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**HIGHGATE
HARRIERS
NEWSLETTER**

highgateharriers.org.uk

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EDITORIAL

Apologies for the delay in getting this Issue to you, holidays are part of the reason....can't think of any other excuse so I will leave it there! To make up for it this is a bumper 6 page issue. Lots of interesting things to read here, probably the most important being the piece on page 4 on officiating by Steve Marshall, our County Officials Secretary. Our sport desperately needs officials (the younger the better!), not just for the club but at every level. If you have any experience at all of officiating you can go straight onto the level 2 course, with the next being at Barnet Copthall on 16th October (see page 5 for details) . This only costs £10, which the club will be happy to pay. There will be a shortcut to our Athletics Network information on our website shortly, which will have a link to all courses, so keep an eye open.

Finally, I should mention that despite getting 3rd place in the Mens Southern League (see page 2) we were still excluded from the promotion match due to the league rules which insist that each club is judged on its best performance at each event in a "paper match". This seems akin to Chelsea having the Premiership title taken away because they did not get enough corners during the season!

OPEN MEETING

Many thanks to those that helped make our Open Meeting another successful night of athletics. Highlight of the evening was undoubtedly the high jump, where Newham & Essex athlete Mathew Roberts cleared 2.24m – probably a good thing he failed at 2.28m as we would have needed ladders to replace the bar! Another notable high jump performance came in the Women's competition where Woodford & Essex athlete Ayamba Akim cleared 1.74m. Good to see our meeting attracting such high class performers.

Thanks also to Pamela Fosbrook, Jane Cotter, Jo Volley and Victoria Eze for running the cake stall which raised much needed revenue for the club.

QUADKIDS

Around 60 under 11's competed at our most recent QuadKids event held at Parliament Hill on Sunday 5th September, all of whom received a certificate with their total points recorded. Medals for these events are awarded to the boy & girl who recorded the biggest improvement on their previous QuadKids performance – for September this was Maya Doolan and Ben Eze.

Many thanks to all those that made this event possible, it is nice to see Highgate Athletes who are just a little past the under-11 age group giving up their time to help out! Help is always very welcome at these events, you don't need to be qualified to lend a hand. Next QuadKids is again at Parliament Hill on Sunday 10th October.

Full results, and photographs, of the QuadKids results are available on our website.

TRACK AND FIELD

Senior Men – Our Men have had a great season, the following is a report from Matt Dore-Weeks and Ron Smith, who have done a fantastic job in their first season as joint Team managers. Thanks also to Richard Priestly who worked hard to ensure Matt and Ron had a trouble-free season with regards all the paperwork.

MATCH 1 - Newham:

Highgate track and field men's team got it's the season of to the best possible start by winning it's first match at Newham in early May. They amassed a point total of 133.5 for the day a gained 5 valuable league points. Notable performances on the day were: A-String winners on the track were - Matt Dore-Weeks 400mh and 110mh, Ryan McKinley 800m, 5000m, 1500m and 3000mS/C (What a Quadruple). Highgate also won the 4x100m relay and the 4x400m relay. B-String winners included - Hakeem Gabriel 100m, Chris Beecham 5000m, Ollie Barnett 110mh, Finbarr Ricketts 200m, and Pete Downie 1500m. The field B string winners were - Calvin Chun (long jump) and Max Pellet (high jump). This placed us 2nd in the league behind Nene Valley.

MATCH 2 - Lewes:

The next match saw Highgate venture to Lewes. This was always going to be a difficult match as Highgate faced Reading and Brighton which are both strong teams. Highgate amassed a point total of 117 which was only good enough for 3rd place behind Brighton with 120 points and Reading 130. Although it must be noted that Highgate lost valuable points in the men's 4x100m relay when going in to the last leg Highgate had a 4 metre lead only for a dropped baton in the last change over also saw Highgate's chance of securing second place slip away. However, there was a huge amount of individual winners on the day. In the A-string events: Ryan McKinley completed another double in the 800m/1500m, Glen Saqui 5000m and Finbarr Ricketts 200m. The B-string winner included: Finbarr Ricketts struck again in the 100m, Hendry Dodwell 5000m, Hakeem Gabriel 200m and William Laing 3000m steeplechase.

