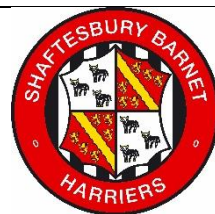


SHAFTESBURY BARNET HARRIERS

ANNUAL REPORT

1 OCTOBER 2022 to 30 SEPTEMBER 2023



Congratulations to Bryan Smith who was awarded the British Empire Medal which is an award for meritorious civil or military service worthy of recognition by the Crown. This is how Bryan received the notification of his honour – 'The King has been graciously pleased, on the occasion of the Celebration of His Majesty's Birthday, to approve the award of the British Empire Medal (Civil Division) to the undermentioned'.

At the World Championships, in Budapest, Hungary, Zharnel Hughes won a Bronze Medal in the 100m and was 4th in the 200m while also competing in the 4 x 100m relay. Charlie Dobson competed in the 4 x 400m relay winning a bronze medal. Scott Lincoln participated in the Shot Putt.

NEW CLUB RECORDS

Rosalind Zeffertt V60 2.40m in the Pole Vault

Rosalind Zeffertt broke her own V60 High Jump record with 1.18m

Emily Newnham U20 who broke her own Indoor U20 Women's Club Record with 53.18

Emily Newnham who broke her own Under 20 Women's 400m Hurdles record with 57.54

Emily Newnham set a new 200m Under 20 record with a time of 23.27

Emily Newnham in the Under 20 400m record, with 52.15

Jami Schlueter U23 who broke his own Indoor Senior Men's Club Record with 5618 points

Dennys Pascal U11 broke the 600m record with 1:45.21

Ebuka Nwokeji who broke the wind assisted Under 17 Men's 100m record with 10.58 w2.1

Chukwuma Ononogbu who set a new Under 15 Boys Discus record (43.30m)

Zharnel Hughes who broke the 100m record with 9.87

Zharnel Hughes who broke his own 200m Senior Men club record with 19.73

Zico Jones, Joseph Wheeler-Henry, Brandon Kufazvinei and Ebuka Nwokeji who broke the Under 17 Men 4x100m record with a time of 41.23

Lola Mccann-Ezekiel, Mia Higson, Nia Akintokun and Anna Rose who broke the Under 20 Women 4x100m record with a time of 48.40

At the European Cross Country Championships in Turin, Charles Hicks won gold in the under-23 men's race and lead GB to men's team to victory.

At the Hertfordshire Cross Country Championships there were gold medals for Gianleo Stubbs U17 and Mark Pearce in the Senior Men where Tom Butler won the Silver Medal. Thomas Cadwallader U15 and Max Winfield U20 won Bronze Medals.

At the Essex Cross Country Championships Henry Dover U17 won the Silver Medal.

At the Middlesex Centenary Cross Country Ben Kaspar U11 won the Gold Medal as did Arthur Phillips U15. Bronze medals were also won by Joshua Fisher U20 and Dennys Pascal U11.

At the Southern Indoor U13/U15/U17 Championships our winners were Ebuka Nwokeji U17 in the 60m and Zico Jones U17 in the 400m. There were silvers for Angus Brown U17 and Abigail Edwards U17 in the Pole Vault and for Angel Mcleod U15 in the 60m. Bronze medals were won by Ebuka Nwokeji U17 in the 200m, Mia Higson U17 in the 400m, Nia Forbes-Agyepong U17 in the 60m Hurdles and Chu Ononogbu U15 in the Shot 4Kg.

At the Southern Indoor U20/Senior Championships there were golds for Jade Ive (HCA) in the Pole Vault, Paul Ogun (HCA) in the Long Jump and Marli Jessup U23 in the 60 Hurdles. There were silver medals for Rebecca Wheeler-Henry U20 in the High Jump and Hayley Mclean in the 400m. Malachi Amadi U20 in the 200m and Sam Hazell in the 400m won Bronze Medals.

At the England Athletics U20/U17 & U15 Indoor Championships we had 15 athletes competing, with Zico Jones U17 becoming English Champion in the 400m, a silver medal from Abigail Edwards U17 in the Pole vault, and bronze medals from Angel Mcleod U15 in the 60m, Ruben

Hedman U20 in the 60m Hurdles, Kimani Jack U20 in the High Jump, and Angus Brown U17 in the Pole Vault.

