



SHAFTESBURY BARNET HARRIERS

INFORMATION SHEET FOR CROSS COUNTRY, ROAD RELAYS AND INDOOR EVENTS

SEPTEMBER 2014 TO MAY 2015

THIS INFORMATION SHEET IS BASED GENERALLY ON LAST YEARS FIXTURES, THEREFORE ONCE WE RECEIVE ENTRY FORMS ETC THERE MIGHT BE CHANGES TO THAT EVENT. YOUR TEAM MANAGER WILL ENDEAVOUR TO KEEP YOU INFORMED OF ANY CHANGES. BUT IF IN DOUBT ASK.

MAJOR FIXTURES - CROSS COUNTRY

NATIONAL RELAYS	NOV 01	LONDON CHAMPIONSHIPS	NOV 15
MIDDLESEX CHAMPIONSHIPS	JAN 03	HERTFORDSHIRE CHAMPIONSHIPS	JAN 04
SOUTHERN CHAMPIONSHIPS	JAN 24	NATIONAL CHAMPIONSHIPS	FEB 21
CAU INTER COUNTY CHAMPIONSHIPS	MAR 07	ENGLISH SCHOOLS CHAMPIONSHIPS	MAR 14
ACTIVE TRAINING WORLD METROPOLITAN LEAGUE	OCT 11	NOV 08	DEC 20
NORTH WEST LONDON LEAGUE	SEP 27	NOV 22	NOV 29
		JAN 10	FEB 07
		JAN 31	MAR 28

THE METROPOLITAN LEAGUE FIXTURES IN RED ARE STILL TO BE CONFIRMED

MAJOR FIXTURES - ROAD RELAYS

SOUTHERN WOMENS 4 STAGE	SEP 20	SOUTHERN WOMENS MASTERS	SEP 20
SOUTHERN YOUNG ATHLETES	SEP 20	SOUTHERN MENS 6 STAGE	SEP 21
SOUTHERN MENS MASTERS	SEP 21	NATIONAL MENS 6 STAGE	OCT 04
NATIONAL WOMENS 4 STAGE	OCT 04	NATIONAL YOUNG ATHLETES	OCT 05
SOUTHERN MENS 12 STAGE	MAR 29	SOUTHERN WOMENS 6 STAGE	MAR 29
NATIONAL MENS 12 STAGE	APR 11	NATIONAL WOMENS 6 STAGE	APR 11
NATIONAL MASTERS	MAY TBC		
LONDON MARATHON AND MINI-MARATHONS	APR 26		

MAJOR FIXTURES - INDOORS

EHAC OPEN MEETING	DEC 14	JAN 04
NEW YEAR DAY SPRINTS	JAN 01	
U13 & U15 MEETING	FEB 21	
SEAA CHAMPIONSHIPS U15/U17	JAN 10	JAN 11
SEAA CHAMPIONSHIPS U20/SENIOR	JAN 17	JAN 18
LONDON INDOOR GAMES U20/SENIOR	JAN 24	JAN 25
LONDON INDOOR GAMES U15/U17	JAN 31	FEB 01
ESSEX AND EASTERN CHAMPIONSHIPS	FEB 07	FEB 08
BRITISH MASTERS PENTATHLON CHAMPIONSHIPS	FEB 15	
SOUTHERN VETS AC CHAMPIONSHIPS	FEB 22	
SOUTH OF ENGLAND MASTERS CHAMPIONSHIPS	MAR 01	
BRITISH MASTERS CHAMPIONSHIPS	MAR 08	MAR 09
MIDDLESEX AND HERTFORDSHIRE CHAMPIONSHIPS	MAR 15	MAR 16
U13 & U15 PENTATHLON	MAR 29	

ACTIVE TRAINING WORLD METROPOLITAN CROSS COUNTRY LEAGUE

TIMETABLE AND DISTANCES

	1.15	3Km	UNDER 13 BOYS
	1.20	3Km	UNDER 13 GIRLS
NOT BEFORE	1.35	4Km	UNDER 17 MEN AND UNDER 15 BOYS
NOT BEFORE	1.40	4Km	UNDER 17 WOMEN AND UNDER 15 GIRLS
NOT BEFORE	1.55	6Km	JUNIOR, SENIOR WOMEN INCLUDING VETERANS
NOT BEFORE	2.35	8Km	JUNIOR, SENIOR MEN INCLUDING VETERANS

FROM THIS SEASON THE LEAGUE ADMINISTRATOR WILL BE SUPPLYING A SIMPLE ENTRY FORM, TEAM MANAGERS TO COMPLETE WITH NAMES OF ALL SBH RUNNERS THAT COULD COMPETE THIS SEASON. A UNIQUE NUMBER WILL BE ALLOCATED TO EACH RUNNER, AND THAT NUMBER WILL BE USED THROUGHOUT THE SEASON.

RACE NUMBERS THIS SEASON ARE - MEN 2 SETS OF WATERPROOF WHITE 1-2000, WOMEN 2 SETS OF WATERPROOF GREEN 1-1000, U13/U15/U17 BOYS 1 SET OF WATERPROOF BLUE 1-1000, U13/U15/U17 GIRLS 1 SET OF WATERPROOF RED 1-1000.

