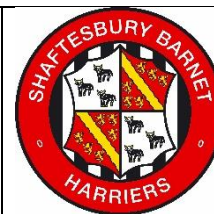


SHAFTESBURY BARNET HARRIERS

ANNUAL REPORT

1 OCTOBER 2024 to 30 SEPTEMBER 2025



AT THE WORLD CHAMPIONSHIPS IN TOKYO SBH WERE REPRESENTED BY

LINA NIELSEN
EMILY NEWNHAM
ZHARNEL HUGHES
CHARLIE DOBSON HCA
SCOTT LINCOLN HCA

NEW CLUB RECORDS

Manon Baines U20 Women's Pole Vault 3.71mi
Temi Jaiyeola U11 Girls 60m 8.92i, 200m 28.63i, Long Jump 3.36mi, 100m 14.1 and 200m 30.5
Rosalind Zeffertt Women's Masters 60-64 Pole Vault 2.44i and 2.51m and High Jump 1.20m
Dami Adekunle U13 Girls Long Jump 4.26mi, 100m 13.86i, 200m 28.66i and Discus 0.75kg 20.29m
Noah Van Den Bergh U15 Boys Pole Vault 3.60mi
Harley Henry U17 Men's Triple Jump 14.58mi and 15.28m
Kojo Kyereme Masters Men 50-54 3000m 8:41.06i, 1500m 4:09.22i and 4.30.03 and 800m 2.00.38 and 1.58.80i
Claire Spurway Masters Women V45-49 60m 8.45i and 200m 27.90i
Sean Sutherland Masters Men 50-54 200m 25.51i
Noah Van Den Bergh U15 Boys Pole Vault 3.61mi
Dennys Pascal U13 Boys 800m 2:18.17i
Sienna Darcy U13 Girls 800m 2:30.46i
Emily Newnham Women's 300m U23 36.88i, 400m 50.84 and 52.16i and 400m Hurdles 54.9
Lina Nielsen Senior Women 300m 36.53i
Jaden Smith U23 Senior Men's 400m 45.82i and 45.44
Tia Akinola U17 Women's 60m 7.61i
Jami Schlueter U23 Senior Men Heptathlon 5780i points
Stacey Gonzalez Masters Women 50-54 4kg Shot 8.09m, 1kg Discus 27.78m, Shot 4kg 8.58m, Hammer 4kg 33.26m and Pole Vault 2.71m
Angel-Gifford Miya U17M 100m 11.48i
Imikan Edoho U11 Boys 100m 14.40i
Lucas Davis U13 Boys 13.53i
Aara Kamara U15G 100m 12.71i
Holly Ryan U17W 100m 12.32i and 11.96, 200m 24.05w and 24.22, 400m 59.74i and 300m 38.02
Tami George U20W 100m 12.10i
Keenyah Adelise U13G 600m 1:49.52i
Savan Mallik U20 Men 100m 11.72i
Delphine Diers Masters Women 50-54 4kg 60m 9.52i
Gabor Kiss Masters Men 40-45 2kg Discus 42.31m and 7.26kg Shot 11.79m
Naomi Taschimowitz Masters Women's 35-39 5000m 16:06.75
Imikan Edoho Boys U11 150m 21.44
Harriet Slade Masters Women's 35-39 2000m Steeplechase 7:15.95
Teddy Wilson Mens U20 200m 20.70 and 60m 6.66i
Renee Regis Womens U23 200m 22.67
Kayden Thomas Boys U15 80m Hurdles 10.90

At the Southern U20 and Senior Indoor Championships John Otugade SM 60m won the Gold Medal as did Mya Mairs-Ingram U20 in the 800m. In the High Jump Kimani Jack U23 won the Gold Medal and Akin Coward won the Bronze Medal. Jain Saunders U20 200m won the Bronze Medal as did Makayla Brai-Aloye U20 in the 200m. Rebecca Wheeler-Henry U23 also won the Bronze Medal in the High jump.

At the Middlesex Schools Cross Country Championships Dennys Pascal won the Gold Medal in the Minor Boys and Lewis Ward won the Silver Medal. In the Intermediate Girls Posie Shaw won the Bronze Medal and in the Senior Boys Tommy Narvaez-White also won the Bronze Medal.

At the Hertfordshire Schools Cross Country Championships Aimee Porter won the Junior Girls Gold Medal.

