

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, Neelam Kaderbhoy (Tuesday Only), Jon Lennard, Alfdredo Melao, Nadeem Shaikh, Richard Sidoli, Bryan Smith, Tony Smith, David Stanmore, Jeremy Sothcott, Geoff Williams

SATURDAY 10.00 TO 12NOON - Geoff Williams

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

WOODSIDE STADIUM, WATFORD - TUESDAY 18.00 TO 20.30
George Harrison

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

BANNISTER STADIUM, HATCH END
Bob Parker (Tuesday 18.00 – 19.30, Thursday 19.00 – 19.30, Sunday 11.00 – 12.30)

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

Barnet Copthall Stadium 020 8202 6478
SBH Office at Copthall Stadium 020 8202 6643 Tuesday & Thursday evenings

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 2010-2011

CHAIRMAN

Richard Bober
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GENERAL SECRETARY

Philip Cunningham
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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
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COACHING SECRETARY

Geoff Williams
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WELFARE OFFICER

Bryan Smith
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CROSS COUNTRY TEAM MANAGERS

SENIOR MEN AND WOMEN

Simon Keene
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JUNIOR MEN

George Harrison
Tel: 01923 263317(H) 07957 327401(M)

YOUNG ATHLETES MEN

Tony Smith
Tel: 01923 855133 (H)
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MASTERS MEN

Ray Powell
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YOUNG ATHLETES WOMEN

David Stanmore
Tel: 01908 562470 (H) 07795 603192 (M)
e-mail dstanmore@shire.com

ROAD RUNNING TEAM MANAGERS

SENIOR MEN

Tony Jackson
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SENIOR WOMEN

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MASTERS MEN

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