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MONTHLY NEWSLETTER

EDITORIAL

With summer holidays looming, and the track season coming to an all too quick end, don't forget to stay in training for our Open Meeting at the track on 16th September. Entries, free to Highgate Harriers members, will be available on-line through our website.

It's been a good season for Harriers, with all teams doing pretty well. Simeon is obviously the star of the moment, but there have been plenty of excellent performances at club level, with athletes more than prepared to step out of their comfort zone to pick up valuable points for the club.

TRACK AND FIELD

All the talk in athletics recently has been about our very own **Simeon Williamson**, following his stunning victory in the UK Championships. Worth reminding ourselves that Simeon was brought through the club from a very young age by Juliet Kavanagh, Simeon is testament to what hard work and dedication can do. Congratulations also to Dwaine Bromfield for his performance at the same event and to Hakeem Gabriel for making the finals of the English Schools.

Southern Men's League –

Our men competed in their penultimate league match at the Linford Christie Stadium finishing third on the day and now sit in seventh place for the season. With the final meeting at Ipswich left a top six place is very achievable. Without doubt the star performer on the day was team manager Richard Priestley who threw the discus for probably the very first time and gained two valuable points for the club. That's the spirit!

National Young Athletes League –

The last YAL took place at Parliament Hill on Sunday 19th July, with most clubs being affected by the school holidays. Highgate did reasonably well in terms of numbers, although we did have only two under 15 girls (well done India and Francesca!). Some excellent performances on the day resulted in us being second of the seven clubs, which again demonstrated the strength in our Young Athlete program, and the quality of the coaching. By my calculations, we will finish the season in 3rd place, narrowly missing out on promotion. This has been a fantastic season, following on from the excellent cross country season, for our YA's so well done to all who competed and thanks to the coaches, officials and parents for your help, expertise and support.

Southern Women's League -

News from the Southern Women's League will be included in the next issue.

COACHING COURSES

All coaching courses are unfortunately on hold at the moment while they are being restructured. Details are hard to come by but it seems that all levels will be more involved with level 1 going from a one day course to three days, level 2 from 3 to 5 days etc. Cost will also increase significantly so the club will need to look at funding these on an individual basis. Full details will be in the Newsletter when we get them.

CAKE SALE – A SUCCESS!!!

We held a cake sale at the YAL to raise funds for the redecoration of the club room, and over £100 was raised! Many thanks to Deborah Laing for organizing this event and to Mary Mountain, Jane Cotter, Jo Volley and Fiona Scott for their help on the day...and thanks to all those who donated such yummy treats! We will be organizing a day over the summer to have a general clean out, paint the walls, replace the notice boards and hopefully arrange for some flooring.

RUGBY CLUB

We have agreed with Hampstead Rugby Club, who also train at the track on Tuesdays & Thursdays, that their members can have reduced price membership to Highgate Harriers for the summer only. It is hoped that we will arrange a reciprocal arrangement, so any budding Johnny Wilkinson's should seek out one of their officials or me. Youngsters please note Hampstead do not have a junior section and under 18's are not allowed to train for rugby with the men .

CHILD WELFARE

Copies of the UKA Child Welfare Policies and Procedures, which the club has adopted, are available in the club room and via the website. Also on the wall are recommended courses of action and copies of report sheets to be completed in the case of any incident concerning a child from Highgate Harriers. Our Child Welfare Officer is Juliet Kavanagh.

CLUB VESTS

Due to a market price rise we have had to increase the cost of the club vest to £17, with immediate effect.

DIARY FOR NEXT TWO MONTHS

August

1 st	SML	Ipswich
29 th	LICC	Copthall

September

5 th	SWL	Watford
16 th	HH Open Meeting	Parliament Hill

LICC – London Inter Club Challenge SML – Southern Men's League SWL – Southern Women's League
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HEATH CONSTABULARY

The direct mobile number for the Heath Constabulary is 07973 102091, this is to be used strictly for emergencies only.