



SHAFTESBURY BARNET HARRIERS

INFORMATION SHEET FOR CROSS COUNTRY, ROAD RELAYS AND INDOOR EVENTS SEPTEMBER 2019 TO APRIL 2020

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 19	LIDDIARD/NORTH OF THE THAMES	OCT 26
NATIONAL RELAYS	NOV 02	NORTH LONDON CHAMPIONSHIPS	NOV 02
LONDON CHAMPIONSHIPS	NOV 16	EUROPEAN TRIALS	NOV 23
FRATERNITY/SORORITY CUPS	NOV 23	SOUTHERN MASTERS & INTER COUNTY	DEC 07
EUROPEAN CHAMPIONSHIPS	DEC 08	MIDDLESEX CHAMPIONSHIPS	JAN 04
HERTFORDSHIRE CHAMPIONSHIPS	JAN 05	SOUTHERN CHAMPIONSHIPS	JAN 25
BRITISH UNIVERSITIES CHAMPIONSHIP	FEB 01	NATIONAL CHAMPIONSHIPS	FEB 22
CAU INTER COUNTY CHAMPIONSHIPS	MAR 07	ENGLISH SCHOOLS CHAMPIONSHIPS	MAR 14
START FITNESS METROPOLITAN LEAGUE	OCT 12	NOV 09	DEC 07
NORTH WEST LONDON LEAGUE	SEP 28	OCT 26	NOV 23
		JAN 11	FEB 15
		FEB 08	MAR 28

ROAD RELAY FIXTURES

MIDDLESEX & HERTFORDSHIRE YAs	SEP 15	SOUTHERN WOMENS 4 STAGE	SEP 22
SOUTHERN WOMENS MASTERS	SEP 22	SOUTHERN YOUNG ATHLETES	SEP 22
SOUTHERN MENS 6 STAGE	SEP 22	SOUTHERN MENS MASTERS	SEP 22
NATIONAL MENS 6 STAGE	OCT 06	NATIONAL WOMENS 4 STAGE	OCT 06
NATIONAL YOUNG ATHLETES	OCT 06	SOUTHERN MENS 12 STAGE	MAR 21
SOUTHERN WOMENS 6 STAGE	MAR 21	NATIONAL MENS 12 STAGE	APR 04
NATIONAL WOMENS 6 STAGE	APR 04	LONDON MARATHON	APR 19
LONDON MINI-MARATHONS	APR 19	NATIONAL MASTERS	MAY TBC

INDOOR FIXTURES - LEE VALLEY

SEAA COMBINED EVENTS CHAMPIONSHIPS	DEC 14	DEC 15	
NEW YEAR OPEN MEETING	JAN 01		
ENFIELD & HARINGEY OPEN MEETING	JAN 05		
SEAA U15 & U17 CHAMPIONSHIPS	JAN 11	JAN 12	
LONDON U20 & SENIOR INDOOR GAMES	JAN 18	JAN 19	
LONDON U17 INDOOR GAMES	JAN 25		
LONDON U13 & U15 INDOOR GAMES	JAN 26		
LEE VALLEY DREAM MILE	JAN 29		
SEAA U20 & SENIOR CHAMPIONSHIPS	FEB 01	FEB 02	
ESSEX AND EASTERN CHAMPIONSHIPS	FEB 08	FEB 09	
BRITISH CHAMPIONSHIPS	TBC		
SCVAC CHAMPIONSHIPS	FEB 16		
LEE VALLEY MIDDLE DISTANCE OPEN MEETING	FEB 19		
LEE VALLEY MINITHON MEETING	FEB 22		
BMAF PENTATHLON CHAMPIONSHIPS	FEB 23		
SOE/EMAC/VAC MASTERS CHAMPIONSHIPS	MAR 01		
BRITISH MASTERS CHAMPIONSHIPS	MAR 07	MAR 08	
WORLD CHAMPIONSHIPS	MAR 13	MAR 14	MAR 15
MIDDLESEX, HERTFORDSHIRE & KENT CHAMPIONSHIPS	MAR 14	MAR 15	
LEE VALLEY MINITHON OPEN MEETING	MAR 21		
LEE VALLEY U13 & U15 OPEN MEETING	MAR 29		
WORLD MASTERS CHAMPIONSHIPS	APR 06 TO 12		

