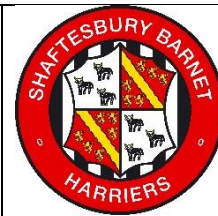


# SHAFTESBURY BARNET HARRIERS

## ANNUAL REPORT

1 OCTOBER 2021 to 30 SEPTEMBER 2022



There were three Major Championships this year.

At the World Championships in Eugene, Oregon on 15 July - 23 July, Beth Potter won a Silver Medal in the Sprint Relay Triathlon and a Bronze Medal in the Sprint Triathlon. Zharnel Hughes won a Bronze Medal in the 4 x 100 metres and also competed in the 100m. Ellie Baker ran in the 800m as did Kyle Langford. Elizabeth Bird ran in the 3000m Steeplechase and Lina Nielsen ran in the 400m Hurdles. Nick Percy and Jade Lally took part in the Discus and Scott Lincoln participated in the Shot Putt.

At the Commonwealth Games in Birmingham on 29 July - 7 August, Zharnel Hughes and Ojie Edoeburun won Gold Medals in the 4 x 100m Relay. Zharnel Hughes also won a Silver Medal in the 200m and Ojie took part in the 100m. Elizabeth Bird won a Silver Medal in the 3000m Steeplechase and Jade Lally also won a Silver Medal participating in the Discus. Bronze Medals were won by Scott Lincoln in the Shot Putt and by Beth Potter in the Triathlon. Beth also took part in the mixed relay. Lina Nielsen took part in the 400m Hurdles, Chris Bennett took part in the Hammer, Nick Percy took part in the Discus, David Smith took part in the High Jump, Glen Quayle took part in the Pole Vault and Zane Duquemin and Shadine Duquemin took part in the Discus.

At the European Championships in Munich on 15 August - 21 August, Zharnel Hughes won Gold Medals in the 200m and 4 x 100m Relay and also won a Silver Medal in the 100m. Charlie Dobson won a Gold Medal in the 4 x 400m Relay and also took part in the 200m. Elizabeth Bird won a Bronze Medal in the 3000m Steeplechase. Jade Lally took part in the Discus, Ellie Baker took part in the 1500m, Jessica Hunter took part in the 100m Hurdles, Scott Lincoln took part in the Shot Putt, Lina Nielsen, Hayley McLean and Josh Faulds took part in the 400m Hurdles, Nick Percy took part in the Discus, David Smith took part in the High Jump and Ojie Edoeburun ran in the 100m.

At the Virgin Money Mini Marathon Gianleo Stubbs won the U15 Boys race and in the U17 Men's race Henry Dover finishing 2<sup>nd</sup> with Abdi Hamud 5<sup>th</sup> and Samuel Greenstein 9<sup>th</sup>. In the U17 Women's race Nicole McGovern also finished 2<sup>nd</sup>. Our final top 10 finish came from Arthur Phillips who finished 7<sup>th</sup> in the U13 Boys.

At National Road Relays top of the shop were our U17 Women with a superb run who finished Winning the Silver Medals with Aimi Weightman, Ruby Vinton and Nicole McGovern. Our Senior Men finished winning the Bronze Medals with Jeremy Dempsey, Jake Shelley, Dylan Evans, Liam Dee, Mark Pearce and Kieran Clements. In the U17 Men Henry Dover ran the fastest time of the day.

Southern Cross Country Relay Championships – our U17 Men won Gold with Henry Dover, Leo Roncarati and Abdirahim Hamud. In the U13 Girls Posie Shaw ran the 2<sup>nd</sup> fastest time of the race and in the U17 Women Ruby Vinton ran the fastest time of the race.

We now have two National Cross Country Relay Championship with our U20 and Senior Men, and it was almost three with the U17 Men taking the Silver Medals. Our Senior Men were Jeremy Dempsey, Phillip Crout, Dylan Evans and Liam Dee. Our U20 Men were awesome with Henry McLuckie, Luca Stubbs and Kristian Imroth. Our U17 Men were Henry Dover, Samuel Greenstein and Abdirahim Hamud.

