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**MAR 2010**

**ISSUE NUMBER 13**

**Our first four page issue**

[highgateharriers.org.uk](http://highgateharriers.org.uk)

## MONTHLY NEWSLETTER

### EDITORIAL

As this Newsletter is being posted to all members as notification of our AGM (see page 2), this may be the first time some of you have seen it! We aim to get an issue out every 4-6 weeks and it is normally emailed, posted on the website and some hard copies available at the track. If you do not receive it via email but would like to in future, please let me know.

### Important notice—sprinters, and others, please read very carefully NEW FALSE START RULE FOR SENIORS

**STARTS 1<sup>ST</sup> APRIL 2010 (In case you are suspicious this is NOT an April Fool!)**

Any athlete making a false start shall be disqualified **ó no second chance!**

#### **This applies to**

Men's and Women's Southern league  
Middlesex County championships  
South of England championships  
International events  
Etc.

If any U20 or U17 **chooses** to run in a senior event in any of the above then the rule applies to them.

#### **This does NOT apply to**

Young Athletes league  
Any age group events i.e. U20, U17, masters, etc.  
Open graded meetings

**THIS IS A MAJOR CHANGE , MAKE SURE YOU UNDERSTAND IT.**

### **TAKE CARE**

Some of you may be aware that a club member jogging home near the track was set upon by a gang of youths. Luckily no injury was sustained. Please always try to run in company. In the event of an incident phone the Heath Constabulary on 07973 102 091 (put it in your mobile now) or else use 999.

## NOTICE OF HIGHGATE HARRIERS ANNUAL GENERAL MEETING

Notice is hereby given of the Highgate Harriers AGM, to be held at the Heath Education Centre on Monday 26<sup>th</sup> April 2010 at 6pm. (The Heath Education Centre is situated on the East side of the Parliament Hill Lido.)

### AGENDA

- Apologies for Absence
- To approve the Minutes of the AGM 2009
- Matters Arising
- Secretary's Report
- Chairman's Report
- Treasurers Report
- Election of Auditors
- Election of Officers

After many years as Secretary, Nick Stockman will be standing down. This is an important post for the club and if you are interested in this position or would like further information email Nick on [Nick150696@aol.com](mailto:Nick150696@aol.com). All other Officers will be standing again.

- Proposed amendments to the clubs Constitution\*
  - \* Add under 'Duties of Club Committee'

To manage the Club's child protection and sports equity arrangements, usually discharged by adopting the relevant policy guidance from UKA.

\* First paragraph under General Meetings to read:

The Annual General Meeting of the Club shall be held not earlier than 31<sup>st</sup> October and not later than the end of the following April each year. 14 clear days written notice including the agenda shall be given to Members of the Annual General Meeting either by circulating a copy of the notice to every member at their home address or by email or other suitable electronic means. Members must advise the Secretary in writing of any business they wish to be moved at the Annual General Meeting no less than seven days prior to the notified date of the meeting.

**The AGM will be followed by a talk on injury prevention/rehabilitation by a qualified Physiotherapist, and the presentation of the Club Awards:**

1. Club cross-country awards 2009/10 for Young Athletes.
2. Jack Petchey medallions to be presented by Chris Bullock of the Jack Petchey Foundation.
3. Main club awards, including the Harry Rothery and Walter Jewell trophies to be presented by the granddaughter of Walter Jewell.

**THIS IS YOUR CLUB, PLEASE MAKE EVERY EFFORT TO ATTEND  
PARENTS WILL BE VERY WELCOME  
LIGHT REFRESHMENTS WILL BE AVAILABLE**

## CROSS-COUNTRY

### Seniors

Highgate Harriers enjoyed a successful day at the National Cross-Country Championships held at Roundhay Park, Leeds. Our women finished 13<sup>th</sup> of 61 clubs while our Men finished 19<sup>th</sup> out of 107.

