

**SOUTH LONDON
HARRIERS**



**WINTER FIXTURES
2008 – 2009**

President:

'BOB' GEVERS

**CLUB MEMBER'S - FIXTURE CARD
CROSS COUNTRY (CC) OFFICERS**

CC Secretary (Men):

PAUL MITCHELL 4 Regents Close,
020 8660 9655 Whyteleafe, Surrey, CR3 0AH

CC T/Manager (Men):

ANDY COLLINS 12 Woodhatch Spinney,
020 8645 9188 Coulsdon Woods, Surrey, CR5 2SU

CC Captain (Men):

DAVID BAKER 95 Purley Vale,
020 8668 2413 Purley, Surrey, CR8 2DW

CC Vice-Captain (Men):

COLIN YOUNG 27 Crystal Court, College Road,
077 374 52993 Upper Norwood, London, SE19 1UZ

CC Secretary & T/Manager (Women):

JAKE CLAUSEN 43 Bluebell Close,
01403 266279 Horsham, Sussex, RH12 5WB

CC Captain (Women):

PAMELA IANNELLA 47 Woodmansterne Road,
020 8763 4229 Coulsdon, Surrey, CR5 2DJ

CC Secretary & T/Manager (U17, U15 & U13 Boys/ Girls):

ANNE RODEN 66 Whyteleafe Hill,
020 8668 8896 Whyteleafe, Surrey, CR3 0AB

Treasurer:

IAN LYMATH 142 Great Tattenhams
017373 56101 Epsom Downs, KT18 5SF

Club Secretary:

CLIVE WILLIAMS 4 Dornford Gardens, Coulsdon
020 8668 8274 Surrey, CR5 1JW

Chairman:

PETER EMERY 'The Dell', 14 Fairoak Close,
020 8668 3851 Kenley, Surrey, CR8 5LJ

CROSS COUNTRY FIXTURES 2008 - 2009

NB. Codes: YA/W/M/WV/MV/ALL (see page 2 under age groups)

October 2008

- 4 ALL 'Gibb' Cup Club 5mile CCC & Open Race 2.30pm, Coulsdon
Y/A Surrey County "Bruce Judd" (M&F) CC Relays, 1pm Guildford
- 11 M/YA Surrey CC League, Div. 1 Match 1, 2.30pm Petersham
W/YA Surrey CC Lge, Div. 1 Match 1, 12.15pm Nork Pk, Banstead
- 18 MV/WV Surrey County Vets CC Champs, 2.30pm, Petersham
- 25 All Mob Match v Orion H., 7½m, 2.30pm, Coulsdon
(incl. SLH Vets 7½ mile CC Champs & Vets Handicap)

November 2008

- 1 ALL Reigate Priory CC Relays, 1.30pm Reigate Priory
- 8 M/YA Surrey CC Lge Div.1, Match 2, 2.30pm, Wimbledon Cm(H/W)
W/YA Surrey CC League Div.1. Match 2, 12.15pm, Lightwater
- 15 M/W South of the Thames CCA '5mile Race', 2pm Lloyd Park
- 22 M/W London CC Championships Parliament Hill Fields

December 2008

- 6 M/W 'Pirie' Open 10m (incl. SLH 'Thornton' 10m CC Champs)
2pm, Coulsdon
- YA/M SLH v Lancing College, 2.30pm, Lancing, Sussex
- 13 All 'Stubbs' Cup Mob Match v Ranelagh H., 2.30pm, Petersham
- 20 M/W South of the Thames CCA Champs, 7½ m, Wimbledon Cm (Bel H)
- 26 ALL 'Iszatt' Cup Boxing Day 2½m Handicap, 11.00am, Coulsdon

January 2009

- 3 ALL Surrey County CC Champs (M/W –all ages), Lloyd Park
- 10 M/YA Surrey CC League, Div. 1 Match 3, 2.00pm, Coulsdon
W/YA Surrey CC League, Div. 1 Match 3, 12 noon, Coulsdon
- 17 ALL Mob Match v Thames H&H v HHH 2.30pm, Roehampton Vale
- 24 ALL South of England AA CC Champs Hillingdon, Middx
- 31 YA/W Sth of England AA Inter-Counties Race, Biggleswade, Beds
MV/WV South of England Veterans CC Champs Biggleswade, Beds

