

SBH BEST PERFORMANCE AWARDS 2022-2023

Took Place at the StoneX Stadium on Tuesday 28 November, following the SBH Annual General Meeting.

The Presentation of Awards were for the 2023 Track & Field season, and 2022-2023 Cross Country season for both Men and Women. Many thanks Club President **COLETTE HURLEY** who presented the awards, and the excellent photographs were taken by **MIGUEL GONZALEZ**.

This is the link showing all the 2023 Track & Field and 2022-2023 Cross Country winners -

The following photographs include a summary of their 2023 Track & Field or 2022-2023 Cross Country season.

EMILY NEWNHAM UNDER 20 – Received the Junior athlete of the year and U20 track trophies. **EMILY** has had an astonishing season, firstly she won the 400m Hurdles in the England Athletics U20 Championships, then in the European U20 Championships finished 4th setting a new club record (57.02). Ranking her UK No.1 U20 in 2023 and UK No.3 on the all-time list. **EMILY** also set a new 400m club record (52.15) when finishing 2nd in the England Athletics Senior Championships, ranking her UK No.2 U20 in 2023. Her 3rd club record in 2023 was the 200m (23.27 w0.7), which ranked her UK No.2 U20 in 2023.



EBUKA NWOKEJI UNDER 17 – Received the Junior athlete of the year and U17 track trophies. **EBUKA** has had an outstanding season, firstly in the 200m he has been almost unbeaten, in the England Athletics U17 Championships he won the title with a personal best (21.31 w-0.5). Ranking her UK No.1 U17 in 2023. In the 100m **EBUKA** set a club record (10.43 w0.9) in winning the Commonwealth Youth Games in Trinidad & Tobago, ranking him UK No.2 U17 in 2023



ANGUS BROWN UNDER 17 – Received the U17 field trophy.

ANGUS in his 2nd season of athletics, started 2023 with a bang, recording his pole vault personal best with (4.31m) indoors, ranking him UK No.2 U17 in 2023. **ANGUS** outdoor personal best (4.30m) was achieved at the England Schools Championships, in which he won the silver medal, ranking him UK No.3 U17 in 2023.



MYA MAIRS-INGRAM UNDER 17 – Received the U17 track and U20 800m cup trophies. **MYA** has made a massive improvement over the season, setting a new 800m club record (2:09.01) in the heats of the English Schools Championships, finishing 4th in the final. Ranking her UK No.10 U17 in 2023.



ABIGAIL EDWARDS UNDER 17 – Received the U17 field trophy.
ABIGAIL has had a very consistent season, with a (3.20m) in the Pole Vault, ranking her UK no.3 U17 in 2023. **ABIGAIL** won a bronze medal (3.11m) in the England Athletics U17 Championships.



ULANI MCCABE-HUGGINS UNDER 15 – Received the U15 field trophy.

ULANI in her 1st season of athletics, has shown big improvements throughout the season. **ULANI** has been an almost ever present in the eastern young athletes and middlesex leagues. Competing in both track and field events. PBs are 100m (13.60), 200m (28.14), LJ (4.86m), SP (9.27m) and DT (10.83m).



ISSAC VAN DEN BERGH UNDER 15 – Received the U15 field trophy, jointly with **CHU ONONOGBU** and **THOMAS ROBERTSON**.

ISSAC in his 2nd season of athletics, has improved his personal best to (3.80m) in the EYAL final, which ranks him UK No.2 U15 in 2023. **ISAAC** won the silver medal in the England Athletics U15 Championships, and has been an almost ever present in the EYAL.



THOMAS ROBERTSON UNDER 15 – Received the U15 field trophy, jointly with **CHU ONONOGBU** and **ISAAC VAN DEN BERGH**..

ISSAC in his 2nd season of athletics, has improved his personal best to (3.60m) in the EYAL, which ranks him UK No.5 U15 in 2023. **ISAAC** finished 4th in the England Athletics U15 Championships, and has been an almost ever present in the EYAL.



AIMEE PORTER UNDER 13 – Received the U13 track trophy, jointly with **ISLA BRASSNET**. **AIMEE** is in her 1st season with the club, and has been outstanding with personal bests in the 800m (2:28.49) and 1500m (5:03.78). Not only has she been an ever present in the EYAL and MYAL leagues, but has also currently run in all 3 metropolitan league fixtures, and winning the race at Kingsbury. She is a member of the U13 team which holds a substantial lead after 3 fixtures.



ISLA BRASSNET UNDER 13 – Received the U13 track trophy, jointly with **AIMEE PORTER**.
ISLA in her 1st season of athletics, has been outstanding with personal bests in the 100m (13.51), 200m (28.2) and long jump (4.50m8). Generally she has been 1st or 2nd in the EYAL league fixtures, **ISLA** won the silver medal in the Hertfordshire Schools Championships with a 100m personal best (13.51).



PHILIPPA DAVENALL – Received the senior field trophy from her SBH coach **JAMIE BATH**.. **PHILIPPA** joined Shaftesbury in 2021, and her personal best at the time in the hammer was (56.02m). **PHILIPPA** has been an ever present in the National Athletics League. In 2023 she finished 5th in the England Senior Championships, and her personal best was achieved at the Essex Championships with (62.13m), which ranked her UK No.9.



STACEY GONZALEZ V45 – Received the masters field trophy.
STACEY had a very succesfull 2023, firstly winning the British Masters Indoor pole vault title with (2.80m). **STACEY** then went to Torun in Poland and won the silver medal in the World Masters Indoor Championships, equalling her personal best (3.00m). Ranking her UK No.1 V45 in 2023.



JOEL PHILLIPS V45 – Received the masters 40+ club championship and masters 40-49 points trophy. **JOEL** has been very consistent all year, and has been our top veteran finisher in the metropolitan league fixtures this year, leading our succesfull veteran team to 2nd place in the recent metropolitan league fixtures at Hillingdon.