At the Hertfordshire and Middlesex Cross Country Championships Gianleo Stubbs U20 won the Gold Medal and Thomas Butler SM won the Bronze Medal in the Herts Champs and Ben Kaspar U13 won the Gold Medal and Dennys Pascal U13 won the Silver Medal in the Middlesex with SBH being the team. Samuel Greenstein U20 also won the Gold Medal at the Middx.

Lily Holt U23 won the Senior Women's Pentathlon Gold and Ramsey Gill U15 won the U17 Mens Heptathlon Bronze Medal at the Southern Indoor Combined Events Championships.

At the European Cross Country Championships David Stone won the Bronze Medal in the U23 Race.

At the British Athletics Cross Challenge, including European Trials both Henry Dover U20 and David Stone U23 both won gold medals.

At the National Cross Country Relay Championships our U20 Mens team finished 6th, and our Senior Men won taking the Gold Medals with Isaac Hirsham Chandler, Liam Dee, Dylan Evans, Jamie Dee, Jeremy Dempsey, Luca Stubbs, Mark Pearce and Oliver Greenstein.

At the Southern Cross Country Championships our U13 Boys won the Silver Medals with Jenson Day, Dennys Pascal and Roan Parkes and in the U20 Men SBH won the Bronze Medals with Adam O'Gorman, Rafi Gayer and Jacob Clement.

At the National Road Relays the SBH Senior Men won the Silver Medal with Isaac Hirsham Chandler, Thomas Butler, Jeremy Dempsey, Jamie Dee, Dylan Evans and Liam Dee.

At the National Cross Country Championships Senior Men again won Silver with Jeremy Dempsey (7th), Jamie Dee (9th), Dylan Evans (11th), Liam Dee, Tom Butler and Jude Bell. In the U13 Boys race Ben Kaspar came 12th.

Our Cross-Country Club Champions were:

U11 Boys – Lucas Xie
U13 Boys – Ben Kaspar
U15 Boys – Jesse Abrahams
U17 Men – Arthur Phillips
U20 Men – Adam O'Gorman
5 Miles Senior Men – Thomas Butler
9 Miles Senior Men – Thomas Butler
Masters Men 40+ - Joel Phillips
U11 Girls – Keenayah Adelise

Our Cross-Country Points Winners were:

U11 Girls	Keenayah Adelise
U13 Girls	Grace Rooney
U15 Girls	Amber Jackson
U17 Women	Phoebe Kemp
Senior Woman	Nicola Payne
U11 Boys	Daniyal Janmohamed
U13 Boys	Ben Kaspar
U15 Boys	Caleb Hilton
U17 Men	Arthur Phillips
U20 Men	Adam O'Gorman
Senior Men	Thomas Butler
Masters 40-49	Joel Phillips
Masters 50-59	Jonny Shaw
Master 60-69	Philip Cunningham

At the UK Indoor Championships John Otugade won the Silver Medal in the 60m, Krishawn Aiken won the Bronze Medal in the 200m, Lina Nielsen won the Silver Medal in the 400m with Emily Newnham U23 finishing 4th and further fourth places from Craig Moncur U23 and Jessica Hunter in the 60m hurdles. Kimani Jack U23 won the Silver Medal in the High Jump and Scott Lincoln (HCA) won the Gold Medal in the Shot 7.26kg.

At the British Masters Indoor Championships Claire Spurway V45 Gold Medal in the 200m, the Silver Medal in the 60m and the Bronze Medal in the 400m, Sean Sutherland V50 won the Silver Medal in the 200m and Bronze in the High Jump, Lisa Webb V55 won the Bronze Medal in the 800m, Gary Smith V50 (EMAC 2nd Claim) won the Gold Medal in 60m hurdles and Rosalind Zeffertt V60 won the Gold Medal in the Pole Vault.

At the England Athletics U15/U17/U20 Indoor Championships SBH had 22 athletes competing, of these we had 3 Gold Medallists, and a Silver Medallist. Congratulations to Teddy Wilson won the U20 60m title, to Zico Jones who won the U20 200m and Holly Ryan U17 300m. Our Silver Medallist was Harley Henry U17 Triple Jump.

Congratulations to Kojo Kyereme who set a new V50 WORLD INDOOR RECORD in the 800m with 1:58.80.

