

Chairman's Report

Well I've gone and done it now: gone and got myself elected as the new Club Chairman. My only claim to the Chair is that I've served on the Harriers Committee for 10 years and watched four or five other fine people do the job.

My first challenge is to increase communication across the Club and perhaps the easiest way to keep people informed is to resurrect the idea of a Newsletter and this is number 1. Straightaway, let me say that this has been a hurried affair and that under Andrew Pattle's stewardship I'm sure it will get better and better. Andrew can be contacted on pattle@globalnet.co.uk

If anyone can think of a good name for the Harrier's Newsletter then there's a £10 reward coming straight out of the Chairman's backpocket. As you will read later from the Treasurer's report the club itself is extremely strapped for cash.

One way of increasing club income is to take in more athletes but the limiting factor is the number of coaches we have. They, I know, are under great pressure because of the numbers of athletes they have already and the stress they suffer causes them on occasion to say that they feel like a baby sitting service, with kids just dumped off. Well I like to think that parents treat the club like a baby sitting service only because they are not aware, not informed, not asked, hence this newsletter. So, let me say now, we need help, help of every sort and kind. This is something I will return to again and again in future editions of this newsletter. If any parents would like to know immediately how they could help then please contact me.

I will make sure I sit in the Club House every Tuesday evening (almost) at some point in the evening. I will have my mobile phone with me (07768 940120) switched on between 6:30-8:30pm on Tuesday evening solely for this purpose. If communication is to work it has to be a two way thing. However, please try to

contact me only then as I have a business to run and a life to lead outside of Harriers.

I am lucky that there are people in the club who want to make the club stronger and more successful, my job is to ease their path.

Part of easing the path is the intention, in future, to send all (or practically all) copies of this newsletter by e-mail. To do this we need your e-mail address as the club can't afford to produce 300 copies in paper form every time. Please make sure your athlete gives their coach the e-mail address you want this newsletter sent to.

*Thanks,
John Tunaley (Chairman)*

Christmas Party

The Ipswich Harriers Supporters Association has arranged a Christmas Get-together in the Northgate Bar after training on Tuesday, December 19.

Training sessions will finish early and all athletes, coaches and helpers are welcome to come along.

Colleen, Gill and Jane will be grateful for any donations of food and drink for this event.

Harriers Under-20s Clinch Third Spot in National Junior Athletic League

In a blustery wind and dodging the heavy showers, Ipswich Harriers Under-20 Men and Women successfully completed their season in the National Junior Athletic League at Cambridge on Sunday August 13.

The host club of Team Cambridge, fielding athletes from a group of four clubs in Cambridgeshire, won the meeting and headed the Thames Division

after the four fixtures. They go forward to contest the promotion match, hoping for a place in the Southern Premier Division. They were pushed all the way by a very strong Basildon team. Ipswich Harriers finished in third place ahead of Bedford, London Heathside, Colchester and Tendring, St Albans and Watford.

The Ipswich men competed excellently on the day, filling all events other than the very technical High Hurdles and Pole Vault. Good points were scored by a posse of Under-17 year old men. They were headed by Joe Bloomfield who took 2nd place in the Shot, 3rd in the Discus and 4th in a very strong Hammer contest. In each event, Bloomfield was throwing heavier implements than would be normal for his age group. Nathan Hanley, Long Jumped to 3rd place was 4th in the High Jump and 5th in the 'A' string Javelin. Latif Bolukbasi took 5th place in the 'B' string Javelin and was 2nd in the 'B' string High Jump. On the track Daniel Traynor took 4th place in the 'A' 100 metres whilst Will Goldsmith was 4th in the 'B' race and 5th in the 'A' 200 metres. Joining the older age group for experience saw Sam Clarke and Jarred Holmes running 100m and Long Jumping as non-scorers. Holmes completed his day by joining the older guys to make up the 4x400m relay. Brothers Daniel and Elliot Palmer with Andrew and Chris Rooke covered the middle distance events including 800m, 1,500m, 3,000m and 2,000m Steeplechase. All scored well but Andrew Rooke's 3rd place in the 'A' 3,000m and Chris Rooke's 2nd place in the 'B' 3,000m and 3rd in the 'A' 2,000m steeplechase were exceptional. The success of these Under-17s gives an air of expectation of good things to come for Harriers in this League.

Under-20 men Graham and Chris Pattle, Tom Tica, Jamie Dines and Phil Brown covered several events each. Chris Pattle was placed 2nd in the 'A' 400m hurdles and Phil Brown 2nd in the 'B' Long Jump whilst Graham Pattle took 3rd place in the 'B' 200m, Jamie Dines 3rd in the 'B' 2000m Steeplechase and Tom Tica 3rd in the 'B' 400m.

