

What is Clubmark?

Ipswich Harriers now have Clubmark accreditation.

Fantastic, but what does it mean?

Clubmark was introduced in 2002 by Sport England to give parents and members of sports clubs the confidence that their club met the strict criteria to operate their sport in a safe and professional manner as set out by their governing body. In our case U K Athletics.

We had to meet very strict rules under the following headings:

- Duty of Care and Child Protection.
- Competition and Coaching program.
- Sports Equity and Ethics.
- Club Management.

It took almost two years to collect all the information required to receive our Clubmark accreditation as some of the above headings had 15 to 20 sections to be completed.

It is very important that the standards that we now have at the Club are maintained and that we continue to move forward in a positive manner.

We will have regular inspections and we do not want to lose our Clubmark status.

If anyone has any questions regarding Clubmark please see Tony Taylor or Ricky Hanley on a club night when we will be happy to give you more specific information.

Physio Feature

Shin Splints

The term 'shin splints' is often used to describe any persistent shin pain in athletes. However, there are various causes of shin pain which require precise diagnosis before effective treatment can commence.

Shin pain can generally be categorised into one of the following:

Compartment Syndrome – swelling and inflammation of the muscle



compartments of the lower leg.

Bone Stress – bone damage that ranges from bone strain to a stress fracture.

Compartment syndromes are the most common source of shin

pains, but stress fractures are not uncommon in young, high quality athletes.

Compartment Syndrome

Muscles are surrounded by tough, elasticated fascia to form separate compartments. There are 4 such muscle compartments in the lower leg, the most commonly affected being the 'deep posterior compartment' which sits just inside and behind the tibia. Pain in this region is usually experienced over the lower third of the lower leg.

Several theories exist as to the exact pathological processes involved, but the end result is that the muscles expand more than the fascia comfortably allows and therefore high pressures build up within the muscle compartment.

Compartment syndromes are often the result of faulty biomechanics (alignment of the leg) and changes in training programmes.

A biomechanical assessment is essential, and orthotics (insoles) or a change in footwear may be required. Deep massage therapy is highly effective when carried out by a qualified person. Tight muscles should be mobilised and stretched (particularly the long and short calf muscles) and weak muscles strengthened. Surgical options exist should these measures fail.

External compression such as a tight bandage may add pressure to the tight

compartment and increase symptoms, so should be avoided.

Bone Stress

The main symptom of a stress fracture is pain, ranging from pain after activity to pain that is chronic and unremitting, even at rest.

Stress fractures are usually the end-point in a sequence of overuse. The stresses imposed by training and competing exceed the ability of the bone to re-model and micro-fractures develop. Weak muscles may contribute to the problem, as they are unable to absorb shock and the stress passes to the bone.

X-rays may not show stress fractures for several days to weeks, therefore a bone scan is the most accurate investigation in the early stages. Alternatively, the vibration from a physiotherapist's ultrasound machine will identify most stress fractures.

Where a stress fracture is the diagnosis, rest is a significant part of the treatment. Where pain is present only after activity, the workload should be reduced by 25%. Where pain is present during training but does not affect performance, workload should be reduced by 50%, and where pain restricts activity, total rest and possible medical investigation should be sought. Swimming can be continued to maintain general fitness.

As pain settles, a graduated exercise programme can be initiated. It should be noted that fibular stress fractures take 4-6 weeks to heal fully, while tibial fractures take 8-10 weeks.

Again, biomechanical alignment should be addressed, and footwear changes made should if more shock absorbency is required. Weak muscles should be strengthened and tight muscles stretched and mobilised.

For more information about 'shin splints' or other injuries contact Chris Spurling at Olympus Physiotherapy: 01473 289668 www.olympusphysiotherapy.co.uk



The Harriers have always done well in the Eastern Young Athletes League, reaching the 'top six' final last season. However, the highlight of the club's involvement in the league came in 1992, when Ipswich not only won the Division One league title, but also captured the 'top six' trophy at Peterborough. A memorable double!

