

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, Tony Smith, Jeremy Sothcott, Martha Whiting
Hurdles: Bryan Smith
Long & Triple Jump: Frank Attoh (Seniors only), Alfredo Melao
Throws: Graeme Allan, Clyde Gordon, Richard Kurtz, Neville Thompson

WOODSIDE STADIUM, WATFORD

TUESDAY 18.00 to 20.30

Middle Distance: George Harrison, Ali Kadir

WOODSIDE SPORTS CENTRE

SATURDAY 10.00 TO 12.00 CRICKET PITCH WITHIN

Middle Distance: George Harrison, Ali Kadir

WESTMINSTER LODGE, ST ALBANS

TUESDAY and THURSDAY 18.30 to 20.30

Middle Distance: Nadeem Shaikh

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 £20 + £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 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 where you can pay the £20/£24 price either by cash or cheque Or send a cheque for £20/£24 made payable to Shaftesbury Barnet Harriers 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



PRESIDENT: GEORGE HARRISON

FIXTURE CARD – WINTER SEASON 2014-2015

CHAIRMAN

Tony Sunderland

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GENERAL SECRETARY

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TREASURER

Geoffrey Morphitis

55 Lancaster Avenue

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Tel: 020 8447 1066(H) 07976 994302(M)

e-mail geoffrey.morphitis@capeandd.com

OFFICIALS SECRETARY

John Wright

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COACHING SECRETARY

Vacant

WELFARE OFFICER

Mike Tuvey

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TEAM MANAGERS

ROAD RELAYS SENIOR MEN

Tony Jackson

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ROAD RELAYS U20 & SENIOR WOMEN

CROSS COUNTRY U20 AND SENIOR

MEN/WOMEN

Simon Keene

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ROAD RELAYS & CROSS COUNTRY

YOUNG ATHLETES MEN

Tony Smith

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ROAD RELAYS & CROSS COUNTRY

YOUNG ATHLETES WOMEN

Jo Kent

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ROAD RELAYS & CROSS COUNTRY

MASTERS MEN AND WOMEN

Vacant

JUNIOR MEN

George Harrison

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