

SHAFTESBURY BARNET HARRIERS

ANNUAL REPORT 1 OCTOBER 2015 to 30 SEPTEMBER 2016

Executive Summary - SBH are by far the Best Club in the Country!!!

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.

GB&NI TEAM FOR THE RIO OLYMPICS

Congratulations to the following six Shaftesbury Olympians – **DARYLL NEITA** U20 (100m and 4x100m Relay), **BETH POTTER** (10,000m), **OJIE EDOBURUN** U23 (4x100m Relay), **SEB RODGER** (400m Hurdles), **JADE LALLY** (Discus) and **CHRIS BENNETT** (Hammer).

National Young Athletes Road Relays 2015 – Our Young Athletes were the Under 15 Boys National Champions again following their 2014 win, the team was **DAVID STONE**, **THOMAS PATRICK** and **JAMIE HARPER**.

Southern Cross Country Relays – Another excellent day for our Young Athletes with the Under 17 Men of **HAMZA KADIR**, **TOM FULTON** and **JEREMY DEMPSEY** winning the team Gold Medals and the Under 15 Boys winning the team Bronze Medals.

KYLE LANGFORD– was the England Athletics U20 Athlete of the Year for 2015 and the British Athletics Writers' Association Jim Coote Memorial Award winner being their Junior Male Athlete of the Year. He was also voted British Junior Male Athlete of the year in the Athletics Weekly readers' poll.

RICHARD GOODMAN won the combined Liddiard Trophy and North of the Thames Championship. **GABRIELLA KYRIACOU** U17 won the Under 17 Championships.

Senior Women's Team of **NAOMI TASCHIMOWITZ**, **RACHEL FELTON** and **BETH POTTER** won the Silver Medals at National Cross Country Relays 2015.

At the London Youth Games **JAMIE HARPER** (U15) and **GEORGE GROOM** (U17) won Gold Medals and **SAMUEL GREENSTEIN** (U11) won a Bronze Medal.

Congratulation to **RACHEL FELTON** V35 who won the Run Britain Grand Prix Series.

RICHARD GOODMAN won an Under 23 Team Silver at the European Cross Country Championship.

At the Southern Masters Cross Country Championships **JO KENT** (2nd Claim) won the Gold Medal.

At the Southern Inter County Championships **JAMIE HARPER** won the Under 15 boys Silver Medal, and the Hertfordshire team including **JAMIE HARPER**, **THOMAS PATRICK** and **JOE CHOTT** won the team Bronze Medals.

At the Southern Indoor Combined Events Championships **DYLAN CARLSSON-SMITH** U20 won the Southern Heptathlon Silver Medal and then went on to the England Athletics U20 Indoor Combined Events Championships and recorded 4808 points, for a New Club U20 Record.

COUNTY CHAMPIONSHIP REVIEW – Congratulations to our following County Champions – Hertfordshire **LUCA STUBBS** (U13), **THOMAS PATRICK** (U15), **GABRIELLA KYRIACOU** (U17) and **MARK PEARCE** (U20), Silver Medals from **ELENA RONCARTI** (U13), **JOE CHOTT** (U15), **ELLIOT DEE** (U17) and **SAM GRIFFITHS** (U20) all Hertfordshire, **KOJO KYEREME** (Senior Surrey) and Bronze Medals from **LIDIA KYRIACOU** (U15), **GEORGE GROOM** (U17) and **JAMIE DEE** (U20) all Hertfordshire and **FINN HARVEY** (U15 Middlesex). Our teams were also outstanding, especially at the Hertfordshire Championships, with Gold Team Medals from our U13 Girls, U15 Boys, U17 Men and U20 Men, Silver Medals from our U13 Girls and Under 15 Girls and Bronze Medals from our U15 Girls. At the Middlesex Championships our Under 15 Girls won the Bronze Medals.

