

SHAFTESBURY BARNET HARRIERS

ANNUAL REPORT

1 OCTOBER 2023 to 30 SEPTEMBER 2024



At the Olympics we had seven representatives:

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| ELIZABETH BIRD | GBR 3000m Steeplechase |
| ZHARNEL HUGHES | GBR 100m and 4 x 100m Relay |
| LINA NIELSEN | GBR 400m Hurdles and 4x400m Relay |
| NICK PERCY | GBR Discus |
| BETH POTTER | GBR Triathlon, Individual and Mixed Relay |
| CHARLIE DOBSON (HCA) | GBR 400m and 4x400m Relay |
| SCOTT LINCOLN (HCA) | GBR Shot |

NEW CLUB RECORDS

EMILY NEWNHAM U23 400m club record with a time of 53.70i
CHARLES HICKS 5000m club record, with a time of 13:09.38i
ROSALIND ZEFFERTT V60 club records in the Long Jump 3.51mi, 200m 35.20i, Pole Vault 2.40mi and 60m 9.95i
DENNYS PASCAL Under 13 Boys Indoor 800m time of 2:23.31i.
TAMI GEORGE who equalled the U17 Women Indoor 60m time with 7.68i
TAMI GEORGE U17 Women Indoor 200m time with 24.34i
HOLLY RYAN U15 Girls Indoor 300m time with 40.18i.
POSIE SHAW U17 Women Indoor 800m time with 2:12.54i
EVELYNE FONTEYNE U23 High Jump personal best 1.81mi
HOLLY RYAN U15 who in the 300m ran 40.02
MALIA ANDERSON-WATSON U15 who in the 3kg Hammer threw 29.62m
EMILY NEWNHAM who in the 400m Hurdles race as an U23 ran 56.85.
TAMI GEORGE who lowered the U17 Women's 100m time with 12.04 w0.6 and a windy time of 11.95 w2.7
HOLLY RYAN who recorded a 200m windy Club Record (24.82 w2.6).
ROSALIND ZEFFERTT who equalled her own Women's 60-64 Pole Vault Club Record (2.40m) and the long jump record with 3.91m.
ELSA SHABANI who raised the U17 Women's 3kg Shot record with 13.76m
CHU ONONGBU who broke his own U15 Discus 1.25kg Club Record with a throw of 53.12m
RENEE REGIS who lowered the U20 Women's 100m time with 11.43 w-0.4
RENEE REGIS who lowered the U20 Women's 200m club record with 23.15 w-0.6
GEORGINA WARMATE who lowered the U11 Girls 150m time with 21.41 w0.4
HENRY DOVER U20 who lowered the club 3000m record to 7:57.47
ANU JAIYEOLA who set a U13 100m Club Record with a time of 12.74 w0.6
STACEY GONZALEZ who raised the W50 Discus to 27.30m (1kg), Hammer to 29.35m (4k) and Shot to 7.82m (4kg)
NICK PERCY who set a Scottish record with 67.73m in the Discus

At the National Road Relays our Senior Men finished 4th with TOM BUTLER, HENRY DOVER, JEREMY DEMPSEY, KIERAN CLEMENTS, DYLAN EVANS and JAMIE DEE

HENRY DOVER had an outstanding win in the men's under-20 race at the British Athletics Cross Challenge which included the European Trials

At the National Cross Country Relays our team of THOMAS BUTLER, JEREMY DEMPSEY, KIERAN CLEMENTS and DYLAN EVANS battled their way to 4th place.

STEVE MARSHALL was the recipient of the 'Inspiring Official of the Year' at the London Volunteer Awards Evening.

