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MONTHLY NEWSLETTER

Welcome to the first edition of our new club Newsletter! We plan to issue this every month, depending on news, and it will run alongside our magazine, The Gate, which will continue to be printed twice a year. This Newsletter will concentrate on current news and events along with general information. If you have any suggestions or comments please contact me at the above.

In the meantime may I wish you all a Happy Christmas and a successful New Year.

Graham

SOUTHERN WOMENS LEAGUE

Highgate Harriers women entered the SWL last season for the first time in many years, but numbers competing were low. Because of this, and following the results of a questionnaire amongst the female membership, the Committee decided combining with another club was the best way forward. Having reached agreement with Barnet & District to combine, and being accepted by our regional SWL representative, our proposal was rejected by UKA as composite teams needed to be registered with them by the end of last September! Any further developments will be published in future editions.

CHILD WELFARE Copies of the UKA Child Welfare Policies and Procedures, which the club is adopting, are available in the club room and shortly via the website. Also on the wall are recommended courses of action and copies of report sheets to be completed in the case of any incident concerning a child from Highgate Harriers. Our Child Welfare Officer is Juliet Kavanagh

HEATH CONSTABULARY The direct mobile number for the Heath Constabulary is 07973 102091, this is to be used strictly for emergencies only.

INJURED?

Recommended therapists who will offer a discount for club members are:

Bob Slowe, Alex Fugallo, Ben Pochee, Paul Naisbitt

For details of the above either ask your coach or email me.

JACK PETCHEY NEWS

Below are details of our recent Achievement Award winners:

July - **Simeon Williamson**. No explanation needed really!

August - **Eric Guei**. Eric is part of Juliet's elite sprint group, and has been with the club for a number of years now.

September - **Abei Thewodros**. Abei is a relative newcomer, but is both a keen trainer and competitor.

October - **Gabriel Springer**. Has come through Kate's ranks, and has always competed for the club whenever possible.

November - **Eugene Potter**. Eugene hasn't been with us long but has made a big impact!

December - **Finbarr Ricketts**. Excellent attitude to training and competition.

We are very please to announce that our **Jack Petchey Leader Award** nomination for 2008 is **Terry Driscoll**. Terry has been with the club for some 51 years, and his training methods have brought through a number of excellent cross-country runners. Congratulations Terry!

RESULT

METROPOLITAN LEAGUE
RUISLIP 29TH NOVEMBER

Highgate's women retained top spot after three matches despite finishing third on the day. Our veteran women also top their division. The men finished seventh on the day and eighth in Division 1 for the season with the Vets 10th on the day and 11th after the three matches so far.

In the YA races, William and George Laing ran well in the Under 17's finishing 13th and 24th respectively out of 63 runners. Unfortunately the Under 13's race was declared null and void when a missing steward resulted in the boys doing two, and in some cases three, laps in the wood rather than the scheduled one!

Full results will be available on our website as will the results from Trent Park, which we have not yet received.

NEXT RACES

North of the Thames at Kingsbury on 13th December and the Boxing Day run on the Heath (obviously 26th December!). For full information, see your coach.

IMPORTANT NOTICE

The last floodlight session at the track will be Tuesday 16th December and then back on Tuesday 6th January

DIARY FOR NEXT THREE MONTHS

December

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|----|-------------------------------|---|
| 6 | Fraternity Cup | Trent Park (m/w) |
| 6 | NWL Young Athletes | Trent Park (YA races will also be the club championships) |
| 13 | North of the Thames Kingsbury | (m/w/U17/U15) |
| 26 | Boxing Day Handicap | Parliament Hill (a.m.) |

January

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|----|-------------------------------------|--|
| 8 | <u>Club AGM at the track 8 p.m.</u> | |
| 10 | Middx Championships | Trent Park (m/w/y) |
| 17 | Met League | Stevenage (Fairlands Valley Pk. SG2 0BL) (m/w/y) |
| 24 | South of England | Hillingdon House farm (m/w/y) |

February

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|----|--------------------|-------------------------|
| 7 | NWL Young Athletes | Wormwood Scrubs |
| 14 | Met League | Horsenden Hill (m/w/y) |
| 21 | National | Parliament Hill (m/w/y) |