MATCH 3 - Milton Keynes:

The third match of the season saw Highgate travelling to Milton Keynes who they were equal with on league points after two matches. Milton Keynes are a strong team at the best of times therefore Highgate victory was even more sweet. The match ended with Highgate 1st with 132points to Milton Keynes 128 points. Highgate had 10 winners on the day. A-string winners included Kristian Clarke 100m, David Bruce 5000m and 3K steeple chase, Matt Dore-Weeks 110MH, Calvin Chua Long Jump and the 4x400 won in there fastest time of the year in 3.25.0sec. The B-string winners included Kristian Clarke 200m, Shaun Dixon 1500m, Hendry Dodwell 5000m, Ollie Barnett 110MH and Ryan McKinley 3K steeplechase.

MATCH 4 - Luton:

The fourth match of the season saw Highgate travelling to Luton. Despite a huge number of wins on the track in the A & B string Highgate could only finish second to Luton. Highgate gained 133 points to Luton 144. The A-string winners included Greg Winfield in the 400m in a season best of 50.2sec, Glen Saqui 1500m, Ben Pochee made a winning return to the track in the 5000m, Matt Dore-Weeks was a double winner with wins in the 110MH and the high jump and Ryan McKinley 3K steeple chase. The B-string winners included Peter Edmunds 100m, Shaun Dixon 1500m, Ollie Barnett 110MH and Max Pellet High Jump.

MATCH 5 - Parliament Hill:

The fifth match off the season saw Highgate Harriers at home where they amassed a huge points total of 135.5. The A-string home winners included Greg Winfield 400m, Ryan McKinley did the treble 800m, 1500m & 3K steeple Chase, Matt Dore-Weeks 110MH, Simon Child 400MH, Calvin Chua Long Jump and both relay teams were victorious in the 4x100m and the 4x400m. The B-string winners were Stephen Kelly 400m, Shaun Dixon did the 800m & 1500m double and Ollie Barnett 110MH. This performance put Highgate 3rd in the league from 24 teams.

MATCH 6 - Peterborough:

Going into the final match Highgate was determined to hold on to their 3 place in the league but this was going to be difficult as they faced Nene Valley who were at home and unbeaten all season and they also faced the Metropolitan Police who were tied with Highgate on league points going in to this match. The final score was Nene Valley 147, City of Norwich 119, Highgate Harriers 111 and Met Police 109. This meeting came down to the last event, which was the 4x400m relay as Highgate only had a 1-point lead over the Met Police, which meant Highgate had to beat them by two places to secure third place in the league. Highgate finished second in the relay with the Met Police in fourth place. Other winners on the day in the A-string events were Hendry Dodwell 5000m and Matt-Dore weeks in the 100MH and High Jump. The B-string events were Stephen Whiting who ran exceptionally well to win the 5000m in a PB time of 16.06.6. Highgate secured third place in the League from 24 teams – **this is our best league finish in over 5 years.**

Continued page 3

Track and Field (continued)

Senior Women – Our Senior Women’s team continued their arrangement with Barnet & District, entering a composite team in Division 3. This has proved to be reasonably successful, results haven’t always gone our way but most events have been covered and the team have had fun! We even managed to send a team to Exeter, no mean feat! We have agreed to enter a composite team with B&D again next season, and will be looking to recruit more of our many female athletes

Young Athletes – its official.....PROMOTION!!!! Our talented group of Young Athletes had a cracking season, winning one and gaining second place in the three other fixtures. Quality performances in abundance, so no individual mentions, it was just a great season all-round. Two other team managers approached me at the final fixture at Mile End, to congratulate Highgate on our great team spirit, so we are definitely doing things right. Many thanks to all who helped with the team including the mums and dads who got their kiddies out of bed in time!
Next season will see us in Division 1 South, which will mean more travelling so be prepared!

**Camden’s Olympic Sports Legacy Projects –
an article by Issie Beesley**

The launch of the borough’s Olympic sports legacy projects took place on the 30th June at Mornington Sports Centre. The three projects are The Camden Sports Academy, Camden Community Games and Pro-Active Camden Ambassadors. The overall aim of the three projects is to increase participation in sport, increase the opportunities for competing and promote and develop excellence.