Gianleo Stubbs and Nicole McGovern were individual winners at the London Youth Games. We also had two runners-up with Posie Shaw in the U13 Girls and the Abdirahim Hamud in the U17 Men's race.

Henry McLuckie secured victory in the U20 race at the UK Cross Challenge including European Trial.

Charles Hicks had a fantastic run winning the European championship in Dublin. Henry McLuckie was part of U20 GB&NI winning team. Brilliant!

At the County Cross Country Championships our County Champions were:

Essex - Henry Dover U17

Hertfordshire - Gianleo Stubbs U15, Luca Stubbs U20 and Indira Patel U20

Middlesex - Posie Shaw U13, Samuel Greenstein U17 and Dylan Evans SM

Suffolk - Ruby Vinton U17.

We also had the following Team Champions: Middlesex U17 Men (Samuel Greenstein, Joshua Fisher and Spike Blake) and U20 Men (Theo Machin-Paley, Dylan Michel and Jonathan Boardman).

Krishawn Aiken was selected for Scotland for the Scottish 4x400m mixed relay team.

Henry Ryan won the Year 6 cross country Barnet schools' race.

At the Southern U20 and Senior Indoor Championships we had 5 Champions. Firstly, with the Senior Women's 400m Hayley McLean, then U20 Women's 60m Hurdles with Marli Jessop, with Jade Ive in the Senior Women's Pole Vault and finally Efe Uwaifo in the Senior Men's Long Jump and Triple Jump. Silver medals were won by Emmanuel Duruiheoma U20 60m, Hannah Foster in the Senior Women's 200m, Ruben Hedman U20 60m Hurdles, Manon Baines in the U20 Women's Pole Vault, Ogochukwu Anochirionye in the Senior Men's Long Jump and Eavion Richardson in the Senior Women's Triple Jump. There were 3 Bronze medals from Rebecca Jeggo in the Senior Women's 200m, Arun Yavuz U20 Triple Jump and Eavion Richardson Senior Women's Triple Jump.

At the England Athletics U15/U17/U20 Indoor Championships Emily Newnham won the U20 400m title. We had three Silver Medallists from Zico Jones U17 400m, Marli Jessop U20 Women's 60m Hurdles and Travis Scottow in the U17 Shot. There were Bronze Medals from Emmanuel Duruiheoma in the U20 60m, Evelyne Fonteyne in the U20 High Jump, Ruth-Ann Otaruoh in the U20 Triple Jump and Manon Baines in the U17 Women's Pole Vault.

New Club Indoor Records

Charles Hicks U23 3000m Indoor 7:43.

Jami Schlueter U23 Heptathlon Indoor 5270 points

Ros Zeffertt W60 60m 9.52

Ros Zeffertt W60 200m 36.28

Ros Zeffertt W60 Pole Vault 2.20m

Lisa Webb W50 800m 2.38.75

Lisa Webb W50 1500m 5.20.17

At the National Cross Country Championships our outstanding performance of the day was by David Stone who finished 2nd in the U20 race.

Our Cross Country Club Champions were:

U11 Boys Ben Kaspar

U13 Boys Prince Victorius John

U15 Boys Gianleo Stubbs

U17 Men Henry Dover

U20 Men Ashwin Fowkes-Gajan

5 Miles Senior Men Daniel Nichols

9 Miles Senior Men Dylan Evans

Masters Men 40+ Robert Rigby

U11 Girls Jasmyn Perrin

U13 Girls Posie Shaw

U17 Women Ruby Vinton

U20 Women April Hill

Senior Women Naomi Taschimowitz

Our Winter Points Championships were:

U11 Boys – Ben Kaspar

U13 Boys – Euan Phillips

U15 Boys – Tommy Narvaez-White

U17 Men – Spike Blake

U20 Men – Ashwin Fowkes-Gajan

Senior Men – Daniel Nichols

Masters Men 40-49 –Barry Haws  
Masters Men 50-59 – Jonny Shaw  
Masters Men 60-69 – Robert Rigby  
U11 Girls – Jasmyn Perrin  
U 13 Girls – Posie Shaw  
U15 Girls – Mya Mairs-Ingram  
U17 Women – Asha Horbacki  
U20 Women – Elena Roncarati  
Senior Women – Elana Dimmer  
Masters Women 40-49 – Charlene Jacobs-Conradie

At the UK Athletics Indoor Championships our winners were David Smith in the High Jump and Scott Lincoln in the Shot. There were Silver Medals for Ethan Walsh men's Pole Vault and Jade Ive in the Women's Pole Vault.