At the Southern U20 & Senior Indoor Championships our Champions were **GERALD MATTHEW** U20 (60m), **LILY BECKFORD** U20 (200m), **PHILIPPA LOWE** SW (400m) and **MICHAEL NICHOLLS** SM F44 (Shot). **RICHARD CHARLES** SM (800m) won the Silver Medal and **SOPHIA PARVIZI-WAYNE** U20 (1500m) won the Bronze Medal.

At the Southern Cross Country Championships **NAOMI TASCHIMOWITZ** won the Senior Women's Gold Medal and the Under 20 Men **JAMIE DEE**, **MARK PEARCE**, **BEN ROCHFORD** and **ROBBIE LIGHTOWLER** won Team Bronze Medals.

RACHEL FELTON ran for England at the Lotto Cross Cup in Belgium.

NATHAN FOX competed for England in Bratislava, winning the Triple Jump.

At the Scottish Indoor Championships **ALLAN SMITH** won the High Jump Gold Medal on countback from fellow club mate **DAVID SMITH** who both cleared 2.25m. This was in fact a new Scottish Native Record as well as a New Club Record. In the Shot **ANGUS MCINROY** won the Silver Medal.

At the Sainsbury Grand Prix (Indoors) **MELISSA COURTNEY** U23 raced over 1 mile and our High Jumpers went head to head again with **ALLAN SMITH** finishing in 1st place (2.26m – new Club Record) ahead of **DAVID SMITH**.

The Active Training World Metropolitan League was again another successful season for SBH. Both our U13 Boys/Girls and U15/U17 Boys/Girls teams defended the Howard Williams Trophy (Juniors). The U13 Girls won the league convincingly. Congratulations to **FINN HARVEY** (U13) who won all five races this season. There were also wins from **MAAYAN RADUS** (U11), **LIA RADUS** (U13), **GABRIELLA KYRIACOU** (U17) and **NAOMI TASCHIMOWITZ** (SW).

SBH athletes were outstanding at British Indoor Championships. Congratulations to our Gold Medalists, **ALLAN SMITH** (2.29m yet again a Scottish and SBH Club Record) **ANTONIO INFANTINO** in the 200m, **DANIEL BRAMBLE** in the Long Jump (a New Club Indoor Record of 7.90m), and **ZANE DUQUEMIN** in the Shot Putt. In the Triple Jump **NATHAN FOX** won the Silver Medal and **NONSO OKOLO** won the Bronze Medal.

SBH were awarded the Club Connect first prize of £500 for scoring the most points in the men's events of the British Indoor Championships.

In Iowa (Indoors) **LIAM DEE** U20 ran the mile in 4:05.13, a New Indoor Club Record.

At the British University and Colleges Indoor Championships there were Gold Medals for **RICHARD CHARLES** U23 and **GEORGIA BELL** U23 in the 800m. **PHILIPPA LOWE** won a Bronze in the 400m.

At the Middlesex Schools Cross Country Championships **GABRIELLA KYRIACOU** U15 was first and **JOSEPHINE CHADWICK** U15 was third.

At the Hertfordshire Schools Cross Country Championships our 3 Country Champions were **LUCA STUBBS** (PB), **ELLIOT DEE** (IB) and **JAMIE DEE** (SB). **JESSICA MOORE** (PG) won the Silver and **JEREMY DEMPSEY** (IB) won the Silver and **THOMAS FULTON** (IB) won the Bronze.

In the North West London League the U15 Girls were first overall team with individual overall wins for **SAMUEL GREENSTEIN** (U11), **DYLAN MICHEL** (U13), **OLIVER GREENSTEIN** (U17) with **AIMI WEIGHTMAN** (U11) third overall.

