

SHAFTESBURY BARNET HARRIERS

ANNUAL REPORT 1st OCTOBER 2013 to 30th SEPTEMBER 2014

ATHLETICS WEEKLY ANNUAL AWARDS FOR 2013 –TRACK AND FIELD CLUB FOR 2013!!!

This report only provides some of the highlights achieved by our athletes during the last year. 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.

DAVE BEDFORD was awarded the OBE in the New Year's Honours List for services to athletics and charitable fundraising. GEORGE HARRISON received an MBE in the Queen's Birthday Honours List for services to athletics.

MARILYN OKORO was retrospectively awarded the 2011 European Indoor Championships (Paris) Bronze medal in the 800m after the 1st and 3rd were disqualified for doping infringements.

The big events of the year were the Commonwealth and European Championships.

COMMONWEALTH GAMES TEAM – We are proud to have had 22 Shaftesbury Athletes selected for the Commonwealth Games in Glasgow. Congratulations to the following:

KYLIE ROBILLIARD, ZANE DUQUEMIN, SHADINE DUQUEMIN, ZOE BROWN, DEMPSEY MCGUIGAN, BETH POTTER, ALLAN SMITH, DAVID SMITH, GREGOR MACLEAN, ANGUS MCINROY, NICK PERCY, RACHEL HUNTER, CHRIS BENNETT, GEMMA NICOL, KRIS ROBERTSON, MARILYN OKORO, SEB RODGER, NATHAN FOX, YAMILE ALDAMA, JADE LALLY, DANIEL LEWIS and WILLEM COERTZEN

Following her 6th place in Delhi in 2010, JADE LALLY won a well-deserved Bronze Medal with a SB of 60.48m.

Congratulations to our officials at Commonwealth Games: Gerald Alterman, Steve Marshall and Angus McKenzie

BETH POTTER, after her excellent performances at the Commonwealth Games, was selected to compete for the GB&NI in the European Championships in Zurich.

ROBBIE LIGHTOWLER became World Biathlon Champion (Youth 15-16).

At the National Road Relays our Under 13 Boys and Under 17 Men dominated their races to secure the team Gold medals, The U13 team were NATHAN FERNANDES, DAVID STONE and JAMIE HARPER and our U17 team were JAMAL LEWIS, JAMIE DEE and ROBBIE LIGHTOWLER.

GREG DUNSON V45 won the 110m hurdles Gold Medal at the World Masters in Brazil.

RUSSELL DEVITT completed his 100th Senior Met League race.

RICHARD GOODMAN U23 and MICHAEL CALLEGARI U20 represented GB & NI in the European Cross Country Championships in Belgrade and RICHARD won an excellent team Gold Medal.

At the Hertfordshire Championships there were wins from MAAYAN RADUS U11, LUCA STUBBS U11, JAMIE HARPER U13, JAMIE DEE U17, BEN ROCHFORD U20 and MICHAEL CALLEGARI SM. Also our U11 Boys, U13 Boys, U15 Boys, U20 Men and Senior Men won Team Gold Medals.

GREGOR MACLEAN U23 vaulted 5.40m which is a new Scottish and Shaftesbury Indoor Record. MELISSA COURTNEY became Welsh Senior 1500m Champion in a new Senior and U23 Club Indoor Record and which she later reduced to 4:14.82.

At the Southern Cross Country Championships top honors went to the Senior Men with RICHARD GOODMAN U23 who took the Gold Medal and in the team race (RICHARD GOODMAN, GLEN WATTS, RICHARD HORTON, KOJO KYEREME, ORLANDO EDWARDS and DANIEL WATTS) took the Gold Medals. Our other Medalists were the Under 17 Men team of JAMAL LEWIS, JAMIE

DEE, GREG COOKE and KHALID ALI-AHMED who won the Bronze Medals. In the Senior Women's race RACHEL FELTON and the team both finishing in 4th place. The Under 13 Boys also finished in 4th place.

