

### 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 vest/crop top and £5 for shorts/hot pants. Contact team managers

### TRAINING AND COACHING

#### ALLIANZ PARK

TUESDAY and THURSDAY 18.00 TO 20.30

Sprints: John Child, Charly Doyon, Bob Gayler, Costas Goulas  
Middle distance: Gerry Elmore, Neelam Kaderbhoy, Ali Kadir, Nadeem Shakih, Tony Smith, Jeremy Sothcott, Martha Whiting  
Hurdles: Bryan Smith  
Long & Triple Jump: Frank Attah (Seniors only), Alfredo Melao  
Throws: Graeme Allan, Clyde Gordon, Richard Kurtz, Neville Thompson  
Pole Vault: Basil Bara

#### WOODSIDE STADIUM, WATFORD

TUESDAY 18.00 to 20.30

Middle Distance: George Harrison

#### WOODSIDE SPORTS CENTRE

SATURDAY 10.00 TO 12.00 CRICKET PITCH WITHIN

Middle Distance: George Harrison

### WEIGHT TRAINING

Available to fully paid up members in the Clubhouse, throughout the week but only under the supervision of qualified coaches

### CLUB HOODIES

With over three hundred hoodies already in circulation, this is your opportunity to join the club. **They are available to all members who have paid their subscriptions** at the subsidised price of £18 + £4 P&P if you require it to be posted to you. The bright red hoody is made to order and has your name embroidered on the front along with the club badge and has the club name on the back.

Let us know the name you want on the front and your chest size. Please e-mail your details to [Sandra@pukite.demon.co.uk](mailto:Sandra@pukite.demon.co.uk) You will be notified when your club hoody has arrived. It will be available for collection from Allianz Park on Tuesday evenings between 18.15 and 20.15. The £18/£22 price is payable either in cash or between 18.15 and 20.15. The £18/£22 price is payable either in cash or by way of a cheque made payable to Shaftesbury Barnet Harriers. Please send a cheque to Geoff Morphitis, 55 Lancaster Avenue, Hadley Wood, Barnet, Herts EN4 0ER

Please refer to Shaftesbury Barnet Harriers weekly e-newsletter for updated information on all fixtures



## Shaftesbury Barnet Harriers



[www.shaftesburybarnet.co.uk](http://www.shaftesburybarnet.co.uk)

PRESIDENT: GEORGE HARRISON

## FIXTURE CARD – WINTER SEASON 2013-2014

#### CHAIRMAN

Tony Sunderland

Tel: 020 8866 1533(H) 07903 251034 (M)

e-mail [ajsunderland@tiscali.co.uk](mailto:ajsunderland@tiscali.co.uk)

#### GENERAL SECRETARY

Philip Cunningham

147 Billy Lows Lane, Potters Bar  
Hertfordshire EN6 1UY

Tel: 01707 850923 (H) 07903 202557 (M)

e-mail [billylow@ntlworld.com](mailto: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.morphitis@capeandd.com](mailto:geoffrey.morphitis@capeandd.com)

#### OFFICIALS SECRETARY

John Wright

Tel: 01707 376052 (H) 07814 940955 (M)

e-mail [john.wright130@ntlworld.com](mailto:john.wright130@ntlworld.com)

#### COACHING SECRETARY

Nadeem Shaikh

Tel: 07980 300169

e-mail [nadeemshaikh@hotmail.co.uk](mailto:nadeemshaikh@hotmail.co.uk)

#### WELFARE OFFICER

Mike Tuvey

Tel: 020 8958 9687 (H) 07949 729177 (M)

e-mail [michaeltuvey@hotmail.co.uk](mailto:michaeltuvey@hotmail.co.uk)

#### ROAD RUNNING TEAM MANAGERS

##### SENIOR MEN

Tony Jackson

Tel: 01494 583600(H) 07779 653101(M)

e-mail [jac.consultants@ntlworld.com](mailto:jac.consultants@ntlworld.com)

##### U20 AND SENIOR WOMEN

Simon Keene

Tel: 01494 874601(H) 07860 629490(M)

e-mail [simon.keene@bt.com](mailto:simon.keene@bt.com)

##### MASTERS MEN AND WOMEN

Ray Powell

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

e-mail [ray571m@btopenworld.com](mailto:ray571m@btopenworld.com)

#### CROSS COUNTRY TEAM MANAGERS

##### SENIOR MEN ALSO U20 AND SENIOR WOMEN

Simon Keene

Tel: 01494 874601(H) 07860 629490(M)

e-mail [simon.keene@bt.com](mailto:simon.keene@bt.com)

##### JUNIOR MEN

George Harrison

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

##### YOUNG ATHLETES MEN

Tony Smith

Tel: 01923 855133 (H)

e-mail [anthony.smith694@ntlworld.com](mailto:anthony.smith694@ntlworld.com)

##### MASTERS MEN AND WOMEN

Ray Powell

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

e-mail [ray571m@btopenworld.com](mailto:ray571m@btopenworld.com)

##### YOUNG ATHLETES WOMEN

Vacant