

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, Lenard Michel, Tony Smith, Jeremy Sothcott Dave Weightman
Hurdles: Jacqui Agyepong, 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

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 price of £28 + £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.

The £28/£32 price is payable at the time of your order either in cash or by 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.

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.

Please refer to Shaftesbury Barnet Harriers weekly newsletter for updated information on all fixtures. The newsletter can be found on the Shaftesbury Barnet Harriers website by using this link <http://sbharriers.co.uk/news/>



Shaftesbury Barnet Harriers

www.shaftesburybarnet.co.uk



PRESIDENT: DAVID BEDFORD OBE

FIXTURE CARD – WINTER SEASON 2016-2017

CHAIRMAN

Tony Sunderland
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TREASURER

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OFFICIALS SECRETARY

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TEAM MANAGERS

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ROAD RELAYS & CROSS COUNTRY MASTERS MEN

Vacant

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