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MONTHLY NEWSLETTER

EDITORIAL

With the National Cross-Country Championships looming, marking the end of the cross-country season, maybe it's time to think ahead to the track & field season! For 2009 Highgate Harriers will be entering teams in the Southern Men's League, Southern Women's League, National Young Athletes League and LICC. We are still awaiting confirmation of some dates but more information about the leagues and our home fixtures are on page 2 of this Newsletter.

If you all make every effort to turn out and represent the club there is no reason why we cannot achieve promotion in all these leagues. So parents, athletes and officials please note the dates in your diaries, parents and officials especially of home meetings, as they become available.

CLUB PRESENTATION EVENT AND SOCIAL

Venue: Heath Education Centre (located at the east side of the Lido)

Date: 21st February

Time: 4pm – 6pm with the presentations approximately 4.30 – 5pm

Following the National X-Country Championships at Parliament Hill

We will be presenting the following awards:

OUTSTANDING ATHLETE (Rothery Trophy)

SIMEON WILLIAMSON

OUTSTANDING YOUNG ATHLETE (Jewell Trophy)

FINBARR RICKETTS

RUNNER UP

SAMARA WILLIAMS

OUTSTANDING VETERAN

NICKY MARTYN

Club YA Cross-Country Awards:

U11 B 1st Keshin Harrison, 2nd Louis Mennear, 3rd Sammy Williams

U11 G 1st Marjolaine Briscoe

U13 B 1st Stanley Harrison, 2nd Abei Thewodros, 3rd Eugene Potter

U13 G 1st Edith Ault

U15 G 1st Thea Slotover

U17 M 1st George Laing, 2nd Sean White

U17 W 1st Amy-Jane Cotter

Jack Petchey Achievement Award medallions – Simeon Williamson, Eric Guei, Abei Thewodros, Gabriel Springer, Eugene Potter, Finbarr Ricketts.

Wine, beer, soft drinks and nibbles will be available. Donations of other food would be much appreciated, either bring it to the track during the afternoon or take directly to the Education Centre. This is a great opportunity for all members of the club - young, not so young and downright ancient - to meet so please make every effort to attend.

TRACK AND FIELD

Full information on all leagues, including dates, venues and opponents will appear in the Newsletter as soon as we have them. In the meantime, here is what we know so far:

National Young Athletes League Team Manager Graham Norris, Home fixture July 19th
Southern Men's League Acting Team Manager Richard Priestley
Home fixtures May 2nd (joint with London Heathside)
and June 22nd (joint with SWL)

Southern Women's League Team manager Juliet Kavanagh
Home fixture June 22nd as above

LICC Run as Open Meeting Home fixture August 29th
Team Managers as above

Open Meeting — April 1st - See below

POLE VAULTERS

Those pole vaulters at the club will know that an ongoing problem is the old cover at the track that takes a lot of people to move – if it can be moved at all! Well good news – the City of London have invested in a brand new custom built cover that should be with us during April. Quite a bit of research has gone into this with track staff viewing covers at other tracks before deciding, and I have been assured the new one will be very easy to move..

INJURED?

- GP practices in Camden can currently refer their patients for British College of Osteopathic Medicine (BCOM) outpatient teaching clinic for osteopathic care. Vouchers are available from the GP. Please mention BCOM/Camden PCT Osteopathy Vouchers to the GP. GP or Patient can call us if there is a problem with the vouchers (Telephone No: 0207-435-7830). A treatment package covers an initial consultation and up to 5 treatment sessions. BCOM Clinic Locations: Frazer Clinic - 6 Netherhall Gardens Road, London, NW3 5RR (T: 0207-435-7830) The Fraser Clinic is located off Finchley Road opposite the O2 Centre, about 3-5 minutes walk from the Finchley Road Tube Station (Jubilee & Metropolitan Line) and the Finchley Road & Frognal Station (London Overground). Soho Clinic – 1 Frith Street, Soho Square, London W1V 9DH (T: 0207 534 6500). BCOM treatment is free without referral to Under 16's.
- We have been contacted by a local Sports and Remedial Massage Therapist, Janey Sattentau, who will offer discounts to Highgate Harriers members. She has a website, www.activecalm.com. Please note that although we know Janey's qualifications are valid, we have not previously had any dealings with her. Should you use Janey's services please contact me to let me know your opinion.
- Robert Slowe and Ben Pochee (sports massage therapists) and Alex Fugallo and Paul Naisbitt (osteopaths) offer discounts to club members. Please ask your coach or me for contact details.
- We advise you to always check prices before booking.

DIARY FOR NEXT THREE MONTHS

February

7th NWL Young Athletes Wormwood Scrubs
14th Met League Horsenden Hill (m/w/y)
21st National Parliament Hill (m/w/y)

March

21st Middx Masters Ruislip (Mad Bess Wood) (m/w)
28th NWL Young Athletes Cophall

April

1st **Highgate/City of London Open Meeting** **Parliament Hill**
(all age groups) see website www.highgateharriers.org.uk
Club members have free entry but you should enter online.