

# SHAFTESBURY BARNET HARRIERS - 2012

## THE BEST CLUB IN THE COUNTRY BY FAR

Reading below some of our achievements during the last year proves how good we really are! But it's not just our top athletes and teams that make us the best overall club in the country, it's all our members, supporters, officials, coaches and others such as parents that make our club great. Roll on next year!

**ORLANDO EDWARDS** kicked off our new year in the final World Mountain Running Grand Prix on 1 October, in Slovakia, finishing a very creditable 9<sup>th</sup> place.

President **SIMON KEENE** presented **RAY POWELL** with an engraved tankard from the club to commemorate his 100<sup>th</sup> Senior Metropolitan League race. His first race was on 13 October 1979!

At the National Road Relays the U15 Boys won the Bronze Medals and the U17 Men went one better by winning the Silver Medals, with **MICHAEL CALLEGARI** having the fastest time of the race.

The English Cross Country Relays took place in November at Berry Hill Park, Mansfield. It proved to be another successful day for the Humbugs. Taking the top honours were our U20 Women who took the Gold Medals. **BETH POTTER** ran the fastest time of the race.

**RICHARD GOODMAN** and **NIALL FLEMING** were selected for the GB&NI Junior Team in the European Cross Country Championships in Slovenia in December. They were both brilliant with **RICHARD** winning the Silver Medal, **NIALL** in 11<sup>th</sup> and **GREAT BRITAIN** winning the Gold Medals.

**DAVID BEDFORD** was appointed the IAAF head of the Road Running Commission.

**GEOFF** and **ELIZABETH WILLIAMS** moved to Barnstaple in Devon. **GEOFF** has been a top class coach, an outstanding meeting organiser and stadium manager, has worked closely in developing the local schools and, last but not least, a great club member. He has recently had health issues and the club wish him and his family all the very best.

The Hertfordshire County Cross Country Championships took place at Stevenage in January and we ended up with 4 gold, 4 silver, and 3 bronze individual medals. Our winners were: **UNDER 13 BOYS TEAM, JAMIE HARPER, NATALIE CONNOR, VICKY WALKER** and **VICKY WEBSTER**. **DANIEL WATTS** also won the Cambridgeshire County Cross Country Championships.

**ANTHONY WHITEMAN** won the 800m at the Northern Indoor Championships at Sheffield, with a UK M40 Indoor Record. At the Southern Indoor Championships we had 7 Champions: **JOE IVE** (vaulting 5.30m which is a new Indoor Club Record), **ABI OYEPITAN, GEMMA BENNETT, REINIER BUSITIL, NADIA WILLIAMS, NICHOLAS PERCY** and **SHADINE DUQUEMIN**.

The Cross Country Club Champions were - U13 Girls **LIANNE LANGFORD**, U15 Girls **NATALIE CONNOR**, U17 Women **FREYA LENTON**, U20 Women **SOPHIE CONNOR**, Senior Women, **PHILIPPA AUKETT**, U11 Boys **JAMIE HARPER**, U13 Boys **NATHAN DAVIES**, U15 Boys **ROBBIE LIGHTOWLER**, U17 Men **MICHAEL CALLEGARI**, U20 Men **NIALL FLEMING**, 5 Miles Men **MATTHEW SULLIVAN**, 9 Miles Men **GLEN WATTS**, Masters Men **RONAN BREEN**.

In the **Southern Cross Country Championships** in Brighton in January, Shaftesbury again showed why we are one of the strongest clubs in the UK, by **winning the Men's Aggregate Trophy** which is based on the team performances of all 5 races. U15 Boys team secured well-earned Silver Medals. The U 17 Men carried on their remarkable consistency from the previous years, and won the team Silver Medals with **MICHAEL CALLEGARI** taking Bronze. In the U20 Men **NIALL FLEMING** won the Gold Medal. Finally the Senior Men finished the day with Bronze Medals.

The **Aviva European Indoor Trials and UK Championships** took place in February and turned out to be a magnificent week-end for the Shaftesbury Vests with **ABI OYEPITAN, MARILYN OKORO, CONFIDENCE LAWSON** and **ANTHONY WHITEMAN V40** all performing to the highest standard.