HENRY DOVER U20 came 6th at the European Cross Country Championships

Our Cross-Country Club Champions were:

U11 Boys – William Stockdale
U13 Boys – Edward Pascal
U15 Boys – Arthur Phillips
U17 Men – Gianleo Stubbs
5 Miles Senior Men – Thomas Butler
9 Miles Senior Men – Dylan Evans
Masters Men 40+ - Joel Phillips
U11 Girls – Grace Rooney
U13 Girls – Aimee Porter
U15 Girls – Posie Shaw
U20 Women – Evie Winston

Our Cross-Country Points Winners were:

| | |
|---------------|-------------------|
| U11 Girls | Grace Rooney |
| U13 Girls | Aimee Porter |
| U15 Girls | Posie Shaw |
| U17 Women | Phoebe Music |
| Junior Women | Evie Winston |
| Senior Woman | Nicola Payne |
| U11 Boys | Dennys Pascal |
| U13 Boys | Edward Pascal |
| U15 Boys | Arthur Phillips |
| U17 Men | Adam O’Gorman |
| Senior Men | Thomas Butler |
| Masters 40-49 | Joel Phillips |
| Masters 50-59 | Tim Butler |
| Master 60-69 | Philip Cunningham |

At the Southern U17, U15, U13 Indoor Championships we had success with Gold Medals for U15B JOSHUA NYMAN in the 60m and in the 200m and U13B DENNYS PASCAL in the 800m. There were Silver Medals for U13G ANU JAIYEOLA in the 60m, U15B CHU ONONOGBU in the Shot 4kg, U15G JAIAN SAUNDERS in the 200m, U17W POSIE SHAW in the 800m and U17W TAMI GEORGE in the 200m. There were Bronze Medals for U15G HOLLY RYAN in the 300m, U13G ANU JAIYEOLA in the Long Jump and U17W ELSA SHABANI in the Shot 3kg.

At the Northern Indoor Championships ROBERT SHIPLEY (HCA) won the Silver Medal in the 800m.

Again, the club did well at the County Cross Country Championships. Our County Champions were – Hertfordshire GIANLEO STUBBS U17 and Middlesex DENNYS PASCAL U11. There were Silver Medals from AIMEE PORTER U13, TOM BUTLER SM and INDIRA PATEL U23 SW at Hertfordshire – WILLIAM STOCKDALE U11, ARTHUR PHILLIPS U15 and POSIE SHAW U15 at Middlesex and BENJAMIN WILLS SM won the Silver Medal at Hampshire.

At the World Indoor Championships SCOTT LINCOLN (HCA) came 10th in the Shot and LINA NIELSEN was part of GB&NI 4x400m Relay team which won the Bronze Medal with a National Record.

WILLIAM STOCKDALE U11 won the Gold Medal at the National Primary Schools Championships.

At the BUCS Indoor Championships EMILY NEWNHAM U23 set a meeting record in winning the Gold Medal in the SW 400m and in the High Jump SM KIMANI JACK U23 also won the Gold Medal. In the High Jump EVELYNE FONTEYNE U23 won the Silver Medal.

At the UK Athletics Indoor Championships Including European Trials SCOTT LINCOLN (HCA) won the Gold Medal in the Shot 7.26kg and there were Silver Medals for LINA NIELSEN in the 400m and JADE IVE (HCA) in the Pole Vault. JESSICA HUNTER 60m Hurdles and AKIN COWARD High Jump won Bronze Medals.

At the Indoor British Masters Championships ROSALIND ZEFFERTT V60 won Gold in the Pole Vault, GARY SMITH V50 (2nd Claim) won the Silver Medal in the 60m Hurdles and there were

Bronze Medals from KOJO KYEREME V45 in the 400m and EMMA BEARDMORE V35 (2nd Claim) in the Shot Putt.