The host club put on an excellent meeting with the competing teams parading with their banners before the start. It was like a mini-English Schools!

Margaret Leek and Iris Leigh were the team's managers in those days and it was the year when Tony and Laura Seston and Jason McDade were beginning their successful athletics careers.

I was the club president that year and at our Christmas get-together, which was held in the Northgate gym, I presented every member of the team with a memento of the occasion. I still have mine hanging on the wall!

My own highlight in the EYAL came on April 21, 2002, when I had seven hurdlers competing in the opening meeting of the season at Northgate - and they all won! Bedford and Basildon were two of the visiting clubs, so it was not an easy competition. The successful seven were Candy Bell, Louise Morgan, Sarah Tippett, Kerry Fuller, Jo Harrall, Chesney Webb and Ramone Kersey, Sarah and Kerry are still competing for the Harriers.

Among the other hurdlers I have coached are Schools International Nicola Hall, and Claire Stuart, who won silver and bronze medals at successive English Schools finals.

Did you know that there have been two international meetings at Northgate? I will reveal more next month...

**Tuesday April 24th
at 7:00pm
Ipswich Harriers Clubmark
Presentation and Cross-
Country Awards Presentation
at Northgate Track**

Champions of Europe

Kelly Sotherton with Wendy Sealy and Lucy Taylor after receiving her Silver medal for the pentathlon



Jonny Palmer, Josh Entwistle, Katy Sealy, Katherine Bradshaw, Lucy Taylor, Tom Taylor and coaches Tony Taylor and Wendy Sealy accompanied a small party of Farlingaye High School pupils and their teacher Kate Alexander to the European Indoor Championships in Birmingham recently.

It was an incredible experience and one that will remain in the memory of all of us for a very long time.



Happy Harriers!

We had perfect seats to view all the events, the atmosphere was electric and the capacity crowd that included many supporters from all over Europe rose to the occasion to encourage all the athletes.

Many of the athletes competing were not just Europe's best but the World leaders in their events.

The women's high jump for instance featured the Worlds top six. Katy and Wendy Sealy were in their element.

The athletes that we were fortunate to meet were very friendly and a large number of very sought after autographs were collected. The ingenuity of some of our group in the collecting of these autographs must be commended. They got into, and were regularly removed, from "gold areas" reserved for the top coaches and officials.

A fabulous three days.

Tony Taylor.

Marathon Mania

Ipswich Harriers are proposing a fun marathon as part of this year's fund-raising programme. The fifty athletes who expressed an interest in taking part have all been supplied with a sponsor form for family & friends, etc.

The marathon will take place on Tuesday 1st May at Northgate track during normal training times.

So, sponsors, please be generous as the athletes who raise the largest amount of money will receive a substantial prize courtesy of Ipswich Harriers.

Jacky Cattermole

Chairman's Report

Celebration Evening

It took a lot of work, there were numerous setbacks, and it was a long while coming, but Ipswich Harries did gain Clubmark accreditation earlier this spring and we should be proud of that achievement.

Clubs that have achieved Clubmark have demonstrated a commitment to ensuring that they are child-friendly, safe and effective by compiling a folder of evidence to endorse this. Parents and guardians seeking an athletics club that operates with a child centred approach should look to find a club with this award.

Ipswich Harries are very proud to be the second athletics club in Suffolk to have achieved Clubmark and only one of seven in the whole of the Eastern Region.

The great and the good from England Athletics East, Suffolk Sport and Ipswich Borough Council will be coming to Northgate to present the award to us on Tuesday 24th April at approximately 7:00pm and it would be good to have a full club turnout for the evening. All athletes and their parents and guardians are encouraged to attend.

The 800m Paralympic Champion, Danny Crates, will be the celebrity presenting the award and we hope to have the press in attendance also. Food and drink will also be on offer.

The evening will also be used for track time trial assessments for the younger athletes to gauge their performance levels ahead of the coming season.