Hertfordshire, Middlesex and Kent Indoor Championships Kaiden Simmonds U15 won the Gold Medal in the 60m, Noah Van Den Bergh U15 won the Gold Medal in the Pole Vault, Thomas Robertson U17 won the Gold Medal in the Pole Vault with Isaac Van Den Bergh U17 winning the Silver Medal and Ramsey Gill U17 winning the Bronze Medal, Issa Phillips-Pope U20 (2nd Claim) won the Gold Medal in the Pole Vault and Rebecca Wheeler-Henry U23 won the Gold Medal in the High Jump all in the Herts Championship. For Middlesex Nathan Fernandes U20 won the Silver Medal in the 60m with Oliver Laurens winning the Bronze Medal, Makayla Brai-Aloye U20 won the Gold Medal in the 60m, Louis Xun U15 won the Silver Medal in the 200m, Anu Jaiyeola U15 won the Gold Medal in the 200m, Oliver Laurens U20 won the Silver Medal in the 200m, Makayla Brai-Aloye U20 won the Gold Medal in the 200m, Sydney Mendes U23 won the Silver Medal in the 200m, Ben Bamisaiye U15 won the Bronze Medal in the 300m, Ella Buckley U17 won the Silver Medal in the 300m, Jaden Aulis U20 won the Silver Medal in the 400m, Larissa Wilson U20 won the Silver Medal in the 400m with Adanna Mazinwosu U20 winning the Bronze Medal, Jacob Clement U20 won the Gold Medal in the 800m, Rosalind Zeffertt V60 won the Bronze Medal in the Pole Vault, Milli Bridgman-Athanasatos U17 won the Silver Medal in the Triple Jump, Rosalind Zeffertt V60 won the Silver Medal in the Triple Jump and Elsa Shabani U17 won the Gold Medal in the Shot 3kg with Keira Lake-Bryan U17 winning the Bronze Medal.

At the European Indoor Championships SBH were represented by John Otugade 60m and Scott Lincoln (HCA) Shot 7.26kg and by Emily Newnham U23 and Lina Nielsen in the 4x400m Mixed Relay with the team winning the Bronze Medals. The 4x400m Women's Relay including both Lina Nielsen and Emily Newnham won the Silver Medals.

SBH were represented by Scott Lincoln (HCA)_Shot 7.26kg in the World Indoor Championships.

Kojo Kyereme won the Gold Medal at the World Masters Indoor Championships in the 800m and 1500m and Paul Ogun (HCA) won the M35 Long Jump Gold Medal.

Our County Champions were:

Hertfordshire

Noah Van Den Bergh U15 (Pole Vault)

Isaac Van Den Bergh U17 (Pole Vault)

Angus Brown U20 (Pole Vault)

Rebecca Wheeler-Henry U23 (High Jump)

Shanara Hibbert (Triple Jump)

Surrey

Zanson Plummer (200m)

Holly Ryan U17 (300m)

Greater Manchester

Evan Campbell SM (Shot)

Middlesex

Seth Saunders U13B (100m, 75m Hurdles and Javelin)

Anu Jaiyeola U15G (100m and 200m)

Tia Akinola U17W (100m)

Tami George U20W (100m)

Makayla Brai-Aloye U20W (200m)

Dijani Barnor U17M (400m)

Larissa Wilson U20W (400m)

Phoenix Lyon SM (400m)
Sienna Darcy U13G (800m and 70m Hurdles)
Dina Silverman U20W (800m)
Harrison Henderson U13B (1500m)
Posie Shaw U17W (1500m)
John Diracles U20M (1500m)
Macie Sutherland U20W (400m Hurdles)
James Tsui U13B (High Jump)
Dami Adekunle U13G (Long Jump)
Sydeney Mendes U23M (Long Jump)
Nosa Urubusi U13B (Shot)
Mairead Mcgrath U20W (Shot and Hammer)
Stacey Gonzalez V50W (Shot, Discus and Hammer)
Milo Rynehart U17M (Shot and Hammer)
Elkie Baker U17W (Discus)
Malia Anderson-Watson U17W (Hammer)
Suffolk
Alastair Brown U20 (Shot and Discus)
Wiltshire
Lydia Rogers SW (Shot)
Yorkshire

At the Welsh U13, U15, U20 Championships Aimi Porter U15 won the Bronze Medal in the 1500m.