The **English National X/C Championships** took place in February at Parliament Hill Fields. The U15 Boys showed excellent consistency taking silver, with the Senior Women taking well-earned bronze.

**JADE NICHOLLS** broke the British Indoor Discus Record throwing 58.97m in Sweden.

The **IAAF World Indoor Championships** were held in Turkey in March. **YAMILE ALDAMA** was in outstanding form winning the Gold Medal in the Triple Jump with 14.82m (a new V35 World Record) and **MARILYN OKORO** also represented GB&NI in the 800m.

The **cross country points winners** were: U13 Girls **LIANNE LANGFORD**, U15 Girls **EMMA DWAN**, U17 Women, **SUZU SATO**, U20 Women **GEORGIA BELL**, Senior Women **PHILIPPA AUKETT**, Master Women 35-39 **ANNE RIDLEY**, U11 Boys **JAMIE HARPER**, U13 Boys **NATHAN DAVIES**, U15 Boys **JOSH CLIFFORD**, U17 Men **SAM WILSON**, U20 Men **NIALL FLEMING**, Senior Men **JAMES TRAPMORE**, Master Men 40-49 **PHILIP CUNNINGHAM**, Master Men 50-59 **JOHN KELLY**, Master Men 60-69 **RUSSELL DEVITT**.

**British Masters Indoor Championships** in March, the SBH winners were **GREG DUNSON** V45 (60mH) and **ALFREDO MELAO** V55 (Long Jump and Triple Jump).

**NIALL FLEMING** represented GB in the World University X/C Championships in Poland in April. In May, **WILLEM COERTZEN** improved his club Decathlon record to 8244 points and **ANTHONY WHITEMAN** set a New 800m V40 World Record. **NINA ANDERSON** V40 set a New Club Record of 58.86 in the 400m and **LIAM DEE** broke the U17 1500m club record.

At the **England Championships** in June our winners were **GLEN WATTS**, **NADIA WILLIAMS** and **JADE NICHOLLS**. At the **Scottish Championships** our winners were **IAN RAWLINSON**, **ALLAN SCOTT**, **JOHN CARR** and **ANGUS MCINROY** and in the **Northern Ireland Championships** **ZOE BROWN** won the Pole Vault.

**ANTHONY WHITEMAN** V40 continued his record breaking performances in June in the USA, where he broke his own 800m World Record recording 1:48.22 and then broke the World Record for the mile in a time of 3:58.79.

**KEN WOOLCOTT** was awarded an MBE. **KEN** was a long jump coach with us, and for several years was the chairman of the women's committee.

The **Aviva England Athletics U20/U23 Championships and World Trials** took place in June and our winners were: **SEB RODGER**, **DANIEL BRAMBLE**, **ZANE DUQUEMIN**, **NICHOLAS PERCY** (setting a New U20 Club Discus Record) and **SHADINE DUQUEMIN** (uniquely winning the U20 and U23 discus titles and setting club records in both events).

The **Aviva Olympic Trials and UK Championships** took place in June. **LARRY ACHIKE** won the UK Championship in the Triple Jump. Silver Medals went to **NADIA WILLIAMS** in the Triple Jump, **JADE NICHOLLS** in the Discus, with Bronze Medals for **LEE MCCONNELL** in the 400m, **NATHAN FOX** in the Triple Jump and **ZANE DUQUEMIN** in the Shot Putt.

**SHADINE DUQUEMIN** Discus, **NICHOLAS PERCY** Discus and **STEFFI WILSON** 4 x 100m Relay were selected for the GB & NI Team for the IAAF World Junior Championships.

A new SBH Senior Discus club record was set by **ZANE DUQUEMIN** with 63.46m.

The European Championships took place in Finland with Shaftesbury represented by **LEE MCCONNELL**, **LARRY ACHIKE**, **ABI OYEPITAN** and **JADE NICHOLLS**.

That man again! **ANTHONY WHITEMAN** V40 completed a hat-trick of world records in July by breaking the V40 World 1500m record running 3:42.02.

