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## MONTHLY NEWSLETTER

### EDITORIAL

Christmas and the white stuff severely affected both training and competition, so there was no point in producing a Newsletter for January. Everything pretty much back to normal now though (ignoring the smatterings of snow!), so the Newsletter returns! Hopefully you are all back training without any adverse effects, but should you have picked up an injury our BUPA Physiotherapist Simon Fairthorne will be back at the track following a holiday, below for full details.

Make sure you have noted our Open Meeting on 31<sup>st</sup> March, details in this issue.

### TRACK AND FIELD

Fixtures for the leagues are shown below. Please try to arrange your holidays as far as possible so as not to miss them.

#### Young Athletes League

May 2<sup>nd</sup> Parliament Hill  
May 16<sup>th</sup> Parliament Hill  
June 20<sup>th</sup> Ilford  
July 18<sup>th</sup> Victoria Park

Teams in our division are London Heathside, Victoria Park, Eton Manor, and Ilford. If we can get good numbers out for these fixtures there is no reason why we can't win this division.

#### Southern Mens League Southern Womens League

May 1st	July 10th	April 24th
May 15th	July 31st	May 22nd
June 5th		June 26th
June 26th		August 7th
Sept 18th (Play offs)		Sept 4th

Venues for the men's and women's leagues to be announced

### CROSS-COUNTRY

#### Seniors

Following on from the clubs success at the London cross-country championships, both our Men's and Women's teams took first place in the Middlesex Championships with Esther Evans taking individual 1<sup>st</sup> place medal. At the South of England Championships our Women placed highly in 4<sup>th</sup>, just missing out on medals, while our Men finished a very creditable 6<sup>th</sup> (4<sup>th</sup> place in the '12 to score' rankings).

#### Young Athletes

Many of our youngsters ran in the above championships and gained valuable experience of running in large fields. In the NWL league our Under 11's dominated at the recent races at Barnet Copthall, both boys and girls teams coming first. Highgate Harriers runners also figured prominently in the first Camden mini-marathon trial, and the Camden team for 25<sup>th</sup> April should feature many of our young runners.

### OPEN MEETING

In conjunction with the City of London we are holding another of our usual Open Meetings on **Wednesday 31<sup>st</sup> March**. All ages are welcome with special events for Under 11's, who will all receive a medal. However please note that under UKA rules some events are only open to certain age groups.

Entry is free for Highgate Harriers members, full details and entry (online entry highly recommended) at our website [www.highgateharriers.org.uk](http://www.highgateharriers.org.uk)

### McCAIN NORTH LONDON ATLETICS NETWORK

#### Highgate Harriers, London Heathside, Shaftesbury Harriers, Middx. University

Things are now moving on with the Network, and we should shortly be signing off the funding agreement. The structure of the management group is also being discussed and once these issues have been dealt with the real work will begin. Further updates in future issues.

### HAM & HIGH/BARCLAYS BANK CHRISTMAS CHEER FUND

Deborah Laing applied for help from this fund and thanks to her hard work we were successful in obtaining a £1000 grant. This money has paid for a club laptop and also marketing material – Welcome Pack folders are with us and club postcards are on their way.

Many thanks Deborah!

### PHYSIOTHERAPY

Simon is now back from holiday and will be available at the track on the following Thursday evenings from 6.00pm:

**February 18<sup>th</sup>    March 4<sup>th</sup>    March 18<sup>th</sup>**

Those treated at Simon's first visit were very satisfied, so if you are in need of his help or advice then see him at the track. If you would like to book a particular time then contact me and I will try and arrange it. Please remember Simon will only be treating over 16's.

### OUTSTANDING SUBSCRIPTIONS

**There are still quite a few of you out there who have yet to pay your subscriptions for 2009/10, can you please make arrangements to pay as soon as possible. Remember, you should not compete unless you are a current member.**

### DIARY FOR NEXT TWO MONTHS

#### **February**

13<sup>th</sup> Met League (m/w/y)

Perivale

27<sup>th</sup> National CC Championships (m/w/y)

Leeds

#### **March**

6<sup>th</sup> NWL (YA)

Wormwood Scrubs

31<sup>st</sup> Open Meeting - 6.00 pm (U11s) 7.00 others

Parliament Hill