

SHAFTESBURY BARNET HARRIERS 2018-2019 CROSS COUNTRY POINTS RACES

Men

Under 11 Boys – All 5 Metropolitan, Plus Hertfordshire or Middlesex Championships

Best 4 out of 6 results to count

Under 13 Boys, Under 15 Boys, Under 17 Men, Under 20 Men, Senior Men and Masters Men – All 5 Metropolitan, Plus Southern and National Championships

Best 5 out of 7 results to count

Women

Under 11 Girls – All 5 Metropolitan, Plus Hertfordshire or Middlesex Championships

Best 4 out of 6 results to count

Under 13 Girl, Under 15 Girls, Under 17 Girls, Under 20 Women, Senior Women and Masters Women – All 5 Metropolitan, Plus Southern and National Championships

Best 5 out of 7 results to count

SHAFTESBURY BARNET HARRIERS 2018-2019 CROSS COUNTRY CLUB CHAMPIONSHIP RACES

Men

Under 11 Boys – Metropolitan League 12 January

Under 13 Boys – Southern Championships 26 January

Under 15 Boys – Southern Championships 26 January

Under 17 Men – Southern Championships 26 January

Under 20 Men – Metropolitan League 01 December

Five Miles Senior – Metropolitan League 01 December

Nine Miles Senior – Southern Championships 26 January

Masters – Metropolitan League 01 December

Women

Under 11 Girls – Metropolitan League 12 January

Under 13 Girls – Southern Championships 26 January

Under 15 Girls – Southern Championships 26 January

Under 17 Women – Southern Championships 26 January

Under 20 Women – Southern Championships 26 January

Senior – Southern Championships 26 January

Masters – Southern Championships 26 January