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**GATE
GATE**

**HIGHGATE
HARRIERS
NEWSLETTER**

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ISSUE NUMBER 22



EDITORIAL

Apologies for the delay in getting this issue out, I am sure a lot of you are bored stiff hearing of my computer problems so I won't drivel on! It's here now though, and well worth the wait I think. A new feature is some tips from our very own 'Mr. Highgate' Ben Pochee, which will be a regular Newsletter item. Also in this issue is an article from our top marathon runners Becky Penty and Richard Scott, following their successes in Berlin and Odense. Inspirational stuff, and a reminder to us all of the quality of athlete the club has – added bonus that Becky and Richard are such nice people who regular commit to club races. Becky ran the Met League just one week after Berlin while Richard ran the Southern 6 stage relay two weeks after returning from Odense – now that's club loyalty!!!

WELCOME!!!

Welcome to the following new club members who have joined since the last issue:
Young Athletes – Harry Ezzat, Victoria Badcott, Caitlin Drake, Bethany Green, Jennika Kelly, Mason Baylis, Alfie Lamb, Theo Machin-Paley, Adrian Tabin, Noa Blane Damelin, Edward Harris, Jessica Zarbafi, Filip Bastien, Isabella and James Millett, Estaban Ghrous, Dorothy Brock, Georgia, Lilah & Sasha Fear, Zhanet & Yanko Kostov-Thomson, Flynn Dixon, Harry Roscoe, Esme Wilson, Hannah & Melissa Sekkides, Alexander Addison.
Seniors – Elin Skagerberg, Ronald Cooper, Stephen Baylis, Vicky Frew, Mathew Love, Richard Petty.

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

MEMBERSHIP SUBSCRIPTION

The club's year 2011/2012 started on 1st September

As I am sure you are all aware, subs for the current year were due on 1st September! Our club relies heavily on membership payments, and those that enjoy the coaching, competition opportunities and England Athletics registration should pay on time. Easiest way to renew your membership is by direct debit or direct payment to the club, bank details are:

Barclays Account Number	40039071
Sort Code	20-36-16
Reference	Your name

CLUBMARK

We are pleased and proud to announce that the club has been given Clubmark accreditation. Clubmark “is the only national cross sports quality accreditation scheme for clubs with junior sections. It is built around a set of core criteria which ensure that accredited clubs operate to a set of consistent, accepted and adopted minimum operating standards”. In short this means we are now recognised as being a well-run club, and will have the piece of paper to prove it! [See the new logo at the head of page 1. and pictures and report on page 7](#)

THANKS FOR THOSE THAT HELPED OFFICIATE

From Kate Jenrick:

Many thanks to the following for helping at our Open Meeting

From Highgate - Bob Slowe, Richard Priestley, Dave Burrows, Jo Volley , Alima Diabate, Martin Holland, Martin Howard, Juliet Kavanagh, Peter Stower, Rhian Ravenscroft, Becky Penty, KT Forster, Jeanne Coker, Rob Bush, Astrid Wingler, Sarah Bailey, Terry Driscoll, Johnny Laybourn, Sarah Chapman

From other clubs - Ivor Wiggett, David Lipscombe, Spencer Walker, Don Turner, John Brett, Don Anderson

From Jeanne Coker:

To all officials who worked at our home and away meetings, a huge “Thank You” to every one of you from all the athletes who benefited from your presence.

We have a small band of officials and need to increase their numbers. Why not do something now?

Course Dates: 29.Oct.11

Location: Sevenoaks School, High Street, Sevenoaks, Kent TN13 1HU

Cost: £15

Field, Track, Timekeeper, Starter/Marksman, Photofinish

Course Dates: 27.Nov.11

Location: University of Winchester Track, Winchester Sports Stadium, Milland Road, Hampshire, SO23 0QA

Cost: £15

Field, Track, Timekeeper, Starter/Marksman

Application forms and course numbers can be found on

www.englandathletics.org

Go to Courses and Bookings and put Officials Level 2 and London in the Course finder.

Click on your chosen course which will give details and provide a link to the booking form.