February 2009

- 7 M/YA Surrey CC Lge Div 1, Match 4, 2.30pm, Ham Field (Stragglers)
W/YA Surrey CC League Div. 1, Match 4, 12.15pm, Lloyd Park
- 21 All English CCA 'National' CC Champs Parliament Hill Fields

March 2009

- 7 ALL UKCAU Inter-Counties CC Champs/World Trial Nottingham
Y/A SLH Inter-Primary Schools Races (B & G) 10am Coulsdon
Y/A SLH Inter-Schools Races (Both sexes), 2.15pm, Coulsdon
- 14 M/W Nicholls' Cup Mob Match v Blackheath H., 7½ m, 2.30pm
(incl. 'Brooker' Cup SLH 7½m CC Champs) Coulsdon
- 21 Y/A English Schools AA CC Championships Castle Donnington

* . NB. Coulsdon Hall may be open for training runs on some free Saturdays.

ROAD RELAY FIXTURES - Winter 2008/2009

- Oct 18 England 6-stage (M) & 4-stage (W) Road Relays, Sutton Coldfield
- Apr 5 Sth of England AA 12-stage & 6-stage (W) Relays, Aldershot, Hants
- Apr 25 England 12-stage (M) & 6-stage (W) Relays Sutton Coldfield

* . For more details– contact Cross Country officers (See front page)

ABBREVIATIONS & CC AGE GROUPS – 2008/2009 Season

YA Under 13 Boys & Girls	Aged 11 & 12 years (on 31/8/2008)
YA Under 15 Boys & Girls	Aged 13 & 14 years (on 31/8/2008)
YA Under 17 Men & Women	Aged 15 & 16 years (on 31/8/2008)
W Junior Women (U20)	Aged 17 (on 31/8/2008) & Under 20 (on 31/12/2008)
M Junior Men (U20)	Aged 17 (on 31/8/2008) & Under 20 (on 31/12/2008)
W Senior Women	Aged 20 years & over (on 1/1/2009)
M Senior Men	Aged 20 years & over (on 1/1/2009)
WV Veteran Women	Aged 35 and over (on Race Day)
MV Veteran Men	Aged 40 and over (on Race Day)

CC FIXTURES

SLH Club Championships, 'Mob' & Inter-Club matches are open to all members.

Surrey CC League matches are open to all 1st Claim members (& SLH 2nd Claim members registered with the League, by the SLH CC Secretaries/Team managers).

Surrey Men's CC League – Div. 1 **Start Times for all matches:-**

Young Athletes: U13/U15/U17 (2.5m) **Matches 1, 2 & 4:** 2.30pm **Match 3:** 2pm

Seniors, U20 Men & Vets (5 miles) **Matches 1, 2 & 4:** 3pm **Match 3:** 2.30pm

Surrey Women's CC League – Div. 1 **Start Times for all matches:-**

Seniors, U20 & Vets (5k–6k) **Matches 1, 2 & 4:** 12.15pm **Match 3:** 12 noon

Young Athletes: U17 & U15 (4k) **Matches 1, 2 & 4:** 1.15pm **Match 3:** 12.45pm

Young Athletes: Girls U13 (3k) **Matches 1, 2 & 4:** 1.45pm **Match 3:** 1.15pm

NB. Vets League Championship open to Women aged 35 years on or before 4th match (7th Feb 2009).

CLUB AWARDS FOR CROSS COUNTRY

'Innes' Memorial Trophy To members winning International Colours.

Honours Badge To members placed in the first 10 (Women) or 30 (Men) in the South of England CC Senior Championships or in the first 30 (Women) or 70 (Men) in the English Senior CC Championships, in SLH Club Colours.

Club Medals In all SLH Club Championships, Gilt Medals are awarded to winners, Chrome Medals to the second if five start, and Bronze to the third if eight start.

ANNUAL POINTS COMPETITION (Men and Women)

Cross Country running & Road Relays (1st September to 31st March):-

Sanders Cup for Men (20 years and over on 31/12/2008).

Stubbs Cup for Young men (under 20 years on 31/12/2008).

J.M.B. Caie Trophy for Women (15 years and over on 1/9/2008).

Olive Long Trophy for Girls (under 15 years on 1/9/2008).

SWANAGE WEEKEND – Fri 14th, Sat 15th, & Sun 16th November 2008.

This will be our 11th year at Ulwell Cottage Caravan Park, on the Purbeck Way.

