

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

PRESIDENT: ALAN WELLER

## **FIXTURE CARD – WINTER SEASON 2019-2020**

### **CHAIRMAN**

Tony Sunderland  
Tel: 020 8866 1533 (H) 07903 251034 (M)  
e-mail [anthony.sunderland@yahoo.com](mailto: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](mailto: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](mailto:geoffrey.morphitis@capeandd.com)

### **OFFICIALS SECRETARY**

Gerald Alterman  
Tel: 07956 825781 (M)  
e-mail [gerald@marksman.plus.com](mailto:gerald@marksman.plus.com)

### **OFFICIALS CO-ORDINATOR**

Rosalind Zeffert

### **PROMOTIONS SECRETARY**

Dave Bradley  
Tel: 020 8428 9890 (H) 07961 452786 (M)  
e-mail [davidbradley@btopenworld.com](mailto:davidbradley@btopenworld.com)

### **COACHING SECRETARY**

Jeremy Sothcott  
Tel: 07764 621424 (M)  
e-mail [jeremy.sothcott@btinternet.com](mailto:jeremy.sothcott@btinternet.com)

### **WELFARE OFFICER MEN**

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

### **WELFARE OFFICER WOMEN**

Nene Harrison  
Tel: 07775 958018 (H)  
e-mail [nene.harrison@gmail.com](mailto:nene.harrison@gmail.com)

### **TEAM MANAGERS**

#### **ROAD RELAYS SENIOR MEN ROAD RELAYS & CROSS COUNTRY MASTERS MEN**

Tony Jackson  
Tel: 01494 580984 (H) 07779 653101 (M)  
e-mail [jac.consultants@ntlworld.com](mailto:jac.consultants@ntlworld.com)

#### **ROAD RELAYS U20 & SENIOR WOMEN CROSS COUNTRY SENIOR MEN/WOMEN**

Simon Keene  
Tel: 01494 874601 (H) 07496 520659 (M)  
e-mail [simonkeene@btinternet.com](mailto:simonkeene@btinternet.com)

#### **ROAD RELAYS & CROSS COUNTRY YOUNG ATHLETES & U20 MEN**

Jeremy Sothcott  
Tel: 07764 621424 (M)  
e-mail [jeremy.sothcott@btinternet.com](mailto:jeremy.sothcott@btinternet.com)

#### **ROAD RELAYS & CROSS COUNTRY YOUNG ATHLETES WOMEN**

Jo Kent  
Tel: 020 8836 49750 (H) 07803 139397 (M)  
e-mail [joanp Kent@btinternet.com](mailto:joanp Kent@btinternet.com)

#### **ROAD RELAYS & CROSS COUNTRY MASTERS WOMEN**

Vacant