

Best of British, Kerry

Kerry Dixon, one of our best long standing athletes, is off to America having won an athletics scholarship to Saint Louis University, Missouri. Kerry will be studying for a joint degree in advertising and fashion design. Saint Louis is a renowned athletics university and Kerry will be coached specifically in the high jump and 400m hurdles on the campus of Saint Charles, some twenty minutes out of Saint Louis. Ironically, her coach at Saint Charles will be someone originally from the Ipswich area who still has parents in Kesgrave and relatives in Felixstowe.

Kerry hasn't been over to Saint Louis and in fact has never been to America before so no doubt will find it daunting on her arrival but at least the coach will be picking her up from the airport. She knows little more than that although she does know she will be undertaking a four-year course that should allow her to come back to Ipswich at Christmas and during the summer holidays.

The gaining of the athletics scholarship at Saint Louis came about because a scholarship agency was impressed with her results when flagged up in Athletics Weekly and contacted Kerry. The agency was particularly impressed with what she had achieved without a high level of specialist coaching and they sent her profile to various universities in the States.

It wasn't until last February that Kerry received a firm approach when a representative from the university came over to interview Kerry. Kerry also sat an entrance exam which she passed and with her recent A level results of B, B and C, assured her scholarship at St Louis. The scholarship will cover her tuition and accommodation fees but she will have to find her own living expenses but with the Pound doing so well against the Dollar she is hoping she can live more cheaply in the States than here. Kerry is looking forward to life on campus with 15,000

other students as well as getting stuck into both her degree course and also her athletics scholarship, but she does admit it hasn't all sunk in yet and she hasn't had time to feel scared.

I am sure you will join with me in wishing every success for Kerry both in her studies and in her athletics training and we hope she will come back and see us from time to time.

*John Tunaley,
Chairman*

Matti wins Award

Two of the UK's most outstanding 14-year-old athletes, Katarina Thompson (Liverpool Harriers) and Matti Mortimore (Ipswich Harriers), have been named as winners of awards from the Calum Johnston Scholarship Fund.

The fund was initiated by Steve Grainger, the Chief Executive of the Youth Sport Trust, after his cousin Calum died at the age of 14 in November 2005.

Mortimore, coached by former international thrower Nigel Bevan, has set no fewer than five UK Under 15 Boys' javelin records this summer and currently tops the Power of 10 rankings having thrown the 600g javelin 63.68 metres, nearly five-and-a-half metres further than any other UK thrower. And at Bedford on Saturday 8 September, he threw the 700g javelin 61.81m, a UK Under 15 Boys' record by more than three metres.

Thompson has had a fabulous summer, winning the England Athletics pentathlon title, the English Schools' high jump gold medal and the Female Athlete of the Match Award at the UKA Young Athletes' League Final.

Andy Paul, Head of Athletics Development at UK Athletics, said: "Katarina and Matti have every reason to be proud of what they have achieved this summer. We are delighted their achievements have been recognised in memory of such an inspirational young character as Calum.



A Day in the Life of a Chief Timekeeper

With neither Russell Leek nor Jane Pattle available, I volunteered to take on the job of chief timekeeper at the East Anglian League match at Northgate on July 22. Although I have been a qualified timekeeper since 1973, I had not undertaken the chief's job for over seven years. Like all track & field officials, we have to take practical and theory tests. We are graded from one to five; I am grade four.

I arrived at the track at 10:15 for an 11:45 start. This gave me plenty of time to make preparations and to meet the team. I made sure that there were enough chairs and cushions in the stand (the timekeepers are always on the outside of the track, the judges on the inside), and put up a tape with "timekeepers only" on to make sure our view of the track was not obstructed.

I did not know how many timekeepers there would be but, in the end, there were nine of us. Fred and Ken are Level Five, Brian and David are Level Four, and there were four novices: Sue, Maria, Jean and Bill. I then had to allocate duties. Fred came with me on first and seventh, Brian took second and eighth, David third and ninth, Ken was fourth and tenth. Jean went with Brian on second, Maria was on fifth, Sue on sixth and Bill doubled on third. I also had to allocate lap calling duties for the 800, 1500 and 3000, and the bell lap for the latter two.

