

## In Sickness and in Health

Sustaining high performance in athletics has much to do with avoiding injury and, when injured, making as quick and complete a recovery as possible. In a move that will hopefully bring the club closer to the disciplines of physiotherapy and sports massage, I have invited Chris Spurling and Sarah Kershaw to speak to us on Tuesday 20<sup>th</sup> February (under 15 athletes) and Tuesday 27<sup>th</sup> February (15+ athletes). The venue is far from ideal and the time limited but the only room I could hire at Northgate Sports Centre was the bar between 6pm & 7pm but Chris, a former Harriers and now fully qualified physio and Sarah are keen to help us so let's give it a go.

Our long serving member Louise Rickard who knows just a bit(!) about sustaining high performance at international level has suggested we explore the fast developing world of sports psychology and has put us on the trail of experts in this field and we are exploring the possibilities. More on that in another issue.

### **We have just heard that at last our beloved club has achieved CLUBMARK STATUS.**

This was very important to the long term future of the club and it has taken a lot of work by many people to get us to this position. However, I must single out Ricky Hanley and Tony Taylor who have done the lion's share and who showed great determination and resilience to see the project through when many of us around them had wearied of the task. I thank them for the enormous amount of their time that they have put in.

### **Fundraising**

We also welcome the enthusiasm of coach Jacky Cattermole who is planning an exciting series of fundraising events in the coming months including a fashion show, quizzes and a come and try day.

Jacky kicks off her ambitious programme with a Jumble Sale at Tattingstone on 17<sup>th</sup> March. This will only be a money spinner if we provide the jumble for her. Could all parents dig out their unwanted, but good condition, clothing and *bric a brac* and bring it to the Clubhouse on training evenings over the coming month.

### **Volunteers Needed**

Jacky's plans for the future need volunteers and I look to the parents of club members to become more involved. We are going to need a lot of volunteers for various duties for our home fixtures for the coming season. We have home fixtures at Northgate on:

- Southern Women's League 28<sup>th</sup> April
- Southern Men's League 5<sup>th</sup> May
- East Anglian League 6<sup>th</sup> May
- Southern Women's League 2<sup>nd</sup> June
- Eastern Young Athletes League 15<sup>th</sup> July
- East Anglian League 22<sup>nd</sup> July

If you would like to support the club and your children by giving a few hours of your time then please ring me on 07768 940120 or speak to your child's coach or a committee member in the clubhouse over the coming weeks.

*Thank you,  
John Tunaley*

## Be Warned!

It is important that all Members of Ipswich Harriers pay their membership fees when due.

If this is not done then their membership will be taken as lapsed, their Coach will be informed and they will not be able to train.

Athletes will be informed of their lapsing and should they wish to rejoin they will be placed on the waiting list until a vacancy occurs.

Athletes using the track and other

facilities on our training nights are not insured if they are not paid up members. Should an accident or incident occur involving non paid up Members the consequences to the Harriers could be serious.

We do not wish to lose our athletes so please "pay up" when due.

Thank you.

## Who does what at Harriers?

Ever wondered how Ipswich Harriers operates or wanted to find out something about the club but didn't know who to ask? We hope that the following notes will help you discover who does what and give a point of contact for enquiries.

### **Club management**

Ipswich Harriers is managed by a Committee that is elected at the Annual General Meeting of the club in October. The Committee meets at least 8 times a year and is presently composed of the following individuals:

Iris Leigh	- President
John Tunaley	- Chairman
Andy Johnson	- General Secretary
Sue Tunaley	- Treasurer
Julie Walker	Membership Secretary
Margaret Leek	- Minute Secretary
Tony Cheatham	- Track Secretary
Tony Fuller	- Officials Secretary
Ricky Hanley & Tony Taylor	- Joint Coaching Secretaries

Craig Bloomfield  
Robert Bridgeman  
Neil Gillingham  
Daniel Scurrall

The Committee also has the power to co-opt Individual members who the Committee feels will be able to contribute toward the management or operation of the club.

If you have any concerns about the way the club is managed or operates, or have any ideas that may help to promote or

develop the club, please visit the Clubhouse on a Tuesday or Thursday evening and ask to speak to a member of the Committee, or the Ipswich Harriers Supporters Association who will be pleased to discuss them with you. If you prefer, you can write to the General Secretary at:

Ipswich Harriers  
1 Heathfield Mews  
Martlesham Heath  
Ipswich  
IP5 3UF

harriersecretary@btinternet.com

### **Parents and guardians**

Instead of dropping your charges and leaving, and even if you have no particular reason to visit the Clubhouse, why not come along one evening anyway. You will always receive a warm welcome from the volunteers who help run the club and, who knows, you may have a skill we can make use of for the benefit of the athletes or the club!

### **Poor weather training**

A note about training in poor weather conditions was included in the previous edition of *The Harrier*, but in view of the recent adverse weather, it is worth repeating again.