At the England Athletics U20, U17 And U15 Indoor Championships –

60m –JOSHUA NYMAN U15 won the Silver Medal

60m –TAMI GEORGE U17 won the Bronze Medal

60m –TEDDY WILSON U20 won Gold and EBUKA NWOKEJI U20 won Silver

200m –TAMI GEORGE U17 won the Gold Medal

300m –HOLLY RYAN U15 won the Gold Medal

800m – POSIE SHAW U17 won the Bronze Medal

Pole Vault –ANGUS BROWN U20 won the Bronze Medal

Pole Vault –MANON BAINES U20 won the Gold Medal

Shot 6kg –ALASTAIR BROWN U20 (2nd Claim) won the Gold Medal

At the Middlesex Schools Cross Country Championships BEN KASPAR won the minor boys with DENNYS PASCAL coming second. In the Junior Boys – JESSE ABRAHAMS came third with ARTHUR PHILLIPS also coming third in the Intermediate Boys. The Intermediate Girls race was won by POSIE SHAW. In the Senior Girls EMMA MCCLUSKEY (2nd Claim) won with CHARLOTTE HARRIS (2nd Claim) coming third.

At the Southern U20 and Senior Indoor Championships:

60m – EBUKA NWOKEJI U20 won the Gold Medal

400m – SW HAYLEY MCLEAN won the Gold Medal

800m – U20W MYA MAIRS-INGRAM U20 won the Silver Medal

60m Hurdles – NIA FORBES-AGYEPONG U20 won the Silver Medal and ALINA COFIE U20 won the Bronze Medal

60m Hurdles – SM RUBEN HEDMAN U23 won the Gold Medal

High Jump – U20W REBECCA WHEELER-HENRY won the Bronze Medal

High Jump – SM AKIN COWARD won the Gold Medal

Pole Vault – ANGUS BROWN U20 won the Silver Medal

Long Jump – SM PAUL OGUN (HCA) won the Bronze Medal

Triple Jump – SM DANIEL LEWIS won the Gold Medal

Shot 6kg – ALASTAIR BROWN U20 (2nd Claim) won the Gold Medal and BRIAN ANENE U20 won the Bronze Medal

Shot 7.26kg – SM EVAN CAMPBELL won the Silver Medal

At the Southern Cross Country Championships there were top ten finishes from

Under 15 Boys (4500m) – ARTHUR PHILLIPS U15 9th

Under 15 Girls (4500m) – POSIE SHAW U15 5th

Under 17 Men (6000m) – GIANLEO STUBBS U17 8th

Senior Men (15000m) – DYLAN EVANS 6th and THOMAS BUTLER 7th

At the Welsh Senior and U15 Championships we had two Gold medallists:

High Jump – SW EVELYNE FONTEYNE U23 won the Gold Medal

Pole Vault – SW JADE IVE (HCA) also won the Gold Medal

At the European Masters KOJO KYEREME M45 won Gold in the 1500m and Silver in the 800m.

There were numerous medallists in the County Indoor Championships:

Hertfordshire Indoor Championships

400m – U20W MIA HIGSON won the Bronze Medal

400m – SM JOSHUA NAMIECH-OYEBOLA won the Gold Medal

60m Hurdles – U17W EVA HIGSON won the Gold Medal

High Jump – U20W REBECCA WHEELER-HENRY won the Gold Medal

Pole Vault – U15B NOAH VAN DEN BERGH won the Gold Medal

Pole Vault – U17M ISAAC VAN DEN BERGH won the Gold Medal and ISSA PHILLIPS-POPE won the Silver Medal