Our English Schools Champions were: **KYLE LANGFORD** (800m), **GREGORY THOMPSON** (DT) and **KELLY BRAMHALD** (JT). **KELLY** set a new club U20 record in the javelin. At the U20 Southern Championships both **MELISSA COURTNEY** and **LOUISA JAMES** won gold.

**LISA WEBB** and **GREG DUNSON** struck Gold at the British Masters Championships.

Our Women clinched promotion from Division 1 to the Premier Division of the **UK Women's League** and **ZOE BROWN** broke the Northern Ireland and SBH Pole Vault Club Record, with a vault of 4.30m.

## **THE OLYMPIC GAMES**

Shaftesbury's Games Makers were **NADEEM** and **CHRYSTAL SHAIKH, ROGER SIMONS, KATIE ALCOCK, NAOMI KENDALL, FREYA LENTON, ENIOLA OYESANYA, SIMISOLA OYESANYA, MOLLY PATCH, ANDREA ANDERSON, SUZU SATO, YEE YEWT SMART, MARIA PEREVERZINA** and **NATALIA PEREVERZINA**.

Shaftesbury's officials included **GERALD ALTERMAN, STEVE MARSHALL, ANGUS MCKENZIE, STEPHANIE PAPARIZOS, BRYAN SMITH** and **JOYCE SMITH. FRANK ATTOH** and **LARRY ACHIKE** were accredited coaches for the Olympics.

**AND WHAT ABOUT OUR ATHLETES, WELL ! YAMILE ALDAMA** finished 5th and **TRECIA SMITH** 7th in the final of the Triple Jump. **ABI OYEPITAN** qualified for the semi-final at both 100m and 200m. **LEE MCCONNELL** qualified for the 400 semi-final. **LEE MCCONNELL** and **MARILYN OKORO** were in the 4 x 400m relay squad, as was **MICHELLE CAREY** for Ireland. **WILLEM COERTZEN** competing in the Decathlon for South Africa finished in ninth place.

Shaftesbury retained their **National Junior League Southern Premier Division** title.

Shaftesbury Barnet Harriers **British Athletic League** men's team went to Liverpool for the final league match and **clinched the Premiership Title**, winning on the day by an amazing 64 points. This is the first time that SBH have won the title having been present in the Premiership since 1979, making this year our 33<sup>rd</sup> consecutive season. This is the longest uninterrupted run of any club in the top division.

**JAMIE DEE** U15 (9:17.22) won the England U15 3000m title and **NICHOLAS PERCY** became Triple Scottish U20 Champion. **ALFREDO MELAO** V55 and **NEVILLE THOMPSON** V55 were both Triple Gold Medallists at the Southern Counties Veterans Final.

The Senior Men 'won' the **British Athletic League Super8 Cup Final**, only to be harshly relegated to 4<sup>th</sup> for including some of our talented youngsters in the team. The combined Junior Men and Women won the final **National Junior League** title before the competition gets reorganised in 2013.

The Middlesex and Hertfordshire YAs Road Relays took place in September. Our U17 Men won the Middlesex and our U13 Boys, U13 Girls, U15 Boys, U15 Girls and U17 Men won the Hertfordshire.

Our all-conquering Junior Men's Team became the **European Junior Champions** winning the title in Slovenia in September. This is the first British victory in this event since SBH last won the title in 1985. SBH were awarded the Athletics Weekly Club of the Month Award.

The U17 Women's Team of **NATALIE CONNOR, ELEANOR HUNT** and **SOPHIA PARVIZI-WAYNE**, and the U17 Men's Team of **ADAM THORPE, SAM WILSON, LIAM DEE** and **RORY MUDD** were Southern Road Relay Champions, which were held at Aldershot in September.

Congratulations to all our many members who contributed to our team successes. Apologies if you have not been mentioned by name but I can assure you that our success in 2012 has been due to the efforts of everyone. The **LONDON 2012 OLYMPICS** were a once in a lifetime experience which will never be forgotten and which just happened to coincide with the greatest year in SBH history.

Good luck to you all in 2013.

Philip Cunningham 29 November 2012

Based on the Alan Weller weekly reports and newsletters