



SHAFTESBURY BARNET HARRIERS

INFORMATION SHEET FOR CROSS COUNTRY, ROAD RELAYS AND INDOOR EVENTS SEPTEMBER 2015 TO MAY 2016

DETAILS OF FIXTURES I.E TRAVEL AND START TIMES WILL BE PUBLISHED IN THE SBH WEEKLY NEWSLETTER, 3 WEEKS BEFORE THE FIXTURE DATE.

CROSS COUNTRY FIXTURES

SOUTHERN RELAYS	OCT 17	LIDDIARD/NORTH OF THE THAMES	OCT 24
NATIONAL RELAYS	OCT 31	LONDON CHAMPIONSHIPS	NOV 14
NORTH LONDON CHAMPIONSHIPS	NOV 21	EUROPEAN TRIALS	NOV 28
FRATERNITY/SORORITY CUPS	NOV 28	SOUTHERN MASTERS & INTER COUNTY	DEC 12
EUROPEAN CHAMPIONSHIPS	DEC 13	MIDDLESEX CHAMPIONSHIPS	JAN 09
HERTFORDSHIRE CHAMPIONSHIPS	JAN 10	SOUTHERN CHAMPIONSHIPS	JAN 30
NATIONAL CHAMPIONSHIPS	FEB 27	ENGLISH SCHOOLS CHAMPIONSHIPS	MAR 05
CAU INTER COUNTY CHAMPIONSHIPS	MAR 12		
START FITNESS METROPOLITAN LEAGUE	OCT 10	NOV 07	DEC 05
NORTH WEST LONDON LEAGUE	SEP 26	NOV 28	DEC 12
		JAN 16	FEB 13
		FEB 06	MAR 05

ROAD RELAY FIXTURES

MIDDLESEX & HERTFORDSHIRE YAs	SEP 13	SOUTHERN WOMENS 4 STAGE	SEP 19
SOUTHERN WOMENS MASTERS	SEP 19	SOUTHERN YOUNG ATHLETES	SEP 19
SOUTHERN MENS 6 STAGE	SEP 20	SOUTHERN MENS MASTERS	SEP 20
NATIONAL MENS 6 STAGE	OCT 03	NATIONAL WOMENS 4 STAGE	OCT 03
NATIONAL YOUNG ATHLETES	OCT 04	SOUTHERN MENS 12 STAGE	MAR 20
SOUTHERN WOMENS 6 STAGE	MAR 20	NATIONAL MENS 12 STAGE	APR 16
NATIONAL WOMENS 6 STAGE	APR 16	NATIONAL MASTERS	MAY TBC
LONDON MARATHON	APR 24	LONDON MINI-MARATHONS	APR 24

INDOOR FIXTURES

EHAC OPEN MEETING	DEC 13	JAN 03
SEAA CHAMPIONSHIPS COMBINED EVENTS	DEC 19	DEC 20
NEW YEAR DAY SPRINTS	JAN 01	
SEAA CHAMPIONSHIPS U15/U17	JAN 09	JAN 10
SEAA CHAMPIONSHIPS U20/SENIOR	JAN 16	JAN 17
LONDON INDOOR GAMES U15/U17	JAN 23	JAN 24
LONDON INDOOR GAMES U20/SENIOR	JAN 30	JAN 31
DREAM MILE	FEB 03	
ESSEX AND EASTERN CHAMPIONSHIPS	FEB 06	FEB 07
U13 & U15 OPEN MEETING	FEB 13	
BRITISH MASTERS PENTATHLON CHAMPIONSHIPS	FEB 14	
MIDDLE DISTANCE OPEN MEETING	FEB 17	
SOUTHERN VETS AC CHAMPIONSHIPS	FEB 21	
SOUTH OF ENGLAND MASTERS CHAMPIONSHIPS	TBC	
BRITISH MASTERS CHAMPIONSHIPS	MAR 12	MAR 13
MIDDLESEX AND HERTFORDSHIRE CHAMPIONSHIPS	MAR 19	MAR 20
U13 & U15 PENTATHLON	MAR 27	

METROPOLITAN CROSS COUNTRY LEAGUE

TIMETABLE AND DISTANCES

	1.00	1.5Km	UNDER 11s (OVER 9)
	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

PLEASE GO TO THE METROPOLITAN LEAGUE WEB SITE www.metleague.co.uk FOR INFORMATION ON COURSE MAPS, DIRECTIONS ETC. WHICH WILL BE AVAILABLE 2 WEEKS PRIOR TO EACH RACE

CROSS COUNTRY CLUB CHAMPIONSHIP RACES**MEN**

U/11 BOYS NWLL MAR 05
 U/13 BOYS SOUTHERN CHAMPIONSHIPS
 U/15 BOYS SOUTHERN CHAMPIONSHIPS
 U/17 BOYS SOUTHERN CHAMPIONSHIPS
 JUNIORS KHALID-ALI AHMED
 5 MILES SENIORS RICHARD GOODMAN
 9 MILES SENIORS SOUTHERN CHAMPIONSHIPS
 MASTERS ROBERT RIGBY

WOMEN

NWLL MAR 05
 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

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 TEL: 01494 583600 (H)
 07779 653101 (M)
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ROAD RELAYS U20 AND SENIOR WOMEN

CROSS COUNTRY UNDER 20 AND SENIOR MEN/WOMEN
 SIMON KEENE
 TEL: 01494 874601 (H)
 07860 629490 (M)
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ROAD RELAYS AND CROSS COUNTRY**YOUNG ATHLETES MEN**

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ROAD RELAYS AND CROSS COUNTRY**YOUNG ATHLETES WOMEN**

JO KENT
 TEL: 0208 8364 9750 (H) 07803 139397 (M)
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JUNIOR MEN

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

ROAD RELAYS AND CROSS COUNTRY**MASTERS WOMEN**

MAGGIE COOPER
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ROAD RELAYS AND CROSS COUNTRY**MASTERS MEN**

VACANT

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