Shot 6kg – U20M BRIAN ANENE won the Gold Medal

Middlesex Indoor Championships

60m – U15B JOSHUA NYMAN won the Silver Medal

60m – U15G MOIESHA SAVAGE won the Gold Medal

60m – U17W TAMI GEORGE won the Gold Medal
60m – U20M NATHAN FERNANDES won Bronze and OLIVER LAURENS won the Silver Medal
200m – U15B JOSHUA NYMAN won the Gold Medal and BEN BAMISAIYE won the Silver Medal
200m – U17M JAIAN SAUNDERS won the Gold Medal
200m – U17W AMI GEORGE won the Gold Medal
300m – U17W ADANNA MAZINWOSU won the Bronze Medal
400m – U20M JADEN AULIS won the Bronze Medal
400m – U20W MYA MAIRS-INGRAM won the Gold Medal and CHARLOTTE HARRIS (second claim) won the Silver Medal with LOLA MCCANN-EZEKIEL winning the Bronze Medal
800m – U17M JOHN DIRACLES won the Bronze Medal
800m – U20M JACOB CLEMENT won the Gold Medal
1500m – U20M CALLUM SYDENHAM (2nd Claim) won the Gold Medal and NOAH CLARKE (2nd Claim) won the Silver Medal
60m Hurdles – U17M SETH RENNIE-RODDY won the Silver Medal
60m Hurdles – U17W MACIE SUTHERLAND won the Silver Medal
60m Hurdles – U20M SEBASTIAN JOSE BEJARANO-RAMIREZ won the Bronze Medal
60m Hurdles – U20W ALINA COFIE won the Gold Medal and AZARIA NWANKWO won the Bronze Medal
High Jump – U17M JAMES WALTERS won the Silver Medal
Long Jump – SW ROSALIND ZEFFERTT V60 won the Bronze Medal
Shot 3kg – U17W ELSA SHABANI won the Gold Medal and KEIRA LAKE-BRYAN won the Silver Medal
Shot 4kg – U20M NAOMI OGGUNIYI won the Silver Medal

At the English Schools Cross Country Championships HENRY DOVER U20 came 5th in the Senior Boys race.

At the CAU Inter County Championships Inc World Trial also British Athletics Cross Challenge in the U20 Men 8000m HENRY DOVER U20 (Essex) came 3rd and in the Senior Men 10000m JEREMY DEMPSEY came 6th.

There were top 10 finishers at the TCS Money London Mini Marathon for:

U13 Girls – AIMEE PORTER 4th

U15 Boys – ARTHUR PHILLIPS 7th

U17 Men – ADAM O'GORMAN 4th and GIANLEO STUBBS 5th

Congratulations to the following Shaftesbury County Championship title holders –

Middlesex ANU JAIYEOLA U13 (100m, 200m and Long Jump), JOSHUA NYMAN U15 (100m and 200m), MOIESHA SAVAGE U15 (100m), PHOENIX LYON SM (100m and 200m), JAIAN SAUNDERS U17 (200m), TAMI GEORGE U17 (200m), MALACHI AMADI U20 (200m), DIJANI BARNOR U15 (300m), ADANNA MAZINWOSU U17 (300m), LARISSA WILSON U20 (400m), POSIE SHAW U17 (800m), JACOB CLEMENT U20 (800m), MYA MAIRS-INGRAM U20 (800m), DENNY PASCAL U13 (1500m), RAFI GAYER U20 (1500m), CALLUM SYDENHAM U20 (5000m) second claim, SETH SAUNDERS U13 (75m Hurdles), NIA FORBES-AGYEPONG U20 (100m Hurdles), MACIE SUTHERLAND U17 (300m Hurdles), AZARIA NWANKWO U20 (400m Hurdles), ROSALIND ZEFFERTT V60 (High Jump), MILLI BRIDGMAN-ATHANASATOS U17 (Long Jump and Triple Jump), KENAN STEPHENS U23 (Triple Jump), ELSA SHABANI U17 (Shot), MILO RYNEHART U15 (Shot, Discus and Hammer), AKHAILA COLLINS U20 (Shot and Javelin), MALIA ANDERSON-WATSON U20 (Discus and Hammer), KEIRA LAKE-BRYAN U17 (Hammer), AMY CLEMENS SW (Hammer).

