

# SHAFTESBURY BARNET HARRIERS

## ANNUAL REPORT 1 OCTOBER 2017 to 30 SEPTEMBER 2018

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 last but not least the parents that make our club great.

Congratulations to **BRYAN** who received his well-earned London Region Volunteer Award for Services to Athletics and to **STEVE MARSHALL** who won the Officials Developer of the Year award at the Sports Officials UK Awards,

At the Welsh Athletics Award Dinner **MELISSA COURTNEY** was presented with the 2017 Track & Field Athlete of the Year.

At the National Cross-Country Relay Championships our senior men's team of **JACK CRABTREE** U23, **BRADLEY GOATER**, **RICHARD HORTON** and **PHILLIP CROUT** U23 won the Bronze Medal.

At the London Youth Games **AIMI WEIGHTMAN** U13 won. The Under 17 Women's team of **LIA RADUS** 4th, **LIDIA KYRIACOU** 8th and **JOSEPHINE CHADWICK** 9<sup>th</sup> also won the team Gold.

At the Southern U15/U17 Indoor Championships we had 4 Southern Champions, **REMI JOKOSENUMI** U15 winning the 200m (CBP), **GILAD NACHSHEN** U15 in the 800m, **EVELYNE FONTAINE** U15 won the High Jump and **JAZZ SEARS** U17 won the Triple Jump (CBP). There were Silver Medals from **REMI JOKOSENUMI** U15 60m and **HANNAH FOSTER** U17 200m.

At the Southern U20 & Senior Indoor Championships we ended up with 4 Southern Champions, starting with **JOHN OTUGADE** in the 60m, **PHOENIX LYON U20** in the 200m, **JADE IVE** in the Pole Vault and finally **ANGELA BARRETT** in the Triple Jump.

At the Hertfordshire Cross Country Championships we had 5 County Champions – **GIANLEO STUBBS** U11, **AIMI WEIGHTMAN** U13, **THOMAS PATRICK** U17, **THOMAS FULTON** U20 and **GABRIELLA KYRIACOU** U20. Our teams were just as impressive with 4 County Team Titles from our U15 Girls, U17 Men, U17 Women and U20 Men.

At the Middlesex Schools Cross Country Championships **ARCHIE NASH** (Belmont School) won the Gold Medal U13.

And at the Hertfordshire Schools Cross Country Championships we had 3 Hertfordshire Champions – **AIMI WEIGHTMAN** JG, **KRISTIAN IMROTH** IB and **JEREMY DEMPSEY** SB.

At the Southern Cross Country Championships **JEREMY DEMPSEY** U20 came second, **AIMI WEIGHTMAN** U13 4th, **RICHARD HORTON** SM 4th, **DAVID STONE** U17 5th, **GEORGE GROOM** U20 6th, **THOMAS BUTLER** U20 7th, **NAOMI TASCHIMOWITZ** SW 8th and **GRACE INGLES** U15 13th. Our Under 20 Men's team of **JEREMY DEMPSEY**, **GEORGE GROOM**, **THOMAS BUTLER** and **OLIVER GREENSTEIN** won the Silver Medals.

In the Scottish Senior Indoor Championships, **LEWIS MCGUIRE** became the High Jump champion.

At the British Athletics Indoor Championships we had 2 British Champions, **ANTONIO INFANTINO** won the 200m and **SCOTT LINCOLN** who won the Shot. We also won 2 Silver Medals with **DARRYL NEITA** in the 60m and **JADE IVE**. **JAMAL RHODEN-STEVENS** won the Bronze Medal in the 400m.

