

Editor: Graham Norris

Phone: 07762 280627

Email: norris.family@Blueyonder.co.uk

Typeset by Bob Slowe

**GATE
HARRIERS**

**HIGHGATE
HARRIERS**

highgateharriers.org.uk

APRIL 2011

ISSUE NUMBER 20

EDITORIAL

April was a busy month, with the AGM and our Open Meeting, reports for both of these in this issue. Mind you, looking at the fixture list May and June look even more hectic!

In this issue, as well as reports already mentioned, we have a piece written by our website manager Dave Burrows, who lives in New Zealand! Dave does a fantastic job keeping our website up to date and the envy of many clubs. Also a piece on the Centurions (read it if you don't know what this is!) and a few interesting bits and pieces.

If you have any suggestions on articles, or would like to contribute, please get in touch.

OPEN MEETING

Another successful Open Meeting, with electronic timing and a physiotherapist making the Meeting even more professional! Many Under 11s enjoyed their three events (75m, 600m and long jump) with all competitors receiving medals from club president Kate Jenrick. Plenty of fine performances in the main meeting, full results available on our website.

Bob Slowe, who has been the driving force behind the Open Meetings as the main organiser, is stepping down so the club is looking for someone (or a small group of people) to take over from him. It would be a real shame if the Open Meetings stop, so please consider the position, the club will offer as much support as you need. See picture page 2

HIGHGATE HEROINES!

A group of the Highgate ladies athletic club team members, whilst out celebrating a birthday on a Saturday night in Brixton, came across a serious assault on which a young man was being kicked repeatedly whilst on the ground. Whilst other members of the public stood by and watched like timid little deer, our Highgate girls (you know who you are!) bravely confronted the scene, and stopped what could have become a serious assault.

This kind of civic spirit often goes unnoticed. My personal feeling is that despite risking their own health, these Highgate ladies did a good thing, and certainly deserve a mention. Well done!

Keith Wilson

AGM

We set out 40 seats, and it was standing room only! The Meeting heard very positive reports on the year from both our Secretary (Ollie Barnett) and President (Kate Jenrick), Joseph Lowe (our Treasurer) reported on the accounts and the increase in membership subscriptions agreed by the Committee was passed by a big majority.

Following the business side of the Meeting we moved onto the presentation of awards, as follows:

Jack Petchey (presented by Emily Barrett, our JPF Grants Officer)

Achievement Awards ó Ellie Doolan (February) and Maya Doolan (March)

Leader Awards ó Rhonda Munnik (2010) & Sarah Chapman (2011)

Young Athlete Cross-Country Awards 2010/2011 (presented by Maddie Smith, our England Athletics Officer)

Under 11 Girls - 1st Cecily Turner

Under 13 Girls ó 1st Marjolaine Briscoe, 2nd Grace Mee

Under 15 Girls ó 1st Hannah Viner

Under 11 Boys ó 1st Gus Skinner, 2nd Dempster Fawden, 3rd Louis Mennear

Under 13 Boys ó 1st George Gould, 2nd Terry Fawden, 3rd Ben Hatch

Under 15 Boys ó 1st Stanley Harrison, 2nd Peter Laing

Main Club Awards (Presented by our Club President, Kate Jenrick)

Young Athlete of the Year (Walter C Jewell Trophy) ó Stanley Harrison

Runner-up - Grace Mee

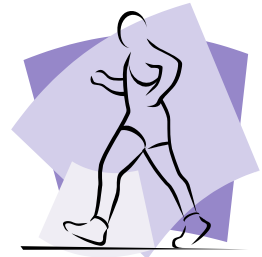
Masters Athlete of the Year ó Ben Pochee

Senior Athlete of the Year (Harry Rothery Trophy) ó Ben Noad

Ed Baker, a lecturer at Middlesex University then gave a talk on Sports Nutrition, which certainly has certainly provoked ongoing discussion! This talk was arranged as a -Flying Coachø visit by Maddie Smith, so many thanks to her. Edø's presentation is available on our website.



Under 11s at the Open Meeting (see page 1)



THE CENTURIONS

The word 'Centurion' probably brings to mind either a military tank, or, if you are more classically minded, the Roman leader of 100 soldiers. In that case, you might ask, why should 21 Highgate Harriers be members of the elite Centurions Club? The answer is to be found in long distance race walking.

For many years the biggest and most successful section of Highgate Harriers was the Walking Section. The club boasted several Olympian race walkers and Bill Sutherland, a Commonwealth Games bronze medallist and past secretary of the Centurions club, was one of those rare individuals who was at home both as a race walker and a runner.

However, back to the Centurions. This is the accolade given to those who have completed 100 miles in 24 hours in competition as an amateur. This amazing feat was often achieved in the course of the annual London to Brighton and Back race (104 miles) although there were several other races of 100 miles or more or 24 hours in which Centurion status could be achieved. The Centurions club was founded 100 years ago in 1911.

There are 21 Highgate Centurions and it is fitting to list their names and the years in which they achieved the status.. Six of them are still alive *:

- 1909 R L Parker
A Grubb
- 1951 C.C.Saunders
W Longshaw
R.J.Board
- 1953 J.A.D.Magogg
J.G Slaughter
- 1955 T Milner
J.R.Taylor
F.Duff (see below)
- 1956 F.P.Baker*
- 1959 C.Megnin
S.McSweeney
R.G.Dick
- 1963 W.G.Tuck*
- 1964 R.E.Youlden*
- 1976 C.Weston*
- 1989 A Ross*
- 1991 W.Sutherland B.E.M*

- 1933 A D McSweeney (see below)
- 1947 J.C.R.Coomber

A.D. (Sid) McSweeney was the leading light of the Highgate Harriers Walkers for many years and there is a bench at the track dedicated to him.