Hertfordshire NOAH VAN DEN BURGH U15 (Pole Vault), THOMAS ROBERTSON U17 (Pole Vault), ANGUS BROWN U20 (Pole Vault), BRIAN ANENE U20 (Shot)

Hampshire EVAN CAMPBELL SM (High Jump), GRACIE JENVEY U20 (Hammer)

Surrey HOLLY RYAN U15 (200m and 300m), PAUL OGUN (HCA) SM (Long Jump)

Wiltshire LYDIA ROGERS SW (Long Jump and Triple Jump)

Yorkshire ROBERT SHIPLEY (HCA) SM (800m)

Essex HAYLEY MCLEAN SW (200m and 400m)

Norfolk DECARE DAVIES U23M (200m)

Suffolk ALASTAIR AXTEL U20M (Discus, Shot and Hammer), OLIVER GRAHAM SM (Discus and Hammer)

Surrey PAUL OGUN (Triple Jump)

At the Welsh Championships NICK PERCY won the Gold Medal in the Discus 2kg

At the European Championships CHARLIE DOBSON (HCA) won the Silver Medal in the 400m, LINA NIELSEN finished 7th in the 400m Hurdles, LIZZIE BIRD won the Bronze Medal in the 3000m Steeplechase with Mark Pearce also competing in the 3000m Steeplechase. In the 4x400m Mixed Relay EMILY NEWNHAM U23 ran in the GB&NI team that came 5th and SCOTT LINCOLN (HCA) finished 4th in the Shot 7.26kg.

At the Southern Senior and U20, U15/U17 Championships:

RENEE REGIS U20 won the Gold Medal in the 100m

PHOENIX LYON won the Silver Medal in the 200m.

NIA FORBES-AGYEPONG U20 won the Gold Medal and ALINA COFIE U20 won the Silver Medal in the 100m Hurdles

RUBEN HEDMAN U23 won the Bronze Medal in the 110m Hurdles

HAYLEY MCLEAN won the Gold Medal in the 400m Hurdles

PAUL OGUN V35 (HCA) won the Gold Medal in the Long Jump

REUBEN VAUGHAN won the Silver Medal in the Discus 2kg

AMY CLEMENTS won the Silver Medal in the Hammer 4kg

DANIEL BAINBRIDGE won the Gold Medal in the Javelin 800g

England Senior and Under 20 Championships we had 7 England champions, TEDDY WILSON won the U20 100m, RENEE REGIS won the U20 200m, COLUMBA BLANGO T20 won the SM Para Amb 400m, ROBERT SHIPLEY (HCA) won the SM 800m, JADE IVE (HCA) won the SW Pole Vault, KIMANI JACK won the U23M High Jump and AKIN COWARD won the SM High Jump. There were 5 Silver Medals from HENRY DOVER U20M 5000m, RUBEN HEDMAN U23M 110m Hurdles, HAYLEY MCLEAN SW 400m Hurdles, LILY HOLT U23W High Jump and ALASTAIR BROWN (HCA) U20M Shot. There were 3 Bronze Medals from MYA MAIRS-INGRAM U20W 800m, THOMAS BUTLER SM 5000m and EVELYNE FONTEYNE U23W High Jump.

At the English Schools Championships Shaftesbury had 33 athletes competing. We had 2 English champions, firstly CHU ONONOGBU U15 won the Junior Boys Discus, and our 2nd champion was ANGUS BROWN U20 who won the Senior Boys Pole Vault. There were 4 Silver Medals from HENRY DOVER U20 (1500m Senior Boys), ELKIE BAKER (2nd claim) U17 (Discus Intermediate Girls), ALASTAIR BROWN U17 (Shot Intermediate Boys) and MILO RYNEHART U15 (Hammer Junior Boys). There were 4 Bronze Medals from HOLLY RYAN U15 (300m Junior Girls), POSIE SHAW U17 (800m Intermediate Girls), MYA MAIRS-INGRAM U20 (800m Senior Girls) and AZARIA NWANKWO U20 (100m Hurdles Senior Girls).

Shaftesbury successfully defended their Middlesex Young Athletes League title they won last year, with an outstanding four wins from their four fixtures.