Our Cross Country Champions and points winners were:

CROSS COUNTRY U11	SARON RICHARDSON	SAMUEL GREENSTEIN
CROSS COUNTRY U13	ELENA RONCARATI	LUCA STUBBS
CROSS COUNTRY U15	JOSEPHINE CHADWICK	DAVID STONE
CROSS COUNTRY U17	GABRIELLA KYRIACOU	ELLIOT DEE
CROSS COUNTRY U20	CHARLOTTE JOHNSTON	KHALID-ALI AHMED
CROSS COUNTRY Snr	NAOMI TASCHIMOWITZ	KOJO KYEREME (9 mile) Richard Goodman (5 mile)
X COUNTRY MASTERS		ROBERT RIGBY

POINTS U11	AIMI WEIGHTMAN	SAMUEL GREENSTEIN
POINTS U13	SYDNEY ALLEN	DYLAN MICHEL
POINTS U15	JOSEPHINE CHADWICK	DANIEL GREENSTEIN
POINTS U17	GABRIELLA KYRIACOU	OLIVER GREENSTEIN
POINTS U20	CHARLOTTE JOHNSTON	KHALID-ALI AHMED
POINTS Snr	VICTORIA WALKER	MATTHEW GRANT
POINTS MASTERS	MAGGIE COOPER	RONAN BREEN 40/49 GARETH EDWARDS 40/49 ROBERT RIGBY 50/59 RUSSELL DEVITT 60/69

JADE LALLY improved her personal best twice in three days (64.22m and 65.10m), when competing in Australia to move her up to No.2 on the British all-time list, as well as setting a new Club Record.

At the British Indoor Championships **DAN BRAMBLE** retained his British Long Jump title. There were Triple Jump Silver Medals from **NATHAN FOX** and **ANGELA BARRETT**. **PHILIPPA LOWE** won the 400m Bronze Medal.

Congratulations to the following who all set New Indoor Club Records: **SOPHIA PARVIZI-WAYNE** U20 3000m (9:56.38), **LISA WEBB** V50 3000m (10:59.40), **SAPPHIRE CLARKSON** U20 Triple Jump (11.79m) and **LIZZY BIRD** U23 3000m (9:18.42).

At the National Cross Country Championships our Junior Men's Team of **MARK PEARCE**, **BEN ROCHFORD**, **ROBBIE LIGHTOWLER** and **SAM GRIFFITHS** won the Team Bronze Medals.

UK Athletics announced the appointment of SBH Club President **DAVE BEDFORD OBE** to the Board of UKA as a non-executive director.

RACHEL FELTON was selected to represent GB&NI in the World Half Marathon Championships finishing in 63rd place (76.36).

At the English Schools Cross Country Championships **JAMIE DEE** won the Silver Medal in the Senior Boys race.

At the Scottish U20 Indoor Championships **BEN** and **LEWIS MCGUIRE**, plus **GEORGE EVANS** completed a hat-trick of gold-medals.

ROGER SIMONS was presented with an award for 60 years of service to athletics.

At the World Indoor Championships **DAN BRAMBLE** was 6th with a seasons best (8.14m).

At the British Masters Championships (Indoor) **NENGI OSSAI** won 2 Gold Medals (60m and 200m), **CLAIRE SPURWAY** won the 60m Gold Medal, **LISA WEBB** won the 1500m Silver Medal and **NENE HARRISON** the Shot Silver Medal.

SBH won the Southern Road Relays with **GLEN WATTS**, **ANTHONY WHITEMAN**, **PHILLIP CROUT**, **BEN ROCHFORD U20**, **MARK PEARCE**, **RICHARD WILLIAMS**, **RICHARD GOODMAN**, **WILLIAM RYLE-HODGES**, **RICHARD HORTON**, **RONAN BREEN**, **DAN WATTS** and **ROBBIE LIGHTOWLER**.

SBH did well at the indoor County Championships – Congratulations to the following Hertfordshire Champions – **RONAN BAGAI** (60m), **JACK HUGHES** (200m), **SCARLETT KENT** (800m), **YASMIN LAKIN** (Long & Triple Jump), **MOLLY HOPPING** (Shot), **MICHAEL NICHOLLS** (Shot) and for Middlesex – **MICA AGYEPONG** (60m & 200m), **MITTIO MOHAMMADIAN** (300m), **HAMZA KADIR** (800m), **KHALID-ALI AHMED** (800m), **FINN HARVEY** (1500m), **CRISTINA POTTER** (60m Hurdles & Shot), **NATHAN GARDNER** (High Jump) and **WILLIAM LEVY** (High Jump).

