

CLUB COLOURS

Black and white striped vest with red trim and white, black or red shorts - £15
Must be worn in all championships and team events - £15
Club vests obtainable from Cophall Stadium

TRAINING AND COACHING

BARNET COPTHALL STADIUM

TUESDAY and 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

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 Geoff Williams 020 8202 6478

For Club information visit the Shaftesbury Barnet Harriers web site
www.shaftesburybarnet.co.uk



Shaftesbury Barnet Harriers

www.shaftesburybarnet.co.uk

PRESIDENT: NEVILLE THOMPSON

FIXTURE CARD – WINTER SEASON 2008-2009

CHAIRMAN

Richard Bober
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e-mail richiebober@yahoo.co.uk

GENERAL SECRETARY

Philip Cunningham
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e-mail billylow@ntlworld.com

TREASURER

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

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COACHING SECRETARY

Geoff Williams
81 Petworth Road, Friern Barnet
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e-mail office@cophallstadium.co.uk

CHILD PROTECTION OFFICER

Katie Parfoot c/o Barnet Cophall Stadium

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)
e-mail simon.keene@bt.com

JUNIOR TEAM MANAGERS

MEN

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

YOUNG ATHLETES TEAM MANAGERS

BOYS

Tony Smith
10 Shenley Hill, Radlett, Herts. WD7 7BB
Tel: 01923 855133
e-mail Anthony.smith694@ntlworld.com

GIRLS

David Stanmore
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Milton Keynes, Bucks. MK8 0DH
Tel: 01908 562470
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ROAD RUNNING TEAM MANAGERS

SENIOR MEN

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

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