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Editor: Graham Norris

Phone: 07762 280627

Email: norris.family@blueyonder.co.uk

Typeset by Bob Slowe

**GATE
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**HIGHGATE
HARRIERS
NEWSLETTER**

highgateharriers.org.uk

DECEMBER 2010

ISSUE NUMBER 17



EDITORIAL

A full and fun packed issue for your perusal! Everything from a celebration of our Masters athlete, Sylvester Stein who celebrates his 90th birthday shortly to news (yes, you may groan) of an increase in our subscriptions. Also an opportunity for any triathletes in our membership to receive specific swimming coaching from one of the largest and most successful swimming clubs in the country. All this plus news of a Club party – what more could you want!

As this is the last issue of 2010 we wish all our members

A MERRY CHRISTMAS AND A HAPPY NEW YEAR !

**Cross-Country
Young Athletes**

It is very noticeable that Sarah and Rhonda's group is a large one with many capable athletes, but when it comes to competing for the club quite a few (particularly girls!) 'go missing'. It is quite often the case that at NWL fixtures Kate's Under 11's outnumber all the older age groups, so get your spikes sharpened and start running for your club!

Despite the lack of numbers we have done well at NWL, so just think what the club could achieve with more of you! Met League is also something that you could consider running in, it is a generally higher standard but many of you are more than capable of doing well. Terry Fawden, George Gould have both run Met League and their performances resulted in selection for the County team, along with Alexander Machin-Paley and Stanley Harrison. Keshin Harrison, Arnold Harrison are two others boys being considered for County selection. Marjolaine Briscoe also ran Met League, and performed really well, and along with Hannah Viner is also up for the County side.

So overall we continue to produce good performances – when athletes run!

See next issue for detailed reports on Mens' and Womens' Cross-Country

North London Athletic Network on www.highgateharriers.org.uk

We now have a NLMAN section on our website (many thanks to Dave Burrows, who updates our excellent site all the way from New Zealand!) which has, among other things, full up to date information on courses in the South of England. If you are interested in Coaching or Officiating, this is the place to find out when and where the courses are.

SUBSCRIPTIONS 2010/11

Subscriptions have been due since 1st September, so if you have received an invoice with this newsletter you need to renew NOW! Your Committee has decided that an increase is due, and has also added a new rate for 11-20 year olds. This new rate has been decided upon as they currently pay the same rate as under 11's and yet can train twice a week as opposed to once a week for our younger athletes. 11-20's also have the benefit of free travel to away league matches. However, we have also added a cap on families with more than two children, who will only have to pay a maximum of £80.

If you get your subs to us before January they will be at the old rates, otherwise you will owe the new rate as below:

Renewal rates are:

Over 20 (first claim)	£45
Over 20 (second claim)	£25
Under 11's	£25
11-20 (and full time students)	£35 (maximum of £80 per family)

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 ON SUBSCRIPTIONS FOR OUR INCOME SO PLEASE PAY PROMPTLY.

HAPPY 90TH BIRTHDAY SYLVESTER!

Sylvester Stein

Highgate's oldest active sprinter is 90 on Christmas day

25 December is a special day for many people but for Highgate's oldest active member, Sylvester Stein, it is very special indeed. It will be his 90th birthday.

Until very recently Sylvester was competing on the track over 100m and 200m and many of you may remember that he took part in one of the club's recent open meetings. He still holds many national age records and was multiple national champion and record holder not only for his own age group but at the same time for several younger divisions whose times were inferior to his own.

Sylvester came to athletics relatively late in life and with his wife Sarah was a leading light in organising veteran athletics in the UK. He was the owner and publisher of *Running Magazine* and of many newsletters such as *Peak Performance*. He came to the UK from South Africa where he was editor of *Drum*, the only journal under apartheid that was staffed entirely by black people (apart from Sylvester). His activities and his books provoked displeasure in the South African government and eventually he had to leave the country. He continued to write books and plays and his play *Who Killed Mr Drum* was successfully staged in London only five years ago.

He underwent heart surgery in his 60s but rapidly returned to competitive sprinting. Even though he has now hung up his spikes he and Sarah still go weekly to the gym and he regularly takes their dog on its daily walk.

