

Editor: Graham Norris

Phone: 07762 280627

Email: highgateharriers@hotmail.co.uk

Typeset by Bob Slowe

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**HIGGATE
HARRIERS
NEWSLETTER**

www.highgateharriers.org.uk

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This issue contains details of three important decisions taken by your committee which you really do need to be aware of. I advise you to read them carefully. Ed.

This cross-country season has started as the last left off, with roaring successes! Our Men continue to hit giddy heights, already Champions of London, victory in the Liddiard and giving Woodford Green a good tonking at the Met League! Our Women and Young Athletes are closing in in the same success as the Men, so good times ahead. Full results available on our website, weekly reports are written by our Athletics Guru Alastair Aitken, if you don't get them subscribe to our Google Group (email me your details).

Committee decision (1)

PROPOSED INCREASES TO ENGLAND ATHLETICS ATHLETE REGISTRATION FEES

Since 2007 England Athletics (EA) has required all competing athletes to be registered. On introduction, the registration fee was £3 for each athlete. The current level is £5 and this sum is covered by club membership subscriptions and paid direct to EA by the club.

In September of this year EA announced that it was increasing the registration fee to £20 for each athlete, £10 if no track and field competition is required and £15 U17s, effective from April 2013.

The most serious and immediate impact this has on our club is that if we were to pay the increased amount next April out of our current funds we would be left in serious deficit. Our subscription rates for this year are already being collected (like many athletics clubs, our year starts from September).

Clubs all across the country are incensed with EA- about the amount of increase, and a number of other issues which are linked to it including the lack of consultation. Clubs are actively campaigning against the increase and we have representatives working hard with our Network partners and with EA direct.

The committee has decided that while these discussions are ongoing, new members will continue to be registered when they join. However, no fees will be paid to EA in respect of any of our members.

In practical terms at this moment in time, this may be of little consequence to the competing athlete since a registration number will have been issued to you. If anyone has any questions or concerns, please ask your committee members, particularly Graham Norris, Astrid Wingler, Joseph Lowe or Kate Jenrick. You may also want to visit England Athletics web page - http://www.englandathletics.org/page.asp?section=1743§ionTitle=2013-17+Affiliation#Membership_fees.

Committee Decision (2)

TRACK AND FIELD LEAGUES 2013

A special meeting, which was open to all interested parties, was held to discuss which track & field leagues the club should enter next summer. Discussed was whether to continue in the Southern Athletics League (SAL) which is the combined Men's and Women's League or return to the separate Southern Men's and Southern Women's Leagues. Also discussed was what League's our Young Athletes should enter as the Young Athletes League (YAL), which covered U13/U15/U17 age groups is being replaced by the Youth Development Leagues (YDL) split into two separate Leagues, one for U13/U15 and another for U17/U20, which would be held on separate days.

SENIORS

The meeting decided to continue in the SAL, as this would help developed the growing Women's section and also help the club regarding providing Officials.

YOUNG ATHLETES

U13/U15'S – We will enter the new YDL for these age groups.

U17/U20's – It was decided we did not have enough athletes to make entering the YDL for these age groups viable, following discussion with other local teams (inc. London Heathside and Barnet & District) even a composite team would not be a good idea given the low numbers. Also considered was the impact of having to provide transport and officials for two different Leagues. U17's and U20's will be encouraged to compete in the SAL, either as scoring or non-scoring athletes.

We have only recently been informed of the League structures for the above: the information we have is:

SAL

April 27 th (possibly 4 th May) –	Watford
May 18 th	- Parliament Hill
June 15 th	- Lee Valley
July 13 th	- Perivale
August 10 th	- Parliament Hill

So, two homes fixtures and the other three very local, couldn't be much better!

YDL:

We are in a Division with St. Mary's Richmond, Team Hounslow, Vale of Aylesbury, Wycombe Phoenix Harriers and London Heathside. We have been asked to host on 1st June, which we have accepted, other dates are 4th May, June 22nd and July 13th.

Committee Decision (3)

PRIZE MONEY

More and more Competitions are offering prize money so your Committee felt the Club should have a policy on this. It has been decided that

1. TEAM PRIZE (WHERE THE CLUB HAS PAID THE ENTRY FEES)

Any prize money won should go to the club.

2. TEAM PRIZE (WHERE ENTRY PAID BY MEMBERS)

Prize money to be allocated as decided by the winning team members.

3. INDIVIDUAL PRIZE

Where an individual monetary award is won (e.g. Met League) that prize to go direct to the athlete.

In the case of 2 and 3 above, should an individual who is not up to date with their subscriptions receive prize money the club expects the outstanding subscription to be paid out of the prize money.