### CROSS COUNTRY POINTS TROPHY AND CHAMPIONSHIPS RESULTS

<b>CROSS COUNTRY POINTS U11</b>	EVIE REDPATH	GIANLEO STUBBS
<b>CROSS COUNTRY POINTS U13</b>	LUISA STAAB	SAMUEL GREENSTEIN
<b>CROSS COUNTRY POINTS U15</b>	GRACE INGLES	DYLAN MICHEL / JOE HEATHER
<b>CROSS COUNTRY POINTS U17</b>	SOPHIA STAAB	DYLAN HEPWORTH

<b>CROSS COUNTRY POINTS U20</b>	GABRIELLA KYRIACOU	TOM BUTLER
<b>CROSS COUNTRY POINTS SNR</b>	NAOMI TASCHIMOWITZ	PHILIP CROUT
<b>CROSS COUNTRY POINTS MSTR</b>	VICTORIA DAWES	RONAN BREEN – 40 – 49 DAVID GREENSTEIN – 50 - 59
<b>CROSS COUNTRY CHAMP U11</b>	EVIE REDPATH	GIANLEO STUBBS
<b>CROSS COUNTRY CHAMP U13</b>	AIMI WEIGHTMAN	SAMUEL GREENSTEIN
<b>CROSS COUNTRY CHAMP U15</b>	GRACE INGLES	LUCA STUBBS
<b>CROSS COUNTRY CHAMP U17</b>	LIDIA KYRIACOU	DAVID STONE
<b>CROSS COUNTRY CHAMP U20</b>	GABRIELLA KYRIACOU	TOM BUTLER
<b>CROSS COUNTRY CHAMP SNR</b>	NAOMI TASCHIMOWITZ	RICHARD HORTON – 9 MILES RICHARD GOODMAN – 5 MILES
<b>CROSS COUNTRY CHAMP MSTR</b>	-	KARL BULMAN

At the England U15/U17/U20 Indoor Championship we had 5 English Champions. **DOMINIC ASHWELL** won the Under 20 Men 60m, **REMI JOKOSENUMI** won the Under 15 Boys 200m, **CHARLIE DOBSON** won the Under 20 Men 200m, **HANNAH FOSTER** won the Under 17 Women 300m and **JAZZ SEARS** won the U17 triple jump title. There were Silver Medals from **THOMAS PATRICK** and **JADE IVE** with Bronze Medals for **MICAH FORBES-AGYEPONG**, **PHOENIX LYON**, **FINN HARVEY** and **JOSH WOODS**.

**DAVID STONE** became the English U17 Champion winning the National Cross Country Championships. At the English Schools Cross Country Championships he finished third and at the Schools Home Countries International he again won the Intermediate Boys race. Fantastic!

**DARYLL NEITA** (60m), **JAMAL RHODEN-STEVENS** (4x400m Relay) and **SEB RODGER** (4x400m Relay) represented **GB&NI** at the IAAF World Indoor Championships.

### NEW INDOOR CLUB RECORDS

**HANNAH FOSTER** 38.77 for the Under 17 Women 300m.

**JAZZ SEARS** 12.34m for the Under 17 Women Triple Jump and is also a new British Record.

**JAZZ SEARS** U17 12.37m breaking her own Club and British Records.

**KARA ONUIRI** High Jump U17 club record (1.60m),

**TONY JACKSON** became the V50 British Champion and **KOJO KYEREME** who took the Silver Medal in the V40 category at the Vitality Big Half Marathon (Incorporating British Championships).

At the Middlesex Indoor Championships we came away with 12 County Titles, **LATIFAH HARRIS-OSMAN**, **CHIMA ONUORA**, **MICAH FORBES-AGYEPONG**, **CEAKE MADDIX**, **NNAMDI NDUKWE**, **TARIQ WILD**, **GILAD NACHSHEN**, **MITTIO MOHAMMADIAN**, **SOPHIA OBI**, **KARA ONUIRI** and **ROSALIND ZEFFERTT**.

At the Hertfordshire Indoor Championships we had 13 County Champions which were as follows **NICHOLAS SAVVA** (60m, 200m and Shot), **DARA APOOLA** (60m and 200m), **REMI JESSOP**, **JAMES PINTO**, **SCARLETT KENT**, **JOSEPH PEPPIAT**, **RALPH WILLIAMS**, **MARLI JESSOP** (60m Hurdles and Long Jump) and **REBECCA WHEELER-HENRY**.