Indoors, we had two Scottish Champions in the Pole Vault ZOE BROWN and GREGOR MACLEAN. We had two UK Champions, ZANE DUQUEMIN (Shot) and GEMMA BENNETT (60m Hurdles). GREG DUNSON V50 set a New Club Masters Best Performance for Pentathlon.

At the South of England Masters Championships we won three Gold Medals. NENGI OSSAI V35 completed a sprint double and LISA WEBB V45 won the 1500m.

OJIE EDOBURUN was top ranked in the Under 20 at 60m with 6.71

At the National Cross Country Championships the Under 17 Men's team of JAMAL LEWIS, JAMIE DEE, ROBBIE LIGHTOWLER and GREG COOKE became National Champions. There were Individual Silver Medals from RICHARD GOODMAN and JAMIE HARPER U13. JAMIE along with THOMAS PATRICK, HENRY FULTON and FINN HARVEY won the Under 13 team Bronze Medals. The Under 20 Men's team of MICHAEL CALLEGARI, LIAM DEE, BEN ROCHFORD and MARK PEARCE also won the team Bronze Medals. We won "The Persil Trophy" for the lowest aggregate score in the Senior U20 and U17 Men's Championships.

SBH athletes did extremely well at the Barnet Mini Marathon Trials with wins for: LIA RADUS, JAMIE HARPER, GABRIELLA KYRIACOU, GEORGE GROOM, EMMA DWAN and JAMES SOTHCOTT.

MAGGIE COOPER V45 won the Women's Gold in the Middlesex Masters Cross Country Champs.

RICHARD GOODMAN won the Inter Counties.

In the North West London League JAMIE HARPER U13 was first overall. The Under 13 Girls won as did the Under 13 Boys.

Shaftesbury athletes won 8 Golds at the Herts Indoor Championships with wins for YASMIN LAKIN U20 (Long Jump), ADAM SHIRET U15 (800m), JOSH CLIFFORD U20 (800m), MATTHEW HALL U20 (60m Hurdles), MATTHEW LALLY U17 (High Jump) and FIONA MCQUIRE U17 (4kg Shot and Triple Jump).

SBH won 8 Gold at the Middlesex Indoor Champs: GEORGIA BELL U23 won the 400m, 800m and 1500m, AURELIJA IPPOLITO U17 (Long Jump), JONAS CHOR U20 (Long Jump), DEAN OAMEN U20 (Triple Jump), GEORGE GRANT U17 (Pole Vault) and ARIANA GOMES U20 (Pole Vault).

SBH Cross Country Club Champions 2013-2014

Under 11 Boys LUCA STUBBS
Under 13 Boys THOMAS PATRICK
Under 15 Boys GEORGE GROOM
Under 17 Men JAMAL LEWIS
Under 20 Men LIAM DEE
5 Miles Senior Men GLEN WATTS
9 Miles Senior Men RICHARD GOODMAN
Masters Men PHILIP CUNNINGHAM
Under 11 Girls MAAYAN RADUS
Under 13 Girls LIA RADUS
Under 15 Girls GABRIELLA KYRIACOU
Under 17 Women NATALIE CONNOR
Senior Women RACHEL FELTON

Winter Cross Country Points Champions 2013-14

Under 11 Girls MAAYAN RADUS
Under 13 Girls LIA RADUS –
Under 15 Girls GABRIELLA KYRIACOU
U17 Women EMMA DWAN
U20 Women ELEANOR HUNT/MOLLY PATCH Joint Winners

Senior Women RACHEL FELTON
Masters Women 35-39 MARGARET COOPER
Under 11 Boys LUCA STUBBS
Under 13 Boys JAMIE HARPER
U15 Boys GEORGE GROOM
U17 Men JAMIE DEE
U20 Men BEN ROCHFORD
Senior Men GLEN WATTS
Master Men 35-39 ORLANDO EDWARDS
Master Men 40-49 GERALD FOX
Master Men 50-59 PHILIP CUNNINGHAM
Master Men 60-69 RUSSELL DEVITT

