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 - $\pounds 25$ for vest, $\pounds 20$ for crop top and $\pounds 15$ 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, St Albans and Trent Park.

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.

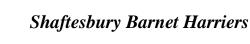
Our coaches have DBS certification. Their respective qualifications can be viewed on the Shaftesbury Barnet Harriers website at http://sbharriers.co.uk/coaching-officials/coaches/

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 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 + £5 P&P or the new one with a full zip at £40 + £5 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 – <u>http://supreme-sports.co.uk/webshop/schools-and-clubs/shaftesbury-berner-harriers/</u>

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





www.shaftesburybarnet.co.uk

PRESIDENT: GEOFF WILLIAMS FIXTURE CARD – SUMMER SEASON 2023

CHAIRMAN John Kelly Tel: 01923 857124 (H) 07582 663245 (M) e-mail john.kelly@ishtm.ac.uk GENERAL SECRETARY

Philip Cunningham 147 Billy Lows Lane, Potters Bar, Hertfordshire EN6 1UY Tel: 01707 850923 (H) 07903 202557 (M) e-mail <u>billylow@ntlworld.com</u> **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 Tel: 07956 825781 (M)

e-mail gerald@marksman.plus.com OFFICIALS CO-ORDINATOR Rosalind Zeffertt PROMOTIONS SECRETARY Dave Bradley

Tel: 020 8428 9890 (H) 07961 452786 (M) e-mail davidnbradley@btopenworld.com COACHING SECRETARY

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

WELFARE OFFICERS

Men: Edward King Tel: 07969 021044 (M) e-mail ted.king@bbc.co.uk Women: Nene Harrison Tel: 07775 958018 (M)

e-mail <u>nene.harrison@gmail.com</u> TEAM MANAGERS

NATIONAL ATHLETIC LEAGUE Team Manager Men: Geoffrey Morphitis Details as Treasurer Assistant Team Manager: Clyde Gordon Tel: 07753 985525 (M) e-mail clydeg67@hotmail.co.uk

NATIONAL ATHLETIC LEAGUE Team Manager Women: Colette Hurley Tel: 07787 545826 (M) e-mail hurlevpc@aol.com Assistant Team Manager: Ty Holden Tel: 07737 803260 (M) e-mail djtyholden@yahoo.co.uk UK YOUTH DEVELOPMENT LEAGUE U17 & U20 Team Managers Men & Women Clyde Gordon Details as NAL Ty Holden Details as NAL Assistant Team Managers Women Jacqui Agyepong Tel: 07961 440663 (M) e-mail ping.pong@virgin.net Anna Higson Tel: 07966 785022 (M) e-mail higsonanna@hotmail.com EASTERN YOUNG ATHLETES LEAGUE U13, U15 & U17 Team Manager Boys: Ty Holden Details as NAL Team Managers Girls: Jacqui Agyepong Details as UKYDL Anna Higson Details as UKYDL

MIDDLESEX YOUNG ATHLETES

LEAGUE U11, U13, U15 & U17 Team Manager Boys: Ty Holden Details as NAL Team Managers Girls: Jacqui Agyepong Details as UKYDL Anna Higson Details as UKYDL SCVAC VETERANS LEAGUE Team Manager Men: Clyde Gordon

Details as NAL Team Manager Women: Sean Sutherland Tel: 07909 895297 (M) e-mail <u>sean.sutherland@yahoo.ca</u>