At the British Masters Indoor Championships Gary Smith V50 won 3 medals with golds in the 60m Hurdles and Triple Jump and a silver medal in the High Jump. Rosalind Zeffertt V60 won the Pole Vault and a Triple Jump bronze medal. Lisa Webb V55 won the 1500m and Stacey Gonzalez Betancourt V45 won the Pole Vault. Nene Harrison V40 won the 4kg Shot and Sean Sutherland V50 won the High Jump bronze medal

Scott Lincoln took part in the Shot Putt at the World Indoor Championship in Belgrade, competing for GB&NI.

At the Hertfordshire, Middlesex and Kent Indoor Championships we won 24 medals. Our county champions were as follows – Hertfordshire: Joseph Wheeler-Henry U15 (200m), Mia Higson U17 (400m), Eva Higson U15 (60m Hurdles) and Rebecca Wheeler-Henry U20 (High Jump) – Middlesex: Angel McLeod U15 (60m), Zico Jones U17 (60m and 200m), Lia Radus U23 (800m), Nicole McGovern U17 (1500m), Sienna Corbyn U15 (60m Hurdles), Macie Sutherland U15 (High Jump), Kimani Jack U20 (High Jump) and Keelan Farrell U20 (Long Jump) – Kent: Kacey Walters U20 (200m). There were silver medals from – Hertfordshire: Eva Higson U15 (High Jump – Middlesex: Phoenix Lyon U23 (200m), Nia Forbes-Agyepong U17 (60m Hurdles), Stacey Gonzalez Betancourt V45 (Pole Vault) and Kenan Stephens U23 (Long Jump). There were bronze medals from – Middlesex: Nia Forbes-Agyepong U17 (60m), Lola Mccann-Ezekiel U17 (300m), Azaria Nwankwo U17 (60m Hurdles) and Sienna Corbyn U15 (Long Jump)

European Masters Indoor Championships – Took place from 29 March to 3 April in Ancona, Italy. Congratulations to European Double Champion Nengi Ossai (60m & 200m), a Silver Medal was won by Claire Spurway (60m) and Bronze Medal was won by Lisa Webb (1500m).

New Club Records:

Claire Spurway 60m in 7.94.

Beth Potter who ran in 32:03.45 in the 10000m

Lizzie Bird lowered her own British and SBH 3000m Steeplechase records 9:19.46 and then 9:07.87

Kyle Langford 800m 1:44.61 and then 1:44.49

Marli Jessop U20 Women's 100m Hurdles 13.38 w1.8

Emily Newnham U20 Women's 400m Hurdles 59.95 and then 59.03

Ellie Baker 1500 4.04.90

Alannah Fashanu U23 200m 23.32

Claire McGarvey U23 High Jump 1.75m

At the County Championships our winners were:

Bedfordshire – Hannah Foster U23 (200m and 400m) –

Berkshire–Amy Holder (Discus) –

Buckinghamshire – Claudia Kerry-Roger U20 (Discus) –

Cambridgeshire – Iona Newbegin U23 (100m and 200m), Morgan Webster (400m), Hannah Ridley (800m), Joseph Purbrick U20 (110m Hurdles) –

Essex – Hayley Mclean (200m) –

Hampshire – Travis Scottow U17 (Shot & Discus), Jessica-Charlie Bennett U20 (Hammer)

Hertfordshire – Ariana Gomes U20 (100m), Gerald Matthew (100m), Vanessa Ansuaa U20 (200m), Gerald Matthew (200m), Indea Adams-Burnett (200m), Phillipa Lowe (400m), Harry Webb

