

## CLUB COLOURS

Black and white striped vest with red trim and black or red shorts must be worn in all championships and team events. All kit available from Allianz Park Stadium - £15 for set of vest and shorts. Lycra shorts and crop tops available for women. Contact team managers or reception at the Stadium

## TRAINING AND COACHING

### ALLIANZ PARK STADIUM

**TUESDAY and THURSDAY 18.00 TO 20.30** – Katie Alcock, Frank Attoh, John Child, Charly Doyon, Bob Gayler, Gerry Elmore, Clyde Gordon, Neelam Kaderbhoy (Tuesday Only), Jon Lennard, Alfredo Melao, Jenny Poll, Nadeem Shaikh, Bryan Smith, Tony Smith, Jeremy Sothcott,

**SUNDAY 10.30 TO 13.00** - Frank Attoh, Gerry Elmore, Tony Smith,

**WOODSIDE STADIUM, WATFORD - TUESDAY 18.00 TO 20.30**  
George Harrison

**WOODSIDE PLAYING FIELDS, WATFORD – SATURDAY 10.00 TO 12 NOON**  
George Harrison

### WEIGHT TRAINING

Available to fully paid up members in the Clubhouse, throughout the week but only under the supervision of qualified coaches.

Allianz Park Stadium 020 8202 6478

For Club information visit the Shaftesbury Barnet Harriers web site  
[www.shaftesburybarnet.co.uk](http://www.shaftesburybarnet.co.uk)



## Shaftesbury Barnet Harriers



[www.shaftesburybarnet.co.uk](http://www.shaftesburybarnet.co.uk)

PRESIDENT: GEORGE HARRISON

## FIXTURE CARD – SUMMER SEASON 2013

**CHAIRMAN**  
Richard Bober  
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**GENERAL SECRETARY**  
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**TREASURER**  
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**PROMOTIONS OFFICER**  
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### TEAM MANAGERS

**BRITISH ATHLETICS LEAGUE**  
Geoffrey Morphitis  
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**UK WOMEN'S LEAGUE**  
Stephanie Paparizos  
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**YOUTH DEVELOPMENT LEAGUE U17.U20 MEN**  
Geoffrey Morphitis (as above)  
Assistant Clyde Gordon  
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**YOUTH DEVELOPMENT LEAGUE U17.U20 WOMEN**  
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Assistant Nicole Cara  
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**YOUTH DEVELOPMENT LEAGUE U13.U15 & EASTERN YOUNG ATHLETES LEAGUE BOYS**  
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**YOUTH DEVELOPMENT LEAGUE U13.U15 & EASTERN YOUNG ATHLETES LEAGUE GIRLS**  
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