

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 £35 + £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 £35/£39 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 2019-2020

CHAIRMAN

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TREASURER

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ROAD RELAYS & CROSS COUNTRY MASTERS WOMEN

Vacant