Phil Tomkins and his team took care of the starting, Tony Cheetham and his team were the track judges, and John & Sue Tunaley and June Stannard were the recorders. I had to liaise with each team,

as Tony phoned each result through to John, who then came to me to write down the times, which were then posted on the window of the recorders' box after being recorded. Phil would blow his whistle when he was ready to start a race and I would indicate to him when the timekeepers were ready. I also had to make sure the judges were ready.

As to the timekeeping practice itself, it is not an easy task and you have to make quick decisions. I have to prepare result sheets and return times according to certain rules. For example, if I am given times of 12.6, 12.7 and 12.8 for a race, I would return 12.7. If it was 12.7, 12.8 and 12.8, I would return 12.8. The time is taken from the flash or smoke from the gun to the torso (not head, arms, legs or feet) crossing the line. Most novices get fast times because they are either late at the start or they anticipate the finish. If you would like to know more about timekeeping, please feel free to ask me.

The meeting went very well and, after six hours of concentration during which time we took 438 times, I was able to relax. Concentration was not easy, as there was continuous noise and movement from young children in the stand. I managed two very brief "comfort breaks" and took two drinks and two rolls on board. I received a lot of praise for my efforts and, after a welcome meal at home, I went to sleep in my recliner.

So, if you wonder where I am at home meetings, or you think that time keepers just sit in the stand with a watch in their hand, now you know!

Georgina - An Excellent 5th Place in National Final

Every year athletes competing in the National Junior League for athletes Under 20, have their performances converted to a points basis similar to the way Decathlon and Heptathlon events are scored. Where athletes take part in three events in each of three out of the four league meetings, their points are accumulated and the top eight men and top eight women are invited to compete against each other at the National Final of the League.

Ipswich Harriers has a proud tradition in this event, known as the National Junior

League "Grand Prix". Harriers who have previously made the final include Jason McDade who went twice, winning the overall final at his second attempt. Laura Seston who won the women's final in the same year that Jason won. Finally, Charlene Snelgrove tried to win the hard way by choosing 100 metres, 800 metres and 1500 metres at the same meeting. From memory I believe Charlene came 6th in the final.

In the 2007 season, Ipswich Harriers had two women qualify for the final. Georgina Malster ended the season in 4th place and Kerry Dixon in eighth. Sadly for Kerry, the final came too late and she had already left the country to take up her place in college in the States.

Georgina, however, went to Derby on 9th September and competed in the Long and Triple Jumps and 200 metres. After a relatively calm morning, a stiff breeze blew up which swirled around the Moorways Stadium. So tricky was the wind that the referees switched the Long Jump around after the Men's competition and yet still some of the women jumped into a head wind. It certainly meant that the sprinters had to battle down the home straight.

Not all the Grand Prix finalists were doing the same events so Georgina competed with the 16 athletes from the eight league finalist clubs in the Jumps but ran against three of her fellow finalists in their own 200 metres. Georgina finished the race in third in a time of 27.1 seconds. Her jumps at 4.76 metres and 9.82 metres for the Long and Triple respectively were down on her personal bests but when the results were declared Georgina was called forward to receive a trophy, sponsored by Athletics Weekly, for finishing the day in 5th place. An excellent performance against the countries top junior athletes. The winner was Amanda Ranger of Shaftesbury Barnet Harriers who was competing for her club in the final and actually won the Long Jump and was third overall in the Triple Jump. Amanda is an outstanding athlete and made it a double first for her club with the Men's Grand Prix being won by her club colleague Chris Scott who had competed in Hammer, Shot and Discus.

Despite these two victories, it wasn't enough to stop Blackheath and Bromley winning the National Junior League title

ahead of Enfield, Haringey and Hounslow with Shaftesbury Barnet in third. The expected challenge from Sale Harriers and Birchfield never materialised on the day.

"It was an amazing day", said a slightly disappointed Georgina, "I never thought I would be competing with so many of the top athletes in the country. I really want to come back next year and I know I can be up there challenging! My run ups were awful today but I will work on them and I will be back."

From a spectator's point of view, it is fantastic to see the Ipswich vest competing with the rich and heavily sponsored clubs.

Well done to Georgina and to Kerry and to all you Under 20s Harriers, the gauntlet is down, let's see how many we can get there next year.

Mike Oakley



*Grand Prix Winners - 2007
Amanda Ranger & Chris Scott of
Shaftesbury Barnet Harriers*

2007 Annual General Meetings

The 2007 Annual General Meetings of Ipswich Harriers Supporters Association and Ipswich Harriers will be held at the St Elizabeth Hospice Education Centre, 565 Foxhall Road, Ipswich on Friday 26 October 2007.