The awards for the Cross Country season will be presented on the same evening, so there's lots to celebrate.

All we need now is for the weather to hold good for the evening - we look forward to seeing you there.



Also, a quick reminder about the first home matches of the season. Southern Women's League on Saturday 28th April and the first fixture in Division One of the Southern Men's League on Saturday 5th May, followed by the East Anglian League on Sunday 6th May.

John Tunaley,
Chairman

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	
15 May	Schools Cup	Bury St Eds
17 May	Suffolk Schools county final	Bury St Eds
19 May	S Women	Watford
19 May	S Men	Woodford Grn
26 May & 27 May	SEAA U15/U17 Champs	Ashford
27 May	NJL	Basildon
2 June	S Women	Ipswich
2 June	S Men	Battersea Pk
17 May	Anglian Schools Final	Norwich
16 June & 17 June	SEAA Senior/U20 Champs	Crystal Palace
17 June	EYAL	Southend
23 June	S Men	Woking
23 June & 24 June	UK U20/U23 Champs	Bedford
24 June	East Anglian	Huntingdon
1 July	EYAL	Lea Valley
1 July	NJL	Havering
7 July	S Women	Horspath (Oxford)
8 July	Suffolk Youth Games	Bury St Eds
13 July & 14 July	English Schools	Birmingham
14 July	S Men	West London
15 July	EYAL	Ipswich
22 July	East Anglian	Ipswich
29 July	NJL	Colchester
4 August	S Men	Newham
5 August	EYAL	Bury St Eds
11 Aug & 12 Aug	UK U17/U15 Champs	Sheffield
19 August	East Anglian	
26 August	Inter-Counties U15/U20	Copthall
1 Sept	S Women	Bracknell
9 Sept	EYAL Finals	
16 Sept	East Anglian Finals	Bury St Eds

My Winter Training So Far...

In my last article I was coming to the end of phase 1 in my training which was marked at Nowton Park by my last cross country this winter and possibly the end

of my long-distance career. I knew going into the race that I was in poor shape but I wanted to go out in style and knew that I'd really have to push myself to my limit. In the race I came 87th and managed to come from behind to claim a remarkable win over my rival Hannah Arbon. With 1½ miles to go it looked like I was a beaten man but I produced a famous comeback which is on a par with that of Liverpool's in the champions league. It was an emotional moment and, at times, I was holding back the tears but a very fitting end to a career of ups and downs.

The end of February saw me competing in my first track competition of the year which was a 60m indoors at Chelmsford. Before the competition, I'd set myself the target of making it into the final and then purely just seeing what happened. I'm pleased to say that I made it into the final by coming third in my heat and then in the final I was judged to have come fifth. I was pleased with my performance running 7.6 in both races but I still knew that there was plenty of work to put in before the summer.

At training we were now entering the critical month that was March where I knew that I had to put in some good sessions, which I was pleased to say that I felt I did.

March also saw the last of the 500/300m tests, the first test where all of the "big guns" were on the start line, and the most fiercely contested. Graham - the record holder and twice champion, Neil at his peak one of the best athletes in the club, Dan Scurrall - the experienced veteran, Dan and Mark - the talented youngsters and me - a past champion. The test saw a blanket finish with Graham winning and breaking that elusive sub 70 barrier for the first time and everyone breaking their previous best except Neil. I came across the line in 71 seconds and then came second in the 300m with 38 seconds, behind Neil who was fueled by anger at his lacklustre performance in the 500. Not only was it a good night for myself but also a great night for the youngster and the athlete I'm mentoring, Mark Robinson, who stunned us all by running 70 seconds in the 500.

With my renewed motivation after the test I put in the best week of training this winter and I now I feel as though everything is coming together at the

right time.

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 (Someone please come up and talk to me).

Chris Pattle

.....



