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**GATE
HARRIERS**

**HIGHGATE
HARRIERS
NEWSLETTER**

highgateharriers.org.uk

DECEMBER 2011

ISSUE NUMBER 23

EDITORIAL

Ho, ho, ho – yep that time of year again and with it comes the annual call to those that still owe subs. In this edition is a plea from Ben Pochee (in his own inimitable way!) to those that are overdue – and in some cases owe more than just this year's membership subscriptions. (See page 2).

Also in this issue is news of a change to the Senior track & field leagues for next year, news from our members in New Zealand and a piece on vitamins, as well as other titbits.

Have a great Christmas and a Happy New Year!

NEW RECOMMENDED PHYSIO

Our club was recently approached by a local physiotherapist, Suzanne Ferrera, who would like to work with our athletes, We have met with Suzanne, and are happy to publish the following from her:

Giving you Confidence in your ability to perform as best as you can'...that is our promise.

Sport specific Physiotherapy rehab, Dry Needling/Acupuncture, Pilates, Dynamic stretching and Kettlebell classes are what we offer. Our services are bespoke and we are known for our attention to detail.

Delivering excellence requires specialist equipment with specialised Practitioners, but having insight and a real interest in athletes counts too. We are athletes ourselves. Eleven Years of sports experience in the Private sector have opened many doors for us to get to know and work alongside the best consultants in London.

We are a 3min run from the track (perhaps even less, but it is for you to find out), find the ponds and you will be able to see us on the opposite side. **Exclusive 22% discount to all members of Highgate Harriers only:** Pay £35/ 1:1 session, attend any class for only £15 or invest in a £60/4-week class pass, and attend as many classes as you can! (Only 8 people in a class max)

96C South Hill Park
Hampstead Heath, NW3 2SN
020 7209 4912
info@suzanneferreiraphysio.com

Mon-Fri: 08:00-20:00
Saturday: 09:00-13:00

YOUR CLUB!



YOUR SUB!



By BEN
POCHEE

The facts:

The club (your club) lives & breathes quite simply by your modest annual membership subscription (just £45 per year for seniors and less for others)

This money is used to pay for your race entry fees, insurance, track hire costs, National Governing Body affiliation, the copious athletics admin and much more.

Without the subs being paid regularly the club (your club) would cease to exist – the point is there is no higher power which keeps it / us going, the club is us and we are the club – simples.

The club is currently owed over £3,000 from members who owe more than 1 year membership alone and excludes those who have just not paid recently.

Many people on the committee and especially Astrid use up their volunteer time chasing outstanding membership subscriptions, we would all rather they could use their precious volunteered time more effectively.

Your 3 step action plan:

Next week we will issue a list of all members who owe more than 12 months subs (aka a name & shame list), this will be on the club board at the track and via email.

To avoid the athletic social stigma of having your name seen on the list by your lycra clad peers please do the following within the next 7 days:

Ooh do I owe?

Check if you owe, if you are not sure you are up to date with your subs please email Astrid immediately so she can clarify -a.wingler@ucl.ac.uk

Set up Standing Order:

Please consider setting up a Standing Order -The Standing Order can simply pay your £45 (seniors) once per year without you thinking about it.

Or how about offering to pay a little bit more than the modest minimum? As an example Kirat & myself simple pay £5 each month via Standing Order, we don't have to ever think if we owe and we can act oh so smug in the knowledge we are giving the club a whopping extra £15 each year.

If anything is unclear please don't hesitate to give me or Astrid a shout and let's work together to get the club on a permanently secure fiscal footing!

Important notice for all track and field athletes

TRACK & FIELD LEAGUES 2012

We have for many years entered teams into the Southern Men's and Southern Women's Leagues, but following discussion at our last Committee Meeting it was decided to withdraw from both of these and enter a combined Men's & Women's team into the Southern Athletics League (SAL). This decision was made in consultation with the team managers, with the deciding factor being the saving to the club on travel costs and also the need to provide officials for one group of fixtures. Highgate Harriers have supported the Southern Men's and Women's Leagues for many years and did not make this decision lightly.