F.Duff achieved his feat whilst accompanying a blind walker, Archie Brown, a masseur, who I knew well in the 1950s.

The Centurions club celebrates its centenary this year and the Gate Newsletter sends them all best wishes and hearty congratulations.



DAVE BURROWS – KEEPING OUR WEBSITE UPDATED FROM NEW ZEALAND!!!

Dave Burrows recalls his early years with the club and how he now manages the club's website from the other side of the world

I joined Highgate Harriers in 1984 and remember very well my first race wearing the back and white hoops. It was a Met. League cross country race at Ruislip and on the first lap I slipped over on an icy downhill section and had to pull out with an injured knee.

After recovering from that injury I began training at the track with Terry Driscoll's middle distance squad. I competed regularly for the club in the Southern Men's League and under Terry's expert guidance I improved my 3000m Steeplechase time from 10:45 to 9:30. I soon got back to 10:45 and beyond though!

The website.

Back in 2000 it was agreed that the club should have a website. Club member Dan Winfield, who ran his own IT business, secured the Highgate Harriers domain name and provided the server to host the website. All that was then required was someone to construct the website. I'm not sure how it happened but I became that someone!

Although I had worked in IT for many years I had no knowledge of building a website so invested in a few books and eventually www.highgateharriers.org.uk was born.

From those early days the website has grown from about 3 pages to over 250 pages containing 2200 files (pages, photos, graphics etc). Recent additions to the website have included a separate Young Athletes area and also Alastair Aitken's excellent interviews.

Since 2004 I have been maintaining the website from the other side of the world in New Zealand.

My daughter moved here with her kiwi mother (Sue) in 1999. Some of you will remember Sue as a Highgate Harrier.

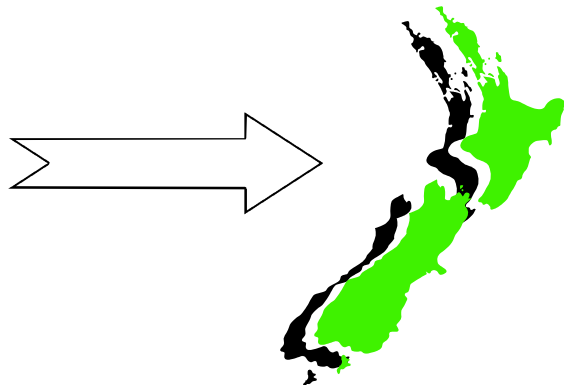
I live in the Auckland suburb of Devonport – well away from the devastating earthquake that hit Christchurch earlier this year. Another ex-Harrier Sharon Cooney, also lives in Devonport with her ever expanding family. Perhaps we should start an ex-Highgate Harriers club here!

I never imagined I'd still be managing the website from 12,000 miles away but in this age of the internet it really doesn't matter where it's supported from. I try to keep up to date with all the results and I am most grateful for all the information I receive from club members for use on the website. It is very encouraging to see that the club is thriving with many new names appearing in the results pages, along with some older ones (although I haven't seen Eddy Solomon's name in a while!). Please send any feedback and suggestions for improving the website to webmaster@highgateharriers.org.uk.

Hope you all have a successful summer season.

Up the Gate!

WWW.HIGHGATEHARRIERS.ORG.UK



TRACK SAFETY BY KATE JENRICK
AIMED AT YOUNG ATHLETES BUT WORTH READING BY SENIORS TOO!!!

A new track season about to start, some reminders about track use during competition.

1. The Infield is out of bounds during competition.

- Even if there are no ropes and signs, no one should be crossing the centre area of the track.
 - If you are going to a field event or to the start of a race on the other side of the track- go round the outside of the track until you get to your competition area.
- Only athletes taking part and officials to be at designated field events on the inside of the track. If you are supporting- be on the outside of the track.

2. Beware of timekeepers! They get very angry.

- Always walk behind the timekeepers stand. It might mean a detour- at Parly Hill it means going up the hill. You're young and fit!
 - If you've just finished a race, the same rule applies. Do not (re-) cross the finish line. Go behind the timekeepers stand.
- Track judges (on the stand on the inside of the track) also get very angry too and you'll be in double trouble, refer to point 1.

3. Warm up Safely

- No equipment may be used unless under supervision (and lounging on high jump mat and messing about in long jump pit are a big no.)
- Be aware of other races going on eg if warming up for 100m, are there runners coming round in lanes for a 400m?
- No head phones at any time (you'll miss announcements), and mobiles should not be used if you are on the track.

Make sure you report in for your event in good time and then continue with warm up. And remember, if you are late and rushing to your event, do not go across the Infield (refer to point 1).

Commit the above to memory NOW and explain this to YOUR PARENTS. They don't want to be shouted at either.

UPCOMING FIXTURES

April 2011

30 Southern Womens League (Div 2N) Kings Lynn

May 2011

7 Southern Mens League (Div 1) Portsmouth
8 Young Athletes League (Southern 1 NE Div) Princes Park, Dartford
21 Southern Womens League (Div 2N) Watford
21 Southern Mens League (Div 1) Abingdon
22 Young Athletes League (Southern 1 NE Div) Kingsmeadow, Kingston
29 QuadKids (Under 11) Parliament Hill 12-2pm

June 2011

4 Southern Mens League (Div 1) Brighton
5 Young Athletes League (Southern 1 NE Div) Gloucester Park, Basildon
11 London Inter Club Challenge (m/w) Barnet Copthall
19 Young Athletes League (Southern 1 NE Div) St. Albans
26 QuadKids (Under 11) Parliament Hill 12-2pm