### Young Athletes

Not to be outdone by the oldies, our Young Athletes finished the NWL season at Wormwood Scrubs by winning the Under 11 girls, Under 11 boys and Under 13 boys trophies. Terry Fawden won the individual medal for overall Under 11 Boys Champion with many Highgate runners also winning Individual medals ó Marjolaine Briscoe, Molly Garrigue, Louis Mennear, Joshua Bluemink, Oscar Banchemo, Peter Laing, Gabriel Springer and George Laing.

## TRACK & FIELD SEASON

Full league dates and venues are now available for all our teams:

### Senior Men (team manager Matthew Dore-Weekes)

1 <sup>st</sup> May	Newham
15 <sup>th</sup> May	Brighton
5 <sup>th</sup> June	Milton Keynes
26 <sup>th</sup> June	Luton
10 <sup>th</sup> July	Parliament Hill
31 <sup>st</sup> July	Peterborough

### Senior Women (team manager Juliet Kavanagh )

24 <sup>th</sup> April	Thurrock
22 <sup>nd</sup> May	Bracknell
26 <sup>th</sup> June	Norwich
7 <sup>th</sup> August	Parliament Hill
4 <sup>th</sup> Sept	Exeter

### Young Athletes (team manager Graham Norris)

2 <sup>nd</sup> May	Parliament Hill (hosted by Heathside)
16 <sup>th</sup> May	Parliament Hill (hosted by us)
20 <sup>th</sup> June	Ilford
18 <sup>th</sup> July	Victoria Park

We are also entered in the London Inter Club Challenge (LICC), entry free to Highgate Harriers members, dates as follows:

24 <sup>th</sup> April	Copthall
19 <sup>th</sup> June	Woodford
17 <sup>th</sup> July	Lee Valley
14 <sup>th</sup> Aug	Parliament Hill

Middlesex track & field Championships take place on 8<sup>th</sup> and 9<sup>th</sup> May with closing date for entries 27<sup>th</sup> April. Entry forms available at [www.middlesex.org.uk](http://www.middlesex.org.uk)

### **McCain North London Athletics Network**

The official launch of our network will take place at the LICC meeting at Barnet Copthall on 24<sup>th</sup> August, where first year chairman, our very own Terry Driscoll, will receive one of those huge comedy cheques!

### **Athletics for Local Disabled Youngsters**

After Easter Highgate Harriers will be providing athletics sessions for two groups of disabled youngsters, an after-school club based in Kentish Town and the Swiss Cottage School for special needs. We have coaches in place for these sessions but if you feel this is a project you would like to be involved in please contact me.

### **KIT**

If you have any kit you no longer use, whether it is spikes, trainers or clothes, please donate them to the club. Don't worry about the condition as all kit is very welcome. Just give it to me.

### **Sandra Luke Memorial 5 Star & 10 Step Competition**

Sunday 30<sup>th</sup> May, closing date for entries 17<sup>th</sup> May

This is an annual competition held at the Horspath track and hosted by Oxford City Athletic Club. It is open to all juniors from the ages of 7 to 14 and each athlete must take part in either 3 or 5 events depending on age. All those completing their events are awarded certificates, and medals are awarded to the top 3 in each age group.

The best performing 5 star girl and boy are awarded the Sandra Luke and Georgina French Trophies, the best performing 10 step athlete receives the Barrie Strange Trophy.

Very enjoyable day out at a well organised event for the younger athlete. As we all know there is little competition available to youngsters, so make the most of this one! If you would like further information check out their website or email Richard at the addresses below, or speak to me or Kate.

Information sheet and entry form available from [www.oxfordcityathleticclub.com](http://www.oxfordcityathleticclub.com) or email [richard@oxfordcityathleticclub.com](mailto:richard@oxfordcityathleticclub.com)

### **RACE FOR LIFE**

The annual Race for Life in aid of Cancer Research UK will be held on the Heath on **Sunday 6<sup>th</sup> June**. As in previous years we have been asked to help marshal the 5km course. If you are able to spend a Sunday morning helping this excellent cause please email Bob Slowe on [slower@dsl.pipex.com](mailto:slower@dsl.pipex.com).