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**HIGHGATE
HARRIERS
NEWSLETTER**

highgateharriers.org.uk

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EDITORIAL

Another exciting issue for you, with a full list of club track fixtures for 2011, an inspiring article on Sarah Chapman's global marathon exploits and news of our AGM just some of the reading matter.

Given the lack of lighting, some Young Athletes may feel unsafe leaving the track when sessions end. If you are not being picked up (always preferable) please try to leave with a friend or if this is not possible speak to me or your coach. Under 11's should ALWAYS be collected by a parent or responsible adult. Can you also either make sure you bring 50p for a locker, which is refundable, or not bring mobiles/iPods etc with you. You shouldn't pass valuables to coaches as this is unfair on them.

This Issue was prepared prior to the Nationals, so we have no report. However, we do know that our Men's team finished a fantastic 6th place, of 95 teams, their highest finish for many years. The team were lead home by a marvellous run from Ben Noad, who finished 8th of 1302 runners. This comes on top of their 3rd place at the SEAA Champ, so many congratulations to them! Full results are available on our website.

AGM

Our Club AGM will take place at the Heath Education Centre on Monday 18th April, 7-9.

As well as the normal business we will have the club awards (with a Jack Petchey Foundation representative present to make those awards) and it is also hoped we will be able to arrange a talk by a nutritionist/dietician, and maybe some refreshments too! Once full details are finalised we will mail formal AGM notification with a timetable of events to all club members. IF YOU HAVE CHANGED ADDRESS PLEASE LET US KNOW.

OPEN MEETING

Online entry is now available for our Open Meeting on 13th April. This meeting will have Electronic Timing, which should attract even greater numbers so get your entries in quick, particularly sprinters. Entering online means free entry for Highgate Harriers. Entry on the night will incur a charge, another good reason to enter online. For full details/timetable and entry form see link on our website www.highgateharriers.org.uk.



Thanks to our lovely Social Secretaries Becky Penty and Rhian Hampson-Jones for organising a very successful Club party following the SEAA Championships, long may they continue! There is a possibility of a club picnic following the SWL/MSL home fixture on 9th July so watch for further details.

Thanks also to all who helped at the SEAA Champs, I am sure to miss some names but here goes – Martin Howard, Martin Holland, Jeanne Coker, Maureen Smith, Derek Adams, June Corfield and Irene Adams for helping officiate. Tony Maitland, Juliet Kavanagh and Alima Diabate for sticking it out in the little blue tent selling programmes and results, Pam & Ted Fosbrook and Paul Weinrich for helping sell the programmes and to Deborah Laing, Jane Cotter and Fiona Scott for selling programmes, Heath Calendars and refreshments – anyone who has yet to taste Fiona's cooking is missing out! Thanks to all who helped manage the different teams, with special thanks to Kate Jenrick who helped with the youngsters and also found time to pick up and help distribute numbers and chips. Rhonda Munnik also helped our YA's warm up and get them through the starting tent on time, no mean feat! Whilst feeling a tad embarrassed thanking myself, not many people could do a better job of 'Officials Parking Attendant' – can I have a cap please?!?

While in 'thank you' mode, a very big thank you to website manager Dave Burrows. For those who don't know, Dave manages to keep our website up to date (and the envy of many other clubs) from the sunny climes of New Zealand! Mind you, seems a bit of a poor excuse for not making Committee Meetings – maybe the day will come when club finances will stretch to one meeting a year in Auckland! If you don't use the website you should really check it out, it has loads of useful information.



From Spikes to Sparkles...By Becky Penty



For some (mainly ladies it must be said), it was hard to tell that they had previously completed a muddy cross country on Parliament Hill only hours earlier, such were the levels of glamour and sparkle that Highgate Harriers went to, for the clubs belated Christmas/post XC social!

The event, which took place at the Roebuck in Hampstead, was well attended by over 50 harriers/friends and supporters, who all participated in a very comprehensively researched quiz – thanks Rhian- with eventual winners enjoying a well earned drink (or two) to celebrate!

Thanks to all who came and made this such an enjoyable event, and hopefully this will become a regular event alongside races in the busy calendar of a Highgate Harrier!.

Track update

Richard O'Mahoney of the City of London reports that the track has had its Class A certification renewed until December 2015, with UKA making comment that the track is 'a generally well maintained facility with extremely helpful staff'. Work however does need doing to the hammer and discus circles which it is hoped will start later this month. This will mean the cage will be closed for a few days to allow for the work and the curing of the new surfaces, this work is weather dependant but Richard will give us as much notice as possible. The worn steeplechase barrier will be replaced and the other repaired before the track season starts.

