

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 - £18 for vest/crop top and £5 for shorts. 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, Ty Holden, Glasford Jones
Middle distance: Karl Bulman, Colin Godfrey, Neelam Kaderbhoy, Tony Smith, Jeremy Sothcott
Hurdles: Bryan Smith
Long & Triple Jump: Frank Attoh (Seniors only), Alfredo Melao
Throws: Clyde Gordon, Neville Thompson

WOODSIDE STADIUM, WATFORD

TUESDAY 18.00 to 20.30

Middle Distance: George Harrison MBE, Ali Kadir

WOODSIDE SPORTS CENTRE

SATURDAY 10.00 TO 12.00 CRICKET PITCH WITHIN

Middle Distance: George Harrison MBE, Ali Kadir

WESTMINSTER LODGE, ST ALBANS

TUESDAY and THURSDAY 19.00 to 21.00

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 nearly five 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 £25 + £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 geoffrey.morphitis@capeandd.com you will be e-mailed when your club hoody has arrived. It will be available for collection from Allianz Park on Tuesday or Thursday between 18.15 and 20.15. The £23/£27 price is payable either in cash or by way of a cheque made payable to Shaftesbury Barnet Harriers or can be paid online at **ACCOUNT NAME : SHAFTESBURY BARNET HARRIERS, BANK : HSBC, ACCOUNT NUMBER : 41308378, SORT CODE : 400426**. Cheques can be sent to Geoff Morphitis, 55 Lancaster Avenue, Hadley Wood, Barnet, 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: DAVE BEDFORD OBE

FIXTURE CARD – SUMMER SEASON 2016

CHAIRMAN

Tony Sunderland
Tel: 020 8866 1533 (H) 07903 251034 (M)
e-mail 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

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

OFFICIALS SECRETARY

John Wright
Tel: 01707 376052 (H) 07814 940955 (M)
e-mail john.wright130@ntlworld.com

PROMOTIONS OFFICER

Dave Bradley
Tel: 020 8428 9890 (H) 07961 452786 (M)
e-mail davidbradley@btopenworld.com

COACHING SECRETARY

Jeremy Sothcott
Tel: 020 8441 9309 (H) 07764 621424 (M)
e-mail jeremy.sothcott@btinternet.com

WELFARE OFFICER (MEN)

Mike Tuvey
Tel: 020 8958 9687 (H) 07949 729177 (M)
e-mail michaeltuvey@hotmail.co.uk

WELFARE OFFICER (WOMEN)

Grace Conroy
Tel: 07934 189757 (M)
e-mail conroyg@hotmail.co.uk

TEAM MANAGERS

BRITISH ATHLETICS LEAGUE

Geoffrey Morphitis
Tel: 020 8447 1066 (H) 07976 994302 (M)
e-mail geoffrey.morphitis@capeandd.com

UK WOMEN'S LEAGUE

Nicole Cara
Tel: 07875 642534
e-mail nicolecara@hotmail.co.uk

UK YOUTH DEVELOPMENT LEAGUE U17 & U20 MEN

Men: Geoffrey Morphitis (as above)
Assistant Clyde Gordon
Tel: 07753 985525
e-mail clydeg67@hotmail.co.uk
Women: Colette Hurley
Tel: 01707 870787 (H) 07787 545826 (M)
e-mail hurleypc@aol.com
Assistant Zoe McQuire
Tel: 01923 222676 (H) 07729 800923 (M)
e-mail zoe_mcquire@hotmail.com

EASTERN YOUNG ATHLETIC LEAGUE U13, U15 & U17

Boys: Brenton Hall
Tel: 07937 253069 (M)
e-mail eyalmanager@btinternet.com
Girls: Joyce Smith MBE
Tel: 01923 672945
e-mail bryan.smith4@yahoo.com
Assistant Jo Kent
Tel: 020 8836 9750 (H) 07803 139397 (M)
e-mail joannekent@btinternet.com

SCVAV VETERANS LEAGUE

Men: David Wilcock
Tel: 020 8445 4760 (H) 07939 096192 (M)
e-mail david.wilcock@virgin.net
Women: Karen Murphy
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