

THE OFFICIAL ORGAN OF THE
HIGHGATE HARRIERS



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THE GATE

No. 1.



"HODDESDON CUP" 2 MILE TEAM WINNERS
1948 TO 1951

HIGHGATE HARRIERS

Club President:- J. Gagen Esq.

Published by the Committee of Highgate Harriers.

Edited by D.A. Willoughby. 122, Huddleston Road, N.7.

EDITORIAL

Welcome to all our readers! This being our first edition of the club magazine I feel it necessary to explain how this magazine came about. At the A.G.M. a group of younger members proposed that the club magazine should be revived, despite the grave forebodings of several of the older members. Present this group landed together, put in some hard work and here is the finished product.

Although my name appears as editor of this magazine only a small portion of the credit is due to me. Indeed I feel it my duty to mention the other members concerned in this venture:- "andy" Ferguson, Derek Neale, Derek Adams, "Chips" Chipperfield, and last, but by no means least our publishing expert, Dennis Sparshott.

The aims of this magazine are threefold namely to keep members informed of news inside and outside the club. Secondly to let members who wish to air their views or make constructive criticisms of the club or club policy. Thirdly we hope to publish replies to any queries anyone may have on training, dieting etc.

It can be seen from the aims of the magazine that it will help considerably to hear from members any articles of general interest will be welcomed

Whether humorous or technical but remember they must be clean! In later issues it may be possible to aspire to cartoons so would the cartoonist please step forward.

Remember chaps this is your magazine and the editorial committee is open for any suggestions.

D. Willoughby.

OBITUARY.

It came as a great blow to all of us to learn of the death of our founder member Mr. H.J. Rothery.

Mr. Rothery retained a keen interest in Club activities throughout seventy years of club history. I feel sure that despite his not being with us in body we will all remember him as we glance at our club badges and read "founded 1879". The glow of pride we feel at being associated with such an old established club must always be coupled with a glow of pride and admiration for the man who started us off.

His support to athletics has not been only to our club. For many years he was ranked as a top amateur starter and he served the A.A.A. for a quarter of a century both as timekeeper and handicapper. In 1908 he was timekeeper at the Olympic Games in London.

At the club dinner in 1949 tears of pride wet his cheeks as he looked around before replying to his speech. Let us now prove ourselves worthy of this

Editor.

WINTER TRAINING.

The Highgate Harriers are training at present from the William Ellis School every Tuesday evening at seven. There is quite a good crowd which go off for a run on the roads around the local district. There are sufficient people going out now to split into two packs a fast and slow one. Negotiations are now taking place in an attempt to acquire a further training head-quarters for Thursday nights. In the meantime the Tuesday evening William Ellis H.Q. is a very satisfactory, and excellent hot showers are provided at the end of the evening.

Training will continue as in the summer at Parliament Hill Track on Sunday Mornings which is available for cross-country, track and field training.

A.A.A. WINTER TRAINING.

The A.A.A. Southern Committees' winter training Centre will again be held this year in the Gymnasium and Rifle Range of Chelsea Barracks, Chelsea Bridge Road, London S.W.3. (nearest station Sloane Square).

It will be open to all male athletes (over 17) on Tuesday & Thursday evenings from 6-9p.m for two periods.

Period A. Tuesday October. 30th - Thursday December 6th. 1951. inclusive.

Period B. Thursday Jan. 3rd - Thursday March 27 1952. inclusive.

Facilities are available for training for all track and field events. Also available are general gymnastic equipment such as ropes, medicine ball, mats and wall bars.

The centre is intended to provide facilities for training active athletes and not merely for

coaches. A.A.A. coaches will be in attendance at most sessions.

FEES:-

Period A (only) (12 sessions) 5/-

Period B (only) (25 sessions) 10/-

Period A & B (37 sessions) 12/6

Individual sessions : 1/- each.

Tickets must be purchased in advance from A.A.A. offices, Crown Chambers 118 Chancery Lane W.C.2. otherwise admission will not be granted.

OLYMPIC GAMES 1952.

Tickets. Tickets are not likely to be available until December and the A.A.A. will then accept applications. The club will in due course receive a circular from the A.A.A. stating how application should be made for tickets and accommodation vouchers. The prices of tickets and accommodation varies from £2.10.0 to 7/2d and are valid for a single admission except in the case of Athletes in the stadium, when they are for daily admission.

