

## 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](mailto: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](mailto:jeremy.sothcott@btinternet.com) and Clyde Gordon on [clydeg67@hotmail.co.uk](mailto: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 – <http://supreme-sports.co.uk/webshop/schools-and-clubs/shaftesbury-berner-harriers/>

Please refer to Shaftesbury Barnet Harriers Weekly 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: GEOFF WILLIAMS

## FIXTURE CARD – SUMMER SEASON 2023

### CHAIRMAN

John Kelly  
Tel: 01923 857124 (H) 07582 663245 (M)  
e-mail [john.kelly@ishtm.ac.uk](mailto: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 [billylow@ntlworld.com](mailto: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](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 Zeffertt  
**PROMOTIONS SECRETARY**  
Dave Bradley  
Tel: 020 8428 9890 (H) 07961 452786 (M)  
e-mail [davidnbradley@btopenworld.com](mailto:davidnbradley@btopenworld.com)

### COACHING SECRETARY

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

### WELFARE OFFICERS

Men: Edward King  
Tel: 07969 021044 (M)  
e-mail [ted.king@bbc.co.uk](mailto:ted.king@bbc.co.uk)  
Women: Nene Harrison  
Tel: 07775 958018 (M)  
e-mail [nene.harrison@gmail.com](mailto:nene.harrison@gmail.com)

### 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](mailto:clydeg67@hotmail.co.uk)

### NATIONAL ATHLETIC LEAGUE

Team Manager Women: Colette Hurley  
Tel: 07787 545826 (M)  
e-mail [hurleypc@aol.com](mailto:hurleypc@aol.com)  
Assistant Team Manager: Ty Holden  
Tel: 07737 803260 (M)  
e-mail [djtyholden@yahoo.co.uk](mailto: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](mailto:ping.pong@virgin.net)  
Anna Higson  
Tel: 07966 785022 (M)  
e-mail [higsonanna@hotmail.com](mailto: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 [sean.sutherland@yahoo.co.uk](mailto:sean.sutherland@yahoo.co.uk)