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**GATE
HARRIERS**

**HIGHGATE
HARRIERS**

highgateharriers.org.uk

JULY 2011

ISSUE NUMBER 21

EDITORIAL

I am going to forsake the usual Editorial drivel to highlight one really important issue in this edition – the club photo! This will take place following the joint Senior Men's & Women's fixture and before the club picnic, full details of both below. If you are not attending either, please still make every effort to be at the track for the photo, which will be used on the website and for future publicity as well as being placed in the club archives.....

BE THERE IN YOUR VEST!!!!

See Page 4 for picnic advert

WELCOME!!!

Welcome to the following new club members who have joined during May and June:

Young Athletes – Clara Mee, Elizabeth Pollard, Narina Bomanji, Lily Baldwin, Charlotte Marshall, Josephine Beau de Lomenie, Amelie Boyd-Shire, Leah Abbott, Bluebelle Carroll, Lucas Pemberton, Costanza di Borgoricco, Sydney Evans, Ana Maria Monjardino, Kitty Levenson, Carina Powell, Sam Orchart, Xenia Ramirez-Espain, Isabella Myersohn, Otis Maragh, Margaux Downland, Ella Rush, Cirena Springer, Isobel Simmons, Anna Tefoglou.

Seniors – Eveleagh Alexander, Taylor Huggins (2nd claim), Tammy Storey, Vincent Van Pelt, Nenna Campbell-Platt, Richard Pace, Nathan Cyrus (2nd claim), James Parker.

We hope you all have a successful, rewarding and, above all, enjoyable time with the club.

CLUB GAZEBO

We now have the gazebo on order, a 3x4.5m with sides, printed with the club logo, HIGHGATE HARRIERS, and JPF logo on the valance and a large club logo on the roof. We received a £500 grant from the Jack Petchey Foundation for this but the total cost is close to £700. In order for the gazebo to (hopefully) be with us in time for the home fixture on 9th July the club has picked up the difference

BUT we are asking for £10 contributions from Seniors towards the gazebo.
To contribute please pay your £10 directly into the club account, details as follows:

Barclays Account Number	40039071
Sort Code	20-36-16
Reference (if asked)	Gazebo

PARKRUN COMES TO HAMPSTEAD HEATH

A timed 5k every Saturday morning at 9.00

As fast or as slow as you like

Free

Parkrun is sweeping the country with over 70 venues and more being added every month. Thanks to the co-operation of the City of London it has been happening on the Heath for several weeks.

All you have to do is register online and get a barcode and you can run Parkrun free on the Heath or at any other venue. Just register online before 6pm the evening before.

The Hampstead Heath event starts every Saturday at 9.00 a.m. near the East Heath Road car park with an alternate start a short distance to the North when other events, such as the fair, circus etc. are taking place. Maps are on the website.

If you don't feel like running then why not turn up and volunteer as a marshall from time to time or turn up in a Highgate Vest and encourage people to join the club?

The website to visit is:

<http://www.parkrun.org.uk/hampstead-heath/home>

and follow the links whether you want to run or help.

Or

<http://www.parkrun.com/about/overview>

If you want to know more about Parkrun generally

GETTING LOST IN YOUR SPORT

Sport can be very addictive, and many athletes get 'lost' in the intensity of training or competition. Top Highgate runner Ben Noad took this to extremes when he quite literally got lost at the Trent Park 5K! Ben should probably take more notice of the 'Should Have Gone To Specsavers' advert. Happens to the best Ben, and don't blame the Editor for reporting this, you know where it has come from!

POLLY THE DOG

I am sure many of you are aware of the three Harrison children, Stanley, Arnold and Clement, and their talents. Stanley is the club's current 'Young Athlete of the Year', Arnold has been a mainstay of the cross-country and track & field teams and Clement has made his first appearances at YAL this year with winning performances in Shot.

What many of you may not be aware of is the regular high-performance training schedule put



in by.....Polly, the Harrison's dog! Polly is a regular feature at our training sessions (as the picture shows), when the session is based on the track she runs around the outside.