One of the key areas of the Sports Academy is to support the development of clubs in the borough. As a key club in the borough the Sports Academy will be working closely with Highgate Harriers to help with their development.

It was a pleasure to announce Highgate Harriers athlete Simeon Williamson as Camden’s Sports Legacy Champion. He kindly gave up his time to attend the event. Unfortunately as he was leaving his house the random drugs testers arrived so after a mad dash across London he made it in time to answer some questions, meet Camden’s junior boccia team and smile for some photos!

For more information on the projects and to see a promotional film please go to www.camden.gov.uk/olympiclegacy

Alternatively contact Isabel Beesley (Sport Legacy Project Manager) Isabel.beesley@camden.gov.uk

TRACK USE

Parliament Hill running track is a public track, we do not have exclusive use on training nights. Please be aware that the general public have the same rights as club members. However, if you deem a non-Highgate athlete to be using the track inappropriately you should inform the track staff in the first instance, and the Heath Constabulary in an emergency.

Young Athletes should not participate in field events unless under the supervision of a club coach, this also applies to the general public.

SUBSCRIPTIONS 2010/11

Subscriptions for the coming year are now due; if you don't pay by Direct Debit can you please make arrangements to settle up. I will be available at the track Tuesday and Thursday evenings from 5.30-6.30 to handle Young Athlete subscriptions, and am happy to accept cheques from Seniors which I will pass on to our Treasurer.

Renewal rates are:

Over 20 (first claim) £43

Over 20 (second claim) £23

20 & under

(and full time students) £23

Please make cheques payable to Highgate Harriers and write your name on the back. If you will not be renewing, or your contact details have changed, please let us know.

WE RELY HEAVILY ON SUBSCRIPTIONS SO PLEASE PAY PROMPTLY.

Officiating – an article by Steve Marshall

How far did I throw? How fast was I? How far did I jump? Or even how high is it?

Phrases often heard at the athletic track, but how do we know for sure? How can I be confident of comparing my performance from one day to another or against other athletes? The answer lies in the work, judgment, and calls of those polo-shirted, sometimes fleece wearing bodies called Officials. This is 'sadly', a small band of folk who spike, click, pull tapes, hold clipboards and increasingly use technology to answer these starting questions.

Why do they do it? Usually it starts with one of two reasons. Firstly they were probably parents bringing their children to compete for the club. Finding themselves standing around track side they are roped into help/assist and before long they are addicted; or secondly they are an athlete themselves, who starts to help out by holding that extra stopwatch or judging or raking. Occasionally a youngster comes along who enjoys athletics, does really perform, but has a keenness to organise and suddenly they are travelling the country, enjoying the thrill of organizing and seeing good performances, be it for club, county or even country. Where have I been this season? Glasgow, Gateshead, Bedford, Southampton, Cardiff and all over London, Birmingham and up to Norwich.

So do you fancy knowing more about making these calls, judgments? Have you held that stopwatch and want to be accurate? Check out the England Athletics website for a Level 2 course. You could register for one at Barnet Cophall Stadium on October 16th. There should be a flyer in the club or you could get in touch with Steve Marshall, Middlesex County Officials Secretary (stevethedoc@hotmail.com) SEE PAGE 5 FOR COURSE DETAILS

Once you start there might be no stopping, but we are an interesting bunch who have great fun when we meet up for competitions (come rain or shine), finding ourselves often very close to the action.

Steve Marshall

County Officials Secretary

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Level 2 Officials' Courses—Thinking of getting started in Athletics Officiating!!

