

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 Allianz Park - £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

ALLIANZ PARK

TUESDAY and THURSDAY 18.00 TO 20.30

Katie Alcock, Frank Attoh, John Child, Charly Doyon, Gerry Elmore, Clyde Gordon, Neelam Kaderbhoy, Jon Lennard, Alfredo Melao, Jenny Poll, Nadeem Shaikh, Richard Sidoli, Bryan Smith, Tony Smith, Jeremy Sothcott, Neville Thompson

WOODSIDE STADIUM, WATFORD

TUESDAY 18.00 TO 20.30

George Harrison

WOODSIDE SPORTS CENTRE

SATURDAY 10.00 TO 12.00 CRICKET PITCH WITHIN

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 Club information visit the Shaftesbury Barnet Harriers web site

www.shaftesburybarnet.co.uk



Shaftesbury Barnet Harriers



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PRESIDENT: GEORGE HARRISON

FIXTURE CARD – WINTER SEASON 2012-2013

CHAIRMAN

Richard Bober

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GENERAL SECRETARY

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TREASURER

Geoffrey Morphitis

55 Lancaster Avenue

Hadley Wood, Barnet, Herts, EN4 0ER

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e-mail geoffrey.morphitis@capeandd.com

OFFICIALS SECRETARY

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WELFARE OFFICER

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ROAD RUNNING TEAM MANAGERS

SENIOR MEN

Tony Jackson

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e-mail jac.consultants@ntlworld.com

U20 AND SENIOR WOMEN

Simon Keene

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e-mail simon.keene@bt.com

MASTERS MEN AND WOMEN

Ray Powell

Tel: 01462 811165(H) 07947 680507(M)

e-mail ray571m@btopenworld.com

CROSS COUNTRY TEAM MANAGERS

SENIOR MEN ALSO U20 AND SENIOR WOMEN

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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 AND WOMEN

Ray Powell

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YOUNG ATHLETES WOMEN

Vacant