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**GATE
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**HIGHGATE
HARRIERS
NEWSLETTER**

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EDITORIAL

Apologies for the lack of recent Newsletters, a combination of illness, business and tardiness to blame! In this issue we highlight Highgate Harriers stars of the silver screen, notice of an Olympics Opening Ceremony bash and other items of amazing interest!



Those who have seen, or are planning to see, the 'Fast Girls' film about a women's relay team should watch out for our very own Kate Jenrick who features as an athletics official – not much acting needed there then! I haven't seen it yet but I have been told by those that have that Kate is clearly visible on screen.

Having done a bit of research (many thanks to John Wild and Terry Driscoll), other Highgate Harriers film representations have been:

CHARIOTS OF FIRE – Club members appeared in the Opening Ceremony scene as the USA team, one of whom was Nigel Kitchen, our International 400m runner.

THE GAMES – Brian and Paul Holland appeared in this film by Michael Winner about the Olympic Marathon.

Anyone else who has appeared in something special, get in touch! Personally, I once appeared in a Mars Bar advert at Arsenal's old stadium - anyone who knows me will realise how painful that would have been, but a couple of free Mars Bars and a fiver expenses eased the hurt!

BREAKING NEWS

AS THIS NEWSLETTER WAS BEING WRITTEN – OUR VERY OWN SIMEON WILLIAMSON HAS BEEN SELECTED FOR THE GB OLYMPIC SQUAD!!! Simeon, who has had a run of injury problems over the last couple of years, has been named in the relay squad and I'm sure the whole club offers him congratulations and wishes him the luck he deserves.

Harriers at the Olympics

As well as having stars of the silver screen, club members will also be helping make the London Olympics a smooth, well-oiled operation:

Amy-Jane Cotter has been selected as a placard bearer, she is not sure which Country she will lead yet but keep your eyes peeled!

Alima Diabate will be working in the uniform depot.

Martin Howard will be at the Marathon as a Technical Official

Brenda Myers – is helping in the Athletes Village

Kate Jenrick, Martin Holland, Rob Bush & Jeanne Coker – as Athletes Stewards in the Stadium.

June Carroll, who gave such an interesting talk at our AGM, will feature in Danny Boyle's opening extravaganza. June is a double Olympic medallist, and although was not a Harrier did train with us. June has moved out of the area but has kindly agreed to act as an online mentor to our Young Athletes, and has just been awarded Honorary Membership. June's granddaughter Bluebelle is one of Kate's growing band of talented athletes.

133 YEARS OF HIGHGATE HARRIERS

An exhibition of photographs and memorabilia from the club's history

Starting at the end of July the Camden Local Studies and Archives Centre in conjunction with the club is staging an exhibition of items from the club's archives at Holborn Library, 32-38 Theobalds Road, London WC1X 8PA . Full details will be circulated to members via the googlegroup and will appear on the club website. Don't miss it.

SUCCESS FOR OUR YOUNG ATHLETES

Highgate youngsters win their league

Our youngsters won their National Young Athletes division, but not as comfortably as we thought! Having easily won the first two matches a combination of a packed weekend, injuries and the usual 'sleepover', 'party', 'my mum won't let me' excuses saw us win the League at the final fixture on events points with London Heathside in second.

This season has highlighted the talent we have within the club at Young Athlete level, and great credit goes to the coaches. Take a bow Juliet Kavanagh, Alima Diabate, Sarah Chapman, Rhonda Munnik, Jon Deane and Ben Pochee. Many thanks also to Alima and Jon Oviasu for team managing, to Jo Volley for her timekeeping and to the many parents who helped with our field duties. Thanks also to Stanley Harrison who has helped with coaching when Lead Coaches have been unavailable and a special mention to Pierce Boyle who has helped with coaching, team management and anything else he is asked to do!

An Invitation to join...

HIGHGATE HARRIERS

very own...

Opening Night In

We're getting together to celebrate the Olympic Opening Ceremony!

When: 27th July

Where: Victoria Pub Highgate

When : 8pm till late...