Virgin Money London Mini Marathon – Congratulations to the following SBH athletes who were selected **U13 Boys** – **SAMUEL GREENSTEIN**, **DYLAN MICHEL**, **LUCA STUBBS**, 1st reserve **MATTHEW MCATEER**. **U13 GIRLS** – **SYDNEY ALLEN**, **ELEANOR RACHEL**, **ELENA RONCARATI**, **AIMI WEIGHTMAN**. **U15 BOYS** – **JAMIE HARPER**, **DANIEL GREENSTEIN**, **FINN**

HARVEY. U15 GIRLS – SOPHIA STAAB, SARAH BUTLER, JOSEPHINE CHADWICK, MIA GROOM, GEMMA HARPER, SCARLETT KENT, LIDIA KYRIACOU, 1st reserve LILY RACHEL. U17 MEN – OLIVER GREENSTEIN, GEORGE GROOM, HAMZA KADIR, 1st reserve RUFUS KENT. U17 WOMEN – SOPHIE BOWEN, ELLA COLLIER, MOLLY HOPPING, GEORGIA LEE, POPPY MEDENIS, KAYLA MICHEL. JESSICA HURLEY, GABRIELLA KYRIACOU.

KOJO KYEREME V40 had a stellar year coming 31st in the London Marathon (PB 2:21.28) and ending by being selected to represent England.

JEREMY DEMPSEY represented England in the SIAB Cross Country International.

SBH won Medals at European Masters with **NENGI OSSAI** V35 , Gold and Silver Medals in the 60m and 200m (respectively), and **GREG DUNSON** V50 the Gold Medal in the (60m Hurdles).

BETH POTTER set a New Club Record for 5000m (15:28.32).

LUCA STUBBS (800m) and **THOMAS PATRICK** (1500m) were Hertfordshire County Champions.

DYLAN CARLSSON-SMITH became the England U20 Decathlon Champion with a new Club Record.

County Championship Review – Congratulations to our County Champions,– Berkshire **ISABEL DEACON** (Pole Vault) – Dorset **ANDREW ELKINS** (Hammer) – Greater Manchester & Cheshire **MATTHEW PAGAN** (Long Jump) – Hertfordshire **ROHAN BAGAI** (100m), **LUCA STUBBS** (1500m), **NATHAN GARDNER** (High Jump & Long Jump), **FIONA MCQUIRE** (Discus) and **MICHAEL MILLER** (Javelin) – Kent **LUCY UNDERDOWN** (Discus & Shot) – Middlesex **ANDREW NICOLAOU** (100m), **MITTIO MOHAMMADIAN** (300m & 800m), **CRISTINA POTTER** (75m Hurdles & Javelin), **RACHEL CARTER** (300m Hurdles) and **ODERA UMEUGOJI** (Triple Jump) – Scottish East **BEN MCGUIRE** (Long Jump) – Scottish West **DAVID SMITH** (High Jump) and **RACHEL HUNTER** (Hammer) – Surrey **NED QUINEY** (Pole Vault) – Yorkshire **SARAH PARSONS** (Discus & Shot) - Bedfordshire **BLESSING ADJEI-OKWABI** (100m), **GERALD MATTHEW** (100m), **EAVION RICHARDSON** (100m & Long Jump), **SABRINA BAKARE** (100m, 200m & 400m), **SOPHIE MADDOCK** (200m), **KAYANNA REID** (Triple Jump) and **JO BLAIR** (Javelin) – Essex **PHILIPPA DAVENALL** (Discus, Shot & Hammer). Congratulations to our many athletes who won Bronze & Silver medals.

CHRIS BENNETT set a new hammer Club Record (75.46m), later improving this to 76.45m.