Ron Smith and Matt DoreWeekes have decided to stand down as Mens team managers – not related to the above, but because as competitive athletes they found they could not concentrate on their own performances. Ron and Matt did an outstanding job and we thank them for their efforts.

WELCOME!!!

Welcome to the following new club members who have joined since the last issue:

Young Athletes – Max Rooney, Levi Liston, Khadijah Kells, Elijah Crossley, Darcy Calton, Madison Calton, Tanguy Argenson, Marie & Camille Alaphilippe, Sam Morris, Camila Merino, Oliver & Daniel Light, Aneris Johnson, Victoria Jenness, Euridice Campos, Julia Beltrandi.

Seniors – Elinor Winter, Tom Rogers, Alla Ouvarova, Michael Jenner, Nina Griffiths, Suzanne Ferreira.

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

BOXING DAY RUN

Every year there is a fun run and race on Boxing Day. We meet on the grass near Parliament Hill running track Hampstead Heath at 10.30 and the event will start at 10.45. There are no marshalls etc -you will have the route explained and be given a map. Everyone is welcome -but all children must run with a parent. The route is basically along the side of the ponds across the fields, across the fields in front of Kenwood House and then back through the mile gate to the track. Everyone brings a small 'prize' and they are picked in order of who returns home first to the finish.

You don't have to be a club member -and this event is for all abilities -it takes place whatever the weather -and some of us are quite slow! This event was started many years ago by Ted Fosbrook, Terry Driscoll and others -and is now a club tradition. We do keep a record of the times -so if someone would like to volunteer to do so this year -let me know.

More details? -then contact Deborah Laing nlathleticsnetwork@hotmail.co.uk

Christmas Greeting from New Zealand!



With Christmas Greetings from sunny New Zealand to all Highgate members wherever they may be.

Recently some members of Highgate Harriers (Antipodean Chapter) got together in Auckland to reminisce, drink, discuss PB's and compare injuries.

Left to right: Steffi Burrows, Sue Parcell, Sonia Wilson, John Ayton, Dave Burrows



Clockwise from front:
Sharon Cooney, John Ayton, Sue Parcell, Steffi Burrows, Dave Burrows, Sonia Wilson and Paul Cooney

DIARY

December 2011

26th Boxing Day Run Parliament Hill 10.30 a.m.

January 2012

7 Middlesex Champs Wormwood Scrubs

14 Met League Trent Park

28 South of England Champs Brighton

Full fixture list, results and reports on our website www.highgateharriers.org.uk.

VITAMINS and how they can help an Athlete.

By Ron Cooper BA.AISM.AIWM.MSdip.

Every one knows some one taking vitamins or are taking them for something or other, but do they know what they are taking and why a Tablet or Capsule instead of the right kind of food is the fix they need. In today's society we do things at 100mph, so a tablet fills in the gap that is left with not enough time to source the right food, this is no different than for an athlete.

I got involved with Vitamins in the 1970's when having a young family a fulltime job and running on Fells, Road and X county, I needed to boost my energy levels, help to keep healthy and injuries at bay.

Both my wife Lesley and I worked full time, I would get up at 5.30am for my first run 6 miles, then off to work (I was working in the lab of a cotton mill) at 5.00pm I would run down to Yates Wine Lodge and do the cellar and stock the bar 4 miles from work, I was there for about an 1 hour and a half, I then ran home the long way which would not be less than 10 miles and could be up to 16. Friday, Saturday and Sunday I would jog onto the Bird Gage and Cook meals for about 120 covers as well as keeping Scampi and Chips on the go all evening. The fuel to do this needed to be channelled into my system at the right times to suite my mid week training (weekend was different) it was about this time I was introduced to Vitamins as an ADE to my food intake, to be assimilated into the system twice a day 6am and 6pm. This recipe was to be altered and meddled with until I had the balance that suited my life style.

I started with A. B1. B2. B6. B12. C. D. E. Fish Oil. Yeast Tablets and a book written by Earl Mindell called "The Vitamin Bible" I will try to make the above as clear as I can and over the next few news letter's I hope to bring to you an insight to the world of Vitamins and Minerals.

Vitamins and what they do, with information of the natural food source. This is not a comprehensive coverage of Vitamins it is an introduction to them and what benefits an athlete may gain from vitamins. See the foot note.