In the Women's section the loss of Katie Sealy to the South of England Combined Events Championship, and others on holiday or injured, meant competition was always going to be a struggle. Nevertheless, Ipswich Harriers' Junior Women are noted for their determination. First places went to Nicole Sadler in the 100m and 200m 'A' races, Hayley Todd in the 'A' 400m hurdles and 'B' High Jump, Kerry Dixon in the 'B' 400 hurdles and Kerry Fuller in the 'B' 100m Hurdles. Todd also finished in 2nd place in the 'A' 100m hurdles and 'A' Triple Jump and in 3rd place in the 'B' Hammer. Dixon was 2nd in the 'B' 200m and 3rd in the 'A' High Jump and in the 'B' Javelin. Fuller was placed 2nd in the 'A' Discus and 'A' Shot and 4th in the 'A' Hammer. Completing the Women's team were Under-17s, Alice Simpson, who took 2nd place in the 'A' 800 metres and 3rd in the 'B' Triple Jump and 'B' Discus, and Amanda Woby, finishing in 2nd place in the 'B' 100m, 3rd in the 'A' Javelin and 4th in the 'B' Shot.

The day was completed with the announcement that female Athlete of the Match was awarded to Nicole Sadler for her Grade 2 time of 25.1 seconds while winning the 200 metres.

Mike Oakley



Ipswich Harriers T-shirts Order Form

Available in three different styles

Light blue T-shirt with "Ipswich Harriers" printed on the back in dark blue £10

| Size | 11-12 | XS (34/35) | S (36/38) | M (38/40) | L (40/42) | XL (42/44) | XXL (44/46) | XXXL (46/48) | XXXXL (48/50) |
|-------------------|-------|---------------|--------------|--------------|--------------|---------------|----------------|-----------------|------------------|
| Quantity required | | | | | | | | | |

Dark blue T-shirt with "Ipswich Harriers" printed on the back in light blue £10

| Size | 11-12 | XS (34/35) | S (36/38) | M (38/40) | L (40/42) | XL (42/44) | XXL (44/46) | XXXL (46/48) | XXXXL (48/50) |
|-------------------|-------|---------------|--------------|--------------|--------------|---------------|----------------|-----------------|------------------|
| Quantity required | | | | | | | | | |

Long Sleeve T-shirt, light blue body, dark blue sleeves, "Ipswich Harriers" printed down the sleeve £11

| Size | | | S (36) | M (36/38) | L (42) | XL (44/46) | | | |
|-------------------|--|--|-----------|--------------|-----------|---------------|--|--|--|
| Quantity required | | | | | | | | | |

Please hand in this order form to Colleen, Gill or Jane together with cash or a cheque payable to Ipswich Harriers Supporters Association

The Financial Situation at Ipswich Harriers

I would like to take this opportunity to describe what our athletes receive in return for their subscriptions. In doing so I hope I can clarify why I believe that athletics is a very inexpensive sport in which to partake, when compared with other popular participation sports.

The annual subscription for Juniors this year is £110, which equates to £2.20 per week (assuming 50 weeks training per year). The subscription entitles the athlete to two training sessions, each of two hours, the equivalent of 55p / hour, using high quality facilities and under the guidance of qualified coaches. In addition, transport to away matches, during the track and field season, is provided free of charge.

Our income has to cover the cost of hiring the track for training and competition (last year £9,384), transport to matches (last year £9,339), purchase of equipment, insurance, clubhouse maintenance, ground rent & rates and administration. All coaches, officials, committee members and officers of the club give their time entirely free of charge.

For the second consecutive year, our year end accounts show a significant deficit, which in turn reduces the small amount of reserves that the club holds. In order to ensure that Ipswich Harriers is able to continue to provide the best coaching skills, facilities, equipment and transport for our athletes, it is important that membership subscriptions are set at a realistic level.

Obviously, it would be wonderful to receive sponsorship from local individuals or businesses; we were extremely fortunate to receive sponsorship from Wilkinsons for £2,000 per annum for 4 years. This kind of support enables us to pay for coach education, equipment and bringing top coaches into the club to share their expertise with both our athletes and coaching team.

If you have any ideas for sponsorship or have any other queries please contact me either on 01473 461760 or e-mail jdt@indagronomy.co.uk or speak to me at the Club House on Tuesday evenings.

*Yours in sport,
Sue Tunaley (Treasurer)*

Buy a Harrier a T-shirt for Christmas!