CRISTINA POTTER (U15) set a new Javelin Club Record (31.64m).

MELISSA COURTNEY ran a 1500m PB in the Birmingham IAAF Diamond League (4:07.55) which eclipsed Joyce Smith's senior club record (4:09.37) set in Munich in 1972.

CLUBMARK – The Club was re-awarded full accreditation from England Athletics.

At the Southern U20 & Senior Championships **PHILIPPA LOWE** (400m), **NAOMI TASCHIMOWITZ** (3000m), **SOPHIA PARVIZI-WAYNE** U20 (3000m) and **LOUISA JAMES** (Hammer) all won Gold. We also won 2 Silver Medals and 7 Bronze Medals.

At the Northern Senior Championships **SARAH PARSONS** U23 won Senior Women's Discus title.

At the Welsh Senior Championships **ETHAN WALSH** U20 won the Senior Men's Pole Vault title.

At the Hertfordshire Schools Championships our County Champions were **JACK HUGHES** (200m), **FREDDIE SHIRET** (800m), **THOMAS FULTON** (800m), **LUCA STUBBS** (1500m), **JEREMY DEMPSEY** (1500m), **ZAMAAN DUDHIA** (Pole Vault), **ROHAN OYEWOLE** (Javelin) and **MICHAEL MILLER** (Javelin). We also won 3 Silver Medals and 5 Bronze Medals.

At the Middlesex Schools Championships our County Champions were **LATIFAH HARRIS-OSMAN** (100m), **DITA JAJA** (100m), **HAMZA KADIR** (800m), **JOSEPHINE CHADWICK** (800m) and **RACHEL CARTER** (300m Hurdles). We also won 10 Silver Medals and 5 Bronze Medals.

NENE HARRISON became the British Masters V35 Pentathlon Champion.

At the England U20 & U23 Championships our England Champions were **PHILLIP CROUT** U23 (5000m), **GEORGE EVANS** U20 (Discus & Shot), **NICK PERCY** U23 (Discus), **REBECCA KEATING** U20 (Hammer) and **LOUISA JAMES** U23 (Hammer). We also won 2 Silver and 6 Bronze Medals.

Congratulations to the following Shaftesbury athletes who were selected by GB&NI to compete at the European Championships **ZHARNEL HUGHES** U23 (200m and 4x100m Relay), **DARYLL NEITA** U23 (4x100m Relay), **OJIE EDOBURUN** U23 (4x100m Relay), **MELISSA COURTNEY** (1500m), **DAN BRAMBLE** (Long Jump), **JADE LALLY** (Discus) and **CHRIS BENNETT** (Hammer). Also congratulations to **ANTONIO INFANTINO** (200m) selected to compete for Italy, and **RICHARD MORRISSEY** (400m) selected to compete for Ireland. **DARYLL NEITA** U20 won a 4x100m Relay Silver Medal, running the anchor leg.

GEORGE GROOM represented GB&NI at European Youth Championships in the U18 2000m S/C.

Congratulations to **RACHEL CARTER** who broke the Under 17 Women 300mH Club Record (46.48).

We had five British Champions **JADE LALLY** (Discus), **CHRIS BENNETT** (Hammer), **SEB RODGER** (400m H), **NICK PERCY** (Discus) and **JO BLAIR** (Javelin). **DARYLL NEITA** was just behind Asha Phillip in the 100m and there were Bronze Medals from **YAMILE ALDAMA** (TJ) and **ALLAN SMITH** (HJ).

GERALD MATTHEW (U20) represented the GB&NI team Bauhaus Junior Gala winning the 200m.

Congratulations to **LILY BECKFORD** (400m), **GERALD MATTHEW** (4x100m Relay) and **ZANSON PLUMMER** (4x100m Relay) who were GB&NI selections for the World Junior Championships.

CLAIRE SPURWAY broke two Club Records in the Masters Women 35-39 category 100m (12.45 w2.8) and 200m (25.45).

