



In this monthly column, I will endeavour to share my experiences of life in the Harriers during the last 43 years, with topics such as timekeeping, how and where we used to train and compete, famous athletes who have been members of the club, etc.

I have been a qualified timekeeper since 1973. One of the questions timekeepers are often asked is why, when two athletes are given the same time, are they not given equal positions in a race?

Although our watches record in hundredths of seconds, timekeeping practice demands that we return times in tenths. So, if two runners are both given times of 11.9 seconds for 100 metres, it may well be that our watches show 11.81 seconds for the first and 11.89 seconds for the second. As times are rounded up to the next tenth, they are both given 11.9 seconds, although there is obviously a gap between them.

It is only on major tracks with fully electronic timekeeping facilities that times are returned in hundredths.

*Ron Jones*

## Chairman's Report

It seems ages away but I want every single reader, young and old, to put one date in their diary, right now, and that is **5<sup>th</sup> May** when we play host, at Northgate, to the opening match of the season in Division 1 of the Southern Men's League. Our brave men fought hard to win promotion to Div 1 last year and I want the whole club to help keep them there by cheering them on on 5<sup>th</sup> May.

Some of the best male runners in the country will be running for the likes of the Windsor, Slough and Eton club along

with Channel Islands, Brighton, Norwich and Nene Valley but I want them to feel intimidated down to the bottom of their spikes by the rip roaring, enthusiastic crowd supporting Ipswich.



The one thing that has saddened me the most is the way that well intended child protection considerations have increasingly stifled initiative in our sport. I became disillusioned, as the serving Child Protection Officer, some three or four seasons ago when it was first suggested that coaches at the club wanted to video young athletes to be able to point out problems with their style or technique. However, the committee at that time, of which I was a member, felt unable to sanction this because of concerns about contravening Child Protection legislation. However, in the intervening years a little clarity has come into the subject and as Chairman I am determined to give our coaches every assistance in helping our young athletes reach their potential and I am as convinced now as I was then that the use of the video, carefully supervised, is fundamental to this.

If you, as the parent or guardian of an athlete, object to them being video'd for training purposes then please come to see me at the Club house on Tuesday evenings. I hope you will find me extremely sympathetic to real child protection issues.



Another area I am investigating at the moment is bringing physiotherapy and massage closer and more accessible to the athletes of the Club. This, also, is an area of concern re child protection but I am sure if properly organised and closely scrutinised then we can prevent many of the injuries that cause so many young athletes to be forced out of the sport prematurely. Physiotherapy and massage don't come cheap but nothing in athletics does any more. I will keep you informed.

## Parents & Carers please note!

We have noticed recently that many of the younger athletes have been dropped off at the Sports Centre without their parents or carers checking to confirm whether the training sessions are indeed taking place that evening.

Particularly, during the winter months, the track can be very dangerous with ice forming on the track even when the air temperature seems too high for this to happen. Very occasionally, the group coach may be unable to attend at the last moment due to illness, problems with transport, etc, and their session might not be able to take place.

If you are the parent or carer of a young athlete, please check when you arrive before leaving your child at the track.

Thank you for your cooperation.

*Tony Taylor & Ricky Hanley,  
Coaching Secretaries.*



Although this is only the second edition of the Harrier Newsletter. I am beginning to feel uneasy that most of the articles are scripted by adults, aiming over the heads of our youngest athletes and appealing direct to their parents. Do you want, should we have, a junior section, articles by younger athletes? Give it some thought and let us know.

*Thanks,  
John Tunaley - Chairman*

## Coaching Secretaries' Report

Firstly, may we say how pleased we are at present with the communication and activity of the current committee? If we are going to move forward as a club and

draw nearer to the 'Model' clubs in the town, this type of input and activity is essential. There is a bit of a buzz about the club at present!

Dan Scurrall has presented us with an 'Ideal Coaching Structure' for the club. Again, we are very pleased with Dan's input and although it will take some time to restructure, we do feel that 'Dan's Plan' is achievable long term. Of course, we are very conscious of keeping our existing coaches happy and committed and hopefully every coach will have and want some input regarding the future.

