



# SHAFTESBURY BARNET HARRIERS

## INFORMATION SHEET FOR CROSS COUNTRY, ROAD RELAYS AND INDOOR EVENTS SEPTEMBER 2017 TO MAY 2018

PLEASE SEE THE SBH WEEKLY NEWSLETTER ON THE SBH WEBSITE, FOR THE LATEST INFORMATION ON FIXTURES ETC  
THIS IS THE LINK TO THE SBH WEBSITE - <http://sbharriers.co.uk/news/>

### CROSS COUNTRY FIXTURES

SOUTHERN RELAYS	OCT 21	LIDDIARD/NORTH OF THE THAMES	OCT 28
NATIONAL RELAYS	NOV 04	NORTH LONDON CHAMPIONSHIPS	NOV 04
LONDON CHAMPIONSHIPS	NOV 18	EUROPEAN TRIALS	NOV 25
FRATERNITY/SORORITY CUPS	NOV 25	SOUTHERN MASTERS & INTER COUNTY	DEC 09
EUROPEAN CHAMPIONSHIPS	DEC 10	MIDDLESEX CHAMPIONSHIPS	JAN 06
HERTFORDSHIRE CHAMPIONSHIPS	JAN 07	SOUTHERN CHAMPIONSHIPS	JAN 27
NATIONAL CHAMPIONSHIPS	FEB 24	CAU INTER COUNTY CHAMPIONSHIPS	MAR 10
ENGLISH SCHOOLS CHAMPIONSHIPS	MAR 17		
START FITNESS METROPOLITAN LEAGUE	OCT 14	NOV 11	DEC 02
NORTH WEST LONDON LEAGUE	SEP 30	OCT 28	NOV 25
		JAN 13	FEB 17
		FEB 17	MAR 03

### ROAD RELAY FIXTURES

MIDDLESEX & HERTFORDSHIRE YAs	SEP 10	SOUTHERN WOMENS 4 STAGE	SEP 24
SOUTHERN WOMENS MASTERS	SEP 24	SOUTHERN YOUNG ATHLETES	SEP 24
SOUTHERN MENS 6 STAGE	SEP 24	SOUTHERN MENS MASTERS	SEP 24
NATIONAL MENS 6 STAGE	OCT 07	NATIONAL WOMENS 4 STAGE	OCT 07
NATIONAL YOUNG ATHLETES	OCT 07	SOUTHERN MENS 12 STAGE	TBC
SOUTHERN WOMENS 6 STAGE	TBC	NATIONAL MENS 12 STAGE	APR 14
NATIONAL WOMENS 6 STAGE	APR 14	LONDON MARATHON	APR 22
LONDON MINI-MARATHONS	APR 22	NATIONAL MASTERS	MAY TBC

### INDOOR FIXTURES - LEE VALLEY

OPEN MEETING	DEC 03	
MINITHON	DEC 09	
SEAA CHAMPIONSHIPS COMBINED EVENTS	DEC 16	DEC 17
NEW YEAR DAY SPRINTS	JAN 01	
SEAA CHAMPIONSHIPS U15/U17	JAN 06	JAN 07
SEAA CHAMPIONSHIPS U20/SENIOR	JAN 13	JAN 14
LONDON INDOOR GAMES U17	JAN 20	
LONDON INDOOR GAMES U13/U15	JAN 21	
LONDON INDOOR GAMES U20/SENIOR	JAN 27	JAN 28
ESSEX AND EASTERN CHAMPIONSHIPS	FEB 03	FEB 04
U13 & U15 OPEN MEETING	FEB 11	
SCVAC CHAMPIONSHIPS	FEB 18	
MINITHON	FEB 24	
BRITISH MASTERS CHAMPIONSHIPS DAY 1	FEB 25	
SOE/EMAC/VAC MASTERS CHAMPIONSHIPS	MAR 04	
BRITISH MASTERS CHAMPIONSHIPS DAY 2 & 3	MAR 10	MAR 11
MIDDLESEX, HERTFORDSHIRE & KENT CHAMPIONSHIPS	MAR 17	MAR 18
U13 & U15 PENTATHLONS	MAR 25	