### 2018 COMMONWEALTH GAMES, AUSTRALIA

**ZHARNEL HUGHES** (200m and Relay) 4x100m relay Gold Medal

**KYLE LANGFORD** (800m) Silver

**CHRIS BENNETT** (Hammer).

**DAN BRAMBLE** (Long Jump),

**SAM DAWKINS** (200m and 400m)

**ZANE DUQUEMIN** (Discus)

**NATHAN FOX** (Triple Jump)

**JADE LALLY** (Discus)

**BETH POTTER** (10,000m)  
**ALLAN SMITH** (High Jump)  
**DAVID SMITH** (High Jump)

At the European Masters Indoor Championships **CLAIRE SPURWAY** became double European Champion, winning the 60m and 200m and **NINGI OSSAI** won a Silver Medal in the 200m and a Bronze Medal in the 60m.

**BARNET TEAM FOR 2018 LONDON MINI MARATHON** - Congratulations to the following Shaftesbury athletes who were selected to run in the London Mini Marathon.

U13 Boys – **SAMUEL GREENSTEIN, GIANLEO STUBBS, LEO RONCARATI, LEO MIXIDES** and **THEO BODEN** – U13 Girls – **AIMI WEIGHTMAN, LOTTIE RACHEL, ANNA MURPHY** and **SARON RICHARDSON** – U15 Boys – **LUCA STUBBS, BENJAMIN BLOOM, DYLAN MICHEL, GILAD NACHSHEN** and **JOE HEATHER** – U15 Girls – **ELENA RONCARATI, ELEANOR RACHEL** and **MAAYAN RADUS** – U17 Men – **DAVID STONE, FINN HARVEY, JAMIE HARPER, MITTIO MOHAMMADIAN** and **DYLAN HEPWORTH** – U17 Women – **MIA GROOM, LIDIA KYRIACOU, SARAH BUTLER, JOSEPHINE CHADWICK, SCARLETT KENT, KAYLA MICHEL, GRACE INGLES, LIA RADUS, BEN WINFIELD, THOMAS PATRICK, NATASHA TANNER** U15 and **LUISA STAAB** U13. **AIMI WEIGHTMAN** won the U13 Girls race with top 10 finishes from **MAAYAN RADUS** U15 6th, **FINN HARVEY** U17 7th, **DAVID STONE** U17 8th, **LIA RADUS** U17 8th and **LUCA STUBBS** U15 10th.

At the Bedfordshire County Championships our winners were **KIERRA GRANT, SAM HAZELL** U23, **HANNAH FOSTER, JUBRIL ADENIJI, SAM HAZELL** U23, **INDEA ADAMS-BURNETT** U23, **TYRIQ LAFEUILLE, KIERRA GRANT, MICHAEL ADEBAKIN** and **JAZZ SEARS**

At the Buckinghamshire and Oxfordshire County Championships **ZAC RANDALL** (800m) won the Gold Medal. At the Dorset County Championships **ANDREW ELKINS** (Hammer) won the Gold Medal

At the Essex County Championships winners were **REBECCA JEGGO** (2nd Claim/HCA), **CHARLIE DOBSON** (2nd Claim/HCA), **HAYLEY MCLEAN** (HCA) and **BILLY PRAIM-SINGH**

At the Hampshire County Championships our winners were **ZOE HOLLEY, ROBERT THOMAS, EVAN CAMPBELL** and **CAMERON CAMPBELL**

At the Scottish North Championships **DIONNE MILNE** U23 won the Gold Medal.

At the Scottish East Championships **SELINA HENDERSON** U23 and **CLAIRE MCGARVEY** won the Gold Medals.

At the Scottish West Championships **LEWIS MCGUIRE** U23 won the Gold Medal

At the Surrey Championships **TAIT JONES** won the Gold Medal

At the Suffolk County Championships **OLIVER GRAHAM** won the Gold Medal

At the Hertfordshire Championships our winners were **NICHOLAS SAVVA, DARA APOOLA, LUKE SMITH, NICHOLAS SAVVA, AIMI WEIGHTMAN, MARLI JESSOP, RALPH WILLIAMS, REBECCA WHEELER-HENRY, THOMAS WRIGHT, ZAMAAN DUDHIA, JOSH WOODS, KATIE WEBB, JESSICA EMERY, MICHAEL MILLER, BLUEBELL COOKE, KRISTIAN IMROTH, BEN WINFIELD,** and **MICHAEL NICHOLLS**

At the Middlesex Championships our winners were **NNAMDI NDUKWE, LATIFAH HARRIS-OSMAN, TARIQ WILD, MITTIO MOHAMMADIAN, FINN HARVEY, LOUANN LAMY, SOPHIA GODFREY, ROSS HAJIPANAYI, DANIELLE OJO** and **DAN ONOCHIE-WILLIAMS**.

