# 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 - £15 for vest, £18 for crop top and £5 for shorts/hot pants, Contact team managers

# TRAINING AND COACHING

## ALLIANZ PARK

*TUESDAY and THURSDAY 18.00 TO 20.30*

 **Shaftesbury Barnet Harriers **

[**www.shaftesburybarnet.co.uk**](http://www.shaftesburybarnet.co.uk/)

PRESIDENT: DAVID BEDFORD OBE

**FIXTURE CARD – WINTER SEASON 2015-2016**

Sprints: John Child, Charly Doyon, Bob Gayler, Costas Goulas, Ty Holden

Middle distance: Neelam Kaderbhoy, Tony Smith, Jeremy Sothcott, Martha Whiting

Hurdles: Bryan Smith

Long & Triple Jump: Frank Attoh (Seniors only), Alfredo Melao

Throws: Clyde Gordon, Neville Thompson

## WOODSIDE STADIUM, WATFORD

*TUESDAY 18.00 to 20.30*

Middle Distance: George Harrison MBE, Ali Kadir

## WOODSIDE SPORTS CENTRE

*SATURDAY 10.00 TO 12.00 CRICKET PITCH WITHIN*

Middle Distance: George Harrison MBE, Ali Kadir

## WEIGHT TRAINING

Available to fully paid up members in the Clubhouse, during weekday evenings between 18.00 and 21.00 but only under the supervision of qualified club coaches. Contact Clyde Gordon (07753 985525) for further information

## CLUB HOODIES

With over three 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 the subsidised price of £22 + £3 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.

Let us know the name you want on the front and your chest size. You will be notified when your club hoody has arrived. It will be available for collection from Allianz Park on Tuesday evenings between 18.15 and 20.15.You can pay the £22/£25 purchase price either in cash or cheque made payable to Shaftesbury Barnet Harriers and send to Geoff Morphitis, 55 Lancaster Avenue, Hadley Wood, Barnet, Herts EN4 0ER

Please refer to Shaftesbury Barnet Harriers weekly e-newsletter for updated information on all fixtures

**CHAIRMAN**

Tony Sunderland

Tel: 020 8866 1533(H) 07903 251034 (M)

e-mail ajsunderland@tiscali.co.uk

**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**

Stephanie Paparizos

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e-mail stephanie.paparizos@gmail.com

**PROMOTIONS OFFICER**

Dave Bradley

Tel: 020 8428 9890 (H) 07961 452786 (M)

e-mail davidbradley@btopenworld.com

**COACHING SECRETARY**

Vacant

**WELFARE OFFICER (MEN)**

Mike Tuvey

Tel: 020 8958 9687 (H) 07949 729177 (M)

e-mail michaeltuvey@hotmail.co.uk

**WELFARE OFFICER (WOMEN)**

Grace Conroy

Tel: 07934 189757 (M)

e-mail conroyg@hotmail.co.uk

**TEAM MANAGERS**

**ROAD RELAYS SENIOR MEN**

Tony Jackson

Tel: 01494 583600(H) 07779 653101(M)

e-mail jac.consultants@ntlworld.com

**ROAD RELAYS U20 & SENIOR WOMEN**

**CROSS COUNTRY U20 AND SENIOR MEN/WOMEN**

Simon Keene

Tel: 01494 874601(H) 07860 629490(M)

e-mail simon.keene@bt.com

**ROAD RELAYS & CROSS COUNTRY**

**YOUNG ATHLETES MEN**

Tony Smith

Tel: 01923 855133 (H)

e-mail anthony.smith694@ntlworld.com

**ROAD RELAYS & CROSS COUNTRY**

**YOUNG ATHLETES WOMEN**

Jo Kent

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e-mail joannepkent@btinternet.com

**ROAD RELAYS & CROSS COUNTRY**

**MASTERS MEN**

 Vacant

**ROAD RELAYS & CROSS COUNTRY**

**MASTERS WOMEN**

Maggie Cooper

Tel: 07767 254421 (M)

e-mail runmaggiecooper@yahoo.co.uk

**JUNIOR MEN**

George Harrison MBE

Tel: 01923 263317(H) 07957 327401(M)