

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 - £20 for vest/crop top and £10 for shorts. Contact team managers

WEIGHT TRAINING

Available to fully paid up members in the Clubhouse, throughout the week but only under the supervision of Shaftesbury qualified coaches.

TRAINING AND COACHING

Currently we have a number of UKA qualified coaches at Allianz Park, which cover the following disciplines – Endurance, Sprints, Hurdles, Long Jump, Triple Jump and Throws. We also have regular Wednesday night sessions for High Jump and Pole Vault.

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

If you require any further information, please contact our Coaching Secretary – Jeremy Sothcott on 07764 621424 (M) or e-mail jeremy.sothcott@btinternet.com

Our coaches have DBS certification. Their respective qualifications can be viewed on the Shaftesbury Barnet Harriers website at <http://sbharriers.co.uk/coaching-officials/coaches/>

CLUB HOODIES

With well over 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 a cost of £30 + £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 £30/£34 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 e-newsletter for updated information on all fixtures <http://sbharriers.co.uk/news/>



Shaftesbury Barnet Harriers



www.shaftesburybarnet.co.uk

PRESIDENT: ALAN WELLER

FIXTURE CARD – WINTER SEASON 2018-2019

CHAIRMAN

Tony Sunderland
Tel: 020 8866 1533 (H) 07903 251034 (M)
e-mail anthony.sunderland@yahoo.com

GENERAL SECRETARY

Philip Cunningham
147 Billy Lows Lane, Potters Bar,
Hertfordshire EN6 1UY
Tel: 01707 850923 (H) 07903 202557 (M)
e-mail billylow@ntlworld.com

TREASURER

Geoffrey Morphitis
55 Lancaster Avenue
Hadley Wood, Barnet, Herts, EN4 0ER
Tel: 020 8447 1066 (H) 07976 994302 (M)
e-mail geoffrey.morphitis@capeandd.com

OFFICIALS SECRETARY

John Wright
Tel: 01707 376052 (H) 07592 614549 (M)
e-mail john.wright7980@gmail.com

PROMOTIONS OFFICER

Dave Bradley
Tel: 020 8428 9890 (H) 07543 687934 (M)
e-mail davidbradley@btopenworld.com

COACHING SECRETARY

Jeremy Sothcott
Tel: 07764 621424 (M)
e-mail jeremy.sothcott@btinternet.com

WELFARE OFFICER MEN

Mike Tuvey
Tel: 020 8958 9687 (H) 07949 729177 (M)
e-mail michaeltuvey@hotmail.co.uk

WELFARE OFFICER WOMEN

Nene Harrison
Tel: 07775 958018 (M)
e-mail nene.harrison@gmail.com

TEAM MANAGERS

ROAD RELAYS SENIOR MEN

Tony Jackson
Tel: 00494 580984 (H) 07779 653101 (M)
e-mail jac.consultants@ntlworld.com

ROAD RELAYS U20 & SENIOR WOMEN CROSS COUNTRY U20 & SENIOR MEN/WOMEN

Simon Keene
Tel: 01494 874601 (H) 07496 520659 (M)
e-mail simonkeene@btinternet.com

ROAD RELAYS & CROSS COUNTRY YOUNG ATHLETES MEN

Jeremy Sothcott
Tel: 07764 621424 (M)
e-mail jeremy.sothcott@btinternet.com

ROAD RELAYS & CROSS COUNTRY YOUNG ATHLETES WOMEN

Jo Kent
Tel: 020 8836 49750 (H) 07803 139397 (M)
e-mail joannekent@btinternet.com

JUNIOR MEN

George Harrison MBE
Tel: 01923 263317 (H) 07957 327401 (M)

ROAD RELAYS & CROSS COUNTRY MASTERS MEN

Tony Jackson – Details As above

ROAD RELAYS & CROSS COUNTRY MASTERS WOMEN

Vacant