

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 - £30 for vest, £25 for crop top and £15 for shorts/hot pants. Please contact info@shaftesburybarnet.co.uk to arrange any required kit.

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 from 18.30pm, which cover the following disciplines – Endurance, Sprints, Hurdles, Long Jump, Triple Jump and Throws. We also have regular sessions by UKA qualified coaches at StoneX Stadium for High Jump on Monday night. In addition, on Monday and Wednesday nights, we have sessions for Under 20 and Senior Sprints. Pole Vault is on Monday and Wednesday nights.

Endurance coaches also hold sessions at Woodside Stadium, Watford, St Albans and Trent Park.

If you require any further information, please contact our Coaching Secretary – Thomas Butler e-mail tombadac@icloud.com for Endurance/Middle Distance, Ty Holden e-mail djtyholden@yahoo.co.uk for Sprints/Jumps and Clyde Gordon e-mail clydeg67@hotmail.co.uk for Throws.

Our coaches have DBS certification. Their respective qualifications can be viewed on the Shaftesbury Barnet Harriers website. Coaches also hold sessions at other venues, details and availability can be found 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-barnet-harriers/>

Please see the SBH weekly newsletter on the SBH website for the latest information.



Shaftesbury Barnet Harriers



<http://sbharriers.co.uk/>

PRESIDENT: COLETTE HURLEY

FIXTURE CARD – WINTER SEASON 2026-2027

CHAIRMAN

John Kelly
Tel: 01923 857124 (H)
e-mail john.kelly@ishtm.ac.uk

GENERAL SECRETARY

Philip Cunningham
147 Billy Lows Lane, Potters Bar,
Hertfordshire EN6 1UY
Tel: 07903 202557 (M)
e-mail billylow@ntlworld.com

TREASURER

Richard Samuel
The Coach House
50 Thrupp Lane, Thrupp GL5 2ER
Tel: 01453 798264 (H) 07837 58361 (M)
e-mail richard.samuel1@btinternet.com

OFFICIALS SECRETARY

Gerald Alterman
Tel: 07956 825781 (M)
e-mail gerald@marksman.plus.com

OFFICIALS CO-ORDINATOR

Rosalind Zeffert
Tel: 07956 825781 (M)
e-mail anglo.japan@outlook.com

PROMOTIONS SECRETARY

James Davis
Tel: 07570 095497 (M)
e-mail james@davis4.co.uk

COACHING SECRETARY

Thomas Butler
Tel: 07808 888577 (M)
e-mail tombadac@icloud.com

WELFARE OFFICER MEN

Edward King
Tel: 07969 021044 (M)
e-mail eddiemking@icloud.com

WELFARE OFFICER WOMEN

Ana Pascal
Tel: 07904 390724 (M)
e-mail apascal18@gmail.com

TEAM MANAGERS

ROAD RELAYS SENIOR & MASTERS MEN

Tony Jackson
Tel: 01494 580984 (H) 07779 653101 (M)
e-mail jac.consultants@ntlworld.com

ROAD RELAYS SENIOR AND MASTERS WOMEN CROSS COUNTRY SENIOR MEN/WOMEN

Simon Keene
Tel: 07496 520659 (M)
e-mail simonkeene@btinternet.com

ROAD RELAYS & CROSS COUNTRY YOUNG ATHLETES MEN & U20 MEN/WOMEN

Jeremy Sothcott
Tel: 07764 621424 (M)
e-mail jeremy.sothcott@btinternet.com
Assistant: Jo Kent

NORTH WEST LONDON LEAGUE

TEAM MANAGERS

Boys: Ty Holden
Tel: 07737 803260
e-mail djtyholden@yahoo.co.uk
Girls: Helen Bettridge
Tel: 07732 552168
e-mail helenruthbettridge@gmail.com

CROSS COUNTRY MASTERS WOMEN

Edward King
Tel: 07969 021044 (M)
e-mail eddiemking@icloud.com