

Editor: Graham Norris

Phone:07762 280627

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

Typeset by Bob Slowe



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MONTHLY NEWSLETTER

EDITORIAL

This edition features updates on the cross-country season so far, with reports on the Men's, Women's and Young Athletes teams – and good reading they are too! Many success stories, and with big races to come plus the final Met League and NWL fixtures over the next few months we should see more silverware heading to NW3. Congratulations to Becky Penty on her International selection!

In the next issue we will hopefully have the full track & field fixtures, including venues. What is certain that our **Open Meeting on April 13th** will feature electronic timing, so as soon as entries are open get yours in quick – watch this space for further details.

Tragically, at the Middlesex Championships at Trent Park, Shannon Powell of Ealing Southall and Middlesex collapsed and died. Shannon, an under 15 girl was a regular cross-country runner for ESM and represented her County. **Our condolences to Shannon's family and friends and to her coaches and fellow athletes at ESM.**

Women's Cross Country

MID SEASON REPORT

Results so far include:

- 1st: Middlesex County Title
- 1st Liddiard Trophy
- 1st Perivale Relays
- 1st Sorority Cup
- 2nd London Championships

And Still to come..... Conclusion of the Met league.

Currently in 2nd Place.

That will involve everyone including Astrid Wingler, Kirat Nandra, Rhian Hampson-Jones
Fiona, Maguire, Gaele Lebray, Becky Long, Alex Goodwin

[See page 2 for some notable individual performances](#)

Women's Cross Country (continued)
Some notable individual performances

Esther Evans
Middlesex Champion
Winner Sorority Cup

Becky Penty
Selected England team
London Champion
Winner of first three Met league fixtures

Alexia Trafford Rhonda Munnik
Natasha Cendrowicz Tessa Hill
Winning team Liddiard

Tessa Hill
2nd North London Championships

Sarah Bailey Lindsay Kehoe
Esther and Louise Faherty
1st team Middlesex

Louise Faherty
1st M35 North London Champs

Anna McCutcheon
Katie Meredith
Becky P
Winning team at Perivale relays

And on the international front

Sarah Chapman 361st of 2440 women runners,
Singapore Marathon

Lindsay Kehoe 23rd in the Bietigheimer
Silvesterlauf, Stuttgart Road Race

DIARY FOR NEXT TWO MONTHS

January 2011

29th South of England Championships Parliament Hill

February 2011

5th Middlesex Masters Championships Ruislip
5th NWL Young Athletes League Barnet Copthall
12th Met League Horsenden Hill
19th National Cross Country Champs Alton Towers
26th North of the Thames Champs Milton Keynes

March 2011

12th SEAA Cross Country Relays Wormwood Scrubs
26th NWL Young Athletes League TBC
27th Southern 12 & 6 Stage Relays Milton Keynes

MEN'S CROSS-COUNTRY—by Ben Pochee

Relay the news – momentum is building

'I am he as you are he as you are me and we are all together.... see how they run like pigs from a gun, see how they fly..' (Beatles – 1967)

Whisper the words to friends and family, akin to hushed gossip so precious you are fearful to say it out loud in case it becomes an untruth, but Highgate's Men's team is growing and fast becoming more than the sum of its parts, coming together in a way that would make Mr Lennon proud.

Quiet excitement has grown as this team has gathered momentum, become competitive and crucially able to compete without some of the usual twinkle toed headline makers. Intangibles and tangibles combined to create this growing success.

Make no mistake there is now genuine potential for this team to grow and over the next few seasons create special memories for each runner and a legacy for the club to inspire our next senior generation.

And it was the road and cross country relays that demonstrated a renewed Highgate passion that goes beyond the individual

St Albans Relays September 18th 2010

A clue to the increasing team potential was evident from the low key St Albans x country Relays where we welcomed Richard Scott previously from Wimbledon & Ed Jackson to the team and enjoyed seeing our international golden boy Ben Noad's first competitive race for nearly 2 years, we duly dominated the event and our closest rivals Bedford AC to win by over 2 minutes.

1879 cheering instrument of choice – 10 old school wooden football rattles

South of England AAA 6 Stage Road Relays Aldershot September 26th 2010

The early St Albans win gave the team the belief to set their sights on an ambitious top 10 team placing at the iconic South of England Road Relays which are also the qualifiers for the National finals, this race also allowed us to see how the team stacked against established middle distance big hitting clubs like Belgrave, Newham & Essex and Shaftsbury Barnet etc.