U15 (80m Hurdles), Edson Gomes (110m Hurdles), Abigail Edwards U15 (Pole Vault), Michael Adebakin U23 (Long Jump), Sarah Ridley (Shot), Katie Webb U20 (Discus)

Kent – Kacey Walters U20 (Triple Jump)

Middlesex – Dijani Barnor U13 (100m), Moiesha Savage U13 (100m), Angel McLeod U15 (100m), Nia Akintokun U17 (100m), Zico Jones U17 (200m), Anna Rose U17 (200m), Caleb Hilton U13 (800m), Jacob Clement U17 (800m), Arthur Phillips U15 (1500m), Sienna Corbyn U15 (75m Hurdles), Asher Escobar U15 (80m Hurdles), Nia Forbes-Agyepong U17 (80m Hurdles), Ruth-Ann Otaruoh U20 (Triple Jump), Nathan Fox (Triple Jump), Amy Clemens (Hammer)

Surrey – Confidence Lawson (200m), Jade Ive (Pole Vault), Paul Ogun (Long Jump)

Yorkshire – Scott Lincoln (Shot).

Suffolk Oliver Graham U23 won the Shot, Discus and Hammer.

At the BMAF Championships Lisa Webb V55 won the 800m and 1500 Gold Medals, Gary Smith V50 (2nd Claim) won the Gold Medal in the 100m Hurdles and Triple Jump and Silver Medals in the High Jump and Long Jump and Rosalind Zeffertt V60 won the Long Jump Gold Medals.

At the Welsh Senior and U15 Championships Jade Ive (HCA) won the SW Pole Vault, Paul Ogun (HCA) won the SM Long Jump, Shadine Duquemin won the Discus 1kg and Nick Percy won the Discus 2kg.

At the Hampshire Schools Championships Travis Scottow U17 (2nd Claim) won the Gold Medal in the Shot 5kg and the Silver Medal in the Discus 1.5kg and Grace Jenvey U20 (2nd Claim) won the Gold Medal Hammer 4kg

At the Hertfordshire Schools Championships there were Gold Medals for Lani Jaiyeola U13 in the 100m and 200m, Joseph Wheeler-Henry U15 in the 200m, Dina Silverman U15 in the 800m, Gianleo Stubbs U17 in the 1500m, Nia Forbes-Agyepong U17 in the 80m Hurdles, Harry Webb U15 in the 80m Hurdles, Alina Cofie U20 in the 100m Hurdles Rebecca Wheeler-Henry U20 in the High Jump, Katie Webb U20 Discus 1kg. There were Silver medals for Anna Rose U17 in the 200m, Jimi Adu U13 in the 75m Hurdles, Mia Higson U17 in the 300m, Abigail Edwards in the Pole Vault, Dijani Barnor U13 in the High Jump, Olivia Lava U20 in the Discus 1kg, Milo Grigson U17 in the Javelin 700g and Lani Jaiyeola U13 in the Long Jump. There Bronze medals for Tristan Lee U15 in the 300m, Eva Higson U15 in the 75m Hurdles, Rian Shah U15 in the 80m Hurdles and Jimi Adu U13 in the long Jump.

At the Area Championship our athletes won their respective titles – Southern U20/Senior Championships Jordan Watson Brown (SM 200m), Marli Jessop (U20 100m Hurdles), Joseph Purbrick (U20 110m Hurdles), Emily Newnham (U20 400m Hurdles), Brad Davies-Pughe (U20 Long Jump), Alexandra Baltazar-Hall (U20 Discus), Amy Holder (SW Discus), Gregory Thompson (SM Discus), Jessica-Charlie Bennett (U20 Hammer) and Philippa Davenall (SW Hammer) – Northern U20/Senior Championships Robert Shipley (SM 400m).

At the English Schools Championship there were Gold Medals for Mekhi Spence-Forde U17 in the 100m, Emily Newnham U20 in the 400m Hurdles and Travis Scottow U17 (2nd Claim) in the Shot 5kg. There were Silver Medals for Joseph Wheeler-Henry U15 in the 200m, Angel McLeod U15 in the 100m and Manon Baines U20 in the Pole Vault. Joseph Purbrick U20 won the Bronze Medal in the 110m hurdles.

