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NOVEMBER 2009

ISSUE NUMBER 10

highgateharriers.org.uk

MONTHLY NEWSLETTER

EDITORIAL

In case you have all been wondering where the Newsletter has been.....we decided not to publish one around the time our club mag, The Gate, is due out. You should all have had a copy of The Gate by now, if not, then either the postal problems have struck or we have an incorrect address for you. Either way get in touch and we will see what we can do. If you have received an invoice with your magazine, please pay your subs as soon as possible. We survive on the subscriptions. Remember, you can't compete unless registered, and you will not be registered until your subs are paid. Registration numbers are now being requested for many competitions.

CROSS-COUNTRY

Despite the lack of mud, rain and wind we are now settled into the cross-country season. Our men did us proud by coming 24th out of 151 clubs at the National 4-Stage Championships held at Mansfield and our women are nicely placed in the Met League where they are aiming for their eighth title in as many years!
Our Young Athletes have started well in the younger age groups of the NWL League but we need more girls running! Well done to new members Olivia Hirschfield and Terry Fowden, both Under 11's, who won their respective races at the 1st NWL at Horsenden Hill.

ATHLETICS NETWORKS

England Athletics/McCain Athletic Networks are clusters of clubs working locally to develop the sport of athletics in that area. Networks seek to drive up the quality of coaching, links with community groups such as schools, competition in clubs (inter and intra) and also seek to develop the all round quality of provision within clubs in the network. Significant funding is available to Networks to achieve these aims.

Together with Shaftesbury Barnet Harriers and London Heathside, we have applied to form the *North London McCain's Athletic Network*. Other partners involved are Middlesex University, the School Sports Partnerships associated with the clubs and Pro-Active. Our application is now with EA, and we should hear if we have been successful by the end of the month.

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.

COACHING COURSES

As reported in previous issues, coaching courses are being restructured and will be part of the UKCC (United Kingdom Coaching Courses) system, intended to make coaching across sports more unified. However, because of some objections (cost being the main one) UKCC athletics coaching courses will not now be rolled out until 1st April 2010. Until then the 'old style' courses are available and a full list of dates and venues are available on our website, along with a list of officiating courses. You should try to take advantage of this before 1st April if you wish to do one of the courses.

SPIKES/CLUB VESTS/GENERAL EQUIPMENT

If you have any of the above then please pass to me, or leave in the club room at the track. All equipment is very welcome, and in particular spikes in any condition. On that note, thanks to all who have already donated equipment, it can make a big difference.

WANTED FOR THE CLUB ROOM

The club room has now been repainted, but we need a lockable filing cabinet and floor covering, the dimensions of the room are approximately 1.6m x 2.2m. If you can help with either please get in touch. We need the filing cabinet to store membership details as part of our Clubmark application so this is particularly urgent.

JACK PETCHEY

Our latest **Achievement Award** winners are:

September - Justin Barrett
October - Alima Diabate
November - Lulu Szego

Nominations are now required for our **Leader Award**, someone who has demonstrated an ability to encourage and motivate young people aged 11-25. They must be over 21 and been involved with Highgate harriers for at least two years. Nomination forms are available in the club room, or you can email me your nomination giving name and reason.

DIARY FOR NEXT TWO MONTHS

November 2009

7	Met League (m/w/y)	Woodford (Claybury)
14	North London Championships (m/w)	Alexandra Palace
21	London Championships/SEAA Inter-Counties	Parliament Hill
28	Met League (m/w/y)	Wormwood Scrubs

December 2009

5	Fraternity Cup (m/w)	Trent Park
5	NWL YA League (y) (Includes Club Champs)	Trent Park
26	Boxing Day Handicap	Parliament Hill (a.m.)

January 2010

9 ^t	Middlesex Championships (m/w/y)	Ruislip
16 ^t	Met League (m/w/y)	Stevenage
30 ^t	South of England Championships (m/w/y)	Parliament Hill