

We offer a variety of competitions throughout the summer for all our members irrespective of their standard and at no extra cost.

For the Track and Field, we compete in 6 leagues giving competition for Under 11s through to Masters athletes. We also publish entry details for various local open meetings which are mainly held midweek, including Watford and Lee Valley Athletic Centre. You will have to enter yourself and pay the appropriate entry fee.

### **Track and Field – For Young Athletes**

We compete in two leagues, firstly the **Eastern Young Athletes League** for age-groups Under 13, 15 and 17 Men and Women.

The 5 fixtures are Sunday 14 April at Thurrock, Saturday 4 May at St Albans, Sunday 2 June at Hemel Hempstead, Sunday 7 July at Stevenage and Sunday 11 August at Allianz Park. There are 25 teams in the league and we compete against each one on a round robin basis. At each fixture, there are non-scoring events, which gives you the opportunity of competing with the team and also impressing your Team Manager. In 2018 the team spirit was exceptional throughout the season and we finished as League Champions.

We also compete in the **Middlesex Young Athletes League** for age-groups Under 11, 13, 15 and 17 Men and Women.

The 4 fixtures are Saturday 27 April at Perivale, Saturday 25 May at Finsbury Park, Sunday 23 June at Parliament Hill and Sunday 21 July at Allianz Park, there are 11 teams in the league.

At each fixture, there are non-scoring events, which gives you the opportunity of competing with the team and also impressing your Team Manager. In 2018 we improved immensely from 2017 and finished runners-up to Highgate Harriers.

**Please Note** – Both leagues require the team manager to send our team declaration the day before a fixture, which includes non-scoring athletes.

### **Track and Field – For Under 17 and Under 20 Athletes**

One of our most successful competitions is the **UK Youth Development League**, where we're in the Southern Premier division. In 2018 we were runners-up in both the League and National Final to Blackheath and Bromley.

The 4 fixtures which are all on Sundays are 5 May at Reading, 26 May at Crawley, 30 June at Allianz Park and 28 July at Bromley.

### **Track and Field – For Senior and Under 20 Athletes**

Our men compete in the **British Athletics League** and are proud to say since its inception in 1969 we are one of only two clubs who have competed in the top tier ever since.

There are 4 fixtures which are Sunday 12 May at Swansea, Sunday 9 June at Allianz Park, Saturday 6 July at Sheffield and Saturday 3 August at Birmingham.

Our women compete in the **UK Women's Athletics League** and we are optimistic, that with our current squad of athletes, we can gain promotion to the Premier division.

There are 3 fixtures which are on Sunday 9 June at Allianz Park, Saturday 6 July at Stevenage and Sunday 4 August at Wigan.

### **Southern Counties Veteran League**

Barnet & District compete in this League. If you wish to compete you have to join them as a 2nd Claim member. Last year the Women's team qualified for the end of season Final in which Rosalind Zeffertt and Lisa Webb took part.

The 4 fixtures which are all on Mondays are 13 May at Lee Valley, 10 June at Stevenage, 24 June at Lee Valley and 22 July at Hemel Hempstead.

For further information, please follow the link to Summer Fixture Card <http://sbharriers.co.uk/fixtures-results/fixture-cards/>