AL ROCKALL – THE MAN WHO DESIGNED OUR LOGO

THE DEATH WAS RECENTLY ANNOUNCED OF AL ROCKALL, AN ACTIVE CLUB CROSS COUNTRY RUNNER IN THE 1960s. OLDER MEMBERS WILL REMEMBER AL AS AN ENTHUSIASTIC COMPETITOR AND FERVENT SUPPORTER OF THE CLUB. HIS LASTING CONTRIBUTION TO THE CLUB IS OUR LOGO, BELOW. AL ORIGINALLY DESIGNED THE LOGO TO RECORD THE CLUB'S CENTENARY IN 1979 WITH THE DATES "1879-1979" BUT IT PROVED SO POPULAR THAT AFTER THE CENTENARY HE CHANGED THE DATES TO PROVIDE US WITH A PERMANENT LOGO FOR THE CLUB.



HARRIERS ON TWITTER! Follow us on @HighgateHarrier

LATEST JACK PETCHEY ACHIEVEMENT AWARD WINNERS



Congratulations to the latest JPF Achievement Award winners, Catherine & Elaine Ogbechie and Cecily Turner, pictured above. Catherine and Elaine proved invaluable in volunteering during a very busy post-Olympics period at the training sessions, without them we would have been in trouble! Cecily is one of our great middle distance prospects, undefeated in the NWL League this season and achieving County selection already – and a lovely person to boot!

JPF purchases have been a contribution to the new large noticeboard by the entrance, a Nexus 10 tablet which among other things is intended to be used as a video training aid at sessions, and a 'goodie pack' that will include pop up tents, new groundsheet (anyone at the very muddy NWL at Harrow will understand why this is needed!), handy tables (two large, one small).

Our thanks go to the Jack Petchey Foundation for their continued support of our Young Athletes, full information on the Foundation, the Achievement Award Scheme and a full list of our winners can be found on the club website. www.highgateharriers.org.uk

NEW MEMBERS—WOW!!

At this point in the Newsletter we would normally list the names of all those who have joined recently, but as that number is close to 100 we hope a collective 'WELCOME TO THE CLUB' will be acceptable!

So, if increased numbers are anything to go by the 'Olympic Legacy' does have some meaning after all.....



HAMPSTEAD HEATH DUATHLON

by ALEX EDWARDS

The 14th annual Hampstead Heath Duathlon took place just a few weeks after the Olympics on Sunday 2 September – and for the 14th consecutive year the rain stayed away as competitors undertook a gruelling test of swimming and running prowess, incorporating all three swimming Ponds and the Parliament Hill Lido.



The competition started at 9.30am at Parliament Hill Fields Lido where solo competitors and team members each swam three lengths of the pool (180m). They then ran 800m to the Men's Pond and swam a complete 360m circuit before running 600m to the Ladies' Pond to complete a 220m circuit- then heading 1.5km to the Mixed Pond for the final 120m lap. The last leg involved an 800m sprint back to the finishing line at the athletics track.

Some of the teams that took part in this year's event - organised by the City of London Corporation - included local outfit the Doggy Paddlers as well as professional groups like the Highgate Harriers and Tri for Fitness.

The Highgate Harriers have always posted a team in recent years; however, our organisation tends to be thrown together at the last minute. As a result this year's team was split into the 2nd and 3rd wave, which caused later confusion on the scoring system. We battled well and posted great scores with the following results.....

Women's (out of 51) 3rd Grace Nicholls 37:57 9th Alexia Trafford 41:10

Men's (out of 100) 5th Michael Dan 33:28, 7th Jonathan Deane 36:03, 40th Alex Edwards 42.39

Team (out of 23) 1st Camden Swiss Cottage Swim Club (CSCSC) Mango 1:43:08 2nd CSCSC Pink 1:47:17 3rd CSCSC Purple 1:47:23 **4th Highgate Harriers 1:47:28**

Grace's sterling performance should have produced a medal; however, the computation algorithm on the duathlon wave systems meant that she sadly was not awarded her dues on the day. Hopefully a post-dated medal ceremony from the City of London Corporation will be arranged soon.

The team event left the Highgate Harriers in 4th place. Camden Swiss Cottage Swim Club always posts a number of teams and did very well this year gaining all three top spots.

A little more swim training will hopefully see the Harriers on the podium next year. The duathlon is a great Sunday morning event which mixes locals and more serious athletes. It's great fun and we encourage more to participate next year.

SAVE THE DATE

26 JANUARY 2013



**For the HIGHGATE HARRIERS
CHRISTMAS PARTY**

More details to follow nearer the time

UPCOMING FIXTURES

DECEMBER

1 Fraternity/Sorority Cups (m/w)	Trent Park
1 NWL YA (Match 3)	Trent Park
8 SEAA Masters/Inter Counties Champs	Claybury
15 Met League (m/w/y)	Alexandra Palace

JANUARY

5 Middlesex Champs (m/w/y)	Wormwood Scrubs
12 Met League	Horsenden Hill
26 South of England Champs (m/w/y)	Parliament Hill

FULL FIXTURE LIST AVAILABLE ON OUR WEBSITE, AND ON OUR NEW NOTICEBOARD AT THE TRACK.

FINALLY, a reminder to all cross-country runners that it's not only you that gets muddy!

