

Editor: Graham Norris

Phone:07762 280627

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

Typeset by Bob Slowe



JUNE 2009

ISSUE NUMBER 7

highgateharriers.org.uk

MONTHLY NEWSLETTER

EDITORIAL

This issue concentrates on the results from our Senior Men & Women and our Young Athletes, also the important change to our club Constitution at the recent EGM. If you have any ideas on content for future issues, or would like to make a contribution (and seeing some of our YA's eating hot dogs/burgers/chips before a session maybe a piece on nutrition would be good!), please let me know.

TRACK AND FIELD—WOMEN AND MEN

Southern Women's League Our women travelled to Bracknell and finished 9th, only 6 ½ points behind Orion in 8th and well clear of Heathside in 10th. This team is developing nicely, and would have been even stronger if exams and other commitments hadn't prevented some athletes from turning out. We have entered the league as a composite team with Barnet & District and three of their athletes joined us on the day - Amanda Forrester, Mary Brown and Cath Perry. Amanda did pbs in the 200m and the 400m, and Mary competed despite having a hamstring strain. Rebecca Hardy won the discus with 37.83 and did 8m60 in the shot. Team manager Juliet Kavanagh threw a pb in the discus of 17.25. Alima Diamante ran 14.5 in the 100m. Sonia da Silva did 6m10 in the shot and 13m 63 in the hammer. Anna Murray competed in the 800m and the 300m as well as the long jump. Sonia, Alima and Anna were all competing in their first SWL.

Southern Men's League Despite finishing 4th at the SML match at Southampton our men are in 9th position, out of 25 clubs at the half-way point of the season. Notable performances were Glenn Saqui (winning the 'A' 1500m and 5000m and 3rd in the 3000m steeplechase), Peter Downie winner of the 'B' string 800m. 17 year old William Laing stepped up to senior duties coming 2nd in the 'A' 800 in a personal best time of 2:01.6 and Andrew Aitken, running his first track race of the year came 2nd in the 'B' 5000m in 16:35.2. Matt Dore-Weeks set two personal bests when he ran 15.3 for 3rd in the 'A' 110 hurdles and jumped 5.92 for 2nd in the 'A' long jump. Second places also went to Simon Child in the 400m hurdles in 55.7, Ben Caird in the 400m 'A' in 50.7; Dennis Ntoluke in the 'B' triple jump (12.01); The 4x 100m relay team in 44.7 (Peter Edmunds, Ben Caird, Ron Smith and Hakeem Gabriel) and the 4x400m relay team who did 3:28.6 (Simon Child, Ron Smith, Stephen Kelly and Ben Caird):.

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.

TRACK AND FIELD—YOUNG ATHLETES

National Young Athletes League An excellent result from our youngsters when Heathside hosted at Parliament Hill on Sunday 31st May. Despite many young athletes appearing in their first YAL we provisionally finished 2nd of the 7 teams. There were many excellent performances, the full results will be available on the website once we have received the official version, but probably the best of all was Under 13 Kai Jandausch running the 100m in 12.5 seconds, a Grade 1 performance. Our athletes of the match in the first two fixtures have been:

Canterbury Sally Charlton and Stanley Harrison

Parliament Hill Eucalypta Bradley and Alexandra Eastman (joint winners) and Kai Jandausch.

CHANGE TO THE CLUB CONSTITUTION

The club constitution required the AGM to be held before 31 January in each year. This resulted in very few members attending as it was usually cold, dark and wet. As a result a proposal was put that the AGM could be held as late as April and an Extraordinary General Meeting (EGM) was held at the track on 9th June with 23 members present who voted unanimously that:

“The Annual General Meeting of the Cub shall be held not earlier than 31st October each year and not later than the end of April the following year”

Hopefully this will result in future AGMs being better attended.

CLUBMARK

I am still waiting for coaching certificates/first aid certificates and any other paperwork relevant to the club that will help our Clubmark accreditation. Come on coaches and helpers; don't make me set Kate's under 11's on you!!!

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 grandmum's!) 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 evenings 5.30 for a 5.45 start.

FIXTURES FOR NEXT TWO MONTHS

June

31 st	YAL	Mile End
27 th	SML/SWL	Parliament Hill

July

11 th	SML	Linford Christie Stadium
19 th	YAL	Parliament Hill
25 th	LICC	Parliament Hill
25 th	SWL	Walton

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