Ed Jackson proved great value on first leg running beyond his favoured half mile distance and taking the team just inside the top 20, then a half fit Ben Noad scorched the team into the heady heights of 4th, while the next 4 team members of Ben Pochee, Henry Dodwell, Glenn Saqui and Ryan

McKinley fought their own mini battles to hold our coveted top 10 position, eventually bringing us home in a superb 5th place, our highest since the team took silver in 2004. Additionally this was a 5th place without David Bruce (who ran a 14.37 5km only a few weeks prior), without Shuan Dixon and Richard Scott both of whom have got impressively stronger as the season progressed) and apart from Ben Noad all other 5 legs were separated by only 6 seconds, this was team with consistency running through its core and consistency is what counts when both making custard and winning running races. To further provide a picture of team strength and potential our vets team also went top 10 and snaffled 9th.

1879 cheering instrument of choice – 30 watt megaphone with police siren function, to much team joy this amplification advantage seemed to displease several other rival team managers.

National AAA 6 Stage Road Relays Birmingham October 16th 2010

From Aldershot our relay team travelled to SuttonPark in Birmingham for the National Road Relays, team changes due to illness meant that Ed Jackson and Ben Pochee made way for yet another quality addition to the team in the shape of Australian 1,500m specialist Danny Russell and a knee repaired semi fit David Bruce. The team put in a stoic performance under tough conditions, with results hampered by the fact Ben Noad's hamstring gave up the ghost with 3km still remaining and he had to hobble to the finish. However, despite this obvious setback the team still managed to finish 21st, helped by another inspired run by Glenn Saqui and strong anchor running from Ryan McKinley who was only just overhauled by rivals Shaftsbury Barnet in final few feet of tarmac. Even though the team had hoped for a top 15 place, they still took such notable relay scalps such as Blackheath, Tip-ton and Woodford Green.

Continued on Page 4

National ECAA Cross Country Relays Mansfield November 5th 2010

The final relay of the 2010 /2011 season thus far was the National Cross Country Relays up in Mansfield, this event proved the aerobic icing on the cake as a demonstration of the clubs growing strength in depth, taking two teams and with legitimate deliberations regarding who would run for the A & the B team (and this without Ben Noad due to literally being hamstrung). It was decided that Shaun Dixon's fast improving form merited A Team action, in addition to David Bruce, Ryan McKinley and Henry Dodwell, with Danny Russell, Ben Pochee, Glenn Saqui and Richard Scott carrying the 1879 B team flag,

The two lap course at Mansfield further enhances the atmosphere and energy of a national relay championships and Shaun Dixon was a man inspired on the opening leg, running the 2nd fastest time for Highgate and assisting the A team to a highly credible 17th place with the B team less than 2 mins behind and managing 29th place out of 140 teams.

1879 cheering implement of choice - 50 watt PA system with cordless microphone and playing each runner's favourite adrenalin fuelled song – take note for potential karaoke at the club Christmas bash (29th January 2011 – contact Becky Penty for tickets), Richard Scott plumped for The Smiths....

Beyond the relays and our 3 Beacon races:

The truly exciting aspect is that the relays like a vaseline rubbed iceberg, only reveal part of our team potential, anyone with an eye on Mr Aitken's fantastic race updates will know that the team has a vibrant band of hard core Met League brothers, with key team players such as Chris Bailey, Nick Gold, Jonathan Deane, Stephen Whiting, Andrew Aitken, Chris P, a resurgent Chris Beecham, Nick Stockman and J-Lowe to name only a few and that is exactly the problem we need to have, too many team names for an article (!), so apologies for the missed names, but the very fact we can't fit in your name into a readable article is proof positive of your invaluable contribution to the club's growing energy and confidence.

While we encourage each of our team runners to take in as many club races as possible, to provide focus we have created our [3 Beacon](#) races with the aim of providing focus and ensure our runners know if they enter they can be guaranteed a superb team turn out.

The [3 Beacon club](#) races where we hope to see a blanket of 1879 vests are as follows:

29th January – Southern Cross Country Champs Parliament Hill

19th February – National Cross Country Champs Alton Towers

3rd April – Southern 12 Stage Road Relays Milton Keynes

We look forward to seeing how the team's momentum continues to build over the remainder of the winter season and hope to see many of you on the rejuvenated Sunday run (10am from the track!)