COURSE TYPE: :	Officials level 2 Track & Field course
VENUE DETAILS:	Barnet Cophall Stadium, Barnet, London NW4 1PX
DATE:	Saturday 16th October 2010
START TIME:	10am
COURSE CODE:	SO/0095TR - Track Judging SO/0095TK - Timekeeping SO/0095FD - Field Judging SO/0095SM - Starter/Marksman
COURSE FEE:	£15 (cheques to be made payable to England Athletics)
DISCIPLINES AVAILABLE:	Track, Field, Timekeeping or Starter/Marksman (choose one discipline)
DURATION OF COURSE:	4/5 hours approx
COURSE APPLICATION INFORMATION:	Officials licence application forms can be downloaded from the web, http://www.englandathletics.org/page.asp?section=451&sectionTitle=Officials . To reserve a place on the course, please complete the officials licence application form, plus a £15 cheque for the course fee made payable to "England Athletics" and forwarded to England Athletics, Wellington House, Starley Way, Birmingham International Park, Solihull, B37 7HE

COURSE TYPE: :	Heath & Safety course (Track & Field) for Level 2 and 3 Officials
VENUE DETAILS:	Barnet Cophall Stadium, Barnet, London NW4 1PX
DATE:	Saturday 16th October 2010
START TIME:	10am (please arrive 15mins earlier to register)
COURSE CODE:	SO/0096
COURSE FEE:	£10 (cheques to be made payable to England Athletics)
DURATION OF COURSE:	2 hours approx
COURSE APPLICATION INFORMATION:	Officials licence application forms can be downloaded from the web, http://www.englandathletics.org/page.asp?section=451&sectionTitle=Officials To reserve a place on the course, please complete the officials licence application form, plus a £10 cheque for the course fee made payable to "England Athletics" and forwarded to England Athletics, Wellington House, Starley Way, Birmingham International Park, Solihull, B37 7HE

DIARY

October 2010

9	Met League (m/w/y)	Claybury, Woodford
16	National 6&4 Stage Road Relays (m/w)	Sutton Park, Birmingham
17	National Young Athletes Road Relays	Sutton Park, Birmingham
23	Liddiard Cross-Country Trophy (m/w)	Kingsbury
23	NW London Young Athletes League	Loughton
30	North London Champs (m/w)	Trent Park

November 2010

9	English Cross Country relays (m/w/y)	Mansfield
13	Met League (m/w/y)	Trent Park
20	London Champs & Youth Games	Parliament Hill

North London McCain's Athletic Network

As mentioned in the Editorial there will shortly be a NLMAN Newsletter available via the website, this will contain many useful items for coaches, officials and athletes so do please read it. Four articles worth repeating here are:

Run In England

Would you like to attend a Leadership In Running Fitness course and organise your own running group? If you complete a course which costs £90 – you could then take up to 15 people at up to £2 per person for an hour jog and training session each week. Both yourself and the people taking part would have to join Run In England. If you were interested the Network may be willing to work with you to encourage membership of the clubs. Please look at the website www.runinengland.co.uk or contact the NDO to find out more.

Beginners Running Groups

The Network is planning a series of new 7-10 week courses for beginners after Christmas at different locations in North London. Would you like to lead or support a group – a small fee may be paid for your work. Please contact the NDO for more details.

Marathon Challenge Event on Tuesday 19 October starting at 7pm

Venue: Barnet Copthall Stadium

Organiser: Geoffrey Williams - Shaftesbury Barnet Harriers

Entry registration at just £1 per runner in advance up to 6:30pm on the night.

Teams will consist of 5 runners who will each run a leg of a relay of 105 x 400m with the first runner running the extra distance to achieve Marathon distance. Individuals will be asked to submit their best time for each of 800/1500/3000 and graded into 5 groups by ability - average pace is 70secs per 400m! Teams will consist of one runner from each group. There will be various prizes and any surplus from entries will be donated to the British Heart Foundation.

The competition is open to any athlete aged 12 or over. Should be a good training session in itself 21 x 400 off 4 mins rest and will give runners from different clubs a good chance to make friends and for coaches to have a chat! The Copthall Cafe will be open.

Cross Country Training

The NDO is trying to arrange 4 cross country training sessions for the youth games and also to invite students from secondary schools to try out at cross country. Would any coaches and/or athletes be willing to provide their time on four dates – Sunday 24th October, 31st October, 7th November and 14th November for 1-2 hours. Please let the NDO know if you are interested. The students will be boys and girls from under 13 to under 17 ages groups. The venue will be Parliament Hill.

Our NDO is Deborah Laing, email address nlathleticsnetwork@hotmail.co.uk