KATE'S ATHLETES ON THE MOVE

This year has seen some of Kate's under 11's progress into the main squads. Kate has waved farewell to:

Erika Kelly
Isabelle Offer
Clem Harrison
Roche Briscoe
Louis Mennear
Patrick Michallet
Tom Johnson
Raphael Rossiter
Lenna Segal
Alice Emlyn Jones
Cecily Turner
Ella Thompson
Lucia Rimini

We hope that these athletes enjoy their new sessions as much as they did Kate's.



Erika Kelly, Isabelle Offer, Clem Harrison

UPCOMING FIXTURES

JULY

9	Southern Mens' League (Div 1)	Parliament Hill
9	Southern Women's League (Div 2 N)	Parliament Hill
16	London Inter Club Challenge (m/w)	Lee Valley
30	Southern Men's League (Div 1)	Parliament Hill

AUGUST

13	Southern Men's League (Div 1)	Woking
20	London Inter Club Challenge (m/w)	Woodford Green
20	Southern Women's League (Div 2 N)	Thurrock

SEPTEMBER

3	Southern Women's League (Div 2 N)	Cambridge
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TRACK AND FIELD SOCIAL

PICNIC ON THE HEATH

9TH July 2011

Come and support your club
In the Men and Women's
HOME Southern League Match

Competition kicks off at 11.30am,

Club Photo at 5pm,

Picnic on the track infield from 5.30pm,

To be followed by drinks in the '***Bull and Last***' Pub

Please bring food and drinks along to the picnic and encourage friends and family to attend!



VOLUNTEERING

We would like to introduce a volunteering scheme, where members pledge 6 hours a year to the club. This could be helping with coaching, officiating, cake stalls, selling programmes etc., but in order to implement this scheme we would like to appoint a 'VOLUNTEER COORDINATOR'. This person would receive full support from the Committee, if you would be interested in this post, or have queries, please email highgate-harriers@hotmail.co.uk.

CIRCUIT TRAINING – Keith Wilson

Circuit Training or multi exercise conditioning, should form a vital part of the sports persons training program, particularly off season.

This form of training uses a selection of exercises for the whole body, moving from one station to the next with only partial recovery, ensuring overall body conditioning throughout the organism. General fitness is improved as well as core strength and muscular endurance. The body develops to become more robust and thus more injury resilient. Coach Keith ensures that weekly circuits vary in nature and emphasis.

A fun element is incorporated as well as an introduction to varied forms of conditioning movements for the athletic body. These circuits are progressive in nature, so if you are new to this form of training, feel free to work within your own capabilities or try an entry level of one or two circuits only to begin with, or until appropriate conditioning is developed.

Keith is a Level 3 sprint coach 2007, has 25 years plus experience in coaching in boxing systems and a former USA state boxing champion. Veteran athlete, 400 metres and 800 metres. Berkhamstead half 1.33.00 and marathons road(3.37.30) age 50 and off road Beachy Head Marathon. A fell race enthusiast (Mountain Runner). Loves the life of the sports person and always happy to help.

**Meet 11.30 am Saturday, Parliament Hill Trackside.
www.wilsontraining.co.uk Keith Wilson.**

CLUB RECORDS

Congratulations to Young Athletes Amber Freeth and Arnold Mensuoh, who have both broken club records this season:

Amber broke the U13 girls 75m record at Basildon, running 10.5s

Arnold broke the U13 boy's long jump record with three consecutive jumps at St. Albans, the final jump being 5.13m.

If you have broken a club record (full lists available on our website), then email the performance, date and venue to highgateharriers@hotmail.co.uk. This will then be ratified by the club committee before being placed on the website.

NEXT ISSUE

A summary of the track & field season for Seniors and Young Athletes will appear in the next issue, don't forget that full results where available will be posted on our website.

If you would like to contribute to the Newsletter, or have ideas for articles, please let me know.