STOP PRESS – Robel Bahelbi has decided to allocate his Jack Petchey Achievement Award grant to fund the buffet, so free food thanks to Robel and the generosity of Jack Petchey!

Thanks! Becky (email: the_fgb@hotmail.com)

JACK PETCHEY ACHIEVEMENT AWARD WINNERS

Our latest Achievement Award winners are James Millett, Marjolaine Briscoe, Clem Harrison, Finley Russell, Benedict Furnham and Robel Bahelbi. Many congratulations to them, our latest worthy winners. Many, many thanks to the continuing support of our club from the Jack Petchey Foundation, you can find out more about their work either through our website or at www.jackpetcheyfoundation.org.uk.

HIGHGATE SUCCESS AT THE OXFORD 5 STAR/10 STEP COMPETITION



Pictured above is Tyreece Rankin, another of Kate's band of promising young athletes, who was crowned overall winner of the Under 10's competition at Oxford. Other performances of note were Maia Von Malaise (4th U10), Clara Mee (3rd U9) and Ella Rush (9th U9).

TRACK FIXTURES

Upcoming Track and Field dates are as follows:

July

14th Southern Athletics League (m/w) Woking

August

25th London Inter Club Challenge (y/m/w) Barnet Copthall

September

1st Southern Athletics League (m/w) Parliament Hill

12th Highgate Harriers/City of London Open Meeting Parliament Hill

If you can help at any of the above please contact Nick Stockman, nick150696@aol.com. We need as many qualified officials as we can get to successfully host fixtures, but also need general help so don't be shy coming forward!

IRON MAN!!!

BY PAUL WEINRICH



Having run 50 miles last season, I was keen to try out 100 miles this season, you might ask me why, and that is a good question but hey, why not?

Thames Path 100 starting in Richmond and finishing in Oxford, seemed to have a lot of people looking to pop their 100 mile cherries. With it having a 600m ascent I guess people were thinking it might be relatively easy as there is little climbing. I can tell you now, the words '100 miles' and 'easy' don't go in the same sentence.

I had talked a couple of friends into supporting me, they were in a car and would be meeting me at each aid station. I was nervous and had slept quite well the night before. The plan was to start at a nice slow pace and take it easy.

I was to run for 13 minutes and walk for 2 in the race. For this I had borrowed a friend's watch that beeped to indicate when I should be running or walking. On my other wrist I had my watch, which beeped at me every 30 minutes, this indicated when I should be eating. My life was ruled by beeps, which for a time was quite nice.

The first stop was at the 4th aid station, 38 miles into the race. This had some hot food but this consisted of cuppa soup, I was disappointed, but the boys had some other goodies for me to munch on. At the 6th aid station Henley, which was half way, I would pick up a support runner. My friend, Andy had the first shift.

After Marlow (44miles) it started to get dark, at first it didn't make much of a difference but I began to tire and with some of the trail being very uneven it started to take its toll. Navigation became harder, I couldn't read my map which was keeping me entertained more then anything. The suffering started here...

For the next 6 hours Andy pushed me, literally, and he used every trick to coax me along. My mood was up and down, and the pace with it. For the first time I wanted to stop, I always thought my body would fail me before my mind would and this really has surprised me. The support team was excellent at getting me moving from the aid stations when I just wanted to throw in the towel.

The cut-offs at the aid stations where getting tighter and with dawn finally coming I was feeling a bit better, more positive. Running was slightly easier until we hit a trial which was uneven with thick mud and that I just found impossible to run on.

I had 2 miles to get to the next aid station and 10 minutes to do so. It wasn't going to happen. I decided to stop then and there, there was a huge sense of relief one second but so quickly turned into despair. I had managed 77 miles in 21 hours and 3 minutes and been to mental places I could never imagine existed. Could I have kept on going if I had made it, who knows?

Paul is interested in setting up an Ultra Group at Highgate Harriers, if you are interested please email Paul - paul@titanpersonaltraining.com

LAST WORD

SPARE SPIKES WANTED!!!!

If you have an old pair of spikes you no longer use the club would love to have them! We keep a stock for those who don't have their own and we seem to be running low, so any size, any condition would be most welcome! Just bring to the track and leave in our club room.

