

TRAINING AND COACHING 2024

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 <https://sbharriers.co.uk/coaching-officials/coaches/>