Accommodation:-

The accommodation which will be almost entirely in private houses, schools, or tented camps will vary in price between £1.15.8d for a single room to 4/4d for a bed in a tent.

Meals:-

The prices for the accommodation will not include meals of any description and it is difficult to obtain a meal in a cheap restaurant for much less than a £1.

SPRINTERS.

We hope that we will not lose touch with all the short distance runners during the winter, for if we are to turn out good sprint relay teams next year it is essential that training together begins at a very early date.

It is suggested that the sprinters form together to make up a slow pack over the country. Remember chaps the county championships occur at a very early date next year.

In view of the numbers of short distance men in the club, it would appear necessary for members of this fraternity, to really train hard to keep a place in the teams. So get cracking sprinters!

Whilst on the subject of Sprinters, the club officials would raise their hats to any member who decided to turn to quarter miles next year or who could introduce an A.S. Wint. to the club. Any volunteers?

D. Willoughby.

LOST.

Bob Cross recently lost during the Kay's Sports one perfectly good handicap mark and will probably give a reward if it is found anywhere.

HANDICAPPERS PLEASE NOTE.

It is brought to the notice of the honourable gentlemen whose responsibility it is to frame the handicaps that there have occurred serious upsets of fact to two of our athletes.

Ted Fosbrook was married in September at All Hall

Church. Kentish Town.

Dennis Sparshott will be getting married to Sylvia Shea a "Middx Lady" on November 24th. Congratulations chaps and the best wishes for a happy future.

CLUB VESTS.

Any member requiring a club vest who cannot afford to buy a vest in one lump sum may purchase one from the appropriate secretary and pay for it over a period of time in amounts which will suit his pocket. So there need be no excuses about club vests now.

QUIZ CORNER.

- (1) The Highgate Harriers was formed from two cricket clubs in 1879. What were the names of these clubs?
- (2) Where was the first 120 yards club Handicap held?
- (3) How many Highgate men have had Olympic representative runs?
- (4) How many Highgate men have gained International colours?
- (5) In which year did a Highgate Harrier win the A.A.A. 100 & 440 titles.
- (6) Highgate Harriers in 1945, '46, 47, 48, 49 had a placing in a Middx. jnr. race. Which race?

ANSWERS Next Issue.

SOCIAL MEETING.

We are indebted to Mr. Lockwood, headmaster of William Ellis School who once again has given us the hospitality of his school for our New Years Eve dance. This year the tickets will not be on sale at the door but must be bought in advance. In view of the ever increasing support I strongly suggest that these tickets be bought early to avoid disappointment. This year we have managed to obtain a really excellent band - "Len Palmer" so if you want a good evening out on December 31st. why not pop along to William Ellis School?

Another new idea in vogue this year is that we sell the tickets for the walking section and get commission for those we sell and at the same time help our friends in the walking section.

In conclusion I would like to thank all those club members who have responded so magnificiently in reply to my recent Christmas Draw, and to those who have not managed to sell any, I would say "every little helps".

Mr. A. Willoughby. Social Secy

SO YOU WANT TO BE A RUNNER?

And why shouldn't you be? Provided you are keen, healthy, and not lacking in guts and not afraid of really hard work, there is no reason why you should not achieve a good club standard. Whether you become a National champion or not is another matter. There are many very good pianists who will never reach a concert platform, but the mere fact that they are even very good has necessitated prolonged hard work and has not been without its satisfactions.

During the track season you must be prepared to train at least three times a week apart from races. Your training schedule must be planned according to your distance, physical make up, and with an eye to forthcoming events, so you can understand that it is impossible to generalise. There are coaches available for answering training problems. Be guided by them.

Don't be misled by the man who tries to warn you off a certain distance as being a "hard grind". All races are hard, whether it be 100 yds or three miles, provided they are run properly. Try various distances until you find the one (or ones) at which you are most "at home". And why not try a few field events? You know, you may be another John Savidge or Alan Peterson.

You can spend the winter months jogging over the country and building up. Don't underestimate the value of this form of training, it can pay great dividends in the coming track season.

There is one virtue which I have not yet mentioned, but which is of paramount importance - PATIENCE. If you are a raw novice, it may be weeks before you attempt a "dust up" and possibly two or three years before you reach form. But if you are keen as you say you are, and as tough as you think you are, the old cry which rings out when you are battling for that extra club point "Up the Gate" will convince you that it was all worth while.

Go in lad, and Good Luck!

D. Sparshott

THE CHAPMAN CUP.

