

Editor: Graham Norris

Phone:07762 280627

**Email:norris.family@
Blueyonder.co.uk**

Typeset by Bob Slowe



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MONTHLY NEWSLETTER

EDITORIAL

Since the last Newsletter we have had the AGM and the start to the track season, and in the coming weeks we will have our first QuadKids competition for our strong Under 11's section. Also in this edition is information on anti-doping which is worth reading – I didn't realise that athletes could be tested at English Schools! Gavin Burt, the osteopath who gave such an interesting presentation at our AGM, has supplied an article for this Newsletter (see page 4). If you would like to contribute to the Newsletter in any way just drop me an email

TRACK AND FIELD

(Full individual results for all team events, where available, can be seen on our website.)

SENIOR MEN

Southern League: an excellent start from the two meetings so far, we are now currently in 7th place of 25 teams:

1/5/2010 – Newham

- | | |
|-----------------------------|--------------|
| 1. Highgate Harriers | 133.5 |
| 2. Ipswich | 107.5 |
| 3. Newham & Essex B | 106 |
| 4. North Devon | 94 |
| 5. Ilford AC | 85 |

15/5/2010 - Brighton

- | | |
|-----------------------------|------------|
| 1. Reading | 134 |
| 2. Brighton & Hove | 120 |
| 3. Highgate Harriers | 117 |
| 4. Hercules Wimbledon | 84 |
| 5. Worthing AC | 61 |

SENIOR WOMEN

In the Southern Womens' League we have also started well. We have entered a composite team with Barnet & District for the second year and the team is developing nicely:

24/4/2010 – Thurrock

- | | |
|-----------------------------|-----------|
| 1. Brighton & Hove | 74 |
| 2. Highgate Harriers | 67 |
| 3. Vale of Aylesbury | 63 |
| 4. Hillingdon | 55 |

MIDDLESEX CHAMPIONSHIPS

There were many good performances at the Middlesex track & field Championships held over the weekend of 8th & 9th May 2010, with the following Highgate Harrier's winning medals:

GOLD Rebecca Hardy SW Discus, Zahra Akinpeju U20W Shot, Grace Mee U13G 70m Hurdles and High Jump, Stanley Harrison U15B 800m.,

SILVER Gwen Thornton U20W 400m Hurdles, Liam Ormes U17M Long Jump, Zahra Akinpeju U20W Hammer, Oskar Piotrowicz U20M Hammer, Sally Charlton U13G 70m Hurdles.

TRACK AND FIELD

YOUNG ATHLETES

The Young Athletes continue the good club form with impressive starts in the National Young Athletes League. Due to problems with the availability of the results software the result of the 1st match may change, but it would only be for the better if things do alter!

2/5/2010 – Parliament Hill

1. Victoria Park 561
2. **Highgate Harriers 444**
3. London Heathside 284
4. Queens Park Harriers 226
5. Ilford AC 80
6. Medway Park Phoenix 45

16/5/2010 – Parliament Hill

1. **Highgate Harriers 421**
2. Victoria Park 389
3. London Heathside 172
4. Ilford AC 170
5. Medway Park Phoenix 160
6. Queens Park Harriers 92

Attendance at our AGM was greater than anyone seems to be able to remember! The move to a month with more clement weather , a talk by a local osteopath plus our annual Awards no doubt helped and everyone seemed to go away happy. Business of the AGM included **Kate Jenrick** taking over from Terry Driscoll as President and **Ollie Barnett** volunteering to take on the duties of Secretary, as Nick Stockman was stepping down.

We were honoured to have the Granddaughter of Walter Jewell present to hand over our trophies, in particular the Walter Jewell trophy itself for the outstanding performance from a Young Athlete to Kai Jandausch. Photos from the Awards are available on our website.

Also present physiotherapist Gavin Burt who gave a very interesting talk, in the form of an interview with Bob Slowe (See Free Offer on page 3).

ANTI-DOPING this could concern you—not just international athletes.

Remember, although it is normally only high level competition where tests are taken, there is no minimum age and competitions can include English Schools through to International road races.

The following sites are be of particular interest. I advise you all to have a look at them.

www.ukad.org.uk – The site of UK Anti-Doping that is now responsible for anti-doping in the UK. It has resources for anti-doping education as well as details about all the systems and protocols it undertakes.

www.globaldro.com – enables you to check any medication or over the counter drugs.

www.informed-sport.com/content/informed-sport - enables you to check on supplements which are not covered in the globaldro website. It doesn't cover all supplements, but covers key ones across different areas.

www.uka.org.uk/world-class/anti-doping/rules-guides-drug-test-procedures/ - UKA information on anti-doping.