At the Southern Counties Veterans Championships there were gold medals for Sean Sutherland V50 in the 200m, Stacey Gonzalez V45 and Rosalind Zeffertt V60 in the Pole Vault, Claire Spurway V40 in the 400m and Gary Smith V50 (2nd Claim) in the 60m Hurdles. Silver medals were won by Johnson Ogunniyi V50 in the 200m, Sean Sutherland V50 in the 400m, 60m and high jump, Gary Smith V50 (2nd Claim) and by Johnson Ogunniyi V50 in the long jump. Mark Holden-Aikhomu V60 won bronze in the Shot 5kg.

At the UK Athletics Senior Indoor Championships Ellie Baker won gold in the 1500m. There were 2 other championship winners, firstly Jade Ive won the Pole Vault title and Scott Lincoln won the Shot Putt title. There was a Silver Medal for Marli Jessop in the 60m Hurdles and a Bronze Medal from Akin Coward in the High Jump.

British Masters Indoor Championships we came away with 7 Gold Medals, 2 each from Claire Spurway and Lisa Webb, and one each from Stacey Gonzalez, Shereen Charles and Gary Smith.

There was an excellent day for Shaftesbury at the National Cross-Country Championships with the run of the day coming from Henry Dover winning the Under 17 title and it was good to see David Stone on the podium again, taking the Bronze Medal in the Senior Men's race.

Our Cross-Country Club Champions were:

U11 Boys - Ben Kaspar
U13 Boys - Edward Pascal
U15 Boys - Arthur Phillips
U17 Men - Jacob Clement
U20 Men - Max Winfield
5 Miles Senior Men - Thomas Butler
9 Miles Senior Men - Thomas Butler
Masters Men 40+ - Joel Phillips
U11 Girls - Lucia Casalenuovo
U13 Girls - Mei Hayakawa
U17 Women - Evie Winston
U20 Women - Elena Roncarati
Senior Women - Emilia Economu

Our Cross-Country Points Winners were:

Under 11 Boys - Ben Kaspar
Under 13 Boys – Caleb Hilton
Under 15 Boys – Arthur Phillips
Under 17 Men – Daniel Banyard
Under 20 Men – Finn MacCarthy
Senior Men – Thomas Butler
Masters Men 40-49 – Joel Phillips
Masters Men 50-59 – Barry Haws
Masters Men 60-69 – Robert Rigby
Under 11 Girls – Sienna Darcy
Under 13 Girls – Mei Hayakawa
Under 15 Girls – Posie Shaw
Under 17 Women – Elizabeth Da Teresa
Under 20 Women – Abi Greene
Senior Women – Elana Dimmer
Masters Women – Cecilia Martinez-Nunez

At the Hertfordshire Indoor Championships there were gold medals for Rebecca Wheeler-Henry U20 in the high Jump, Thomas Robertson U15 in the Pole Vault and Angus Brown U17 also in the Pole Vault. There were silver medals for Issa Phillips-Pope U17 and Abigail Edwards U17.

At the Middlesex Indoor Championships there were gold medals for Angel Mcleod U15 in the 60m, Ebuka Nwokeji U17 in the 60m and 200m, Seth Rennie-Roddy U15 in the 300m, Ella Buckley

U15 in the 300m, Jacob Clement U17 in the 800m, Emma McCluskey U20 in the 1500m, Sebastian Betarano-Ramirez U20 in the 60m Hurdles, Jordan Ngige U17 in the High Jump, Callum Sydenham U20 in the Triple Jump and Milo Rynehart U15 in the Shot 4kg.

At the World Masters Indoor Championships Stacey Gonzalez V45 won the Silver Medal and Rosalind Zeffertt V60 won the Bronze Medal both in the Pole Vault.

Congratulations to Edwin Yamoah who had yet again another outstanding World Transplant Games 2023 winning a Gold Medal in the Long Jump and 4x100m Relay and a Silver Medal in the 100m.

At the London Borough of Barnet Mini Marathon, Gianleo Stubbs won the Under 17 Men and Jonah Marks came third.