At the Middlesex Schools Championships there were gold medals for Posie Shaw U17 (1500m) Suraya Frost U17 (80m Hurdles), Seth Reddy-Roddy U17 (100m Hurdles) and Elkie Baker U17 (Discus 1Kg).

Thomas Butler came 3rd in the UK 10000m Championships.

At the Southern U13, U15, U17 Championships Holly Ryan U17 won the Bronze Medal in the 400m, Dennys Pascal U13 won the Bronze Medal in the 800m, Sienna Darcy U13 won the Gold Medal in the 70m Hurdles, Kayden Thomas U15 won the Gold Medal in the 80m Hurdles, Ramsey Gill U17 won the Bronze Medal in the Pole Vault, Harley Henry U17 won the Silver Medal in the Triple Jump and Elkie Baker U17 (2nd Claim) won the Silver Medal in the Discus 1kg.

At the England Athletics Senior and U20 Championships, and U20 Combined Events Championships Teddy Wilson U20 won the Gold Medal in the 100m and 200m, Tami George U20 won the Bronze Medal in the 200m, Columba Blango T20/F20 won the Silver Medal in the 400m, Jubril Adeniji U23 won the Silver Medal in the 400m Hurdles, Hayley Mclean won the Gold Medal in the 400m Hurdles, Jade Ive (HCA) won the Silver Medal in the Pole Vault, Harley Henry U20 won the Gold Medal in the Triple Jump, Kenan Stephens won the Bronze Medal in the Triple Jump, Alastair Brown U20 (2nd Claim) won the Gold Medal in the Shot 6kg and Scott Lincoln (HCA) won the Gold Medal in the Shot 7.26kg.

Congratulations to Emily Newnham who became European U23 400m Hurdles Champion

At the English Schools Championships Tami George U20 won the Bronze Medal in the 200m, Holly Ryan U17 won the Gold Medal in the 300m, Kayden Thomas U15 won the Bronze Medal in the 80m Hurdles, Ramsey Gill U17 won the Bronze Medal in the Pole Vault, Grace Nyaongo U17 won the Bronze Medal in the Long Jump, Harley Henry U17 won the Silver Medal in the Triple Jump and Elkie Baker U17 (2nd Claim) won the Gold Medal in the Discus 1kg.

At the Southern Senior/U20 Championships Khyan Markland U20 won the Bronze Medal in the 100m, Tami George U20 won the Gold Medal in the 200m, Hayley Mclean won the Bronze Medal in the 200m. Jubril Adeniji won the Bronze Medal in the 400m Hurdles, Lily Holt won the Bronze Medal in the High Jump, Paul Ogun (HCA) won the Bronze Medal in the Long Jump, Harley Henry U20 won the Gold Medal in the Triple Jump Shanara Hibbert won the Silver Medal in the Triple Jump.

At the Welsh Senior/U20 Championships Renee Regis U20 won the Bronze Medal in the 200m, James Steyne won the Gold Medal in the Pole Vault and Craig Moncur U23 won the Silver Medal in the Pole Vault.

At the England National Relay Championships the 4x100m U20 Women's Relay team of Nia Forbes-Agyepong, Tami George, Makayla Brai-Aloye, Holly Ryan U17 won the Silver Medal.

Congratulations to Teddy Wilson U20 who won the 100m Silver Medal at the European U20 Championships.

Congratulations to Holly Ryan U17 300m, Kayden Thomas U15 80m Hurdles and Elkie Baker (2nd Claim) U17 Discus who won at the England Championship.

At the UK Championships SBH had 20 athletes competing for the club and came away with 4 UK Champions Zharnel Hughes (100m and 200m), Charlie Dobson (HCA 400m), Lina Nielsen (400m Hurdles) and Scott Lincoln (HCA Shot). SBH also won a silver medal in the Triple Jump, from Shanara Hibbert and a further 3 bronze medals from Kimani Jack U23 in the High Jump, Zane Duquemin in the Discus and Daniel Bainbridge in the Javelin.

At the Southern Road Relays, the SBH U13 Boys Harrison Henderson, Lewis Ward and Dennys Pascal won Silver Medals.

It is with great sadness that we report the passing of **Derek Surrey, Patricia (Paddy) Hicks and Reg Black.**

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 2025/26.

Philip Cunningham – General Secretary
25th November 2025

Based on the Alan Weller weekly reports and newsletters