Also note that the requirements for asthma medication changed late last year and self registration of salbutamol is all that is required, information and forms can be found on the UKA website.

REFERENDUM

The Newsletter wants your opinion

The Committee discussed whether it is necessary to continue to produce The Gate now that this Newsletter has become more established. The Gate is part of our club history and, it is argued, reaches some members who are not in touch in any other way. However, it is a lot of work producing the two issues a year and could save us up to £1,000 by not producing it. To continue with the tradition we could rename our Newsletter 'The Gate Newsletter' and use the Gate logo.

What do you think? Tell me or email me now.



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.

FREE OFFER TO MEMBERS

Ben Pochee, the Newsletter's page three correspondent, reminds members of a generous offer from Gavin Burt who spoke at our AGM

Following the AGM and Gavin Burt's excellent Q&A, he has provided all Highgate members with a free trial to his website which is called Running Injury Oracle.

This website is funky as Gavin recorded several hundred mini video clips with none other than the Gate's very own Mr. Dominic Hall & his girlfriend Nicola as central models, these clips aim to show you how to self diagnose and where appropriate treat the problem, saving you money and at our age oh so precious running time.

To get your free trial just click on the this link and follow the instructions – <http://www.runninginjuryoracle.com/?/register/DPSYw5>

CAKE SALE



= ££££££££££

Deborah Laing organised a cake sale at the recent YAL match, which raised over £90! Many thanks to Deborah, Jane Cotter, Jo Volley, Pamela Fosbrook, Fiona Scott, Sally Hatch, Bella Doolan & Muriel Doolan. Thanks also to Deborah and Jane for organising the Officials lunches at this meeting, very yummy with lots of compliments!

McCain North London Athletics Network

The Network will have its own Newsletter shortly, to be distributed among the members, so I won't duplicate news! The Network is an exciting new development which will hopefully be of benefit to the club as a whole and coaches, officials and athletes specifically.

GAVIN BURT'S INJURY AVOIDANCE ADVICE

For those who weren't at the AGM, let me introduce myself. I am a sports osteopath, with a clinic, Backs and Beyond, in Chetwynd Road (half a mile from the Parliament Hill Fields track). I am a marathon runner myself, and thus have a particular passion and skill for treating running injuries (treating all levels from beginners to international elite level competitors).

We talked about a lot of things at the AGM, too much to put into this little article, so I thought I would present what I consider to be the two most important 'nibbles' of advice that you can implement right now to reduce your risk of injury.

1) Foot Strength

Coaches around the world have known for years that if their runners kick off their shoes after a training session, and cool down by jogging around in bare feet for a few minutes or so, they seem to suffer less injury. I think the reason for this is that when we run barefoot we use more of the muscles in the feet and legs that help to hold up our arches and help us run with good leg posture. I don't think for a moment that runners should leave their trainers at home - running too much in bare feet could cause injury too. But a limited amount of barefoot running, such as warming up and cooling down, is really beneficial. If you want to protect your feet from stones, bits of glass and dog poo (especially on the heath!) there are a number of companies that produce what they call 'barefoot running shoes', which are essentially strong socks! My favourite is the NIKE Free shoe, which I just find most pleasant to wear, and not too expensive.

2) How to stretch

If I ask you how you stretch you may well say that you stretch each muscle for about 20-30 seconds, gently, allowing your body to accommodate to the stretch. That sounds great! But it's not the best way.

No-one is completely symmetrical, so with each muscle group we will always have one side that is easier to stretch than the other. The thing is that by stretching both sides for the same amount of time and intensity we are actually perpetuating an imbalance in the body since the tight side gets a little looser, and the loose side gets even looser! This is important because it means we will always have a difference in our stride lengths, which over time leads to injury (particularly mid-season at peak training).

As a rule of thumb I recommend that with every muscle group that we stretch, we stretch the tighter side 3 times as much as the looser side. That could be that we stretch the tight side 3×30 seconds versus 1×30 seconds on the loose side.

Do this ratio of stretching on each muscle group until the imbalances have ironed out (may take weeks – be patient!) only then can you stretch equally both sides.

If you have a specific injury that you would like help with, then I would of course be happy to see if I can help (020 7284 4664 or www.backsandbeyond.co.uk). (Or take advantage of Gavin's Free Offer to members—see page 3)

Happy running!

Gavin Burt

DIARY June 2010

5 th	SML	Milton Keynes
19 th	LICC	Woodford Green
20 th	YAL	Ilford
26 th	SWL	Norwich
26 th	SML	Luton

SML = Southern Men's League, SWL = Southern Women's League YAL = Young Athletes League LICC = London Inter-Club Challenge