Luxury static caravans – 'winter break' prices £45 for 2 people per night (extra people in a caravan £9 per night). Book **directly**, first come first served. Tel: 01929 422823 (ask for special midwinter rates' – most of us book the Fri & Sat nights).

Family & friends welcome, spectacular scenery, runs & walks for all). For more info' contact Dave Kent (01883 3421190 or email: Dkentfamily@aol.com).

Our **A.G.M** will be on **Saturday, 6th December 2008** at **6pm**. All welcome.

NB. This Fixture Card is produced by 'Ferdie' Gilson (SLH Archivist/Curator)

Flat 71, Block F, Du Cane Court, Balham High Road, London SW17 7JW

(Tel: 077 808 37261 – voice mail available)

SLH CROSS-COUNTRY HQ**TRAINING FACILITIES**

Our **Coulsdon Clubhouse** is at **194a Brighton Road, Coulsdon, Surrey CR5 2NF** (A23 main road), 3 or 4 miles north of the **M25 & M23 motorways**. It is almost opposite the Coulsdon Public Library and is set back 25 metres from the main road down an alley between the Comrades' Club (a large white building) and a 'takeaway' shop. It is 100m south of 'Coulsdon Library' **Bus Stop** and 500m north of 'Coulsdon South' **Railway Station** and 500m south of 'Smitham' Railway Station, on London Victoria and London Bridge lines via 'East Croydon'. It is on a large triangular island site bounded by three roads: the A23 Brighton Road, Chipstead Valley Road and Lion Green Road. There is a large **Public Car Park** in Lion Green Road. Our **Clubhouse** is **open** at 1pm on **Saturday Home Race Days**. For **Training** it is **open** on **Tuesdays & Thursdays** 6.30pm – 8.30pm (Group Training runs leave 15 minutes or so after opening times). For training runs on **Sundays** contact our Club Cross Country Officers (see front page for details).

ROAD RUNNING FIXTURES – LONDON MARATHON April 26th 2009

For other Road Race details – contact **Terry Ward** at 8 Fryern Wood, Chaldon, Caterham, Surrey, CR3 5AR (tel: 01883 343825)

SLH TRACK & FIELD HQ**TRAINING FACILITIES**

CRYSTAL PALACE (Sports Centre): Outdoor/Indoor **Tracks** open 9am-10pm.

CONTACT our Club Coaching Co-ordinator, **Phil Hartnett**, at 78 Sydenham Park Road, London SE26 4LH (Tel: 020 8699 0763) or when he is at Crystal Palace on Tuesday & Thursday evenings and Sunday mornings, for details of our **SLH CLUB MEMBERSHIP CARDS** (passport photo required), which allow fully paid up SLH members to use Crystal Palace facilities at **REDUCED ENTRY RATES** on production of an SLH Club Membership Card and also details of our **COACHING SESSIONS**: on Tuesdays (over 8yrs old only) 7pm – 8.30pm, Thursdays (over 13 yrs old only) 7pm – 8.30pm and Sundays (Throws – over 8yrs old only) 10.30am – 12 noon.

VETERANS - MEN should **contact** one of the following. Vet's (**over 40**), **David Baker**, 95 Purley Vale, Purley, Surrey, CR8 2DW (020 8668 2413) or Vet's (**over 50**) Captain, **Francis Upcott**, 41 Deepfield Road, Coulsdon, Surrey, CR5 2SZ (020 8668 8036) or Vet's (**over 60**) Captain, **Bob Gevers**, Downset, Badger's Lane, Warlingham, Surrey, CR3 9JX (01883 624250) as appropriate.

VETERANS – WOMEN over 35yrs should **contact Jake Clausen** at 43 Bluebell Close, Horsham, Sussex, RH12 5WB (tel: 01403 266279).

KIT (Members representing SLH must always wear Club kit) available from:-

Men **Colin Moyer**,

88 Purley Park Road, Purley, Surrey, CR8 2BT (020 8407 0478)

Women **Mrs. Christine Hartnett**,

78 Sydenham Park Road, London SE26 4LH. (020 8699 0763)

TRIATHLON WINTER TRAINING: Swimming (coached sessions) Mondays 8.15pm-to 9.15pm & Fridays 7.45pm prompt to 8.45pm at Caterham School, Harestone Valley Road, Caterham. **Running** as per SLH sessions at Coulsdon and Crystal Palace.

For **more details**– contact **Nigel Costiff** (020 8660 9254) or **Andy Collins** (020 8645 9188) or access web site www.slhtriclub.org.uk
