

**Editor: Graham Norris**

**Phone:07762 280627**

**Email:norris.family@  
Blueyonder.co.uk**

Typeset by Bob Slowe



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## MONTHLY NEWSLETTER

### EDITORIAL

The track season is now well under way with Senior Men's and Women's league, LICC and NYAL fixtures all having taken place. We have home fixtures in all these leagues still to be held and would appreciate help of any sort. Some field duties are very straightforward and need no experience of athletics but make a huge difference to the running of a meeting. If you would like to help out then you can contact me and I will pass your details to Jeanne Coker who organises all our officials.

Non payment of subs continues to be of major concern to our committee, and adversely affects club finances at a time when every penny counts. If you are behind with your subs and are struggling to pay then contact the club secretary, Nick Stockman in confidence on 0208 953 2535 or write to Nick at Rose Cottage, New Road, Elstree, Herts, WD6 3HB to discuss options. Remember, if you are not up to date then you will not be registered with England Athletics and should not be competing.

### TRACK AND FIELD

**Southern Women's League** – Although it was agreed prior to this fixture that we could compete as a composite team with Barnet & District, it came too late to have a real effect on team numbers. Should make a difference for the next fixture at Bracknell on Saturday 30<sup>th</sup> May. At Richmond on 25<sup>th</sup> April we were 9th out of 10 (beating Heathside), a good team effort with 5 athletes! Zahra Akinpeju did a pb in the hammer of 29m96, also threw over 26m in discus and 9m04 in shot. Andrea Kennedy ran a pb of 54.7 in the 300m hurdles. Kath Perry from Barnet did the 1500m, 3000m, and 400m. Natoyah Horsford made a welcome return, competing in the long jump and the 400m.

**Southern Men's League** – Our men came a very creditable 2<sup>nd</sup> in their home match in Division 1, too many good performances to mention here! Final placings were 1. Worthing 118, 2 Highgate Harriers 113 1/2, 3 Newbury 102 1/2, 4 Newham & Essex Beagles 'B' 96 and Chelmsford 92.

**Young Athletes League** – our team travelled to darkest Kent to compete in the first YAL match of this season, unfortunately due to the host club experiencing recording problems no confirmed details as yet. Some very good performances though, and none better than our under 13 boys 4x100m relay team of Idris and Ismail Hashir, Gabriel Springer and Kai Jandausch romping home!

### JACK PETCHEY ACHIEVEMENT AWARD WINNERS

Latest winners are: **January** Thea Slotover, **February** Edith Ault, **March** Jimmy Brock, **April** Oskar Piotrowicz

### **FOUR GOLDS FOR HIGHGATE IN THE MIDDX COUNTY CHAMPIONSHIPS**

SVENJA ABEL won the senior women's 3000m county title in 9:44.16, over a minute clear of second place.

SIMON CHILD won the senior 400m hurdles in 56.58

HENRY DODWELL won the senior 5000m in 15:29.82

GEORGE LAING RAN 1:01.82 to take the 400m Under 17 title.

**Silver medals** went to Richard Stewart in the 5000m which ran in 17:57.29

Amy Jane-Cotter was 2nd in the Under 17 javelin with 24.34, and also 3rd in the 300m hurdles in 56.86.

Oscar Piotrowicz hurled the hammer out to 36.07 for second place in the Under 17 category.

Two Under 13 boys also did well, Peter Laing came 2<sup>nd</sup> in the 1500m, and Gabriel Springer 2<sup>nd</sup> in the 800m.

### **CLUBMARK—COACHING CERTIFICATES NEEDED**

We are currently going through the England Athletics Clubmark Scheme, one requirement of which is that we hold copies of all coaching certificates, as well as any first aid certificates. I shall be chasing coaches for these over the coming weeks, so if you have yours handy could you pass to me at the track. Clubmark will be critical to the future of the club, as this is seen as the benchmark for good club practice.

### **CASUAL RUNNING GROUP**

Many thanks to Maree Rolf, mother of Sammy and Samara Williams, for agreeing to run this group which is already proving to be a success with many mums (and some grandmums!) running around the Heath! No sign of any men yet, although some have threatened to get their trainers on! Should this group continue to grow, we will look at incorporating it into the main club, with the many benefits that would bring. If interested in joining in, the group meets at the track on a Thursday evening 5.30 for a 5.45 start.

### **CHILD WELFARE**

Copies of the UKA Child Welfare Policies and procedures, which the club has adopted, are available in the club room and via the website. Also on the wall are recommended courses of action and copies of report sheets to be completed in the case of any incident concerning a child from Highgate Harriers. Our Child Welfare Officer is Juliet Kavanagh.

### **DIARY FOR NEXT TWO MONTHS**

#### **May**

23 <sup>rd</sup>	LICC	Lee Valley
24 <sup>th</sup>	5 star/10 step	Oxford
30 <sup>th</sup>	SWL	Bracknell
31 <sup>st</sup>	YAL	Parliament Hill (hosts Heathside)

#### **June**

6 <sup>th</sup>	SML	Southampton
31 <sup>st</sup>	YAL	Mile End
27 <sup>th</sup>	SML/SWL	Parliament Hill

LICC – London Inter Club Challenge, SML – Southern Men's League, SWL – Southern Women's League, YAL – Young Athletes League