

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, £25 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 Monday and Wednesday night sessions. On Monday, we have Sprints, and Pole Vault. On Wednesday, we have Sprints, Throws, High Jump, and Pole Vault. On Sunday morning, we have a Throws session.

Endurance coaches also hold sessions at Trent Park and various other parks in the Barnet area.

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 £37 + 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 – <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

PRESIDENT: COLETTE HURLEY

SBH FIXTURE CARD – SUMMER 2024

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 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

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 021244 (M)
e-mail eddiemking@icloud.com
Women: Ana Pascal
Tel: 07904 390724
e-mail apascal18@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

NATIONAL ATHLETIC LEAGUE

Team Manager Women: Colette Hurley
Tel: 07787 545826 (M)
e-mail hurleypc@aol.com

Assistant Team Manager Women:
To Be Appointed

UK YOUTH DEVELOPMENT LEAGUE

U17 & U20

Team Manager Men U20
Clyde Gordon
Details as NAL
Team Manager Men U17
Ty Holden
Tel: 07737 803260

e-mail djtyholden@yahoo.co.uk

Team Manager Women
Jacqui Agyepong
Tel: 07961 440663 (M)
e-mail Jaxpingpong@gmail.com

Team Manager Women
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 UKYDL
Team Manager Girls: Jacqui Agyepong
Details as UKYDL
Team Manager Girls: Anna Higson
Details as UKYDL

MIDDLESEX YOUNG ATHLETES LEAGUE U11, U13, U15 & U17

Team Manager Boys: Ty Holden
Details as UKYDL
Team Manager Girls: Jacqui Agyepong
Details as UKYDL
Team Manager Girls: 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.ca