The Supporters Association AGM will commence at 7pm followed by the Ipswich Harriers AGM at approximately 7:45pm.

The Ipswich Harriers AGM will fix the annual membership fees for the 2007-08 season as well as electing team captains, managers, officials and officers.

In order to save postage costs, please try and collect your 2007 Annual General Meeting information pack from the

Clubhouse, on training evenings, from Thursday 11 October.

Copies of the various annual reports will be available at the AGM.

Whilst some of the existing post holders are prepared to stand for re-election, new members of the club management teams will still be needed. It is not compulsory to have nominations in advance, but it certainly makes the AGM go more quickly. It is also less embarrassing if we do not have to 'twist arms' on the night!

If you wish to nominate someone for an Ipswich Harriers or Ipswich Harriers Supporters Association post, please complete the appropriate forms in your AGM information pack and return them to Andy Johnson by 22 October 2007.

Members may also submit items for inclusion under Any Other Business on the Ipswich Harriers AGM agenda. Written proposals can be handed to Andy Johnson, or sent to the postal or e-mail address at the end of this note by 22 October 2007. Each proposal must include the names of a Proposer and a Seconder.

Each year, in accordance with the constitution, Ipswich Harriers distributes approximately 300 AGM information packs at a cost to the club of almost £300. Attendance at the AGMs seldom exceeds 30 individuals and the majority of these are existing committee members and officials! Please make every effort to attend the AGMs – Ipswich Harriers is your club - come and contribute to the decision making process, the results of which will determine how your club is funded and run during the coming year. If you don't agree with how the club is being run, come and make your voice heard, rather than complain about it during the year! If you do like the way the club is run – why not let the AGM know.

As well as looking for new blood on the committees, Ipswich Harriers and Ipswich Harriers Supporters Association always need help with organising fund-raising events, serving refreshments, coaching or helping on training evenings and at competitions. Why not visit the Clubhouse at Northgate Sports Centre on a Tuesday or Thursday evening, or contact any of the club officials for more information on how you can support the club.

I hope to see you at the AGMs on 26 October.

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Registration with England Athletics

With effect from 1 April 2007 England Athletics (EA) became the new overseeing organisation for Athletics in England. All clubs and athletes who wish to compete in events governed by EA are required to register with the organisation.

The club registration fee for 2007 was £50 and the registration fee for each competitive athlete was £3. This will rise to £5 for each competitive athlete in 2008.

For 2007, Ipswich Harriers committee has agreed to pay the £50 club registration fee and the £3 fee for each of the 222 competitive Harriers athletes. You will appreciate that these fees represent a significant drain on the club's limited financial resources. Consequently, the committee has no option but to pass these charges on to the membership in 2008 as well as the annual increase in membership fees. The recommendation for an increase in membership fees will be made at the Annual General meeting on 26 October for consideration by the membership. The recommended membership fees for 2007-08 will be included in the AGM information pack, which will be available to members from 9 October.

Of equal concern to the committee is the information required by EA as part of individual athlete registration. Details of age, postal and email addresses, telephone numbers and ethnicity, amongst other things, have been requested by EA.

Whilst members of Ipswich Harriers are aware that such information is held by the club (via the membership application form), the committee is reluctant to pass such information to a third party without the approval of the membership. Consequently, and to ensure registration, only the name and competition category of individual athletes have been sent to

EA. The address of each athlete has been given as Northgate Sports Centre and no personal postal or email addresses or telephone numbers have been supplied.

Many other clubs who are reluctant to release personal information for inclusion in a database over which they have no control have adopted this approach. In view of such implied objections from the clubs, it may be that EA decide to reduce the level of information required. Ipswich Harriers Committee will keep you informed as matters develop.

*Andy Johnson,
Secretary*

Treasurer's Report

AT the time of writing Ipswich Harriers will be taking part in the last league meeting of the track season, with teams from all age groups attending the final of the East Anglian League at Bury St Edmunds, bringing an end to another successful season for the Club.

The end of the track season also means that it's time for the AGM, which takes place on Friday 26th October at 7:45pm in the Education Centre at St Elizabeth Hospice in Ipswich. Papers will be circulated soon, please try to attend as it is your chance to have your say about Ipswich Harriers.