Tony Taylor, Jackie Cattermole and Lucy Taylor are attending the Spar Sprints Hurdles courses in Chelmsford along with two athletes. Wendy Sealy has been travelling to Birmingham every Sunday on a high jump course and will complete her Level 2 very soon. We also have a very good Pole Vault coach willing to take a few sessions in the spring.

Ipswich Harriers are probably in a better position than ever to help take an athlete with real potential all the way to the top. We now have direct links with UKA Performance Coaches Mike MacFarlane (sprints & 400m), John Herberl (Long & Triple), Lloyd Cowan (Hurdles), and Jo Jennings (High Jump) and of course our very own National Event coaches Malcolm Fenton and Steve Benson. If a young Bev Kinch or Laura Seston came to us now they would no longer have to leave the club to find a higher level of coaching. We now have a pathway in place for most events that is already working in some cases. All we need to do now is to find and attract the talent in Ipswich and the surrounding areas.

*Yours in Sport,  
Ricky and Tony.*

## **My Winter Training So Far... (October to December)**

Last winter was my first winter with the 400m group training alongside the senior men. Although I completed every training session the only track event in which I improved was the 100m, even though my main event was the 400m.

Lee (Bowker) insisted that it was more a mental problem than a physical problem and I was in shape to break my PB. After thoroughly analysing my season, I

decided that one of the reasons I didn't improve was due to many cross-countries over the winter which had caused me to lose the speed in my legs.

Therefore I am deciding to restructure this winter with two different phases the first being an endurance phase where I do as much distance as possible and the second being the sprint phases where I rapidly cut down the miles and focus on speed and strength work. If everything works out the first phase should give me the stamina to train hard in the second phase where I will condition my body for competition.

To be honest, so far winter training hasn't gone quite to plan, I've been competing in the Suffolk Winter League where in the first two cross countries I have dipped under 40 minutes and famously beat Neil Gillingham in a thrilling battle at Bungay. However, when on the track, training hasn't been going quite to plan, I've missed a few sessions (for reasons out of my control) and I just feel I'm lacking in sprint endurance. Training hit rock bottom during a 150 session where I was way off the pace set by an in-form Graham Pattle which led to repeating mocking by Dan Scurrall and even resulted in him putting me in his phone under the name "loser". However, I bounced back the following week with a gutsy performance in another 150 session to show that I had bouncebackability. I suppose you could compare me to a young Roger Federer, all the talent in the world just needed to get his head in the right place.

If you would like a more in depth review of my winter please feel free to come up and talk to me during training on a Tuesday or Thursday.

*Chris Pattle*

## **Ipswich Harriers Supporters**

At our first committee meeting since the AGM we welcomed our new members, Michelle Palmer and Wendy Sealy.

The 2006 Presentation Disco was a big success with lots of athletes and their families attending. From ticket sales and the raffle, we raised £416. Thanks to everyone who donated prizes for the raffle.

On 19<sup>th</sup> December we organised a

Christmas get together for athletes and coaches. In spite of the very cold weather, there was a good turnout and we would like to extend a big thank you to everyone that donated food and drink for the occasion.

The Supporters are maintaining the club notice board in the Sports Centre so do go and have a look at it. If you have any photos or cuttings we could display we would be grateful.

## **From the Treasurer**

### **Criminal Records Bureau Checks**

All coaches are required, by UK Athletics, to undergo a Criminal Records Bureau (CRB) check in order to be able to coach young athletes in the UK. The Committee at Ipswich Harriers took the decision to extend this to other adults involved with the Club, eg: Team Managers, to ensure that we have done everything possible to safeguard athletes whilst they in our care.

To comply with the requirements of UK Athletics, each local club must nominate one person to act as a verifier for individual CRB applications; I undertake this role for Ipswich Harriers. Application forms are brought to me to complete the back page with details taken from individuals' documentation, eg: passport, driving licence, birth certificate. The forms are posted back to UKA for counter signature and then forwarded to the CRB office in Liverpool. Both UKA and the individual involved receive a copy of the CRB declaration.

Can I take this opportunity to remind any coaches or others who have not yet completed a CRB check to do so ASAP? Information sheets with telephone numbers and full instructions are available in the Club House. Once CRB declarations are received, a photocopy should be given to me for safekeeping.

### **Standing Order/Direct Debit**

Just a note to inform you that I will be looking into the possibility of members paying their subscriptions by either standing order or direct debit, possibly on a quarterly basis. I will keep you updated.