English Schools Championships – Congratulations to English Champion **JEREMY DEMPSEY** U17 (1500m). There were Silver Medals from **EAVION RICHARDSON** U20 (LJ), **NATHAN GARDNER** U20 (PV) and **BILLY PRAIM-SINGH** U20 (Hammer 6kg). Bronze Medals came from **ZAMAAN DUDHIA** U15 (PV), **PHILIPPA DAVENALL** U20 (Hammer 4kg) and **DITA JAJA** (4x100m Relay).

In the UK YDL UAG Southern Premier 1 - SBH came 4th overall and qualified for the National Final.

NENE HARRISON won the W35 Heptathlon title at the British Masters Heptathlon Championships.

At 2016 British Transplant Games **EDWIN YAMOAH** won 3 Gold medals and 2 Silver medals and retained the Carl Whittaker trophy for the fastest overall 100m time for the fourth year in a row.

At the CAU Inter-County and England Athletics Senior Championships our Inter-County and England Champions were **PHILIPPA LOWE** (400m), **MICHAEL NICHOLLS** (Discus F44), **GREGORY THOMPSON** U23 (Discus) and **JO BLAIR** (Javelin). **ANTONIO INFANTINO** (200m) was England Champion. **RACHEL HUNTER** (Hammer) was Inter-County Champion. There was an Inter-County and England AAA Silver Medal for **LUCY UNDERDOWN** (Shot), and Bronze Medals from **RICHARD CHARLES** U20 (800m), **LUCY UNDERDOWN** (Discus) and **LOUISA JAMES** U23 (Hammer).

In the British Athletic League Premiership our team finished runners-up 2016.

Congratulations to our following Scottish Champions – **NICK PERCY** (Shot & Discus), **ALLAN SMITH** (High Jump) and **RACHEL HUNTER** (Hammer). There were also Silver Medals from **LEWIS MCGUIRE** (High Jump), **ANGUS MCINROY** (Discus) and **NICK PERCY** (Hammer). Also a Bronze Medal from **DIONNE MILNE** (Discus).

At the Southern U15/U17 Championships **ELLIOT DEE** became Southern U17 1500m Champion and **JESSICA EMERY** won the U17W Silver Medal (Discus).

LOUISA PITSIALIS set an Under 17 Women 3kg Hammer Club Record, with a throw of 37.49m.

At the England Athletics U15/U17 Championships our England Champions were **GEORGE GROOM** U17 (1500m Steeplechase) and **HAMZA KADIR** U17 (1500m). **ELLIOT DEE** U17 won the 3000m Silver Medal.

At the UK YDL Upper Age Group Final a brilliant team performance saw the club secure 3rd place overall with the men winning their match and therefore qualifying for Europe in 2017. There were wins for **GEORGE EVANS** (U20 Discus and U20 Shot), **ABBAS ADEJONWO** (U17 Triple Jump), **PHILIPPA DAVENALL** (U20 Hammer). **ISABEL DEACON** (U17 Pole Vault), **JESSICA EMERY** (U17 Discus), **DITA JAJA** (U17 100m), **JEREMY DEMPSEY** (ran out of age group for the U20s 3000m), **GERALD MATTHEW** (U20 200m), our 4 x 100m, **HAMZA KADIR** (1500m) and **GEORGE GROOM**, (3000m and the 1500m S/C). The outstanding athlete in the U20 Women was **EAVION RICHARDSON** who had PBs in the 100m, Long Jump and Triple Jump.

European Champion Club Cup for Juniors – WINNERS!

The **SBH Team and Management** celebrated one of the greatest successes in the Club's 126 year history. Confirmation of the win came in the 4 x 400m in a new SBH U20 Club Record.

