

## **SHAFTESBURY BARNET HARRIERS HAVE RECENTLY CELEBRATED OUR 125 YEAR ANNIVERSARY, AFTER BEING FORMED IN 1890**

Since the turn of the Century we have experienced success not just at Senior level, but our Young Athletes have gone from strength to strength, in which we are extremely proud.

### **CURRENT COMPETITION'S WE COMPETE IN**

**Track and Field** - British Athletic League Premiership (Senior & U20 Men), UK Women's Athletics League Premier (Senior & U20 Women), UK Youth Development League Southern Premier 1 (U17 & U20 Men & Women), Eastern Young Athletes League (U13, U15 & U17 Men & Women) and the newly formed for 2017, Middlesex Young Athletes League (U11, U13, U15 & U17 Men & Women).

**Cross Country** – Start Fitness Metropolitan League and North West London League (All Age-Groups).

**Road Relays** – Southern and National 6 and 12 Stage Relays (All Age-Groups).

**TRAINING AND COACHING** - Currently we have numerous UKA qualified coaches (DBS certified) at Allianz Park, which cover the following disciplines – Endurance, Sprints, Hurdles, Long Jump, Triple Jump and Throws. Coaching is on Tuesday and Thursday evening, please attend no later than 6.30pm.

Endurance coaches also hold sessions at Woodside Stadium, Watford, Westminster Lodge, St Albans and Trent Park, Cockfosters.

You can find a comprehensive section on all coaches and their details on the Shaftesbury Barnet Harriers website at <http://sbharriers.co.uk/coaching-officials/coaches/>

If you require any further information, please contact our Coaching Secretary – **JEREMY SOTHCOTT** on 07764 621424 (M) or e-mail [jeremy.sothcott@btinternet.com](mailto:jeremy.sothcott@btinternet.com)

**HIGH JUMP AND POLE VAULT** - We also have regular Wednesday night sessions supervised by **SUE SMITH** and **STEVE LOWE** from 19.00 to 21.00.

The charge is £5 per session for Seniors and £3 per session for all younger age groups payable on the night.

If you have any questions please contact the Session Administrator, **CLYDE GORDON** on 07753 985525 or [clydeg67@hotmail.co.uk](mailto:clydeg67@hotmail.co.uk)

**WEIGHT TRAINING** - Available to fully paid up members in the Clubhouse, throughout the week but only under the supervision of Shaftesbury Barnet Harriers qualified coaches.