*Yours in sport,  
Sue Tunaley*

## Provisional Fixture List for 2007

Date	Event	Venue
28 April	Southern Women	
29 April	EYAL	
29 April	NJL	Bedford?
5 May	Southern Men	Ipswich
13 May	County Champs	
19 May	Southern Women	
19 May	Southern Men	Woodford
26 May	SEAA u15/u17 Champs	
27 May	NJL	Basildon
27 May	SEAA u15/u17 Champs	
2 June	Southern Women	

Date	Event	Venue
2 June	Southern Men	Battersea Pk
16 June	SEAA Senior/U20 Champs	
17 June	EYAL	
17 June	SEAA Senior/U20 Champs	
23 June	Southern Men	Woking
23 June	UK u20/u23 Champs	
24 June	UK u20/u23 Champs	
1 July	EYAL	
1 July	NJL	Havering
7 July	Southern Women	
13 July	English Schools	Birmingham

Date	Event	Venue
14 July	Southern Men	West London
14 July	English Schools	Birmingham
15 July	EYAL	Ipswich
28 July	Southern Women	
29 July	NJL	Colchester?
4 August	Southern Men	Newham
5 August	EYAL	
11 August	UK u17/u15 Champs	
12 August	UK u17/u15 Champs	
1 Sept	Southern Women	
8 Sept	Southern Women	
9 Sept	EYAL	

# Scrapbook

## Impressive final-day display ensures Harriers promotion

### Ipswich gather pace in season

AFTER a slow start in their first match of the season in Division Two of the Southern Men's League, Ipswich Harriers Men's team started to gain momentum and eventually won promotion for the second season running.



Evening Star, Saturday, October 7, 2006

**SUCCESS:** Ipswich Harriers have had another great season

## Round 3 of the Winter League

Yet again a fine morning! Since when has unbroken sunshine and pleasant weather constituted a cross country? Not that I, or the rest of the team, are complaining as we continue to rack out fine performances.

Dan Borrett and Jamie Dines, performed well to finish 12<sup>th</sup> and 13<sup>th</sup> respectively.

Just outside the top 20s were Fuller 21<sup>st</sup> and me 24<sup>th</sup> (Tom



Tom & Josh sprint to the finish



Love). Michael struggling to fight off illness, while I, myself had to run with a sore and bleeding foot. Not to worry though, as a heavy course of antibiotics and stubbornness look to have cleared up the problem ready for Haughley Park (brownie points from Colleen for that!) Well done to

keeps us at the top of the league, and on course for the national final for the second year running.

The juniors had another fantastically successful round and the boys especially, dominated the race with a top two finish for John Bird and Elliott Palmer. Both training very well and a special shout out to John, who recently finish 2<sup>nd</sup> in the UK X-Country Challenge race in Liverpool. The Harriers, in fact, made up 6 of the top 10 finishers with Tim Byford, Matt Jacobs, Daniel Kett and Robert Blagg. Not far behind in 11<sup>th</sup> place was Ross Fawcett. Well done to all juniors who took part, keep up the good training and racing.

First things first - The senior race: Performance of the day had to go to Chris Rooke for a well deserved 3<sup>rd</sup> place overall, and a well earned victory over his winter league rival Luke Allen, who he beat into 4<sup>th</sup> place to take the under 20 men's victory. Glynn Thomas, who is just beginning to start his 2007 London Marathon preparations, finished sixth and the other two high placed Harriers,

Simon Gardiner, who is continue to run well this season and finished 28<sup>th</sup>.

A warm welcome also goes to our newest senior member Josh Entwistle – who isn't yet officially an Ipswich Harrier – but who ran a sturdy race, just pipped out on a sprint finish by me, to finish 25<sup>th</sup>.

With the seniors top of the league and the junior boys top with the girls a very close second, we are within a good chance of pulling off one of the Harriers' most successful x-country years (in recent history). Bring on Haughley Park, and I hope to see all of you there too.

*Tom Love*

Yet again, the men win the 3<sup>rd</sup> round of the winter league, with the women finishing a respectable 6<sup>th</sup>, which still



The early stages of the Junior Race



Hannah Arbon was the first of the Harriers' Women to finish