*5th place and mightily proud
in an 1879 understated way*

YOUNG ATHLETES CROSS-COUNTRY By Graham Norris

North West London League

We target this league because of its friendliness and the races for under 11's it offers, which is very rare. Fixtures to date:

Horesenden Hill, 2/10/2010 – 24 hardy youngsters made their way to Perivale, but due to heavy traffic some others failed to arrive on time for their race. Poor Cecily Turner made it to the muddy field too late to run at all, while Lily Andrews gave running as an U15 (she is an U13) a go and came an impressive 15th of 24 runners. Grace Mee just made it but literally arrived, changed and ran with no pre-race preparation.

Good runs throughout, with really excellent performances from Anna Willis (4th U11 girl), Marjolaine Briscoe (6th U13 girl), Gus Skinner (2nd U11 boy), Terry Fawden (2nd U13 boy) and George Gould (4th U13 boy).

Full team: Anna Willis, Anna Mougin, Marjolaine Briscoe, Grace Mee, Olivia Jordan, Lily Andrews, Lulu Szego, Daniella Simpson, Gus Skinner, Louis Mennear, Oscar Banchemo, Conleth Gallagher, Oran Gallagher, Felix Mennear, Ben Davidson, Tom Johnson, Raphael Rossiter, Terry Fawden, George Gould, Arnold Harrison, Richard Johnson, Gabriel Springer, Peter Laing.

Loughton, 22/10/2010 – no traffic problems, although finding the venue is not easy at Loughton, even when you have been there before! Cecily made it in time and ran really well to finish 4th U11 girl, Hannah Viner ran her first NWL for the club and came in 2nd U15 girl and although Gus Skinner came along he was not well enough to run – but eleven other U11 boys made the trip! In the U13 boys, where we are very strong, Alexander Machin-Paley came in 1st closely followed in 2nd place by George Gould (shame Terry Fawden was unavailable, could have been a 1,2,3!).

Full team: Cecily Turner, Alice Emlyn-Jones, Lily Andrews, Grace Mee, Lucia Rimini, Hannah Viner, Lulu Szego, Louis Mennear, Oscar Banchemo, Conleth Gallagher, Oran Gallagher, Max Johnson, Felix Mennear, Tom Johnson, Patrick Michallet, Raphael Rossiter, Andrew Johnson, Daniel Johnson, Alexander Machin-Paley, George Gould, Arnold Harrison, Robert Johnson, Peter Laing.

Trent Park, 4/12/2010 – also counted as our club championships. Cecily didn't only get to the course on time, she was waiting at the end for the other runners to catch up! 1st place for her, 4th U13 girl for Marjolaine Briscoe, 2nd again for Hannah Viner in the U15 girls. Our U11 boys were again out in strength and had 4 runners in the first six – Gus Skinner (2nd), Dempster Fawden (3rd), Louis Mennear (5th) and Conleth Gallagher (6th). We can't seem to get Alexander, George and Terry running together at NWL with Alexander missing out through illness. However, Ben Hatch turned out resulting in George (2nd), Terry (4th) and Ben (6th) keeping us in contention for the age group title. Stanley Harrison ran his first NWL of the season finishing 3rd in the U15 boys.

Full team: Cecily Turner, Marjolaine Briscoe, Grace Mee, Hannah Viner, Gus Skinner, Dempster Fawden, Louis Mennear, Conleth Gallagher, Oran Gallagher, Felix Mennear, Raphael Rossiter, Roch Briscoe, George Gould, Terry, Fawden, Ben Hatch, Arnold Harrison, Stanley Harrison, Peter Laing.

SEASON TO DATE: Many of our Young Athletes are in the running for individual medals, our under 11 boy's team are heading their division and the under 13 boys stand a good chance of finishing top too. We do need more girl's running, we have very capable runners training regularly so get yourselves out of bed for the next fixture on 5th February at Barnet Cophall!

MIDDLESEX CHAMPIONSHIPS

Good news – our under 13 boys were crowned County Champions, the second time in three years we have won this trophy. Our team (1st three runners) of George Gould, Alexander Machin-Paley and Terry Fawden, ably supported by Arnold Harrison and Keshin Harrison, put in great runs to win comfortably. Great credit to coaches Rhonda Munnik and Sarah Chapman, backed-up by Terry Driscoll, Ben Noad and Ben Pochee. Also worth noting that four of these athletes came through Kate Jenrick's under 11 group, Kate has some more promising runners ready to move up, so we're looking good!