PARK LIFE: Runners emerge through the mist during the Fenn Wright Suffolk Winter League meeting at Nowton Park

Photographs: PHIL MORLEY

Title for young guns

RUNNING: Consistent Harriers clinch Winter League win

By Carl Marston

IPSWICH Harriers wrapped up the Fenn Wright Suffolk Winter League title with another consistent performance from their young guns at the fifth and final meeting, staged at Nowton Park, Bury St Edmunds.

Hosts Saint Edmund Pacers won on the day to record their first team success of the season, but it was the Harriers who retained their title, with Stowmarket Striders an excellent second.

David Miller had suffered a defeat at the first meeting at Framlingham last October, pipped by Waveney Valley AC youngster Luke Allen, but the Woodbridge Shuffler had been unbeatable since then.

Miller pulled clear of a field of 200 to ease to victory around two laps of the park. He was 42 seconds ahead of runner-up Paul Holly, a veteran from Newmarket Joggers. Holly had won silver at the Suffolk County Championships a month earlier.

Carl Prewer, of Lowestoft Road Runners, enjoyed a strong run in third, while early leader Steve Robinson dug deep to take fourth in the colours of Saint Edmund Pacers.

Chris Rooke was Ipswich Harriers' top performer in fifth, even though the teenager had been part of Suffolk's triumphant team at the Anglian Schools Championships just 24 hours earlier.

The Harriers went on to fill six of the top 16 places, and packed their seven scorers into the top 30.

Waveney Valley AC were unable to put pressure on Stowmarket for second position, due to a weakened team at Nowton Park. But they did provide the individual winner in the ladies' race, in the shape of veteran Tracy Curl.

Mary Narey of Stowmarket, was just over half-a-minute behind Curl in an excellent second spot. Ursula White (Newmarket and Sudbury) was third, with Pacers' over-45 veteran Tricia Dennison continuing her impressive season in fourth.

In the final analysis, Ipswich Harriers won the league title by a margin of 154 points from Stowmarket Striders. The Pacers were third, just two points ahead of the composite Newmarket Joggers and Sudbury Joggers.

The Harriers also topped the men's team standings, although Stowmarket were the winners of the ladies' team section.



EARLY LEADER: Steve Robinson, in front at the start, went on to finish fourth

Harriers runners finish together

JOHN Bird and Elliott Palmer finished side-by-side at the head of the field in the junior race, staged at Nowton Park, Bury St Edmunds, last Sunday.

The Ipswich Harriers duo finished the season on top of their respective age groups, just a day after competing for Suffolk at the Anglian Schools Championships at Holbrook.

Bird, of Ipswich Harriers, was first overall in the under-15 boys' series of the Fenn Wright Suffolk Winter League.

Waveney Valley AC's Samuel

Cheverton was third finisher on the day, and second to Bird in the final standings, with Harriers' Andy Constable in third.

Fellow Harrier Palmer won the under-17 boys' title at a canter from club-mates Tim Byford and Kenny Wright. Orwell Panthers enjoyed their first season of competition in this league, and Stephen Foulger was their star performer in fourth.

Sunday's hosts, Saint Edmund Pacers, provided the overall winner in the under-13 boys'

rankings, thanks to the efforts of James Green. He actually finished behind rivals Andrew Revell and Cameron McKie (Diss AC) on the day, but proved the most consistent over the five meetings. James Powley, the son of well-known senior runner Nigel Powley, was second to Green in the under-13 section. He competes for Ipswich Triathlon Club.

There was no stopping Abbie Beales, of Waveney Valley AC, in the under-15 girls' age group. She won at Nowton Park to take

the overall title, ahead of Emma Burroughs and Alice Wicks. Pacers' Charlotte Christensen was second on the day, just 17seconds behind Beales.

Emily Robbins, of Waveney Valley AC, was crowned the under-13 girls' champion, ahead of Harriers' Emily Lodge and Newmarket Joggers' Sarah Driver. However, Elin Grose, of the Pacers, was the leading under-13 athlete at the final race. Pacers' club-mate Chloe Jennings won the under-17 age category.

Scrapbook