

### 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 Allianz Park - £18 for vest/crop top and £5 for shorts. Contact team managers

### 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

Currently we have numerous UKA qualified coaches at Allianz Park, which cover the following disciplines – Endurance, Sprints, Hurdles, Long Jump, Triple Jump and Throws. We also have regular Wednesday night sessions for High Jump and Pole Vault.

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

If you require any further information, please contact our Coaching Secretary – Jeremy Sothcott on 07764 621424 (M) or e-mail [jeremy.sothcott@btinternet.com](mailto:jeremy.sothcott@btinternet.com)

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 nearly five hundred hoodies already in circulation, this is your opportunity to join the club. They are available to all members who have paid their subscriptions at the subsidised price of £28 + £4 P&P if you require it to be posted to you. The bright red hoody is made to order and has your name embroidered on the front along with the club badge and has the club name on the back.

The £28/£32 price is payable at the time of your order either in cash or by cheque made payable to Shaftesbury Barnet Harriers or can be paid online at **ACCOUNT NAME : SHAFTESBURY BARNET HARRIERS, BANK : HSBC, ACCOUNT NUMBER : 41308378, SORT CODE : 400426.** Cheques can be sent to Geoff Morphitis, 55 Lancaster Avenue, Hadley Wood, Barnet, EN4 0ER.

Let us know the name you want on the front and your chest size. Please e-mail your details to [geoffrey.morphitis@capeandd.com](mailto:geoffrey.morphitis@capeandd.com) you will be e-mailed when your club hoody has arrived. It will be available for collection from Allianz Park on Tuesday or Thursday between 18.15 and 20.15.

Please refer to Shaftesbury Barnet Harriers weekly e-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: DAVE BEDFORD OBE

## FIXTURE CARD – SUMMER SEASON 2017

#### CHAIRMAN

Tony Sunderland  
Tel: 020 8866 1533 (H) 07903 251034 (M)  
e-mail [ajsunderland@tiscali.co.uk](mailto:ajsunderland@tiscali.co.uk)

#### GENERAL SECRETARY

Philip Cunningham  
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Tel: 01707 850923 (H) 07903 202557 (M)  
e-mail [billylow@ntlworld.com](mailto:billylow@ntlworld.com)

#### TREASURER

Geoffrey Morphitis  
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Hadley Wood, Barnet, Herts, EN4 0ER  
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e-mail [geoffrey.morphitis@capeandd.com](mailto:geoffrey.morphitis@capeandd.com)

#### OFFICIALS SECRETARY

John Wright  
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e-mail [john.wright130@ntlworld.com](mailto:john.wright130@ntlworld.com)

#### PROMOTIONS OFFICER

Dave Bradley  
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e-mail [davidbradley@btopenworld.com](mailto:davidbradley@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 OFFICER (MEN)

Men: Mike Tuvey  
Tel: 020 8958 9687 (H) 07949 729177 (M)  
e-mail [michaeltuvey@hotmail.co.uk](mailto:michaeltuvey@hotmail.co.uk)  
Women: Nene Harrison  
Tel: 07775 958018 (M)  
e-mail [nene.harrison@gmail.com](mailto:nene.harrison@gmail.com)

#### TEAM MANAGERS

**BRITISH ATHLETICS LEAGUE**  
Geoffrey Morphitis  
Tel: 020 8447 1066 (H) 07976 94302(M)  
e-mail [geoffrey.morphitis@capeandd.com](mailto:geoffrey.morphitis@capeandd.com)

#### TEAM MANAGERS UK WOMEN'S LEAGUE

Nicole Cara  
Tel: 07875 642534 (M)  
e-mail [nicolecara@hotmail.co.uk](mailto:nicolecara@hotmail.co.uk)

#### UK YOUTH DEVELOPMENT LEAGUE U17 & U20 MEN

Men: Geoffrey Morphitis (as above)  
Assistant Clyde Gordon  
Tel: 07753 985525 (M)  
e-mail [clydeg67@hotmail.co.uk](mailto:clydeg67@hotmail.co.uk)  
Women: Colette Hurley  
Tel: 01707 870787 (H)  
e-mail [hurleypc@aol.com](mailto:hurleypc@aol.com)

#### EASTERN YOUNG ATHLETES LEAGUE U13, U15 & U17

Boys: Brenton Hall  
Tel: 07937 253069 (M)  
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Assistant: Ty Holden  
Tel: 07737 803260 (M)  
e-mail [djtyholden@yahoo.co.uk](mailto:djtyholden@yahoo.co.uk)  
Girls: Joyce Smith MBE  
Tel: 01923 672945 (H)  
e-mail [bryan.smith4@yahoo.com](mailto:bryan.smith4@yahoo.com)  
Assistant: Jo Kent  
Tel: 020 8836 9750 (H) 07803 139397 (M)  
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#### MIDDLESEX YOUNG ATHLETES LEAGUE U11, U13, U15 & U17

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Gavin Marcus  
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#### SCVAV VETERANS LEAGUE

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