

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, Clyde Gordon, Neelam Kaderbhoy, Jon Lennard, Alfredo Melao, Nadeem Shaikh, Richard Sidoli, Bryan Smith, Tony Smith, Jeremy Sothcott, Geoff Williams

SATURDAY 10.00 TO 11.30 (meet Sunny Hill Park Café)
Geoff Williams

WOODSIDE STADIUM, WATFORD

TUESDAY 18.00 TO 20.30

George Harrison

*SATURDAY 10.00 TO 12.00 CRICKET PITCH WITHIN THE
WOODSIDE SPORTS CENTRE*
George Harrison

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 2011-2012

CHAIRMAN

Richard Bober
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GENERAL SECRETARY

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TREASURER

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OFFICIALS SECRETARY

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COACHING SECRETARY

Vacant

WELFARE OFFICER

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ROAD RUNNING TEAM MANAGERS

SENIOR MEN

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SENIOR WOMEN

Simon Keene
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MASTERS MEN

Ray Powell
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CROSS COUNTRY TEAM MANAGERS

SENIOR MEN AND WOMEN

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JUNIOR MEN

George Harrison
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YOUNG ATHLETES MEN

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YOUNG ATHLETES WOMEN

Vacant