Vitamin A

Is important for healthy vision, growth and the efficiency of the Immune system. It occurs in two forms "preformed vitamin A" called (retinol found in food of animal origin only) and "ProVitamins A" from both plant and animal food.

What it can do for you as an athlete.

Aid in the proper function of the immune system.

Build up resistance against respiratory infections.

Keep the outer layers of your tissues and organs healthy.

Promotes growth of bones, healthy skin, hair, teeth and gums.

The best natural food sources.

Fish liver oil, Carrots, Broccoli, Kale, Red Peppers, Sweet Potatoes, Milk, Eggs, Butter, Liver, Peaches, Spinach, Asparagus. Just to name a few.

Vitamin B1. (Thiamin)

Note B vitamins are better used together in equal parts for assimilation B1, B2, B6.

B1 is good for the heart and is involved in carbohydrate metabolism it is also good for the nerves and brain and promotes growth. It can also help taken in larger than the daily average if suffering with Fatigue

The best food sources.

Brewers yeast, Beef, Brown Rice, Oats, Peanuts, Brazil Nuts, Fish, Eggs, Liver. Raisins, Sunflower Seeds, Pork, Potatoes, Poultry.

Assimilation needs C, BComplex, E,

Vitamin B2. (Riboflavin)

B2 contributes to energy production and is involved in the synthesis of amino acids.

The best food sources.

Almonds, Cheese, Asparagus, Brewers Yeast, Brussels Sprouts. Green Leafy Vegetables, Mushrooms, Yoghurt, Spinach.

Assimilation B-Complex and vitamin C.

That's all for this time I will follow on in the next news letter starting with B6.

NP. Information taken from Earl Mindell's "New Vitamin Bible" first published in the 70 and has been by my side for over 40 years – Paul Raven Vitamins & Mineral Nutrition – research from the Library of Ashton-Under-Lyne and the University of Manchester.

Jack Petchey Achievement Award Presentations

Our five latest JPF Achievement Award winners enjoyed an evening of entertainment at the Camden Centre at which they received their medallions, presented to them by Paralympian Danny Crates. Congrats to Amber Freeth, Dante BishopSauve, Raphael Rossiter, Alexander MachinPaley and Jon Ovaisu.



Highgate Harriers young athletes in bid for athletic Eggcellence

and that's no yoke!

By Ben Pochee

One of the keys to great middledistance running that has helped produce several international athletes from Highgate Harriers in recent months is the ability to run relaxed even when greatly fatigued. If you don't stay relaxed you not only inhibit your natural biomechanics for speed, but crucially you also use up valuable energy and have less chance for victory.

To bring this training concept to life the Highgate harrier Boys Under 15 training group were recently tasked with a classic 'Pyramid' session, this involved running 100m, 200m, 400m & then 800m on Parliament Hill track – followed by the same sequence in reverse, with the core training principle that they had to run the second set of 800m, 400m, 200m & 100m faster than the first set. This is a hard goal to achieve and it is common for runners to get tight as they fight as hard as possible to run even quicker on tired limbs...

To prove their salt the training group all trained while holding a fresh egg (free range) on their second set, this ensured that they did not hold their hands too tight and instead had to have relaxed 'soft' hands, and as they know because their body is a 'kinetic chain' (inherently inter connected) if you have relaxed hands you have relaxed arms and by dint of this therefore relaxed neck & shoulders.

Many of the boys are targeting the biggest cross country race in the country –The English National Cross Country Championships, which is taking place in Olympic year (February 25th 2012) on Highgate Harriers Hampstead heath backyard – please come cheer, shout and support your local athletic club.

[See overleaf for picture](#)



HIGHGATE EGGCENTRICS (See previous page)

And finally..... SOME REALLY GOOD NEWS

Following our recent Clubmark accreditation we have now achieved Camden's Beacon Club status. This status acknowledges us as one of the leading sports clubs in the Borough, and enables us to access funding so we can continue our work in coach, athlete and volunteer development and recruitment.

We have also heard that our Jack Petchey Foundation money will continue for the first six months of 2012.

But we still need those outstanding subs!