



# SHAFTESBURY BARNET HARRIERS

## INFORMATION SHEET FOR CROSS COUNTRY, ROAD RELAYS AND INDOOR EVENTS SEPTEMBER 2018 TO MAY 2019

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 20	LIDDIARD/NORTH OF THE THAMES	OCT 27
NATIONAL RELAYS	NOV 03	NORTH LONDON CHAMPIONSHIPS	NOV 03
LONDON CHAMPIONSHIPS	NOV 17	EUROPEAN TRIALS	NOV 24
FRATERNITY/SORORITY CUPS	NOV 24	SOUTHERN MASTERS & INTER COUNTY	DEC 08
EUROPEAN CHAMPIONSHIPS	DEC 09	MIDDLESEX CHAMPIONSHIPS	JAN 05
HERTFORDSHIRE CHAMPIONSHIPS	JAN 06	SOUTHERN CHAMPIONSHIPS	JAN 26
BRITISH UNIVERSITIES CHAMPIONSHIPS	FEB 02	NATIONAL CHAMPIONSHIPS	FEB 23
CAU INTER COUNTY CHAMPIONSHIPS	MAR 09	ENGLISH SCHOOLS CHAMPIONSHIPS	MAR 16
START FITNESS METROPOLITAN LEAGUE	OCT 13	NOV 10	DEC 01
NORTH WEST LONDON LEAGUE	SEP 29	OCT 27	NOV 24
		JAN 12	FEB 16
		FEB 09	MAR 02

### ROAD RELAY FIXTURES

MIDDLESEX & HERTFORDSHIRE YAs	SEP 09	SOUTHERN WOMENS 4 STAGE	SEP 23
SOUTHERN WOMENS MASTERS	SEP 23	SOUTHERN YOUNG ATHLETES	SEP 23
SOUTHERN MENS 6 STAGE	SEP 23	SOUTHERN MENS MASTERS	SEP 23
NATIONAL MENS 6 STAGE	OCT 06	NATIONAL WOMENS 4 STAGE	OCT 06
NATIONAL YOUNG ATHLETES	OCT 06	SOUTHERN MENS 12 STAGE	MAR 23/24
SOUTHERN WOMENS 6 STAGE	MAR 23/24	NATIONAL MENS 12 STAGE	APR 06
NATIONAL WOMENS 6 STAGE	APR 06	LONDON MARATHON	APR 28
LONDON MINI-MARATHONS	APR 28	NATIONAL MASTERS	MAY TBC

### INDOOR FIXTURES - LEE VALLEY

SEAA COMBINED EVENTS CHAMPIONSHIPS	DEC 15	DEC 16	
ENFIELD & HARINGEY OPEN MEETING	DEC 29		
NEW YEAR OPEN MEETING	JAN 01		
LONDON U17 INDOOR GAMES	JAN 05		
LONDON U13 & U15 INDOOR GAMES	JAN 06		
SEAA U15 & U17 CHAMPIONSHIPS	JAN 12	JAN 13	
SEAA U20 & SENIOR CHAMPIONSHIPS	JAN 19	JAN 20	
LONDON U20 & SENIOR INDOOR GAMES	JAN 26	JAN 27	
ESSEX AND EASTERN CHAMPIONSHIPS	FEB 02	FEB 03	
BRITISH CHAMPIONSHIPS	FEB 09	FEB 10	
SCVAC CHAMPIONSHIPS	FEB 10		
BRITISH UNIVERSITIES CHAMPIONSHIPS	FEB 16	FEB 17	
BMAF PENTATHLON CHAMPIONSHIPS	FEB 17		
LEE VALLEY MIDDLE DISTANCE OPEN MEETING	FEB 20		
LEE VALLEY MINITHON MEETING	FEB 23		
SOE/EMAC/VAC MASTERS CHAMPIONSHIPS	FEB 24		
EUROPEAN CHAMPIONSHIPS	MAR 01	MAR 02	MAR 03
LEE VALLEY U13 & U15 OPEN MEETING	MAR 02		
BRITISH MASTERS CHAMPIONSHIPS	MAR 09	MAR 10	
WORLD CHAMPIONSHIPS	MAR 13	MAR 14	MAR 15
MIDDLESEX, HERTFORDSHIRE & KENT CHAMPIONSHIPS	MAR 16	MAR 17	
LEE VALLEY U13 & U15 OPEN & PENTATHLON MEETING	MAR 24		
WORLD MASTERS CHAMPIONSHIPS	MAR 24	TO	MAR 30

## 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 12
U/13 BOYS	SOUTHERN CHAMPIONSHIPS JAN 26
U/15 BOYS	SOUTHERN CHAMPIONSHIPS JAN 26
U/17 BOYS	SOUTHERN CHAMPIONSHIPS JAN 26
U/20 MEN	METROPOLITAN LEAGUE DEC 01
5 MILES SENIORS	METROPOLITAN LEAGUE DEC 01
9 MILES SENIORS	SOUTHERN CHAMPIONSHIPS JAN 26
MASTERS	METROPOLITAN LEAGUE DEC 01

### WOMEN

U/11 GIRLS	METROPOLITAN LEAGUE JAN 12
U/13 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 26
U/15 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 26
U/17 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 26
U/20 WOMEN	SOUTHERN CHAMPIONSHIPS JAN 26
SENIORS	SOUTHERN CHAMPIONSHIPS JAN 26
MASTERS	SOUTHERN CHAMPIONSHIPS JAN 26

UPDATED LIST OF WINNERS CAN BE FOUND ON THE SBH WEBSITE FROM 6 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 18 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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