At the UK Championships Incorporating Olympic Trials

MICHAEL OHIOZE won the Bronze Medal in the 200m, CHARLIE DOBSON (HCA) won the Gold Medal in the 400m, JESSICA HUNTER won the Bronze Medal in the 100m Hurdles, LINA NIELSEN won the Gold Medal in the 400m Hurdles, LIZZIE BIRD won the Gold Medal in the 3000m Steeplechase, AKIN COWARD won the Silver Medal in the High Jump, SCOTT LINCOLN (HCA) won the Gold Medal in the Shot, NICK PERCY won the Silver Medal in the Discus and DANIEL BAINBRIDGE won the Bronze Medal in the Javelin.

At the Eastern Championships ALASTAIR BROWN U20 (2nd Claim) won the Gold Medal in the Discus 1.75kg and the Silver Medal Hammer 6kg.

At the World Masters Championships KOJO KYEREME V45 won the Silver Medal in the 800m and STEVEN GARRETT V35 won the Silver Medal in the 400m Hurdles.

At the Scottish Athletics Senior/U17 Championships KRISHAWN AIKEN won the Gold Medal in the 100m and Silver in the 200m, CLAIRE MCGARVEY shared the Bronze Medal in the High Jump, NICK PERCY won the Gold Medal in the Discus and CHRIS BENNETT won the Silver Medal in the Hammer.

At the Southern U13/U15/U17 Championships we had three Southern Champions, POSIE SHAW U17 (800m), GRACE NYAONGO U15 (Long Jump) and HARLEY HENRY U17 (Triple Jump). There was a Silver Medal from ANU JAIYEOLA U13 (100m), and Bronze Medals from TAMI GEORGE U17 (100m and 200m).

At The England Athletics U15 and U17 Championships, JOSHUA NYMAN U15 won the Silver Medal in the 100m and the Bronze Medal in the 200m, HOLLY RYAN U15 won the Bronze Medal in the 300m, CHU ONONOGBU U15 won the Gold Medal in the Discus 1.25kg and JAMI SCHLUETER U23 won the Bronze Medal in the Decathlon.

At the British Masters Championships M50 GARY SMITH V50 (2nd Claim) won the Silver Medal 100m Hurdles, ROSALIND ZEFFERTT V60 won the V60 Gold Medal in the Pole Vault, PAUL OGUN V35 (HCA) won the Gold Medal in the Long Jump, GARY SMITH V50 (2nd Claim) won the Bronze Medal in the Long Jump, GABOR KISS V40 won the Silver Medal in the 2kg Discus and Shot, EMMA BEARDMORE V35 (2nd Claim) won the Gold Medal in the 1kg Discus and Shot and won the Bronze in the Hammer and STACEY GONZALEZ V50 won the V50 Silver Medal in the 1kg Discus.

At the Olympics ZHARNEL HUGHES won a bronze in the 4x100M Relays as did CHARLIE DOBSON (HCA) in the 4x400M Relay and also LINA NEILSEN in the 4x400M Relays. ZHARNEL HUGHES finished 6th in the 100m, CHARLIE DOBSON (HCA) reached the semi-final in the 400m, LINA NIELSEN reached the final of 400m Hurdles and LIZZIE BIRD came 7th in the 3000m Steeplechase. SCOTT LINCOLN (HCA) took part in the Shot 7.26kg and NICK PERCY took part in the Discus 2kg. BETH POTTER won Bronze Medals in the Triathlon and Mixed Triathlon.

At the Southern Road Relays our Senior Men finished in 2nd place with THOMAS BUTLER, DYLAN EVANS, JAMIE DEE, JUDE BELL, JEREMY DEMPSEY and LIAM DEE.

At the World U20 Championships TEDDY WILSON finished 7th in the 200m, RENEE REGIS came 6th in the 200m and HENRY DOVER finished 21st in the 3000m.

It is with great sadness that we report the passing of ETHAN WALSH. He was involved in a car accident and tragically passed away, aged 27.

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 2024/25.

Philip Cunningham – General Secretary
26th November 2024

Based on the Alan Weller weekly reports and newsletters