At the World Masters Indoor Championships ANTHONY WHITEMAN V40 came away with 2 gold medals (800m and 3000m) and GREG DUNSON V50 won a Gold Medal (60m Hurdles)

MOVING OUTDOORS

KYLE LANGFORD lowered the 800m Under 20 club record running 1:47.41 for his top UK ranked. KYLE also set a British Junior record of 1-16.30 in the 600m at the Birmingham Grand Prix. The race was won by DAVID RUDISHA, the Olympic 800m champion and world record holder. OJIE EDOBURUN set a new Under 20 Club Record for the 100m of 10.16 and he too was top of the UK rankings and ranked 5 on the UK All-Time list.

Congratulations to the following County Champions –

Bedfordshire – DERECEE O'CALLAGHAN U20 (400m), EAVION RICHARDSON U17 (Long Jump)

Berkshire – REBECCA KEATING U20 (Hammer)

Dorset – STEFFI WILSON U23 (100m and 200m), GABRIELLE ROWSELL U23 (Long Jump), ANDREW ELKINS U23 (Hammer)

Hertfordshire – JESSICA HURLEY U15 (300m), ADAM SHIRET U15 (800m), JAMIE DEE U17 (800m), MIA GROOM U13 (1500m), FINN HARVEY U13 (1500m), MATTHEW HALL U20 (110m Hurdles), MATTHEW LALLY U17 (High Jump), YASMIN LAKIN U20 (Long Jump and Triple Jump), FIONA MCQUIRE U17 (2nd Claim Triple Jump, Shot and Discus), MICHAEL MILLER U15 (Javelin)

Kent – LUCY UNDERDOWN (Discus)

Middlesex - GEORGIA BELL U23 (400m), LILY BECKFORD U20 (2nd Claim 400m), RACHEL CARTER U15 (75m Hurdles), GEORGE GRANT U17 (Pole Vault), DEAN OAMEN U20 (Triple Jump), IZAIAH TURNER U20 (2nd Claim Discus), DEMPSEY MCGUIGAN U23 (Hammer), FELLAN MCGUIGAN U20 (Hammer)

Oxfordshire - TARA KAFKE (HCA 400m)

Sussex - LOUISA JAMES U23 (Hammer)

Warwickshire - ROMEO SITHOLE (HCA) (High Jump), ETHAN WALSH U20 (Pole Vault), JO BLAIR (HCA Javelin).

ZOE BROWN had a great year setting 3 new personal bests in the Pole Vault all of which were Club Records with 4.32m, 4.42m and again with 4.45m.

ORLANDO EDWARDS was selected to run for England in the Home Internationals, which is also the British Athletics European Mountain running trial.

GABRIELLA MURRAY-PANAYIOTOU broke the Under 13 Javelin Club Record and LOUIS DAVIS broke the Under 13 Javelin Club Record.

OJIE EDOBURUN, SABRINA BAKARE, KYLE LANGFORD and LILY BECKFORD were selected to represent Great Britain & Northern Ireland in the IAAF World Junior Championships in Eugene.

CHRIS BENNETT broke the Club Senior Hammer Record with 72.58m, the record was held by his coach MICK JONES.

JAMIE HARPER won the 1,500m National Prep School Title for the third year.

At the Athletics Ireland U20/U23 Champs DEMPSEY MCGUIGAN U23 won the Gold Medal in the 7.26kg Hammer. His brothers FELLAN also won a Silver Medal and DALTON a Bronze Medal.

SBH athletes won 8 medals at the English Schools Championships. Congratulation to Gold Medallist REBECCA KEATING U20 (Hammer), Silver Medal came from AILIS MCGOVERN U20 (Pole Vault) and Bronze Medals from LILY BECKFORD U20 (400m), LIAM DEE U20 (1500m), JAMIE DEE U17 (3000m), SOPHIA PARVIZI-WAYNE U20 (3000m), ETHAN WALSH U20 (Pole Vault) and FELLAN MCGUIGAN U20 (Hammer).

ANTHONY WHITEMAN broke his own World V40 800m record, running 1:48.05.