Name

Scrapbook

Grassroots, Evening Star, Monday, October 9, 2006

Suffolk Sports Awards 2006

Record year after brave fight to beat major injuries

Ellie Sprake

Sport Athlete

Club Ipswich Harriers

ELLIE has been a member of Ipswich Harriers since she was 11 and is a middle-distance athlete who competes over the 1000m and on the track.

Ellie's career was brought to an abrupt halt early in 2005 when she suffered a shin splint injury making the majority of that season and not knowing if it would ruin her athletic ambitions.

During the period out, Ellie remained optimistic and maintained her physical strength through swimming and other leisure sports, was able to slowly return to fitness.

Since her return, Ellie has won the Cavell event of the UK Cross Challenge, the Suffolk Schools Series A and B Cross Country Championships, the Suffolk AA Under 17 Cross Country Championships, Ipswich fourth in the South of England Championships, second in the Inter-Country Championships, third in the National Cross Country Championships and second in the English Schools Championships.

As a result of these achievements, Ellie was selected to represent England Schools at the World Schools Country Championships in Italy where she was the first English cross-country runner.

Ellie has also set two personal bests, as well as championship and county records in the past year.



Impressive record led to new challenges

Steve Benson

Sport Athlete and cross-country

Club Ipswich Harriers

STEVE has enjoyed a great deal of success in the time as a level four UK Athletics coach.

Five of his athletes have represented Great Britain under 20 in the past five consecutive European Cross Country Championships, with three of them making it to the World Cross Country Championships.

Since his return, Steve has won four major national events such as the endurance running by UK Athletics.

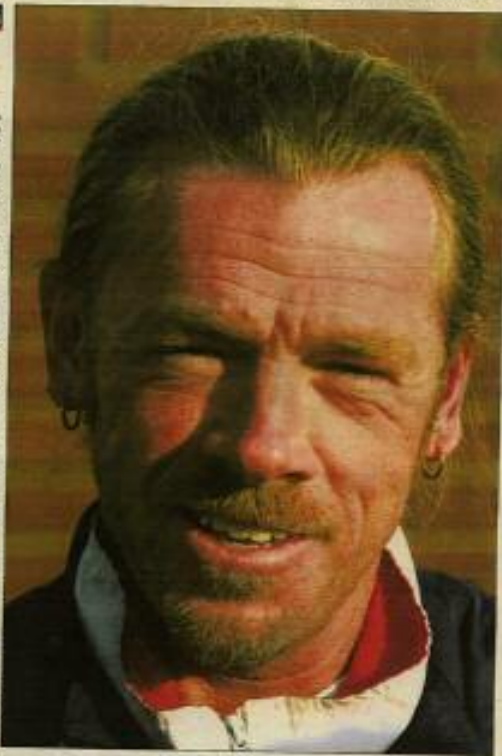
This year, he has also been responsible for the GB junior Under 20 team's success at their event in Portugal and is also Suffolk Schools AA team manager.

His knowledge of the sport was also recognised by Sky Sports, who asked him to give input to their commentary at the Inter-county in Nottingham.

In addition to his club coaching, Steve also provides coaching to schools.

Gail Sprake, mother of one of Steve's athletes, said: "Steve has done and nurtured his group."

"There is a noticeable feeling of family and team spirit, he emphasises the need for good relationships and knows each and every member of his group as an individual."



GrassRoots, Monday, October 23, 2006

SUFFOLK
SPORTS AWARDS



IPSWICH TOWN COACH OF THE YEAR AWARD: Above, Steve Benson (athletics) receives the winner's trophy from Ipswich Town chairman David Sheepshanks.

GRASSROOTS YOUNG SPORTS PERSONALITY OF THE YEAR AWARD:

The runners up were cross country runner Ellie

Sprake, top right,

Saturday Morning Training

Since the departure of Coach Eddie Williams to warmer shores, attendance at Saturday Morning Training has been in decline. A few committed Athletes regularly turn up, namely, Nigel Hayman, Paul Wilcox and me (Dan Scurrrell). Unfortunately, the club is no longer in the financial position to hire the track on a Saturday morning, so it is left to us to pay for the privilege. I believe it is only £1.50 for a Junior and £1.85 for a Senior. If you are serious about your athletics, are competent and of a good standard, why not come and join us? At this time of the year we normally go through a full set of drills and hurdle drills, usually followed by a Speed or Endurance set. However, if you don't want to do our sets or have already been set something else by your Coach we will be only too happy to give you a few pointers. The timing of these sessions is very casual and they run from approximately 10:30 to 12:15hrs.