Congratulations to Georgia Bell who won the Women 30-34 title at the World Triathlon/Duathlon Championships.

Congratulations to the following 30 SBH athletes who won County Titles.

Bedfordshire - Grace Nyaongo U15 (100m and Long Jump) – **Buckinghamshire and Oxfordshire** - Giles Kerry-Roger U15 (Discus), Emma Beardmore V35 (Discus) – **Cambridgeshire** Joseph Purbrick U20 (100m and 110m Hurdles) – **Essex** Rebecca Jeggo SW (100m) – **Hampshire** Jamal Rhoden-Stevens SM (100m), Olivia Allbut U23 (400m Hurdles), Travis Scottow U20 (Shot) – **Hertfordshire** Hannah Foster U23 (100m and 200m), Sam Hazell (400m), Isaac Van Den Bergh U15 (Pole Vault), Abigail Edwards U17 (Pole Vault) – **Middlesex** Angel Mcleod U15 (100m and 200m), Ebuka Nwokeji U17 (200m), Daniel Banyard U20 (800m), Charlotte Harris U20 (800m), Edward Pascal U13 (1500m), Posie Shaw U13 (1500m), Arthur Phillips U15 (1500m), Vera Doudko U13 (70m Hurdles), Alina Cofie U20 (100m Hurdles), Macie Sutherland U15 (300m Hurdles), Ogo Anochirionye (Long Jump), Callum Sydenham U20 (Triple Jump), Elkie Baker U15 (Discus), Gregory Thompson SM (Discus), Millie Roxburgh U15 (Javelin), Milan Trajkovic U23 (Javelin) – **Suffolk** Alastair Brown U20 (Shot, Discus and Hammer), Oliver Graham U23 (Shot, Discus, Hammer and Javelin).

At the Scottish Senior Championships Nick Percy Discus 2kg won gold and Selina Henderson won silver in the Long Jump.

An excellent day for our athletes at the Hertfordshire Schools Championships with 12 Gold Medals, 6 Silver and 9 Bronze. Our champions were Ben Misaye 200m U13B, Mia Higson 300m U17W, Dina Silverman 800m – U17W, Gianleo Stubbs 1500m – U17M, Max Winfield 1500m – U20M, Samuel Greenstein 3000m – U20M, Harry Webb 80m Hurdles – U15B, Nia Forbes-Agyepong 80m Hurdles – U17W, Rebecca Wheeler-Henry High Jump – U20W, Angus Brown Pole Vault – U17M, Chu Ononogbu Discus 1.25kg – U15B and Gabe Lamb Discus 1.75kg – U20M.

At the Middlesex Schools Championships our champions were Angel Mcleod 100m – U15G, Tami George 100m – U17W, Jaian Saunders 200m – U17M, Ella Buckley 300m – U15G, Adanna Mazinwosu 300m – U17W, Zico Jones 400m – U17M, Charlotte Harris 400m – U20W, Larissa Wilson 800m – U17W, Arthur Phillips 1500m – U15B, Posie Shaw 1500m – U15G, Macie Sutherland 300m Hurdles – U17W, Ella Buckley Long Jump – U15G and Elkie Baker U15 Girls Discus.

At the English Schools Championships there were numerous successes for SBH athletes: 100m – U15G Angel Mcleod (Middlesex) won the Gold Medal, 200m Ebuka Nwokeji (Northamptonshire) won the Gold Medal, 200m – U17W Tami George (Middlesex) won the Bronze Medal. 3000m – U17M Gianleo Stubbs (Middlesex) won the Silver Medal, Pole Vault – U15B Isaac Van Den Bergh (Hertfordshire) won the Bronze Medal, Pole Vault – U17M Angus Brown (Hertfordshire) won the Silver Medal, Shot 6kg – U20M Alastair Brown (Suffolk 2nd Claim) won the Silver Medal, Discus 1kg – U17W Elkie Baker (Middlesex 2nd Claim) won the Bronze Medal, Discus 1.25kg – U15B, – U20M Pharrell Harewood (Leicestershire and Rutland) won the Bronze Medal and Hammer 4kg – U20M Gracie Jenvey (Hampshire 2nd Claim) won the Silver Medal.

