

## CLUB COLOURS

Black and white striped vest with red trim and white, black or red shorts  
Must be worn in all championships and team events  
Club vests obtainable from Team Managers

## TRAINING AND COACHING

### *BARNET COPTHALL STADIUM - TUESDAY 18.00 TO 20.30*

Frank Attoh, Basil Bara, John Child, Gerry Elmore, Clyde Gordon, Sarah Hunter,  
Jon Lennard, Nadeem Shaikh, Bryan Smith, Tony Smith, David Stanmore,  
Sarah Stanmore, Richard Sidoli, Geoff Williams

### *BARNET COPTHALL STADIUM - THURSDAY 18.00 TO 20.30*

Frank Attoh, Basil Bara, John Child, Gerry Elmore, Clyde Gordon,  
Sarah Hunter, Jon Lennard, Nadeem Shaikh, Bryan Smith,  
Tony Smith, David Stanmore, Sarah Stanmore, Richard Sidoli, Geoff Williams

### *BARNET COPTHALL STADIUM - SUNDAY 10.30 TO 13.00*

Frank Attoh, Basil Bara, John Child, Gerry Elmore, Clyde Gordon, Sarah Hunter,  
Jon Lennard, Tony Smith, David Stanmore, Richard Sidoli, Geoff Williams

### *WOODSIDE STADIUM, WATFORD - TUESDAY 18.00 TO 20.30*

George Harrison, Nadeem Shaikh

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

George Harrison, Nadeem Shaikh

### *BANNISTER STADIUM, HATCH END - TUESDAY 18.00 TO 19.30*

Bob Parker

### *BANNISTER STADIUM, HATCH END - THURSDAY 19.00 TO 20.30*

Bob Parker (TO 19.30), Ray Tucker

### *BANNISTER STADIUM, HATCH END - SATURDAY 11.00 TO 12.30*

Bob Parker

## WEIGHT TRAINING

Available to fully paid up members in the Clubhouse, throughout the week but only under the supervision of qualified coaches. For further details contact Frank Attoh: 020 8204 5197 or John Child : 020 8959 5683

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: NEVILLE THOMPSON

## FIXTURE CARD – WINTER SEASON 2007-2008

### CHAIRMAN

Richard Bober  
52 Downshire Hill, London, NW3 1PA  
Tel: 020 7431 7687

### GENERAL SECRETARY

Caroline Walsh  
c/o Barnet Cophall Stadium  
Greenlands Lane  
Hendon, London, NW4 1RL

### TREASURER

Geoffrey Morphitis  
55 Lancaster Avenue  
Hadley Wood, Barnet, Herts, EN4 0ER  
Tel: 020 8447 1066(H) 07976 994302(M)

### OFFICIALS SECRETARY

John Wright  
19 Burycroft, Welwyn Garden City  
Herts. AL8 7AW  
Tel: 01707 376052

### COACHING SECRETARY

Geoff Williams  
81 Petworth Road, Friern Barnet  
London N3 1LU  
Tel: 020 8445 8975(H) 07904 569447(M)

### CHILD PROTECTION OFFICER

Vacant

### CROSS COUNTRY TEAM MANAGERS

#### SENIOR MEN AND WOMEN

Simon Keene  
Brunoak, 33 Cross Lanes  
Chalfont St.Peter, Bucks SL9 0LU  
Tel: 01494 874601(H) 07860 629490(M)

### JUNIOR TEAM MANAGERS

#### MEN

George Harrison  
75 Gallows Hill Lane, Abbots Langley,  
Herts, WD5 0DD  
Tel: 01923 263317(H) 07957 327401(M)

#### WOMEN

Stephanie Paporizos  
9 Berkeley Close  
Abbots Langley, Herts, WD5 0XA  
Tel: 01923 680774(H) 07808 776186(M)

### YOUNG ATHLETES TEAM MANAGERS

#### BOYS

Tony Smith  
10 Shenley Hill, Radlett, Herts. WD7 7BB  
Tel: 01923 855133

#### GIRLS

David Stanmore  
55 Redding Grove, Crownhill,  
Milton Keynes, Bucks. MK8 0DH  
Tel: 01908 562470

### MASTERS TEAM MANAGERS

#### MEN

Vacant

#### WOMEN

Vacant

### ROAD RUNNING TEAM MANAGERS

#### SENIOR MEN

Tony Jackson  
3 Tripps Hill Close  
Chalfont St. Giles, Bucks, HP8 4JZ  
Tel: 01494 583600(H) 07779 653101(M)

#### SENIOR WOMEN

Bryan Smith  
46 Tudor Manor Gardens  
Garston, Watford, Herts. WD25 9TQ  
Tel: 01923 672945(H) 07979 654110(M)

