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MONTHLY NEWSLETTER

EDITORIAL

Wipe the mud off your spikes and clean them up for the track season! Running around cold, wet and windy fields will soon be a distant memory – instead you can look forward to running around cold, wet and windy tracks! In this issue are the dates for the leagues we have entered. Note them in your diaries and make sure you compete regularly for your club. Another date to note is our Open Meeting on 1st April, free to club members, PLEASE enter online www.highgateharriers.org.uk as that will guarantee you an entry, otherwise your event might be full up. Timetable overleaf.

JOGGING GROUP –LOOKING FOR A LEADER

The committee has decided that the club should have a group that enables those who do not have the experience, fitness or desire to take part in competitive athletics to come jogging regularly to improve their health and possibly, in some cases move subsequently into more competitive athletics. Such a group needs a dedicated leader who could reliably give regular time and we are looking for such a person.

If you would be interested in leading this type of group within the club, then please let me know. Ideally we would need at least two people to take control, organising the route and one leading, one bringing up the rear. They would not need to be qualified coaches, but would need to be reasonably experienced in running or maybe another sport. It may well suit someone who used to be involved in competitive sport but has since retired.

Please email me with your comments, if enough are interested I could arrange a meeting to sort out details.

CLUB PRESENTATION EVENING

Following the National Cross-Country Championships on the Heath on Saturday 21st March, around 60 people gathered in the Heath Education Centre to enjoy some food and drink with Fiona's chicken going down particularly well! Unfortunately Simeon and Nicky couldn't be present – Simeon was in Birmingham winning the Aviva Indoor 60m while Nicky was in Kenya so reasonable excuses! Just about everyone else was there though, making it an enjoyable end to a great day.

130 YEARS OLD

The club is 130 years old this year. Anyone got ideas for a celebration.? Email me. Graham

TRACK AND FIELD—LEAGUE DATES

Southern Men's League (Team manager Richard Priestly)

May 2 - Parliament Hill Fields (home match with Heathside the other home team)
May 16 – Battersea
June 6 – Portsmouth
June 27 - Parliament Hill (joint with women's team)
July 11 - Linford Christie (Acton)
August 1 - Ipswich

Southern Women's League (Team Manager Juliet Kavanagh) - senior and U17 women (competing as seniors)

25 April - St Mary's, Richmond
May 30 - Bracknell
June 27 - Parliament Hill, joint with men's team
July 25 - Walton
Sept 5 – Watford

Young Athlete's League (Team Manager Graham Norris) – U13/U15/U17 Boys & Girls

May 17 – Canterbury (hosts Kent Invicta)
May 31 – Parliament Hill (hosts London Heathside)
June 21 – Mile End (hosts Victoria Park)
July 19 - Parliament Hill hosts Highgate Harriers

LICC - seniors primarily, although others can compete - men and women

25 April - Copthall
23 May - Lee Valley
25 July - Ashton Playing Fields
29 August - Parliament Hill

If you are an athlete who is moving up from Under 17's to U20's and you are not sure what competitions are available to you or are not clear who to contact then get in touch with me

OPEN MEETING WEDNESDAY 1ST APRIL—TIMETABLE

Event	<u>Track</u>	Time	Event	<u>Field</u>	Time
400m		7.00pm	U-11 Long Jump		6.30pm
3000m		7.25pm	Long Jump		7.00pm
600m (U-11 only)		7.40pm			
800m		7.45pm	Shot		7.30pm
75m (U-11 only)		8.00pm			
100m		8.05pm	Discus		8.00pm

DIARY FOR NEXT TWO MONTHS

March

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

April

1st Open Meeting Parliament Hill (all age groups)
25th Sothern Womens' League St Marys, Richmond