Ipswich Harriers is always mindful of a duty of care, particularly with regard to issues of Health and Safety. There may be occasions when it is not safe or practical to hold training sessions. It is also possible that training may occasionally end early because of weather conditions. The decision will be made by Northgate Sports Centre or the Harriers Chairman or Coaching Secretaries. Coaches will always try to care for their athletes until they are collected. If they do not have a telephone to contact parents or guardians to arrange an early collection, athletes should ask their coach, and every effort will be made to accommodate their request.

It is not practical for the Club or Sports Centre to telephone athletes in the event of a cancelled

training session. If you have any doubts about training taking place you should check at the Clubhouse or telephone Northgate Sports Centre at 01473 433611.

### **What next?**

This is the first of occasional notes to explain how the club is managed and operates. Future articles will include pen pictures (and maybe photographs) of the committee and coaches, describe how the membership system works, the role of the Ipswich Harriers Supporters Association and what we believe athletes and other members get from and can give to the club.

Any questions or observations can be sent to the postal or email addresses above.

*Andy Johnson - Gen. Sec.*

## **SEAA Indoor Champs**

Becky Welbourn had a busy day on the 21st January competing at the SEAA indoor championships at the new Lea Valley Indoor Athletics Centre. She took part in the junior women's 400m and after successfully winning her heat in 60.55s and finishing second in her semi in 60.07s qualified for the final. In the final a storming finish secured Becky the silver medal in a time of 59.27s! Other athletes to take part on these championships included Katy Sealy finishing 5th in the under 17 women's high jump with 1.55m, Kerry Dixon finishing 6th in the junior women's high jump with 1.55m on the Saturday and Neil Gillingham finishing 4th in his heat of the senior men's 400m in a time of 56.67s on the Sunday.

*Neil Gillingham*



*Becky gets her medal at the SEAA Indoor Champs*



When I joined the Harriers in 1964, we used to train on the Ipswich Town practice pitch in Portman Road and we had a club hut in one corner of the pitch. When the former Eastern Electricity wanted to build their new headquarters on the site, we had to move across the road to the Alderman Road recreation ground, and we moved the hut as well. It had changing and shower facilities and toilets. One of the first uses the hut had to be put to was to entertain athletes from Waltrop, in the former West Germany. As the hut was quite small, a large curtain was draped across the centre of the building and the males changed on one side and the females on the other.

We could only train on the recreation ground, which was no more than a field, in daylight as there were no floodlights. On Sunday mornings in the 1970s, Malcolm Fenton could be seen hurling his hammer across the field much to the dismay of people taking their dogs for a walk. Needless to say, he was careful to avoid them. The field regularly got flooded and we just had a line of approximately 400 metres painted on the grass to use as a track.

We also trained at Copleston High School: in the hall in winter and outdoors in the summer. The indoor sessions invariably finished with novelty relays, with everyone joining in. We had no track so our home meetings were held on the cinder tracks at HMS Ganges, Bury St Edmunds & Colchester, and the grass tracks at Chantry High School and Sidegate Lane Junior School. The first we saw of artificial surfaces was when a run-up was built at Copleston for Charlie Clover to throw his javelin. It had a drop at one end followed by a sand-pit! More about Malcolm & Charlie in a future newsletter.

## **Congratulations...**

...to Katy Sealy on her selection for the regional combined events squad on 10/11th March.

## Fixture List

Date	Event	Venue
28 April	S Women	Ipswich
29 April	EYAL	St Albans
29 April	NJL	Bedford
5 May	S Men	Ipswich
6 May	East Anglian	Ipswich
13 May	County Champs	
19 May	S Women	Watford
19 May	S Men	Woodford
26 May	SEAA u15/u17 Champs	
27 May	NJL	Basildon
27 May	SEAA u15/u17 Champs	
2 June	S Women	Ipswich
2 June	S Men	Battersea Pk
16 June	SEAA Senior/U20 Champs	
17 June	EYAL	Southend
17 June	SEAA Senior/U20 Champs	
23 June	S Men	Woking
23 June	UK u20/u23 Champs	
24 June	East Anglian	
24 June	UK u20/u23 Champs	
1 July	EYAL	Sandy
1 July	NJL	Havering
7 July	S Women	Horspath (Oxford)
13 July	English Schools	Birmingham
14 July	S Men	West London
14 July	English Schools	Birmingham
15 July	EYAL	Ipswich
22 July	East Anglian	Ipswich
28 July	S Women	
29 July	NJL	Colchester
4 August	S Men	Newham
5 August	EYAL	Bury St Eds
11 August	UK u17/u15 Champs	
12 August	UK u17/u15 Champs	
19 August	East Anglian	
1 Sept	S Women	Bracknell
9 Sept	EYAL Finals	
16 Sept	East Anglian Finals	Bury St Eds

tenterhooks as I was just starting to put in a batch of good training, which I'm please to tell you I maintained up to the Christmas break - a week and bit off training, which I had deserved, not thoroughly deserved but nevertheless deserved.