This year the Chapman Cup was won by Ray Elkerton who made good use of a generous mark, although it was not a walkover by any means. There was a grand finish with the first three only separated by a few yards.

Mr. W.C. Jewell remarked that the handicapping was pretty close, and by the amount of bodies littered around the finish, the weather was a bit that way inclined as well.

In the early stage of the race the limit man was followed immediately by J. Carey who made up his 5 secs. deficit in the first half-mile with the rest of the club in an orderly procession behind.

About this time, a few runners thought it would be nice to make it a pavement race, but a few well chosen phrases by Bob Cross (who was marker) made them alter course for the road.

When the first man had just about reached the Mansfield, there was a struggle on the hill as Norman Brown began to move up. Kenny & Bodkin were closing the gap as well. Every one was getting rather warm by now.

At the front, Johnny was now in the lead, and Heath was coming along strongly, while the eventual winner seemed to be tired of the lead and was living second,

There was still $\frac{3}{4}$ mile between first and last although the race was more than half over. A. Hill, our second claim member from Brighton had dropped. J. Evans was having trouble with his shoe-laces and "Chips thought that he should have stayed at home.

With $\frac{1}{2}$ mile to go J. Bodkin and Kenny were moving up. Many other had given up. Heath was also up with the leaders. Ray Elkerton now had Trio (who's gonna play the drums?).

Little happened except a few small changes in position on the hill, but by now the leaders were in sight of the finish.

John Carey and Heath were side by side, but with 100 yards to go calamity, both slipped. Elkerton shot into the lead and finished with 10 yards to spare.

Heath got in second and poor Johnny was fourth. How did Wright (third) get there?

Congratulations on a fine race to all concerned. If the entries continue to be as large in future, the club may even make a profit.

RESULTS. (FACTS AND FIGURES.)

We opened our winter season on Saturday Sept. 29th. with the annual 3 miles road race for the "Chapman Cup" which was won by R. Elkerton in 19mins. 45 secs (allowance 5 mins). Second was D. Heath with K. Wright third. The prize for the actual fastest time was won by J. Bodkin in 17mins. 11secs.

On. Sat. Oct. 16th, the youth's 3 mile sealed handicap was won by N. Bracey in 18 min 43 se s. (handicap 45 secs) who was also first man home. Second was scratch man Don Miles in 19 mins 7 secs. and third D. Weston in 20 mins (handicap 50secs).

but The following Sat. at Parliament Hill, we staged a 5 mile sealed handicap for which there

JUNIOR MUMBLES.

No, 'THE GATE' has not forgotten us, the 'Mud babies' as I heard someone call us the other day, we have our own space for junior news.

To start with, who did what in the last track season? we had several new members join our ranks, including, P. Mahoney who finished the season, (his first) with a 4m.42sec. mile (in the L.C.C. finals) and a 2m.9sec. half, to his credit. A. Cherry, who became our fastest junior over the 220 & 440 yds. (His style?) Alan was voted St. Pancras Boxing Club's best junior. Our other boxing-Sprinter, P. Wing. had a good season bringing off a double in the club championships with the 100 & 220 yds. D. Lane, a member who has been with us slightly longer, also did a double, he won the 880yds & one mile. The season was, if nothing else, most enjoyable and that is what really matters after all. Club spirit and performances are still on the up grade and if the juniors of today keep this up the club need have no fears of tomorrow.

The result of the Chapman Cup against the seniors was good we had D. Richards in 6th place followed by D. Miles and D. Adams (Two youths) in 7th & 8th respectively, then another junior (G. Bell) in 9th place on actual times.

On the 15th October we had our first youths handicap of the season. Only six started. Where were the rest of you? We want a larger 'field' than this in future, the Middx. County Championship is not far off (15th December) A word about the winner of the youths handicap N. Bracey. He is a new member living at Luton, does not become a junior (over the country) until April. He was second in the Bedfordshire Championships las year and has done a 2 min.2sec half mile. All the best Norman, we'll be be after you next time we meet.

TRAINING.

Harry Harris is a well known figure amongst all those who attend the track and William Ellis School on training days he is the principle club coach and last year attended a course at Loughboro and qualified as a grade 2. A.A.A. coach and is at present working on a course to become a grade. 1 coach. Best of Luck Harry and we all do appreciate the amount of work you have and are doing for us.

COACHING.

H.J. Harris.(A.A.A.)
coach.

