

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 Barnet Copthall 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

BARNET COPTHALL STADIUM

TUESDAY and THURSDAY 18.00 TO 20.30

Frank Attoh, Basil Bara, John Child, Charly Doyon, Bob Gayler, Gerry Elmore, Clyde Gordon, Jon Lennard, Nadeem Shaikh, Richard Sidoli, Bryan Smith, Tony Smith, David Stanmore, Michael Tuvey, Geoff Williams

BARNET COPTHALL STADIUM

SUNDAY 10.30 TO 13.00

Frank Attoh, Basil Bara, John Child, Charly Doyon, Gerry Elmore, Clyde Gordon, Jon Lennard, Richard Sidoli, Tony Smith, David Stanmore, 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)

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 8445 8975(H) or 07868 369741

For Club information visit the Shaftesbury Barnet Harriers web site

www.shaftesburybarnet.co.uk



Shaftesbury Barnet Harriers

www.shaftesburybarnet.co.uk

PRESIDENT: SIMON KEENE

FIXTURE CARD – WINTER SEASON 2009-2010

CHAIRMAN

Richard Bober
Tel: 07884 251294
e-mail richiebober@yahoo.co.uk

GENERAL SECRETARY

Philip Cunningham
147 Billy Lows Lane, Potters Bar
Hertfordshire EN6 1UY
Tel: 01707 850923
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.CA.Morphitis@gtuk.com

OFFICIALS SECRETARY

John Wright
19 Burycroft, Welwyn Garden City
Herts. AL8 7AW
Tel: 01707 376052
e-mail john.wright130@ntlworld.com

COACHING SECRETARY

Geoff Williams
81 Petworth Road, Friern Barnet
London N3 1LU
Tel: 020 8445 8975(H) 07904 569447(M)
e-mail geoffwilliams1949@hotmail.co.uk

CHILD PROTECTION OFFICER

Katie Parfoot c/o Barnet Copthall 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, Abbotts 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
55 Redding Grove, Crownhill,
Milton Keynes, Bucks. MK8 0DH
Tel: 01908 562470
e-mail dstanmore@shire.com

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)
e-mail jac.consultants@ntlworld.com

SENIOR 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

