

SHAFTESBURY BARNET HARRIERS 2023-2024 CROSS COUNTRY INFORMATION SHEET

INCLUDES CLUB CHAMPIONSHIP AND POINTS RACES, METROPOLITAN AND NORTH WEST LONDON LEAGUE INFORMATION, AND TEAM MANAGER DETAILS.

CROSS COUNTRY CLUB CHAMPIONSHIP RACES

MEN

| | |
|--------------------|-------------------------------|
| UNDER 11 BOYS | METROPOLITAN LEAGUE JAN 13 |
| UNDER 13 BOYS | SOUTHERN CHAMPIONSHIPS JAN 27 |
| UNDER 15 BOYS | SOUTHERN CHAMPIONSHIPS JAN 27 |
| UNDER 17 MEN | SOUTHERN CHAMPIONSHIPS JAN 27 |
| UNDER 20 MEN | METROPOLITAN LEAGUE DEC 2 |
| 5 MILES SENIOR MEN | METROPOLITAN LEAGUE DEC 2 |
| 9 MILES SENIOR MEN | SOUTHERN CHAMPIONSHIPS JAN 27 |
| MASTERS MEN 40+ | METROPOLITAN LEAGUE DEC 2 |

WOMEN

| | |
|-------------------|-------------------------------|
| UNDER 11 GIRLS | METROPOLITAN LEAGUE JAN 13 |
| UNDER 13 GIRLS | SOUTHERN CHAMPIONSHIPS JAN 27 |
| UNDER 15 GIRLS | SOUTHERN CHAMPIONSHIPS JAN 27 |
| UNDER 17 WOMEN | SOUTHERN CHAMPIONSHIPS JAN 27 |
| UNDER 20 WOMEN | SOUTHERN CHAMPIONSHIPS JAN 27 |
| SENIOR WOMEN | SOUTHERN CHAMPIONSHIPS JAN 27 |
| MASTERS WOMEN 40+ | SOUTHERN CHAMPIONSHIPS JAN 27 |

CROSS COUNTRY POINTS RACES - MEN

UNDER 11 - ALL 5 METROPOLITAN LEAGUES, PLUS HERTFORDSHIRE OR MIDDLESEX CHAMPIONSHIPS
BEST 4 OUT OF THE 6 RESULTS TO COUNT
UNDER 13, UNDER 15, UNDER 17, UNDER 20, SENIOR AND MASTERS - ALL 5 METROPOLITAN LEAGUES, PLUS
SOUTHERN AND NATIONAL
BEST 5 OUT OF 7 RESULTS TO COUNT

CROSS COUNTRY POINTS RACES - WOMEN

UNDER 11 - ALL 5 METROPOLITAN LEAGUES, PLUS HERTFORDSHIRE OR MIDDLESEX CHAMPIONSHIPS
BEST 4 OUT OF 6 RESULTS TO COUNT
UNDER 13, UNDER 15, UNDER 17, UNDER 20, SENIOR AND MASTERS - ALL 5 METROPOLITAN LEAGUES, PLUS
SOUTHERN AND NATIONAL
BEST 5 OUT OF THE 7 RESULTS TO COUNT

UPDATED LIST OF POINTS POSITIONS AND CLUB CHAMPIONSHIP WINNERS CAN BE FOUND ON THE SBH WEBSITE FROM OCTOBER ONWARDS.
LINK TO WEBSITE - <http://sbharriers.co.uk/fixtures-results/winter-xc-club-championships/>

METROPOLITAN CROSS COUNTRY LEAGUE

TIMETABLE AND DISTANCES

| | |
|--|-------|
| COMBINED UNDER 11 BOYS AND GIRLS (OVER 9) | 12.00 |
| UNDER 13 BOYS | 12.10 |
| UNDER 13 GIRLS | 12.20 |
| UNDER 15 BOYS AND 17 MEN | 12.30 |
| UNDER 15 GIRLS AND 17 WOMEN | 12.45 |
| UNDER 20 AND SENIOR WOMEN INCLUDING VETERANS | 13.00 |
| UNDER 20 AND SENIOR MEN INCLUDING VETERANS | 13.45 |

EACH FIXTURE ORGANISER PRODUCES DETAILED INFORMATION FOR THEIR UPCOMING FIXTURE, WHICH WILL BE PUBLISHED ON THE METROPOLITAN LEAGUE WEBSITE.
THIS IS NORMALLY AROUND 2 WEEKS PRIOR TO THE FIXTURE, AND WILL INCLUDE CONFIRMATION OF START TIMES, RACE DISTANCES, COURSE MAPS, TRAVEL AND PARKING ETC
THIS INFORMATION WILL BE PUBLISHED ON THE SBH WEEKLY NEWSLETTER, WHEN AVAILABLE.

PLEASE CHECK ON THE METROPOLITAN LEAGUE WEBSITE JUST PRIOR TO EACH FIXTURE, FOR ANY FINAL INFORMATION. LINK TO WEBSITE - <https://metleague.run/fixtures/>

TEAM MANAGERS FOR 2023-2024 SEASON, PLEASE KEEP THEM UPDATED ON YOUR AVAILABILTY THROUGHOUT THE SEASON

ROAD RELAYS SENIOR MEN
ROAD RELAYS AND CROSS COUNTRY
MASTERS MEN
TONY JACKSON
TEL: 01494 583600 (H)
07779 653101 (M)
jac.consultants@ntlworld.com

ROAD RELAYS AND CROSS COUNTRY
YOUNG ATHLETES WOMEN
JO KENT
TEL: 0208 8364 9750 (H) 07803 139397 (M)
joannepkent@btinternet.com

ROAD RELAYS SENIOR WOMEN
CROSS COUNTRY SENIOR MEN AND WOMEN
SIMON KEENE
TEL: 01494 874601 (H)
07496 520659 (M)
simonkeene@btinternet.com

ROAD RELAYS AND CROSS COUNTRY
MASTERS WOMEN
EDDIE KING
TEL: 0208 8441 7538 (H) 07969 021044 (M)
eddiemking@iclod.com

ROAD RELAYS AND CROSS COUNTRY
YOUNG ATHLETES MEN AND UNDER 20 MEN AND WOMEN
JEREMY SOTHCOTT
TEL: 07764 621424 (M)
jeremy.sothcott@btinternet.com