The club is very proud to have Sylvester as a member and *The Gate Newsletter* wishes him a Happy Birthday and Good Health.



Swimming Coaching for Triathletes

Camden Swiss Cottage Swimming Club, one of the largest and most successful clubs in the country are now offering swimming coaching aimed specifically at triathletes and duathletes. This program has been designed with the help of the London Triathlete Club, and will develop as feedback is received from the athletes themselves.

These Master Classes will be held at the Bridge School Carleton Rd N7 0EQ, Fridays 6.30 pm to 8.00 pm term times. The class is suitable for both experienced and novice triathletes, the aim is to provide top quality coaching and advice to improve technique and build stamina. To find out more, please go to <http://www.camdenswisscottageswimmingclub.co.uk/p/documents/> or call the club office on 020-7974-5440 Monday to Friday 8.00 am to 3.45 pm or email ac-counts@camdenswisscottageswimmingclub.co.uk

QuadKids – Message from Kate

The sun has shone on us this year! (even in November, temperature just above zero and sand frozen in the long jump pit!)

This year saw the launch of Quad Kids. This exciting new competition format I'm sure will be a household name in the athletics run out in schools and clubs all over for many years to come. Our own Highgate Harrier Ben Pochee has been instrumental in bringing the event to Highgate and has continued to give us heaps over the season. So with loudspeaker font **thank you Ben!**

The event does need lots of helpers. Parents (and brothers and sisters) you've been fantastic - picking up the tapes, clocking positions and raking long pits. It all helps, so keep coming forward.

Finally, thanks to those have come out and helped (and have no children there!) - Alima, Lindsay, Natalija, Amy & Jane, Brenda, Georgia, George, Debbie, Henry, Ben, Gabriel, Saningo, Lulu, Terry and of course, Graham, and Deborah. Without the commitment and experience you all give, the event would be no fun to run nor would the event be the success that it is proving to be.

Kate

ENGLAND ATHLETICS – LONDON REGION AWARDS 2010

Below is a list of award winners for the London Region:

Development Club of the Year – Herne Hill Harriers

Club Partnership of the Year – Newham Athletics Network

Development Coach of the Year – James McDonald (Herne Hill Harriers)

Performance Coach of the Year – Ron Roddan (Thames Valley Harriers)

Services to Coaching – Bob Parker (Harrow AC)

Young Volunteer of the Year – Alima Diabate (Highgate Harriers)

Services to Volunteering – Tim Mundel (Newham and Essex Beagles)

Official of the Year – Steve Marshall (Shaftesbury Barnet Harriers)

Services to Officiating – John Gebbels (Herne Hill Harriers)

Services to Disability Athletics – Nicole Evans (Newham and Essex Beagles)

Services to Athletics – Alan Brent (Blackheath and Bromley)

As you can see, our very own Alima Diabate has been awarded Young Volunteer of the Year, and very well deserved it is too!!! There are few areas of the club Alima is not involved in (cross-country is about the only one, but we all have our faults!) and is a vital part of our club. We are very appreciative of everything Alima does for Highgate Harriers and congratulate her on this Award.



SPIKES TO SPARKLES SOCIAL

Where?

The Roebuck, 15 Pond Street, Hampstead, NW3 2PN. From 7pm

When?

Saturday 29th January, after the Southern Champs on Parliament Hill

How much?

£15 per person

£15?! What does that get me?

A meal of your choice from their delicious menu, entry into an exciting quiz (with prizes to be won). Come on, you wouldn't be a runner if you didn't like a bit of healthy competition.

Who can tell me more?

Contact Becky Penty on the _fgb@hotmail.com or Rhian Hampson-Jones on rhian81@hotmail.com for more information and for tickets.

Dress Code: Smart & Sparkling

DIARY

December 2010

11	Southern Masters/Inter-Counties	Biggleswade
18	Met League (m/w/y)	Stevenage
26	Boxing Day Handicap (am)	Parliament Hill

January 2010

8	Middx County CC Champs (m/w/y)	Trent Park
15	Met League (m/w/y)	Alexandra Palace
29	South of England CC Champs (m/w/y)	Parliament Hill