Many factors have to be taken into account before a coach can feel sure he is getting the best of which an athlete is capable. There are three phases of a coach's task.

- a) Instruction.
- b) Advice.
- c) Coaching.

To these might be added coaxing, for that is what the coach should be endeavouring to do.

It is necessary for complete confidence to be had by both athlete and coach, and to arrive at this, it is up to the coach to be able to sum up the pupils' physical ability and the many other factors which will help him to decide what method is going to be used.

In his general survey he must ascertain what is his occupation, what time he is prepared to spend on his training, and are there adequate facilities in his area. It is no use the athlete spending a hard day at work and then having to travel long distances to complete a strenuous evening training. It is also essential that he does not impede the pupils' educational or business studies.

For general club coaching, it is not possible to lay down a rigid training schedule, for it is really essential that the coach sees that his instructions are being carried out. If his protegee receives advice from another person, encourage him to tell you then you can decide whether it will suit him or not. If it does, then try it. Another very important feature is whether the athlete is prepared to concentrate and work hard, or whether he is the dumb type who will show little enthusiasm for his training and constantly flit from event to event. It is the coaches task to try and encourage the athlete to stand up to upsetting features and to foster a loyal partnership.

If they can reach this status, then there is no reason why they should not get the best out of each other.

MEMBERS IN FORCES.

Will all members as they are called up for national service please remember to drop the secretary a post card and notify him of their new address. We will try to send you a magazine when we have your address and the BEST OF LUCK.

Seen at the track on a couple of odd weekends was Alan Wright with his prominent haircut. Alan has only recently gone into the I.A.F. and is just completing his square-bashing.

Reg Tooth is at present domiciled in Malaya with H.M. Forces and is keeping in trim, by playing badminton as there are few facilities for running.

As far as I can tell, the next one to go will probably be Roy Garwood one of our popular young members.

CROSS COUNTRY CHATTER

By Handicap.

We are now at the beginning of a new cross-country season and as usual there are a lot of new members awaiting, like lambs for the slaughter their first cross country race. A few of the wiser ones, have been out at the week-ends with Mike Kenny's gallant band and at least they know what to expect, but there are others who, although intending to do cross country racing, haven't got off the track yet. These members and others who meander across Hampstead Heath by themselves are missing all the tips and training that they need

In case it is not widely known, yet, the Mike Kenny Cross Country Class starts at 3 o'clock (p.m.) from the track on Saturday afternoon.

There is also a rival "mob" on Sunday morning directed (through puddles and mud) by Harry Harris. This excursion is due to leave about 11.30 a.m.

Among the more advanced students of cross country running, there is a lot of conjecture about our Liddiard Trophy Team because, although the Faithful Four are as good as selected, there are still places to be filled. A good bet for one of these is Covell who is moving very well.

(Our Prospects are Reviewed - below by Andy Ferguson)

For the Liddiard Trophy 5 mile on Nov. 3rd, I am certain we shall be fielding our strongest, fastest ever team and may at the very last put it over our "pogey Shaftesbury Harriers. Taking the first

12 juniors and seniors in our recent 5 mile handicap as the basis of our team here I am very glad to say that it would be difficult to forecast more than two of three "certain scorers". In my opinion the two best performances were those of Norman Brown & Titch Covill and it may be that our longer established members will have to look to their laurels to maintain their position in the scoring team, in the face of increasing opposition.

My forecast of the scoring eight:- Ferguson, Neale, Bodkin, Kenny Brown, Covill, Munn & Richards, It is now up to the remaining members entered in the team to prove me wrong! If they can displace some of the above (if they run to form) then we have nothing to fear regarding the team race, for the "Liddiard".

When Messrs. Cross, Clafferty, Evans, Chipperfield Fosbrook, etc. really get down to the job of putting in a few extra miles training per week with the DETERMINED OBJECT OF GAINING A PLACE IN THE SCORING EIGHT then I am sure their individual efforts will be rewarded by the club having a very successful season "over the country".

We are very pleased to see Paddy Hill back. Here's hoping he will get cracking over the country again this year. There is plenty of room for strong runners like him in the team.

(FACTS & FIGURES CONTD)

were 33. The event was won by K. Cornes in 132 mins 50secs (handicap 4mins. 25secs.) Second was ... in 138 mins 11secs (handicap 4 mins 15secs.) ... in 140 mins 40secs (handicap 2mins. 40secs) First ... home was the redoubtable ... Ferguson in the fastest time of 29mins. 46secs.