PLEASE GO TO THE ACTIVE TRAINING WORLD METROPOLITAN LEAGUE WEB SITE www.metleague.co.uk
FOR INFORMATION ON COURSE MAPS, DIRECTIONS ETC. AND WILL BE AVAILABLE 2 WEEKS PRIOR TO EACH RACE
CROSS COUNTRY CLUB CHAMPIONSHIP RACES

MEN

U/11 BOYS	NWLL MAR 28
U/13 BOYS	SOUTHERN CHAMPIONSHIPS
U/15 BOYS	SOUTHERN CHAMPIONSHIPS
U/17 BOYS	SOUTHERN CHAMPIONSHIPS
JUNIORS	METROPOLITAN LEAGUE NOV 08
5 MILES SENIORS	METROPOLITAN LEAGUE NOV 08
9 MILES SENIORS	SOUTHERN CHAMPIONSHIPS
MASTERS	METROPOLITAN LEAGUE NOV 08

WOMEN

NWLL MAR 28	
U/13 GIRLS	SOUTHERN CHAMPIONSHIPS
U/15 GIRLS	SOUTHERN CHAMPIONSHIPS
U/17 GIRLS	SOUTHERN CHAMPIONSHIPS
JUNIORS	SOUTHERN CHAMPIONSHIPS
SENIORS	SOUTHERN CHAMPIONSHIPS
MASTERS	SOUTHERN CHAMPIONSHIPS

CROSS COUNTRY POINTS RACES

U/11 BOYS	NWLL (1)	NWLL (2)	NWLL (3)	HERTS	NWLL (4)	NWLL (5)
U/13 BOYS	NWLL (1)	NWLL (2)	NWLL (3)	SOUTHERN NATIONAL		NWLL (5)
U/15 BOYS	NWLL (1)	NWLL (2)	NWLL (3)	SOUTHERN NATIONAL		NWLL (5)
U/17 BOYS	MET LGE (1)	MET LGE (2)	MET LGE (3)	SOUTHERN MET LGE (5)		NATIONAL
JUNIORS	MET LGE (1)	MET LGE (2)	MET LGE (3)	SOUTHERN MET LGE (5)		NATIONAL
SENIORS	MET LGE (1)	MET LGE (2)	MET LGE (3)	SOUTHERN MET LGE (5)		NATIONAL
MASTERS	MET LGE (1)	MET LGE (2)	MET LGE (3)	MET LGE (4) SOUTHERN		MET LGE (5)

BEST 4 OUT OF 6 RESULTS TO COUNT

U/11 GIRLS	NWLL (1)	NWLL (2)	NWLL (3)	HERTS	NWLL (4)	NWLL (5)
U/13 GIRLS	NWLL (1)	NWLL (2)	NWLL (3)	SOUTHERN NATIONAL		NWLL (5)
U/15 GIRLS	NWLL (1)	NWLL (2)	NWLL (3)	SOUTHERN NATIONAL		NWLL (5)

BEST 4 OUT OF 6 RESULTS TO COUNT

U/17 GIRLS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

JUNIORS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

SENIORS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

MASTERS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

BEST 5 OUT OF 7 RESULTS TO COUNT

TEAM MANAGERS

TO ASSIST US IN THE FUTURE COULD YOU PLEASE ADVISE YOUR TEAM MANAGER OF YOUR E-MAIL ADDRESS
ALSO ANY CHANGES WHEN THEY OCCUR.

ROAD RELAYS SENIOR MEN

TONY JACKSON
TEL: 01494 583600 (H)
07779 653101 (M)
jac.consultants@ntlworld.com

ROAD RELAYS U20 AND SENIOR WOMEN

CROSS COUNTRY UNDER 20 AND SENIOR MEN/WOMEN
SIMON KEENE
TEL: 01494 874601 (H)
07860 629490 (M)
simon.keene@bt.com

ROAD RELAYS AND CROSS COUNTRY

YOUNG ATHLETES BOYS

TONY SMITH
TEL: 01923 855133 (H)
anthony.smith694@ntlworld.com

ROAD RELAYS AND CROSS COUNTRY

YOUNG ATHLETES GIRLS

JO KENT
TEL: 0208 8364 9750 (H) 07803 139397 (M)
joannepkent@btinternet.com

JUNIOR MEN

GEORGE HARRISON
TEL: 01923 263317 (H)
07957 327401 (M)

ROAD RELAYS AND CROSS COUNTRY

MASTERS MEN AND WOMEN

VACANT

CROSS COUNTRY RACE INFORMATION

PLEASE SEE THE SHAFTESBURY BARNET HARRIERS WEEKLY E-NEWSLETTER WHICH PUBLISHES DETAILS ON
CROSS COUNTRY, ROAD RELAY AND INDOOR FIXTURES

ALAN WELLER - e-mail alanweller111@gmail.com TEL: 014606 4275 (H)