My Marathons and Me by Sarah Chapman

I had a dream that I could run a marathon, and my husband said, "You couldn't run up the road!"

So with that in mind I sheepishly went to the track and met Jack, the women's coach and told him my dream. He told me to start by running around the outside of the track for 20 minutes.

And so began my quest to run just one marathon. I got a charity place in the London marathon running for the Anna Freud children's charity. My first ever marathon took me 4hrs 25mins. I was hobbling on air for weeks after. My second marathon was to be my first abroad. In April 2004 I ran the Paris marathon in a blistering 4hrs 10mins. My best time ever.

No stopping me now... I ran in London again for yet another charity and finished in 4hrs 29mins. Followed by the New York marathon in November that same year.

The New York marathon runs through the five boroughs of New York and ends in Central Park. A mad American Marine kept me company most of the way around, keeping me going at a good pace until I couldn't take him or his pacing any longer. It was a shame really because he was doing me good. As I came into Central park, drunk on happiness, I shouted out "Hello New York!" much to people's amusement. What an exciting place to run, the crowds were the most enthusiastic I have ever seen.

The next marathon was in the Ancient city of Rome in 2006, packed with history and beautiful squares. The last 5k was all up hill but I managed a good time of 4hrs 17mins.

My sixth marathon was in Cuba on my birthday; A trail marathon through the Sierra Maestra where Che' Guevara and his revolutionaries hid in 1958/9. I thought a trail marathon would be like running across Hampstead Heath, however I found myself running through streams, jungle vegetation and up mountain sides as I searched for ribbons tied onto the odd random plant, knowing I was completely on my own and no one was coming to find me. We were the first Europeans to run in Cuba. 20 runners started and only 10 of us completed the whole distance. On finishing I peeled off my shoes and socks and headed straight into the pool. I had a cool beer in my hand and a smile on my face. It was 32c with 80% humidity, great day for a run... Happy birthday to me... L.O.L.

A few months later I was lining up for the Prague marathon, with its beautiful Baroque architecture. I ran most of the way with three young Englishmen. At the finish, in Time Square there was a free massage- One student per leg bliss! That was May, and by September I found myself in Berlin. At the start I watched in wonder as Haile Gebreselassie glided past me on the way to setting a new world record of 2hrs 4mins. My time 4hrs 31mins.

2008 started badly, running the London marathon in my worst time ever. So to pick myself up I went to Barbados and ran a half marathon, coming first in my age group and arriving home with first trophy! In 2009 I decided to go to Stockholm, I thought the temperature would be good for running, but on the day the race started at 2pm, the hottest part of the day. It was 30c with no shade.

2010- A new year, a new challenge. I ran in Stratford Upon Avon, the Shakespeare marathon. The route took me through picturesque villages and countryside. It was small but friendly.

Finally, my last marathon was by far my toughest; The 2010 Singapore marathon in December. I left my friends apartment at 4.15am to get to the start line on Orchard rd for 5am. The route lead us over Clarke Key and through China town, then back past The Fullerton hotel, Marina Bay and down the length of East Coast Park and back again, finally reaching Raffles Ave at 40k for the last stretch.

Towards the end I found it very difficult to run and got lost within a sea of walkers battling the 34c/93f and 80% humidity. I finished in 5hrs 9mins, however my position was 361 out of 2440 women that ran the marathon that day.

Next stop Copenhagen!



Breaking News.....The Chancellor wants to give money to Highgate Harriers.....

Well, let's help him then. All Life Members and friends of the club who give donations to the club can, provided they are UK taxpayers, do so by way of GiftAid. Just write with your donation as shown below.

A Gift Aid declaration must include:

- your full name
- your home address
- the name of the club
- details of your donation, and it should say that it's a Gift Aid donation

The club can then claim back tax amounting to 25% of your donation.

It's money for old rope

SUMMER FIXTURES

April 2011

23	London Inter Club Challenge (m/w)	Parliament Hill
30	Southern Women's League (Div 2N)	Watford

May 2011

7	Southern Men's League (Div 1)	Portsmouth
8	Young Athletes League (Southern 1 NE Div)	Princes Park, Dartford
21	Southern Women's League (Div 2N)	Bury St. Edmunds

June 2011

4	Southern Men's League (Div 1)	Brighton
5	Young Athletes League (Southern 1 NE Div)	Gloucester Park, Basildon
11	London Inter Club Challenge (m/w)	Barnet Cophall
19	Young Athletes League (Southern 1 NE Div)	St. Albans

July 2011

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

August 2011

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

September 2011

3	Southern Women's League (Div 2N)	Cambridge
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Confirm venue before travelling