At the Norfolk Schools Championships **LUCY KOENIGSBERGER** U17 won the Hammer 3kg in the Intermediate Girls.

At the Middlesex Schools Championships our winners were **LATIFAH HARRIS-OSMAN** U17, **NICHOLAS SHAW** U17, **REMI JOKESENUMI** U15, **LEA REYNA-FARIA** U17, **AMBER DUVERNEY** U17, **ESTHER FATUADE** U17, **NAIAS MORGAN** U17 and **YASMIN AHMED** U17.

At the Hertfordshire Schools Championships our gold medallists were **NICHOLAS SAVVA** U15, **DARA APOOLA** U17, **AIMI WEIGHTMAN** U15, **GRACE INGLES** U17, **KRISTIAN IMROTH** U17, **MARLI JESSOP** U17, **RALPH WILLIAMS** U17, **JOSH WOODS** U17, **KARA ONUIRI** U17, **KATIE WEBB** U15, **MAISIE TAYLOR** U15 **BENJAMIN HOCKING** U15 and **CRISTINA POTTER**.

At the Northern Senior and U20 Championships **MATTHEW PAGAN** U23 won gold.

At the Southern Senior and U20 Championships our winners were **JOHN OTUGADE**, **HANNAH FOSTER** U17, **PHILLIPA LOWE**, **JAZZ SEARS** U17 and **DANIEL BAINBRIDGE** U20.

## **NEW CLUB RECORDS**

**ZHARNEL HUGHES** SM 100m (9.91 w0.4m)

**HANNAH FOSTER** U17 200m record (24.26 w0.5)

**JAZZ SEARS** U17 triple jump record (12.58m w1.6)

**CRISTINA POTTER** Under 17 Girls Javelin 500g (41.00m)

**LUCY KOENIGSBERGER** Under 17 Girls Hammer 3kg (53.46m).

**HANNAH FOSTER** U17 women's 400m (54.85)

**CRISTINA POTTER** U17 Girls Javelin 500g (43.64m).

**NICHOLAS SAVVA** U15 Boys 300m (36.72).

**REMI JOKOSENUMI**, U15 Boys 200m (21.99 w1.7).

**NIAH AKINTOKUN** U13 Girls 200m (26.39).

**MALACHI AMADI** U13 Boys 100m (12.23 w0.7) and U13 Boys 200m (25.05 w1.8)

**HANNAH FOSTER** U17 Womens 300m Hurdles (43.84).

**THOMAS CADWALLADER** U11 Boys 800m club (2:31.89).

**LOLA MCCANN-EZEKIEL**, **TOSIN JOKOSENUMI**, **JASMIN SALT** and **NIAH AKINTOKUN**, U13 Girls 4x100m Relay (53.65).

**LOLA MCCANN-EZEKIEL**, **TOSIN JOKOSENUMI**, **JASMIN SALT** and **NIAH AKINTOKUN**, U13 Girls 4x100m relay (51.67).

**SAMUEL OJO**, **ZICO JONES**, **MALACHI AMADI** and **JOSHUA MERCHAN-NICHOLLS** U13 Boys 4x100m (49.91).

**CHIMA ONUORA**, **REMI JOKOSENUMI**, **NICHOLAS SAVVA** and **KOFI OWUSU** U15 Boys 4x100m relay (44.06).

**NICHOLAS SHAW**, **TARIQ WILD**, **MICAH FORBES-AGYEPONG** and **ANDREW NICOLAOU** U17 Men 4x100m relay (42.28).

At the British Championships Including European Trials we had 2 British Champions, **SCOTT LINCOLN** Shot and **JADE LALLY** discus.

