

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 numerous 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 nearly 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 the price 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 – SUMMER SEASON 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, EN4 0ER
Tel: 020 8447 1066 (H) 07976 994302 (M)
e-mail geoffrey.morphitis@capeandd.com

OFFICIALS SECRETARY

Gerald Alterman
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e-mail john.wright7980@gmail.com

OFFICIALS CO-ORDINATOR

Rosalind Zeffert
Tel: 07973 822874 (M)
e-mail anglo.japan@btconnect.com

PROMOTIONS SECRETARY

Dave Bradley
Tel: 0208 428 9890 (H) 07961 452786 (M)
e-mail gerald@marksman.plus.com

COACHING SECRETARY

Jeremy Sothcott
Tel: 020 8441 9309 (H) 07764 621424 (M)
e-mail jeremy.sothcott@btinternet.com

WELFARE OFFICER (MEN)

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

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

TEAM MANAGERS

BRITISH ATHLETICS LEAGUE
Geoffrey Morphitis Details as Treasurer

TEAM MANAGERS

UK WOMEN'S LEAGUE

Nicole Cara
Tel: 07875 642534 (M)
e-mail nicolecara@hotmail.co.uk

UK YOUTH DEVELOPMENT LEAGUE

U17 & U20 MEN

U20 Men: Geoffrey Morphitis
Details as Treasurer

U17 Men: Clyde Gordon
Tel: 07753 985525 (M)

e-mail clydeg67@hotmail.co.uk

U17 & U20 Women: Ty Holden
Tel: 07737 803260 (M)

e-mail djtyholden@yahoo.co.uk

EASTERN YOUNG ATHLETES LEAGUE U13, U15 & U17

Boys: Brenton Hall
Tel: 07937 253069 (M)

e-mail eyalmanager@btinternet.com

Boys: Ty Holden
Details as UK YDL

U17 Women: Chinwe Iwunze
Tel: 07341 827694 (M)

e-mail chinwe.elizibeth@yahoo.co.uk

U13 & U15 Girls: Jacqui Agyepong
Tel: 07961 440663 (M)

e-mail ping.pong@virgin.net

MIDDLESEX YOUNG ATHLETES LEAGUE U11, U13, U15 & U17

Boys: Brenton Hall
Tel: 07937 253069 (M)

e-mail eyalmanager@btinternet.com

Boys: Ty Holden
Details as UK YDL

Girls: Neelam Kaderbhoy
Tel: 07791 512383 (M)

e-mail neelam_400@yahoo.co.uk

SCVAV VETERANS LEAGUE

Men: David Wilcock
Tel: 020 8445 4760 (H) 07939 096192 (M)

e-mail david.wilcock@virgin.net

Women: Karen Murphy

Tel: 01707 859071 (H) 07766 604074 (M)

e-mail karenmurphy@ntlworld.com