

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 StoneX Stadium - £25 for vest, £20 for crop top and £15 for shorts/hot pants. Contact Geoffrey Morphitis on 07976 994302 or at geoffrey.morphitis@capeandd.com

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

We have UKA qualified coaches at StoneX Stadium every Tuesday and Thursday night which cover the following disciplines – Endurance, Sprints, Hurdles, Long Jump, Triple Jump and Throws. We also have regular Monday and Wednesday night sessions by UKA qualified coaches at StoneX Stadium 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 for the Tuesday and Thursday sessions our Coaching Secretary – Jeremy Sothcott on 07764 621424 (M) or e-mail jeremy.sothcott@btinternet.com and Clyde Gordon on Clydeg67@hotmail.co.uk for the Monday and Wednesday sessions.

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 eight hundred hoodies already in circulation, this is your opportunity to join the club. 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. We now have 2 styles, the original pull over style at £35 + P&P or the new one with a full zip at £40 + P&P.

Here is the link to the Supreme Sports website which if you click on it, will take YOU to the new Club Hoody and allow you to then view the full range of Club kit online - <https://www.supreme-sports.co.uk/webshop/schools-and-clubs/shaftesbury-barnet-harriers/>

Please refer to Shaftesbury Barnet Harriers weekly newsletter for updated information on all fixtures <http://sbharriers.co.uk/news/>



Shaftesbury Barnet Harriers



<http://sbharriers.co.uk/>

PRESIDENT: GEOFF WILLIAMS

FIXTURE CARD – WINTER SEASON 2022-2023

CHAIRMAN

John Kelly
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Rosalind Zeffertt

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