At the England U23 and U20 Championships we had seven champions: **HANNAH FOSTER**, **ELLIE BAKER**, **MARK PEARCE**, **JESSICA HUNTER**, **GEORGE EVANS**, **TAIT JONES** and **DANIEL BAINBRIDGE**

At the English Schools, we had 50 Shaftesbury athletes contesting the Championships and 5 English Schools Champions: **REMI JOKOSENUMI** (UK & European 200m No.1 on all-time list).

**HANNAH FOSTER**, **KRISTIAN IMROTH**, **JAZZ SEARS** and **JOSH WOODS**, in addition to winning the English Schools went on to represent England in the Schools International in Grangemouth.

In the Southern Counties U13 Championships, medals were by **MALACHI AMADI**, **FREDDIE FORD** and **NIAH AKINTOKUN**.

At the CAU Inter-County Championships (Including England Athletics Senior Championships) we had five champions: **PHILLIPA LOWE**, **JESSICA HUNTER**, **HAYLEY MCLEAN**, **SCOTT LINCOLN** and **JADE LALLY**.

At the England U15 & U17 Championships our champions were **REMI JOKOSENUMI** (100m and 200m), **HANNAH FOSTER** (300m) and **KRISTIAN IMROTH** (1500m Steeplechase)

## The following athletes were Top Ranked in the Power of Ten 2018 National Rankings

200m U15 **REMI JOKOSENUMI 21.99** 800m U15 **GILAD NACHSHEN 1.59.10**  
4 X 100m U15 **CHIMA ONUORA, REMI JOKOSENUMI, NICHOLAS SAVVA, KOFI OWUSU 44.06**  
1500m Steeplechase U17 **KRISTIAN IMROTH 4.21.31** 100m U20 **DOMINIC ASHWELL 10.25**  
100m SM **ZHARNEL HUGHES 9.91** LONG JUMP SM **DANIEL BRAMBLE 8.15m**  
SHOT SM **SCOTT LINCOLN (HCA) 19.24m** DISCUS SM **NICK PERCY 63.17m**  
100m M40 **NENGI OSSAI 10.90** 300m M40 **NENGI OSSAI 36.51**  
800m M40 **ANTHONY WHITEMAN 1.53.05** LONG JUMP M60 **ALFREDO MELAO 5.18m**  
TRIPLE JUMP M60 **ALFREDO MELAO 10.70m** 300m U17 **HANNAH FOSTER 38.46**  
DISCUS SW **JADE LALLY 59.83m** 60m W35 **CLAIRE SPURWAY 7.83**

## WE ALSO HAD MANY TEAM TRACK & FIELD SUCCESSES IN THE YEAR

In the inaugural year of the **Middlesex Young Athletics League**, we finished 2nd.

In the **Eastern Young Athletics League**, our team won the League and were runners-up in the Top 6 Final in Ipswich.

In the **UK Youth Development League UAG Southern Premiership Division** we came 2<sup>nd</sup> to Blackheath thereby qualifying for the new format 6 team Final in Bedford where again we came 2<sup>nd</sup> to Blackheath.

In the **British Athletic League Premiership Division**, the men came 2<sup>nd</sup> to Birchfield.

In the **UK Women's Athletic League National 1 Division**, the team came 5<sup>th</sup>.

In the UKA sponsored **Club Connect** competition based upon performances achieved at the British Championships, the men won the title and the women were 4<sup>th</sup> giving the Club an overall 2<sup>nd</sup> place.

It is with great regret to report that former Shaftesbury Barnet Harriers Club President, **BOB PARKER** aged 87, passed away in January. **BOB** was an exceptional man who always on hand to give advice when asked, and as a talented coach who was behind the success achieved by former World Record Holder, **DAVE BEDFORD** and many other SBH members. He was Shaftesbury President from 1980 to 1982.

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 2019.

Philip Cunningham – General Secretary

27 November 2018

Based on the Alan Weller weekly reports and newsletters