PAUL LOVELL by Bob Slowe

I was alerted by Jack Bayliss to the fact that my old friend Paul Lovell, an active member in the 1970s and 1980s sadly died in Malaysia following a gas explosion. Paul was instrumental in organising the first city marathon in London, the Avon Women’s Marathon, and led the team that got the promise from Horace Cutler, the leader of the GLC, that Highgate could organise the first London Marathon. How a certain Mr Brasher got the job instead of us is another story.....

Paul gave a lot to the club both as a competitor and official and our condolences go out to his family.

FAREWELL TO TONY.....

‘Tony from the track’, known to most as Tony Jaz, is leaving the City of London after 20-odd years of service. Highgate Harriers expressed their appreciation to Tony at our Open Meeting with a presentation in front of many from our club and his City of London colleagues. We wish Tony well, and thank him for the major contribution he has made to making our training nights and home meetings so successful.



.....AND WELCOME TO RON

With a growing membership we are very happy to announce a new coaching resource to supplement the great work done provided by our coaches. Ron Cooper has been coaching Richard Scott for the past few years and they both enjoyed great success recently with Richard’s debut international vest for England in the Danish Odense Marathon.

Ron’s endurance background has its roots in the Yorkshire borders at a time when English middle distance was pushing the boundaries – indeed Ron himself has run a 2hr 13min marathon, so certainly a case of been there, done that & got the t-shirt - (although possibly heavy cotton as opposed to Dri-Fit)

Ron has very kindly agreed to work with the club to help re-establish the Saturday morning training sessions as a permanent fixture and he will also create a long term progressive training plan for these sessions. These new Saturday training sessions will commence in January 2012 and members will be informed by email.

In addition to the Saturday training sessions Ron has agreed to provide an endurance mentoring role at the club, providing training / racing support by phone & email especially for people looking to improve their times over Half and Full Marathon distances.

We welcome Ron to the club, thank him for offering his time and very much look forward to yet more break-through endurance club performances.

WORDS OF 'WISDOM' FROM BEN POCHEE

Run baby run!

While Winter looms large, rest easy because it merely means Spring is thus sooner to be sprung and with many HH members demonstrating outstanding post training recovery we are proving to be a club of unbridled fertility and consequently have many club children recently born or about to be born into a world of beautiful athletics.

And if like both regular A team men Glen Saqui and Ben Noad you are in the baby making groove but don't want to lose your hard core running rhythm, as many club members will tell you take heart, because baby joggers are now properly tuned for real running, indeed the world record for the marathon + baby Jogger is an outstanding 2hours 42 minutes...

To help you assess the market please find a nice dedicated Baby Jogger review website and then to further help you get to grips with your potential new equipment we have also given you a top tips video instruction from the very 2hr 42minute record holder himself. Baby Jogger product review -

<http://www.babyjoggerreviews.net/+ video instruction>

<http://joggingstrollerinfo.com/jogging-strollers/how-to-run-with-a-jogging-stroller>

1879 Sleeping tips:

And if you are sure you are not ready to concede you have peaked so to speak, this top tip may be for you.....Human Growth Hormone (HGH) is produced by the body in the pituitary gland and is the drug of choice for many performance athletes.

However, the good & legit news is that by enhancing your sleep quality you can get a bigger dose naturally. Sleep plays a vital role in human growth hormone production and since the largest human growth hormone surge in a normal day tends to occur around one hour after the onset of night-time sleep, it is vital for athletes to get plenty of it. If the quality of sleep is inadequate there will be a reduction in the volume of human growth hormone secreted, with negative consequences for fitness.

With this in mind and a mug of Horlicks already in hand please find a few top tips on getting quality go-faster kip. <http://news.bbc.co.uk/1/hi/magazine/7967968.stm> and if you want to explore the area of sleep and running in more detail please see this link with more info regarding research into the area http://www.runningresearchnews.com/News_And_Events.php?

LONDON REGION AWARDS

Below are the winners of the 2011 London Region Awards, as you can see our Network was named Network of the Year and our very own Jeanne Coker (Services to Volunteering) and Martin Howard (Services to Officiating) were also worthy winners. Break open the champers!