Just before Christmas I competed in the third cross-country of the Suffolk Winter League at Woodbridge where I got a new PB of 36.26 - over a minute improvement from last year - but I did get beaten for the second time by my rival Hannah Arbon who is having some what of a renaissance year.

During the Christmas break I didn't completely stop training as I did go out for a couple of road runs just to make sure I didn't lose any fitness. Over Christmas I also received a book called "Slaying the Dragon" written by the second greatest sportsman of all time: Michael Johnson. The book, which is an autobiography/training advice, is only available in the USA and upon reading it, it renewed my motivation.

One of the first sessions of the New Year was the dreaded test (a 500m followed by a 300m) designed to see if any progress has been made. I always get a bit nervous before the test as it is a race and there are a lot of big egos on the start line. With the absence of Neil Gillingham due to his different training regime I was expected to finish in the top two and there was a lot of pressure being placed on me, especially by Neil and Dan Scurrell. In the 500m I ran a gutsy race to finish second just behind my brother running 72 seconds which was 3 seconds faster than when I ran it at the start of winter training. Then in the 300m I held off a late charge from Graham Pattle to win in 40 seconds. I was incredibly proud of the way I ran and handled the immense pressure and so was Dan. After the 300 I saw that glint in his eye which although he didn't say it out loud said, "Well done, I'm proud of you".

For the gruelling month that was January I continued to train well despite several track closures, began my sprint phase, and backed it up with another good test performance at the start of February. I feel that there isn't as much pressure on me this year and that I could be a little bit of a dark horse come the summer.

Once again, 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  
Jumble Sale  
at  
Tattingstone Village Hall  
on  
Saturday 17<sup>th</sup> March  
from 10am to 12 noon  
20p admission,  
Refreshments available.  
Please call 01473 328894  
if you have any jumble for  
this sale.**

## Suffolk Winter League Cross-Country

Ipswich Harriers Seniors finished off another superb season by clinching the SWL title for the second successive year at Nowton Park on 4<sup>th</sup> February.

Over the five match series, the Men's team proved too strong for the opposition and were ably supported by a spirited performance from the Women's team to take the overall team trophy. Of the five races, Ipswich Harriers won three. As well as the team results, some fine individual performances were recorded. Starting with the first race at Framlingham, our athletes showed the determination and team spirit that has been a major factor in our success.

To feature in the final results table, athletes must complete 4 of the 5 races. In the Women's event Becky Welbourn (F17) won her age group, Elizabeth Welbourn (F40) was 3<sup>rd</sup> and Hannah Arbon (F20) was equal 3<sup>rd</sup>. Alice Simpson recorded an impressive three 1<sup>st</sup> places but, due to an unfortunate injury at Woodbridge which meant that she was unable to finish the race, did not complete the required 4 races.

In the Men's event, Glynn Thomas (M40) won his age group. Our other veterans included David Sealy (M40), Tony Fuller (M50) and Kevin Palmer (M45) who valiantly completed his first cross-

## My Winter Training So Far...

After my last article, I left you on



country season as an Ipswich Harrier! We were very strong in the M17 age group with Ipswich Harriers filling six of the top 10 places. Top finishers in this age group were Chris Rooke and Tom Love who were second and third

respectively. In the M20 section, Michael Fuller was the only Harrier to complete four races and finished a creditable sixth. Whether appearing in the final tables or not, all of our runners did a fantastic job in securing the points that gave us the title.

The Juniors also had a brilliant season with excellent turnouts. The Boys' team won the league title (having won every race in the series) and the Girls were runners up. John Bird and Elliot Palmer each won every race in their respective age groups and fittingly crossed the finish line together in the last race of the season. Emma

Burroughs picked up her first win in the Girls race at Stowmarket on her way to overall 2<sup>nd</sup> place in the U15 age group. Final placings in each age group were:

- Girls U13 Emma Lodge 2<sup>nd</sup>;  
Lucy Barnes 5<sup>th</sup>.
- Girls U15 Emma Burroughs 2<sup>nd</sup>;  
Laura Revell 10<sup>th</sup>.
- Girls U17 Katy Sealy 2<sup>nd</sup>.
- Boys U13 Andrew Revell 3<sup>rd</sup>;  
George Witherley 6<sup>th</sup>;  
Tristan Finbow 7<sup>th</sup>.
- Boys U15 John Bird 1<sup>st</sup>;  
Andy Constable 3<sup>rd</sup>;  
Joe Rowntree 5<sup>th</sup>;  
Matthew Readett 8<sup>th</sup>.
- Boys U17 Elliot Palmer 1<sup>st</sup>;  
Tim Byford 2<sup>nd</sup>;  
Kenny Wright 3<sup>rd</sup>.

Every athlete who competed made a vital contribution to our successful campaign. Congratulations to all those who took part in this league – well done!

*Colleen & Tony Fuller*

