

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 - £15 for vest/crop top and £5 for shorts. Contact team managers

TRAINING AND COACHING

ALLIANZ PARK

TUESDAY and THURSDAY 18.00 TO 20.30

Sprints: John Child, Charly Doyon, Bob Gayler, Costas Goulas
Middle distance: Gerry Elmore, Neelam Kaderbhoy, Tony Smith, Jeremy Sothcott, Martha Whiting
Hurdles: Bryan Smith
Long & Triple Jump: Frank Attoh (Seniors only), Alfredo Melao
Throws: Clyde Gordon, Richard Kurtz, Neville Thompson

WOODSIDE STADIUM, WATFORD

TUESDAY 18.00 to 20.30

Middle Distance: George Harrison MBE, Ali Kadir

WOODSIDE SPORTS CENTRE

SATURDAY 10.00 TO 12.00 CRICKET PITCH WITHIN

Middle Distance: George Harrison MBE, Ali Kadir

WESTMINSTER LODGE, ST ALBANS

TUESDAY and THURSDAY 18.30 to 20.30

Middle Distance: Nadeem Shaikh

WEIGHT TRAINING

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

CLUB HOODIES

With over three hundred hoodies already in circulation, this is your opportunity to join the club. **They are available to all members who have paid their subscriptions** at the subsidised price of £20 + £4 P&P if you require it to be posted to you. The bright red hoody is made to order and has your name embroidered on the front along with the club badge and has the club name on the back. Let us know the name you want on the front and your chest size. Please e-mail your details to sandra@pukite.demon.co.uk You will be notified when your club hoody has arrived. It will be available for collection from Allianz Park on Tuesday evenings between 18.15 and 20.15 where you can pay the £20/£24 price either by cash or cheque Or send a cheque for £20/£24 made payable to Shaftesbury Barnet Harriers to Geoff Morphitis, 55 Lancaster Avenue, Hadley Wood, Barnet, Herts EN4 0ER

Please refer to Shaftesbury Barnet Harriers weekly e-newsletter for updated information on all fixtures



Shaftesbury Barnet Harriers



www.shaftesburybarnet.co.uk

PRESIDENT: DAVID BEDFORD OBE

FIXTURE CARD – SUMMER SEASON 2015

CHAIRMAN

Tony Sunderland

Tel: 020 8866 1533 (H) 07903 251034 (M)

e-mail ajsunderland@tiscali.co.uk

GENERAL SECRETARY

Philip Cunningham

147 Billy Lows Lane, Potters Bar,
Hertfordshire EN6 1UY

Tel: 01707 850923 (H) 07903 202557 (M)

e-mail billylow@ntlworld.com

TREASURER

Geoffrey Morphitis

55 Lancaster Avenue

Hadley Wood, Barnet, Herts, EN4 0ER

Tel: 020 8447 1066 (H) 07976 994302(M)

e-mail geoffrey.morphitis@capeandd.com

OFFICIALS SECRETARY

Stephanie Paparizos

Tel: 01923 371085 (H) 07808 776186 (M)

e-mail stephanie.paparizos@gmail.com

PROMOTIONS OFFICER

Dave Bradley

Tel: 020 8428 9890 (H)

e-mail davidbradley@btopenworld.com

COACHING SECRETARY

Vacant

WELFARE OFFICER

Mike Tuvey

Tel: 020 8958 9687 (H) 07949 729177 (M)

e-mail michaeltuvey@hotmail.co.uk

TEAM MANAGERS

SCVAC VETERANS LEAGUE

Men: David Wilcock

Tel: 020 8445 4760(H)

07939 096192 (M)

e-mail david.wilcock@virgin.net

Women: Karen Murphy

Tel: 01707 859071 (H)

07766 604074 (M)

e-mail karenmurphy@ntlworld.com

TEAM MANAGERS

BRITISH ATHLETICS LEAGUE

Geoffrey Morphitis

Tel: 020 8447 1066 (H) 07976 994302(M)

e-mail geoffrey.morphitis@capeandd.com

UK WOMEN'S LEAGUE

Nicole Cara

Tel: 07875 642534

e-mail nicolecara@hotmail.co.uk

SOUTHERN ATHLETIC LEAGUE

MEN & WOMEN

Richard McCormick

Tel: 020 8275 0527 (H) 07984 754742

e-mail mccormicks5@btinternet.com

UK YOUTH DEVELOPMENT LEAGUE

U17 & U20 MEN

Geoffrey Morphitis (as above)

Assistant Clyde Gordon

Tel: 07753 985525

e-mail clydeg67@hotmail.co.uk

UK YOUTH DEVELOPMENT LEAGUE

U17 & U20 WOMEN

Colette Hurley

Tel: 01707 870787

e-mail hurleypc@aol.com

EASTERN YOUNG ATHLETIC LEAGUE U13, U15 & U17 BOYS

Jeremy Sothcott

Tel: 020 8361 2304(H) 07764 621424(M)

e-mail jeremy.sothcott@btinternet.com

EASTERN YOUNG ATHLETIC LEAGUE U13, U15 & U17 GIRLS

Joyce Smith MBE

Tel: 01923 672945

e-mail bryan.smith4@yahoo.com