Network of the Year	<u>North London</u>
Club of the Year	East End Road Runners
Development Coach of the Year	John Blackie (Blackheath and Bromley)
Services to Coaching	John Powell (Belgrave Harriers)
Services to Disability	Yvonne Jacobs (Enfield and Haringey AC)
Young Volunteer of the Year	Katherine Foy (Woodford Green AC with Essex Ladies)
Services to Volunteering	<u>Jeanne Coker (Highgate Harriers)</u>
Official of the Year	Bob Miller (Middlesex)
Services to Officiating	<u>Martin Howard (Highgate Harriers)</u>
Services to Athletics	Tony Randall (Ealing Southall and Middlesex AC)

EXTREME IRONING

Our 6-stage men's & women's team made our club gazebo a homely base for their latest escapades, with Mr. Pochee even taking up an ironing board! Far be it from me to point out that the photo shows our valiant women – Katie, Elin, Lindsay and a pre A&E knee stitched Becky Penty – ironing a man's vest. I assume this means the men did the decorating.....



From Left to right
LINDSAY KEHOE, KATIE
MEREDITH, ELIN
SKAGERBERG, BECKY
PENTY. (KATE JENRICK IN
BACKGROUND)

OUR MARATHON HEROES!

Two of our athletes, Becky Penty and Richard Scott have had great years in the marathon.

After the frustration of having to pull out of the London Marathon earlier in the year due to injury, Becky ensured she got her dose of racing 26.2miles in this year by going abroad to run in Berlin. The race atmosphere, crowd support and organisation are an equal rival to its London counterpart, combine this with the fact that this is well known as the fastest course in the World and it bodes well for pb's. Becky did just this, finishing in a time of 2:36:19 (Editors note: Becky's time smashed the club record!). "I would recommend anybody thinking of doing a marathon abroad to consider Berlin- it was a fantastic course to run, well organised and supported - and wearing my Highgate vest guaranteed a few extra cheers from Londoners who had obviously also made the trip over- along with the support of fellow Highgate runner Fiona McGuire which was much appreciated" said Becky. "I was lucky with the near perfect weather conditions and thoroughly enjoyed the whole experience. Having said all that - nothing beats London and I look forward to racing round the capital next April!".

Richard's breakthrough came in the London Marathon in April where he clocked 2.22.40 in what was his 2nd marathon and his first in Highgate colours. The performance led to his selection to run for England in the Odense Marathon in Denmark in September. In tough conditions, he ran 2.27.42. "It was a real privilege to run for the country. And it has given me real confidence. I'm really looking forward to running faster next year!"

UPCOMING FIXTURES

October

22	Liddiard Cross Country Trophy (m/w)	Kingsbury
22	NW London Young Athletes League (match 1)	Bannister Stadium, Harrow
29	North London Cross Country Champs (m/w)	Harrow

November

5	English Cross Country Relays (m/w/y)	Mansfield
12	<u>London City Runner Met League</u> race 2 (m/w/y)	Stevenage
19	London Cross Country Champs	Parliament Hill Fields
26	NW London Yung Athletes League (match 2)	Alexandra Park

December

3	NW London Yung Athletes League (match 3)	Trent Park
10	Southern Masters/ Inter Counties Cross Country Champs	Croydon
17	<u>London City Runner Met League</u> race 3 (m/w/y)	Ruislip
26	Boxing Day Handicap (a.m)	Parliament Hill Fields

ALWAYS CHECK WITH YOUR TEAM MANAGER OR COACH BEFORE TRAVELLING



DEBORAH LAING, GRAHAM NORRIS, MADDY SMITH, KATE JENRICK

CLUBMARK AT LAST

Graham's hard work pays off as the club achieves the coveted status

London's Highgate Harriers is the latest club in the capital to achieve the Clubmark Accreditation. The club has been working tirelessly within the London Borough of Camden supporting local community events as well hosting a number of successful Quaddkids competitions. The club is also part of the North London Athletics Network.

Graham Norris one of the club's two Welfare Officers who took the lead on the project said, "Highgate Harriers is pleased and proud of our Clubmark Accreditation, and will continue to work towards making the club a fun and safe environment for all club members. Thanks go to all within the club who have worked towards this goal, and also to the City of London for their dedication in keeping the track and equipment fully compliant with UKA standards and to our England Athletics support officer, Maddy Smith, for her help and support through the Clubmark process"

Maddy Smith the CCSO for the club said, "The club have worked extremely hard for the accreditation, and this has shown in the presentation of the evidence file, and also when talking to members of the club"