At the World Masters Championships Kojo Kyereme V45 won the Gold Medal in the 5000m, Gary Smith V50 (2nd Claim) won the Silver Medal in the 100m and Nengi Ossai V45 won the Bronze Medal in the 100m.

At the England U20 And U23 Championships –we had 5 English champions. Eve Wright U23 Women's 100m, Marli Jessop U20 Women's 100m Hurdles, Emily Newnham U20 Women's 400m Hurdles, Brad Davies-Pughe U20 Men's Long Jump and Jessica-Charlie Bennett – U20 Women's Hammer. There were silver medals from Alannah Fashanu U23 (100m), Glen Quayle U23 (Pole Vault) and Oliver Graham U23 (Hammer). There were bronze medals from Sam Wiggins U23 (800m), Manon Baines U20 (Pole Vault) and Josh Woods U23 (Long Jump).

Marli Jessop competed in the 100m Hurdles at the World U20 Championships.

At the England Athletics Senior Championships Gold Medals were won by Jamal Rhoden-Stevens in the 400m, Hayley Mclean in the 400m Hurdles and Greg Thompson in the Discus 2kg. Silver

Medals were won by Daniel Bainbridge in the Javelin 800g and Jade Ive (HCA) in the Pole Vault. Ejone Kruger won the Bronze Medal in the Long Jump as did Lily Beckford in the 400m

At the South of England U13/U15/U17 Championships Angel McLeod U15 won the Gold Medal in the 100m and Silver in the 200m and Zico Jones U17 won the Gold Medal in the 400m. There were Silver Medals for Abigail Edwards U15 in the Pole Vault and Fred Taylor U15 in the Discus 1.25kg.

At the Scottish Athletics Senior/U17 Championships there were Gold Medals for Krishawn Aiken in the 100m and 200m, Lewis McGuire in the High Jump, Claire McGarvey U23 in the High Jump and Chris Bennett in the Hammer 7.26kg. There were Silver Medals for Ben McGuire in the Long Jump, Selina Henderson in the Long Jump and Angus McInroy V35 Shot 7.26kg and Discus 2kg. Daniel Rees won the Bronze Medal in the 400m Hurdles.

At the Welsh Athletics Junior Championships Jessica-Charlie Bennett U20 (2nd Claim) won the Gold Medal in the Hammer 4kg.

At the England Athletics U15 and U17 Championships Zico Jones U17 won the Gold Medal in the 400m and Henry Dover U17 won the Gold Medal in the 3000m and set a new Championship Best Performance. Travis Scottow U17 (2nd Claim) won the Silver Medal in the Shot 5kg.

SBH finished third at the Eastern Young Athletes League Top 8 Final.

At the TCS London Mini Marathon the following SBH athletes were selected to run for the London Borough of Barnet:

U13 Boys – Caleb Hilton, Zack Josephs, Edward Pascal, Laddie Shaw.

U13 Girls – Amber Jackson, Eliza Leibowitz.

U15 Boys – Jared Morris, Arthur Phillips, Euan Phillips, Austin Ward.

U15 Girls – Erin Giblin, Megan Hammond, Posie Shaw, Dina Silverman.

U17 Men – Daniel Banyard, Noah Clarke, Jacob Clement, Gianleo Stubbs, Callum Sydenham

U17 Women – Elizabeth Da Teresa.

Copthall Management Services Limited, a dormant company which was wholly owned by Shaftesbury Barnet Harriers and which originally held the management contract for Barnet Copthall Stadium, prior to the arrival of Saracens, was struck-off at Companies House on 1 March 2022.

On a sadder note, we need to report the passing of  
Glasford Jones  
Peter Tempest  
Neelam Kaderbhoy  
Ted Kimber

As always, 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 2022/23.

Philip Cunningham – General Secretary

29 November 2022

**Based on the Alan Weller weekly reports and newsletters**