CUP)</b>	<b>Glen Watts</b>
<b>SENIOR FIELD (BILL ACHILLE MEMORIAL TROPHY)</b>	<b>Chris Scott</b>
<b>MASTERS TRACK</b>	<b>Anthony Whiteman</b>
<b>MASTERS FIELD</b>	<b>Nick Nieland</b>
<b>UNDER 23 TRACK (LES HILL TROPHY)</b>	<b>Richard Odumosu</b>
<b>UNDER 23 FIELD (DAVE CAREY MEMORIAL TROPHY)</b>	<b>Chris Bennett</b>
<b>UNDER 20 TRACK</b>	<b>Richard Goodman</b>
<b>UNDER 20 FIELD</b>	<b>Allan Smith, Andrew Elkins, Dempsey Mcguigan</b>
<b>UNDER 17 TRACK</b>	<b>John Otugade, Matthew Mclaughlin, Michael Callagari</b>
<b>UNDER 17 FIELD (GEORGE BOWLER CUP)</b>	<b>Nicholas Percy, Deam Oamen</b>
<b>UNDER 15 TRACK (CALEDONIAN CUP)</b>	<b>Chimdi Kema</b>
<b>UNDER 15 FIELD (HOODLESS TROPHY)</b>	<b>Callum Scutt</b>
<b>UNDER 13 TRACK</b>	<b>Wilson Aduntow</b>
<b>UNDER 13 FIELD</b>	<b>Nabil Haque</b>
<b>ROAD RUNNER OF THE YEAR (HAROLD J. ASHTON MEMORIAL TROPHY)</b>	<b>Kojo Kyreme</b>
<b>LONG DISTANCE RUNNER OF THE YEAR (ANDY BEATTIE MEMORIAL TROPHY)</b>	<b>Tom Bedford</b>
<b>MASTERS LONG DISTANCE RUNNER OF THE YEAR (A J SUNDERLAND TROPHY)</b>	<b>Ronan Breen</b>
<b>SPRINTERS TROPHY (ROGER BRUCK CUP)</b>	<b>Justin Geohagan</b>
<b>HURDLES TROPHY (EDDIE CHYC CUP)</b>	<b>Julian Adeniran</b>
<b>JUNIOR 800M (ALF BEAUMONT MEMORIAL TROPHY)</b>	<b>Richard Charles</b>
<b>BRITISH LEAGUE TROPHY</b>	<b>Reinier Nusitill</b>
<b>JUNIOR LEAGUE TROPHY (PEGGY BOWLER CUP)</b>	<b>Renard Frederick</b>
<b>YOUNG ATHLETES TROPHY (LES HILL CUP)</b>	<b>Matthew Sears</b>

# WOMENS BEST PERFORMANCE AWARDS 2011

(excludes competitions after 30<sup>th</sup> September but includes Commonwealth Games 2010)

<b>ATHLETE OF THE YEAR</b>	<b>Yamile Aldama</b>
<b>SENIOR TRACK</b>	<b>Lee McConnell</b>
<b>SENIOR FIELD</b>	<b>Jade Nicholls</b>
<b>MASTERS TRACK</b>	<b>Nina Anderson</b>
<b>MASTERS FIELD</b>	<b>Yamile Aldama</b>
<b>UNDER 23 TRACK</b>	<b>Beth Potter</b>
<b>UNDER 23 FIELD</b>	<b>Lucy Boggis</b>
<b>UNDER 20 TRACK</b>	<b>Sophie Connor</b>
<b>UNDER 20 FIELD</b>	<b>Jade Ive</b>
<b>UNDER 17 TRACK</b>	<b>Eleanor Hunt</b>
<b>UNDER 17 FIELD</b>	<b>Yasmin Lakin</b>
<b>UNDER 15 TRACK</b>	<b>Natalie Connor</b>
<b>UNDER 15 FIELD</b>	<b>Anya Rodriguez</b>
<b>UNDER 13 TRACK</b>	<b>Lianne Langford</b>
<b>UNDER 13 FIELD</b>	<b>Sian Sinclair</b>
<b>ROAD RUNNER OF THE YEAR</b>	<b>Beth Potter</b>
<b>LONG DISTANCE RUNNER OF THE YEAR</b>	<b>Emily Ferenczi</b>
<b>MASTERS LONG DISTANCE RUNNER OF THE YEAR</b>	<b>Maggie Cooper</b>
<b>HURDLES TROPHY</b>	<b>Gemma Benett</b>
<b>UK LEAGUE (R.MORRIS CUP)</b>	<b>Taneisha Robinson Scanlon</b>
<b>JUNIOR WOMENS LEAGUE</b>	<b>Ciara Stewart</b>
<b>YOUNG ATHLETES LEAGUE U17</b>	<b>Yasmin Lakin</b>
<b>YOUNG ATHLETES LEAGUE U15</b>	<b>Freya Hufton</b>
<b>CORONATION TROPHY (For Services to the Club)</b>	<b>Tony Smith</b>