At the UK Athletics Championships Includes World Championship Trials Zharnel Hughes won the Gold Medal in the 100m and 200m, Michael Ohioze won the Bronze Medal in the 400m, Marli Jessop U23 won the Bronze Medal 100m Hurdles, Lina Nielsen won the Silver Medal and Emily Newnham U20 won the Bronze in the 400m Hurdles, Scott Lincoln (HCA) won the Gold Medal in

the Shot 7.26kg and Nick Percy won the Silver Medal in the Discus 2kg and Gregory Thompson won the Bronze Medal.

Beth Potter won silver at the World Triathlon Championship Super Sprint.

Charles Hicks won the European Under 23 5000m title.

At the England Athletics Senior And Disability Championships Hayley Mclean won the Gold Medal in the 400m Hurdles, Nick Percy won the Gold Medal and Gregory Thompson won the Silver Medal in the Discus 2kg, Ethan Walsh won the Silver Medal in the Pole Vault, Shadine Duquemin won the Silver Medal and Amy Holder (HCA) won the Bronze Medal in the Discus 1kg, Emily Newnham U20 won the Silver Medal in the 400m and Marli Jessop U23 won the Bronze Medal in the 100m Hurdles.

At the England Athletics U15/U17 Championships Ebuka Nwokeji U17 won the Gold Medal in the 100m and 200m, Harry Webb U15 won the Bronze Medal in the 80m Hurdles, Isaac Van Den Bergh U15 won the Silver Medal in the Pole Vault, Abigail Edwards U17 won the Bronze Medal in the Pole Vault and Elkie Baker U15 (2nd Claim) won the Silver Medal in the Discus 1kg.

At the Southern U13, U15 & U17 Championships Tami George won the Silver Medal in the 100m and Bronze in the 200m, Nia Forbes-Agyepong won the Gold Medal in the 80m Hurdles, Isaac Van Den Bergh won the Silver Medal in the Pole Vault, Abigail Edwards won the Bronze Medal in the Pole Vault and Elkie Baker (2nd Claim) won the Gold Medal in the Discus 1kg.

At the Scottish Athletics Senior & U17 Championships Krishawn Aiken won the Silver Medal in the 100m and the Gold Medal in the 200m, David Smith won the Gold Medal in the High Jump, Nick Percy won the Gold Medal in the Discus 2kg, Chris Bennett won the Gold Medal in the Hammer 7.26kg and Craig Moncur U23 won the Silver Medal in the Javelin 800g.

Ebuka Nwokeji U17 won the Silver Medal in the 100m final at the Commonwealth Youth Games.

At the Southern Road Relays, the SBH Senior Men broke the Championships record of set in 1997 by over a minute with (1:47:23) with Tom Butler, Henry Dover, Jeremy Dempsey, Kieran Clements, Dylan Evans and Jamie Dee.

Kojo Kyereme V45 won the Silver Medal in the 1500m at the European Masters T&F Championships.

At the Southern U15/U17 Inter Counties Championships William Sylvester (Hertfordshire) won the Silver Medal in the Pole Vault and Elkie Baker U15 (Middlesex 2nd Claim) won the Gold Medal in the Discus 1kg.

At the British Masters Championships Gary Smith V50 (2nd Claim) won the Silver Medal in the 100m Hurdles, Rosalind Zeffertt V60 won the Gold Medal in the Pole Vault and Emma Beardmore V35 (2nd Claim) won the Silver Medals Shot 4kg and the Weight 9.08kg and the Gold Medal in the Discus 1kg.

There was success at the European Masters T&F Championships with Emma Beardmore V35 winning 2 Gold in the Discus and Weight and a Silver Medal in the Hammer. Joylyn Saunders-Mullins V70 won 2 Silver Medals in the 200m and 400m. Timothy Saunders-Mullins V70 finished 7th in the Weight and 10th in the Hammer.

On a sadder note, we need to report the passing of George Harrison MBE and Kai Gordon.

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 2023/24.

Philip Cunningham – General Secretary
28 November 2023

Based on the Alan Weller weekly reports and newsletters