



# SHAFTESBURY BARNET HARRIERS

## INFORMATION SHEET FOR CROSS COUNTRY, ROAD RELAYS AND INDOOR EVENTS SEPTEMBER 2016 TO MAY 2017

DETAILS OF FIXTURES I.E TRAVEL AND START TIMES WILL BE PUBLISHED IN THE SBH WEEKLY NEWSLETTER,

### CROSS COUNTRY FIXTURES

SOUTHERN RELAYS	OCT 22	LIDDIARD/NORTH OF THE THAMES	OCT 29
NATIONAL RELAYS	NOV 05	LONDON CHAMPIONSHIPS	NOV 19
NORTH LONDON CHAMPIONSHIPS	NOV 26	EUROPEAN TRIALS	NOV 26
FRATERNITY/SORORITY CUPS	NOV 26	SOUTHERN MASTERS & INTER COUNTY	DEC 10
EUROPEAN CHAMPIONSHIPS	DEC 11	MIDDLESEX CHAMPIONSHIPS	JAN 07
HERTFORDSHIRE CHAMPIONSHIPS	JAN 08	SOUTHERN CHAMPIONSHIPS	JAN 28
NATIONAL CHAMPIONSHIPS	FEB 25	CAU INTER COUNTY CHAMPIONSHIPS	MAR 11
ENGLISH SCHOOLS CHAMPIONSHIPS	MAR 18	WORLD CHAMPIONSHIPS	MAR 26
START FITNESS METROPOLITAN LEAGUE	OCT 15	NOV 12	DEC 03
NORTH WEST LONDON LEAGUE	OCT 01	OCT 29	NOV 26
		JAN 14	FEB 18
		FEB 18	MAR 04

### ROAD RELAY FIXTURES

MIDDLESEX & HERTFORDSHIRE YAs	SEP 11	SOUTHERN WOMENS 4 STAGE	SEP 25
SOUTHERN WOMENS MASTERS	SEP 25	SOUTHERN YOUNG ATHLETES	SEP 25
SOUTHERN MENS 6 STAGE	SEP 25	SOUTHERN MENS MASTERS	SEP 25
NATIONAL MENS 6 STAGE	OCT 08	NATIONAL WOMENS 4 STAGE	OCT 08
NATIONAL YOUNG ATHLETES	OCT 08	SOUTHERN MENS 12 STAGE	MAR 25
SOUTHERN WOMENS 6 STAGE	MAR 25	NATIONAL MENS 12 STAGE	APR 08
NATIONAL WOMENS 6 STAGE	APR 08	LONDON MARATHON	APR 23
LONDON MINI-MARATHONS	APR 23	NATIONAL MASTERS	MAY TBC

### INDOOR FIXTURES

MINITHON	DEC 10	FEB 25
EHAC OPEN MEETING	DEC 11	JAN 02
SEAA CHAMPIONSHIPS COMBINED EVENTS	DEC 17	DEC 18
NEW YEAR DAY SPRINTS	JAN 01	
SEAA CHAMPIONSHIPS U15/U17	JAN 07	JAN 08
SEAA CHAMPIONSHIPS U20/SENIOR	JAN 14	JAN 15
LONDON INDOOR GAMES U17	JAN 21	
LONDON INDOOR GAMES U13/U15	JAN 22	
LONDON INDOOR GAMES U20/SENIOR	JAN 28	JAN 29
ESSEX AND EASTERN CHAMPIONSHIPS	FEB 04	FEB 05
BRITISH MASTERS PENTATHLON CHAMPIONSHIPS	FEB 12	
SOE/EMAC/VAC MASTERS CHAMPIONSHIPS	FEB 12	
MIDDLE DISTANCE OPEN MEETING	FEB 15	
SOUTHERN VETS AC CHAMPIONSHIPS	FEB 19	
SOUTH OF ENGLAND MASTERS CHAMPIONSHIPS	FEB 26	
U13 & U15 OPEN MEETING	MAR 05	
BRITISH MASTERS CHAMPIONSHIPS	MAR 11	MAR 12
MIDDLESEX, HERTFORDSHIRE & KENT CHAMPIONSHIPS	MAR 18	MAR 19

### METROPOLITAN CROSS COUNTRY LEAGUE

#### TIMETABLE AND DISTANCES

	12.45	1.5Km	UNDER 11s (OVER 9)
	12.55	3Km	UNDER 13 BOYS
	1.00	3Km	UNDER 13 GIRLS
NOT BEFORE	1.20	4Km	UNDER 17 MEN AND UNDER 15 BOYS
NOT BEFORE	1.25	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](http://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 04  
U/13 BOYS SOUTHERN CHAMPIONSHIPS JAN 28  
U/15 BOYS SOUTHERN CHAMPIONSHIPS JAN 28  
U/17 BOYS SOUTHERN CHAMPIONSHIPS JAN 28  
U/20 MEN METROPOLITAN LEAGUE NOV 12  
5 MILES SENIORS METROPOLITAN LEAGUE NOV 12  
9 MILES SENIORS SOUTHERN CHAMPIONSHIPS JAN 28  
MASTERS METROPOLITAN LEAGUE NOV 12

#### WOMEN

U/11 GIRLS METROPOLITAN LEAGUE JAN 14  
U/13 GIRLS SOUTHERN CHAMPIONSHIPS JAN 28  
U/15 GIRLS SOUTHERN CHAMPIONSHIPS JAN 28  
U/17 GIRLS SOUTHERN CHAMPIONSHIPS JAN 28  
U/20 WOMEN SOUTHERN CHAMPIONSHIPS JAN 28  
SENIORS SOUTHERN CHAMPIONSHIPS JAN 28  
MASTERS SOUTHERN CHAMPIONSHIPS JAN 28

### CROSS COUNTRY POINTS RACES

U/11 BOYS MET LGE (1) MET LGE (2) MET LGE (3) HERTS OR MIDDX MET LGE (4) MET LGE (5)  
BEST 4 OUT OF 6 RESULTS TO COUNT

U/13 BOYS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

U/15 BOYS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

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

U/20 MEN 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

U/11 GIRLS MET LGE (1) MET LGE (2) MET LGE (3) HERTS OR MIDDX MET LGE (4) MET LGE (5)  
BEST 4 OUT OF 6 RESULTS TO COUNT

U/13 GIRLS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

U/15 GIRLS ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

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

U/20 WOMEN 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  
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[jac.consultants@ntlworld.com](mailto:jac.consultants@ntlworld.com)

#### ROAD RELAYS U20 AND SENIOR WOMEN

CROSS COUNTRY UNDER 20 AND SENIOR MEN/WOMEN  
SIMON KEENE  
TEL: 01494 874601 (H)  
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[simonkeene@btinternet.com](mailto:simonkeene@btinternet.com)

#### ROAD RELAYS AND CROSS COUNTRY

##### YOUNG ATHLETES MEN

TONY SMITH  
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#### ROAD RELAYS AND CROSS COUNTRY

##### YOUNG ATHLETES WOMEN

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

#### U20 MEN

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

#### ROAD RELAYS AND CROSS COUNTRY

##### MASTERS WOMEN

VACANT

#### ROAD RELAYS AND CROSS COUNTRY

##### MASTERS MEN

VACANT

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