One of the important tasks at the AGM is to agree the subs for the coming year and as Treasurer it is my job to make the recommendation for approval at the meeting and I will have no option this year but to recommend a fairly substantial increase. The main reasons for this are:-

- ◆ Ipswich Borough Council intends to increase the cost of hiring the track at Northgate, and there is a strong likelihood that we will lose some of the current discount we enjoy having achieved Clubmark accreditation.
- ◆ Under the new England Athletics organisation, we have to pay an annual affiliation fee of £50 for the club plus £5 for each competing athlete. On current membership levels this will mean a payment of approx £1,200 next April. Therefore, subs will have to rise by an additional £5 on top of the general increase.

- ◆ Our general running costs increase each year and our current expenditure to date for 2006-2007 stands at £21,977 with one month's expenditure to be added. Income for the same period is £20,239 giving a deficit to date of £1,738. This further erodes our meagre reserves for the second year running.

I therefore propose the following fees for consideration at the AGM:

❑ Full Membership Senior	£140
❑ Full Membership Junior	£130
❑ Vacation	£75
❑ Associate	£10
❑ Disabled	£75
❑ Second Claim	£75

I appreciate that some parents may find it difficult to meet this expenditure but there is also now the facility to pay subs quarterly by standing order to help spread the payments.

I firmly believe that the fee for Ipswich Harriers membership represents very good value for money, particularly when compared to most other sports.

*Yours in Sport,
Sue Tunaley, Treasurer*

Chairman's Report

It is customary for the Chairman to produce a report for circulation at the October AGM. As I have witnessed former Chairmen's reports having to compete with two dozen other bits of paper circulating at previous AGMs I thought I would break with tradition and use the newsletter as a vehicle.

It is concerning for me that a year has slipped by since my appointment last October without me feeling as though I have achieved very much. However, I do feel I took over the reins of a healthy club and as it stands today it is, if anything, even healthier. There are always issues to deal with on a weekly basis but these have been relatively minor and I do think morale in the club is high and increasing. I think this puts us into stark contrast with many other clubs in our region. I have been fortunate to attend several meetings with officers from other clubs and it is depressing to hear of the continued marked decline in club athletics in this region and athletics in

general. The 2012 Olympics can't come soon enough but I fear there is a chance it will come too late to save athletics as we currently know it.

Our own club isn't without change for we are about to join forces with four other clubs so that we can put out a composite team for 18-20 year olds to be a real force in the National Junior League. I am looking forward to this experiment.

This sort of step may be the future for our Southern Women's Team and I shall be investigating this further. Women's athletics, as represented by the Southern Women's League has been in decline for the decade I have been involved. No one enjoyed the league more when my daughter was in the team but this last couple of years I have witnessed too many times single athletes competing against themselves and situations where there are more officials attending than athletes.

However, by contrast, athletics for the younger age groups seems very popular. Although I have done my very best over the last two months to place over 40 new, mostly young, athletes in new places for training evenings I am still confronted by a waiting list that grows by the week.

What we need, as we all know, is more coaches, but some would argue that we already have a crowded running track on training evenings. I have started to explore extending our training periods but I have, so far, met reluctance to stagger training. What don't help are the increased costs we face for hiring the track which, with our perilous budget, threatens even the hours that we do have.

One thing I am keen to monitor is the passage of kids through the club. Retaining athletes is going to be about how well they are coached and it is in this area that this club is at its strongest. Recent additions to the coaching squad have broadened our base and when put with the experience and depth of our long-standing coaches we have a good future if we can keep the team together. It is an area of my job that I am keen to extend and improve on, that is: making the lives of our coaches easier and even more productive, if I am able. There is a willingness to co-operate between coaches with athletes moving between groups, spending time with other coaches before returning to their original groups,

etc.

During this last year, I have got to know many of the people who matter in this club and I find there is so much commitment and devotion given throughout in every sector of the club and its administration.

I like to assess people rather as a First World War soldier did. Would you like them in the trench with you facing the enemy? And almost without exception I have found the answer to be yes. All we need is some extra soldiers in the trench. I appeal to parents to come and join us and fight to keep athletics alive and well here in Ipswich.

*John Tunaley,
Chairman*

**The Ipswich
Harriers
Presentation Disco**

at
**Next Generation
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**The Havens,
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on
**Saturday 13
October 2007
7:00 for 7:30pm**

**Presentations
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