### INDOOR FIXTURES - NATIONAL

BRITISH CHAMPIONSHIPS	FEB 10	FEB 11	
BUCS CHAMPIONSHIPS	FEB 16	FEB 17	FEB 18
ENGLAND AGE-GROUP CHAMPIONSHIPS	FEB 24	FEB 25	
WORLD CHAMPIONSHIPS	MAR 02	MAR 03	MAR 04

## METROPOLITAN CROSS COUNTRY LEAGUE

### TIMETABLE AND DISTANCES

	12.40	1.5Km	UNDER 11 BOYS (OVER 9)
	12.45	1.5Km	UNDER 11 GIRLS (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 FOR INFORMATION ON COURSE MAPS, DIRECTIONS ETC.  
WHICH ARE NORMALLY AVAILABLE 2 WEEKS PRIOR TO EACH FIXTURE.

LINK TO WEBSITE - <http://www.metleague.co.uk/fixtures.html>

## CROSS COUNTRY CLUB CHAMPIONSHIP RACES

### MEN

U/11 BOYS	METROPOLITAN LEAGUE JAN 13
U/13 BOYS	SOUTHERN CHAMPIONSHIPS JAN 27
U/15 BOYS	SOUTHERN CHAMPIONSHIPS JAN 27
U/17 BOYS	SOUTHERN CHAMPIONSHIPS JAN 27
U/20 MEN	METROPOLITAN LEAGUE DEC 02
5 MILES SENIORS	METROPOLITAN LEAGUE DEC 02
9 MILES SENIORS	SOUTHERN CHAMPIONSHIPS JAN 27
MASTERS	METROPOLITAN LEAGUE DEC 02

### WOMEN

U/11 GIRLS	METROPOLITAN LEAGUE JAN 13
U/13 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 27
U/15 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 27
U/17 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 27
U/20 WOMEN	SOUTHERN CHAMPIONSHIPS JAN 27
SENIORS	SOUTHERN CHAMPIONSHIPS JAN 27
MASTERS	SOUTHERN CHAMPIONSHIPS JAN 27

UPDATED LIST OF WINNERS CAN BE FOUND ON THE SBH WEBSITE FROM 4 DECEMBER, ALSO PREVIOUS YEARS

LINK TO WEBSITE - <http://sbharriers.co.uk/fixtures-results/winter-xc-club-championships/>

## CROSS COUNTRY POINTS RACES - MEN

UNDER 11 - ALL 5 METROPOLITAN LEAGUES, PLUS HERTFORDSHIRE OR MIDDLESEX CHAMPIONSHIPS

BEST 4 OUT OF 6 RESULTS TO COUNT

UNDER 13, UNDER 15, UNDER 17, UNDER 20, SENIOR AND MASTERS - ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

BEST 5 OUT OF 7 RESULTS TO COUNT

## CROSS COUNTRY POINTS RACES - WOMEN

UNDER 11 - ALL 5 METROPOLITAN LEAGUES, PLUS HERTFORDSHIRE OR MIDDLESEX CHAMPIONSHIPS

BEST 4 OUT OF 6 RESULTS TO COUNT

UNDER 13, UNDER 15, UNDER 17, UNDER 20, SENIOR AND MASTERS - ALL 5 METROPOLITAN LEAGUES, PLUS SOUTHERN AND NATIONAL

BEST 5 OUT OF 7 RESULTS TO COUNT

UPDATED LIST OF ALL ATHLETES CAN BE FOUND ON THE SBH WEBSITE FROM 16 OCTOBER, THEN SUBSEQUENTLY AFTER ALL FIXTURES, ALSO PREVIOUS YEARS.

LINK TO WEBSITE - <http://sbharriers.co.uk/fixtures-results/winter-xc-points-tables/>

## TEAM MANAGERS

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### ROAD RELAYS AND CROSS COUNTRY

#### YOUNG ATHLETES MEN

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### ROAD RELAYS AND CROSS COUNTRY

#### MASTERS MEN AND WOMEN

BOTH POSITIONS VACANT

### ROAD RELAYS U20 AND SENIOR WOMEN

#### CROSS COUNTRY UNDER 20 AND SENIOR MEN/WOMEN

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### ROAD RELAYS AND CROSS COUNTRY

#### YOUNG ATHLETES WOMEN

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### ROAD RELAYS AND CROSS COUNTRY

#### U20 MEN

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