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MONTHLY NEWSLETTER

EDITORIAL

Christmas may be almost upon us but don't forget, as you tuck into your turkey and trimmings, the Middlesex Championships are on the 9th January! Why not run off those extra pounds by taking part in the Boxing Day run, details below. Whatever you are doing, have a great festive season!!!

FLOODLIGHT SESSIONS AT THE TRACK OVER CHRISTMAS

The final floodlight session will be on Thursday 17th December, and they will come back on Tuesday 5th January 2010. Daytime opening as normal except Christmas Day when the track will be closed.

I have received the following message from Richard O'Mahony of the City of London: "Please pass on our Seasons Greetings and Hopes for a Happy New Year from the Keepers at Parliament Hill to all at Highgate Harriers."

McCain North London Athletics Network

Highgate Harriers, Shaftesbury-Barnet, London Heathside, Middx University

As mentioned in last month's issue, we were waiting to see if the application for a funded Network was successful and well, it was! We have been told that the plan scored very highly against nearly all of the key outcomes. Next step is to the form the management group and then down to business! This is a great opportunity to take our club forward and also to bring athletics into the community, more details will follow in future editions.

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.

CODES OF CONDUCT

Our Codes of Conduct for athletes, coaches and parent/carers are now available on our website (highgateharriers.org.uk); please take time to read those relevant to you.

FREE PHYSIOTHERAPY SERVICE COMING IN JANUARY

Simon Fairthorne, an experienced physiotherapist will be available in the Dog Kennel once a fortnight starting in January to treat members who are over 16. Further details in the next issue or ask Graham.

CROSS-COUNTRY

Success at the London Cross Country Championships, as our Senior Men and Women both took 1st place:

Men:

- 1 Highgate H 25
- 2 Serpentine RC 44
- 3 Herne Hill H 59
- 4 Shaftesbury Barnet H 75

Women:

- 1 Highgate H 49
- 2 Serpentine RC 57
- 3 Metropolitan Police 61

Our Young Athletes did us proud too, with both U13 boys (Jimmy Brock, Peter Laing, Gabriel Springer and Keshin Harrison) and U13 girls (Olivia Jordan, Daniella Simpson, Lulu Szego and Helena Roberts) taking 3rd place in the Championships.

Trent Park saw the Fraternity and Sorority Cups as well as the NWL which also counted as the clubs YA Championships. More success for Harriers with our men winning comfortable. Although our Women didn't field a team, Svenja Abel won the race.

In our Young Athletes club cross-country championships the winners were:

- U11 Boys ó 1st Gus Skinner, 2nd Terry Fawden, 3rd Arnold Harrison
- U11 Girls ó 1st Marjolaine Briscoe, 2nd Grace Mee, 3rd Lily Andrews
- U13 Boys ó 1st Alexander Machin-Paley, 2nd Gabriel Springer, 3rd Keshin Harrison
- U13 Girls ó 1st Olivia Jordan, 2nd Daniella Simpson, 3rd Lulu Szego
- U15 Boys ó 1st Stanley Harrison
- U15 Girls ó 1st Kirsten Sorbie
- U17 Men ó 1st George Laing
- U17 Women ó Georgia Doolan

BOXING DAY RACE

Help keep a great Highgate Harriers tradition going on 26th December Boxing Day Run for Highgate Harriers, family and friends.

Meet at the running track by 10.30 for an 11 o'clock start. Maps will be provided on the day, but it is basically a run to Kenwood and back through the mile gate. There are no stewards and anyone under 11 running must run with a parent as we cannot supervise children. Mums, Dads and others are welcome. Everyone participates at their own risk. Everyone is asked to donate a small gift per entry - box of chocolates, wine, sweets, or some other unwanted Christmas gift etc. (it is not compulsory). At the end of the race everyone picks a prize in the order that they arrive back at the track until they are all gone.

Great fun, come and join in!!!!

DIARY OF FORTHCOMING RACES

January 2010

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|------------------|--|-----------------|
| 9 th | Middlesex Championships (m/w/y) | Ruislip |
| 16 th | Met League (m/w/y) | Stevenage |
| 30 th | South of England Championships (m/w/y) | Parliament Hill |

February 2010

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|------------------|-----------------------------------|-----------------|
| 6 th | NWL (YA) | Barnet Copthall |
| 13 th | Met League (m/w/y) | Perivale |
| 27 th | National CC Championships (m/w/y) | Leeds |

March 2010

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|-----------------|----------|-----------------|
| 6 th | NWL (YA) | Wormwood Scrubs |
|-----------------|----------|-----------------|