If you are interested and want to take the opportunity to get some help and guidance from some of the Senior Athletes, please let me know. Please come and talk to me first before turning up on a Saturday, I am always at the track on Tuesdays and Thursdays. If not I can always be contacted via email at dscurrell@yahoo.co.uk Between the three of us that normally turn up on a Saturday, we have over 50 years experience training and competing. I would urge you to take this opportunity to aid your development.

*See you on the track,
Dan*

Track & Field Officials

2006 has been another very busy year for the club's Track & Field officials and has meant us stretching our resources to the limit in covering all of our meetings during this season. Not only did we host eight meetings, but also our promotion in both the men's and women's divisions of the Southern League, meant we had to travel further afield. However, thanks to the continued support of the many graded officials and helpers who gave their time, we made sure things ran as smoothly as possible. As in the past, our teams of officials worked well together with good team spirit and good humour.

We would particularly like to thank those parents who provided additional help at very short notice. If any of you are interested in becoming qualified officials, we will be very pleased to talk to you. Please speak to Tony Fuller at the club or any Committee member.

Congratulations to this year's newly qualified Field Officials, Elizabeth and Becky Welbourn and John Tunaley

Tony Fuller

Harriers Men Do It Again

After a slow start in their first match of the season in Division 2 of the Southern Men's League, Ipswich Harriers Men's team started to gain momentum. The second match saw the return of multi-eventer Jason McDade, which worked as a catalyst to improve the performance of the whole team. Notable PBs on the day included Brian Clark's creditable first attempt at the pole vault which saw him sail over 2.20m, Alistair Leighton-Scott's sprint double of 11.3s and 23.0s in the 100m and 200m respectively and Tom Love's impressive step-down to the 400m where he won in 51.0s, destroying the field by nearly one second. These, and other fine performances, saw Ipswich finish a close second to Chelmsford AC.

The season's third match saw a trip to sunny Bromley. There were fine performances in the 400m hurdles from Dan Scurrrell who broke through the 60 second barrier for the first time in a time of 59.9s, ably supported by Aza Row with a new PB of 66.1s. Despite the very hot weather, team captain Neil Gillingham and high jumper David Mills volunteered to fill in for injured athletes in the 5000m and 3000m steeplechase respectively, picking up valuable points that helped Ipswich achieve a hard-earned second place to Hastings AC.

The next match was at Bracknell, which saw Ipswich secure their first win of the season in a closely fought contest. A double victory in the Javelin saw Nigel Bevan throw 56.01m and Jason McDade achieve a season's best of 45.90m. There was a welcome return to form in the 200m from Neil Gillingham with a second place time of 23.8s and a welcome return to the team from Trevor Joseph who heroically replaced an injured athlete in the 110m hurdles and cleared them all in one piece in a debut time of 21.8s! A

clean sweep in the middle distance events was achieved by a Michael Fuller and Kelvin Hardy. Ben Higgins enjoyed an emphatic 400m victory in a time of 50.5s. A successful day ended with Michael Fuller celebrating his 21st birthday by enjoying a dip in the water jump, courtesy of his teammates!

Back home in Ipswich, the fifth match brought a fine victory to the home team. Jamie Dines and Aza Row had an intriguing battle in the 3000m steeplechase to win both A and B strings in under 11 minutes. James Calvert enjoyed a season's best performance in the 5000m, recording 16m 00.5s for a well-earned second place. A fine win by Malcolm Fenton in the Hammer Throw saw him achieve 52.12m. Michael Fuller had a successful day achieving two PBs: 12.53m in the triple jump and 1.75m in the high jump.

The last match of the season was at Harrow; Ipswich needed to secure second place to be sure of promotion to Division One. An eventful day saw Dan Scurrrell finish the match with two PBs, a grazed leg and a black eye! His first PB (and the black eye) was achieved whilst winning the pole vault with 2.60m. This was swiftly followed by a PB in the 400m hurdles in 59.7s. Dan later turned his attentions to the sprint hurdles, but with them being immediately after the 400m sprint where Dan achieved second place, an accident was bound to happen and Dan fell at the first hurdle but bravely got up and finished the race. Michael Fuller and Neil Gillingham both leapt to PBs in the long jump and triple jump with 6.12m and 11.25m respectively. New recruit Chris Rooke made an impressive debut over the 3000m steeplechase securing valuable points for the team. After a hard-fought day, Ipswich secured second place behind the League Champions, Channel Islands AC.

The ever-present Chris and Graham Pattle provided many valuable points for the team throughout the season and are vital members of the 4×100m relay team. Other regular members of the Southern Men's team include Daniel and Elliott Palmer who cover the middle distance events.

Looking forward to next season in Division One, Ipswich Harriers will be back amongst the best teams in the South of England and relish the challenge that this will provide, both for the team and the individual athlete.