METROPOLITAN CROSS COUNTRY LEAGUE

TIMETABLE AND DISTANCES

	12.35	1.5Km	UNDER 11 BOYS (OVER 9)
	12.40	1.5Km	UNDER 11 GIRLS (OVER 9)
	12.50	3Km	UNDER 13 BOYS
	12.55	3Km	UNDER 13 GIRLS
NOT BEFORE	1.15	4Km	UNDER 17 MEN AND UNDER 15 BOYS
NOT BEFORE	1.20	4Km	UNDER 17 WOMEN AND UNDER 15 GIRLS
NOT BEFORE	1.30	8Km	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. ALSO THE HOME ORGANISER MAY ADJUST START TIMES AND RACE DISTANCES.

LINK TO WEBSITE - <http://www.metleague.co.uk/fixtures.html>

CROSS COUNTRY CLUB CHAMPIONSHIP RACES

MEN

U/11 BOYS	METROPOLITAN LEAGUE JAN 11
U/13 BOYS	SOUTHERN CHAMPIONSHIPS JAN 25
U/15 BOYS	SOUTHERN CHAMPIONSHIPS JAN 25
U/17 BOYS	SOUTHERN CHAMPIONSHIPS JAN 25
U/20 MEN	METROPOLITAN LEAGUE DEC 07
5 MILES SENIORS	METROPOLITAN LEAGUE DEC 07
9 MILES SENIORS	SOUTHERN CHAMPIONSHIPS JAN 25
MASTERS	METROPOLITAN LEAGUE DEC 07

WOMEN

U/11 GIRLS	METROPOLITAN LEAGUE JAN 11
U/13 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 25
U/15 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 25
U/17 GIRLS	SOUTHERN CHAMPIONSHIPS JAN 25
U/20 WOMEN	SOUTHERN CHAMPIONSHIPS JAN 25
SENIORS	SOUTHERN CHAMPIONSHIPS JAN 25
MASTERS	SOUTHERN CHAMPIONSHIPS JAN 25

UPDATED LIST OF WINNERS CAN BE FOUND ON THE SBH WEBSITE FROM 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 17 OCTOBER, THEN SUBSEQUENTLY AFTER ALL FIXTURES, ALSO PREVIOUS YEARS.

LINK TO WEBSITE - <http://sbharriers.co.uk/fixtures-results/winter-xc-points-tables/>

TEAM MANAGERS

ROAD RELAYS SENIOR MEN

ROAD RELAYS AND CROSS COUNTRY

MASTERS MEN

TONY JACKSON

TEL: 01494 580984 (H)

07779 653101 (M)

jac.consultants@ntlworld.com

ROAD RELAYS U20 AND SENIOR WOMEN

CROSS COUNTRY UNDER 20 AND SENIOR MEN/WOMEN

SIMON KEENE

TEL: 01494 874601 (H)

07496 520659 (M)

simonkeene@btinternet.com

ROAD RELAYS AND CROSS COUNTRY

YOUNG ATHLETES AND U20 MEN

JEREMY SOTHCOTT

TEL: 07764 621424 (M)

jeremy.sothcott@btinternet.com

ROAD RELAYS AND CROSS COUNTRY

YOUNG ATHLETES WOMEN

JO KENT

TEL: 0208 8364 9750 (H) 07803 139397 (M)

joannepkent@btinternet.com

ROAD RELAYS AND CROSS COUNTRY

MASTERS WOMEN

VACANT

ALAN WELLER - e-mail alanweller111@gmail.com TEL: 01460 64275 (H)