At the European Team Championship ZANE DUQUEMIN (Shot), YAMILE ALDAMA (Triple Jump) and JADE LALLY (Discus) were selected to represent Great Britain & Northern Ireland.

EDWIN YAMOAH won 3 Gold and a Silver medal at British Transplant Games.

At the South of England U15/U17 Championships EAVION RICHARDSON won Gold in the long jump, JAMIE DEE won Silver in the 1500m and ELLIOT DEE in the 1500m won Bronze.

At the Scottish Senior Championships our medalists were ANGUS MCINROY (Gold - Discus), RACHEL HUNTER (Silver - Hammer) and CHRIS BENNETT (Silver - Hammer).

At the Inter Counties our gold medalists were GLEN WATTS (3000m Steeplechase), GREGORY THOMPSON U23 (Discus), JADE LALLY (Discus) and LOUISA JAMES U23 (Hammer).

JESSIE CONCANNON U20 won the 200m Gold Medal at the Scottish Championship.

EAVION RICHARDSON U17 won the Long Jump Gold Medal and JAMIE DEE U17 won the 1500m Bronze Medal at the England National Championships. EAVION also set Club records in the Long Jump with 5.91m and in the 80m Hurdles with 11.69.

LIA RADUS broke the Under 13 Girls 1500m club record.

The Men's British League team were runners up in the Premiership whilst the Women retained their status in National One of the UK Women's League.

The Barnet & District/Shafesbury Barnet Harriers composite team gained promotion from Division 3 of the Southern Athletics League.

SBH men won the UK Youth Development League Upper Age Group National Final – The team picked up 22 Gold medals which was the best performance by any club on the day. The Club will therefore be representing GB&NI in the European Champion Clubs Cup for Junior's in 2015.

At the Eastern Young Athletes Plate Final the Barnet & District/Shafesbury Barnet Harriers composite team finished in 6th place.

At the Hertfordshire and Middlesex Road Relays_our Young Athletes came away with 7 Gold Medals, 1 Silver Medal and 4 Bronze Medals.

Hertfordshire Results

U11 Girls – 1st AMY WEIGHTMAN

U11Boys 1st LUCA STUBBS

U13 Girls – 1st SBH (SCARLETT KENT fastest leg of the race, GEMMA HARPER, MIA GROOM)

U13 Boys – 1st SBH (FREDDIE SHIRET fastest leg of the race, ANDREW ROGERS, ELBY CINNAMOND

U15 Girls –LIDIA KYRIACOU (11.54) fastest leg of the race

U15 Boys – 1st SBH (THOMAS FULTON fastest leg of the race, JEREMY DEMPSEY, GEORGE GROOM

U17 Women – 1st SBH (LIANNE LANGFORD fastest leg of the race, REBECCA HURLEY, GABRIELLA KYRIACOU

Middlesex Results

U11 Girls – MAAYAN RADUS 1st

U15 Boys HAMZA KADIR, joint fastest leg of the race.

At the European Champions Clubs Cup for Juniors KYLE LANGFORD won the 1500m and PHILLIP CROUT won the 3000m, and the team came in 4th place. SBH are representing GB&NI in the 2015 event which is likely to be held in Istanbul.

The Young Athletes had another excellent day at the Young Athletes Southern Championship Road Relays with the Under 15 Boys winning the team Gold Medals (THOMAS FULTON 2nd fastest time of the race, ELLIOT DEE , JEREMY DEMPSEY and GEORGE GROOM), and the Under 13 Girls winning the team Silver Medals (MIA GROOM, SCARLETT KENT and LIA RADUS)

On a sadder note JIM CUNNINGHAM died in May. He joined Shaftesbury Harriers in 1951 concentrating on middle distance and cross country. He was Club Captain for five years and also a Club 9 mile champion. Later he became a Life Member and President of the club.

Finally 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 during the last year has been due to the efforts of everyone. Good luck to you all in 2015.

Philip Cunningham – General Secretary

25 November 2014

Based on the Alan Weller weekly reports and newsletters