RESULTS - FINAL - Official		
MEN'S 4X400m RELAY		
EU20R 3:04.59	CR 3:14.36	
1	Great Britain	3:17.92
2	Spain	3:19.65
3	Portugal	3:22.89
4	Lithuania	3:24.43
5	Italy	3:24.95
6	Switzerland	3:34.46
7	Estonia	3:36.50
	Turkey	

DITA JAJA U17, **GERALD MATTHEW**, **MATTHEW PAGAN**, **OMAR PARSONS**, **HAMZA KADIR** U17, **JEREMY DEMPSEY** U17, **GEORGE GROOM** U17, **JACOB SPENCE**, **NIALL CARNEY**, **LEWIS MCGUIRE**, **ETHAN WALSH**, **ABBAS ADEJONWO** U17, **GEORGE EVANS**, **BILLY PRAIM-SINGH**, **ALFIE INGHAM**, **JACOB BERKELEY** and **JACK FITZPATRICK**. **GEOFF** and **CLYDE** too!

In the Eastern Young Athletes League our composite B&D/SBH U13/U15/U17 Team finished 5th overall to qualify for the Top 6 Final. In the final there were wins from **MICAH AGYEPONG** (U15 100m), **GILAD NACHSHEN** (U13 200m and 800m), **MORGAN MIORANDI** (U15 200m), **MICHAEL KOBEH** (U17 400m), **SAMUEL GREENSTEIN** (U13 800m), **SYDNEY ALLEN** (U13 800m), **JESSICA MOORE** (U13 800m), **FREDDIE SHIRET** (U15 800m), **LUCA STUBBS** (U13 1500m), **DYLAN MICHEL** (U13 1500m), **FINN HARVEY** (U15 1500m), **CRISTINA POTTER** (U15 75m Hurdles and High Jump), **ZAMAAN DUDHIA** (U15 Pole Jump), **JAMES HOFMANN** (U13 High Jump), **KARA ONUIRI** (U15 High Jump) and **SAMRA RICHARDSON** (U13 High Jump)

Hertfordshire and Middlesex Young Athletes Road Relays

Hertfordshire Championships:

(Road Race) – In the Under 11 Boys race **GIANNI STUBBS** was 1st and **ARCHIE NASH** 2nd and in the Under 11 Girls race **LOTTIE RACHEL** was 1st.

(Road Relays) – Under 13 Boys won the Silver Medal with **LUCA STUBBS** having the Fastest Leg, **ELENA RONCARATI** had the U13 Fastest Leg. The Under 15 Girls won the Gold Medal with **MIA**

GROOM, SOPHIA DEMPSEY and **SCARLETT KENT**. The Under 17 Men Boys also won the Gold Medal **JAMIE HARPER, RUFUS KENT** and **THOMAS PATRICK** (Fastest Leg) and our 'B' team were 2nd with **NAJIBE ARBE, BENJAMIN BLOOM** and **JONATHAN BOARDMAN**. The Under 17 Women also won Gold with **LILY RACHEL, SARAH BUTLER** (Fastest Leg) and **LIDIA KYRIACOU**. Middlesex Championships: (Road Relays) The Under 13 Boys won the Gold Medal with **SAMUEL GREENSTEIN, GILAD NACHSHEN** (Fastest Leg) and **DYLAN MICHEL**. The Under 15 Boys team won the Silver Medal **MATTI HARRIS, DANIEL GREENSTEIN** and **DAVID STONE**.

NINGI OSSAI won the 100m M40 title at the British Masters Championships, **LISA WEBB** won a Silver and 2 Bronze Medals, **CLAIRE SPURWAY** won Silver Medals in the 100m and 200m and **GREG DUNSON** won the Silver Medal in the 100m Hurdles.

At the Southern Young Athletes Road Relays our U17 Men became Southern Champions (**HAMZA KADIR, GEORGE GROOM, JEREMY DEMPSEY** and **ELLIOT DEE**). The U13 Boys claimed the Silver Medals.

It was with great regret that we reported the death of **CHARLES FOGG** at the age of 82. He joined us in 1992 as a coach and official and also served as our coaching secretary, and later set up our original website.

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 2017.

Philip Cunningham – General Secretary

22 November 2016

Based on the Alan Weller weekly reports and newsletters