



In a previous newsletter, I promised to focus on the achievements of two Ipswich Harriers: Charlie Clover and Malcolm Fenton. Charlie was a postman who rose to fame in early 1974, aged 18, when he won the javelin at the Commonwealth Games in Christchurch, New Zealand, with a throw of 84.93 metres. This was not only a Commonwealth and Games record, it was also a UK record and a World Junior best. There was very little sponsorship in those days, so Charlie went back to being a postman. Dogged by injury, very little was seen of him thereafter, although he competed for the Harriers and attempted to qualify for the 1976 Montreal Olympics. His records no longer stand as the javelin specifications have altered since 1974.

Malcolm Fenton, on the other hand, has featured in the UK top 50 hammer throwers every year for the last 33 years. Malcolm, who can be seen training at Northgate on a regular basis, is currently the UK Event Coach Co-ordinator for the hammer. With a personal best of 62.42 metres, set in both 1982 and 1988, Malcolm started his illustrious athletics career with four Suffolk Schools titles, three Anglian Schools titles and went on to become the English Schools' champion in 1975.

He followed this up with 92 Suffolk titles, 50 Eastern Counties titles and 36 Civil Service wins. Malcolm became the Southern Masters champion on seven occasions, the British Masters champion on 16 occasions and, to crown it all, he was the World Masters champion. A grand total of 199 titles, all in the hammer, shot and discus (and one high jump!)

Finally, I would just like to clarify

something I wrote in the last newsletter. The times I quoted (12.6, 12.7, 12.8) were given independently by three timekeepers for the same athlete, in which case I would return a time of 12.7 seconds. We time places, not lanes so, if you were asked to time fifth, you would count the runners as they crossed the finishing line and stop your watch on the fifth placed athlete.

Chairman's Report

AGM can spell Annual General Moan or even Agony Guaranteed Meeting but at least ours passed reasonably smoothly on Friday 26th October. The formal line-up of the Committee stays roughly the same for now, although we do need new people to come forward to serve on the Committee. Sure, they need to have an opinion but they also need to be able to roll their sleeves up and help to push our club forward. I am glad to welcome just such a person in Leanne Thorndyke on to the Committee but we do need three or four more people, perhaps parents of athletes who are keen to see the club flourish. If you have even the slightest inclination to help then please pick up the phone to either myself on 07768 940120 or Andy Johnson on 01473 625104 or by e-mail at harriersecretary@btinternet.com.

Andy, I know, was wanting to stand down from his post at this last AGM but has generously agreed to stay on at least until the New Year, giving us time to find a volunteer to work alongside him so that a smooth transition can be achieved. So, this is my biggest ask, can someone, maybe a club member or parent, please step forward to volunteer for the role of Hon General Secretary – Your Club Needs You.

Finally, I would like to formally thank all those who have served the club in any capacity last year; your contribution, however large or small, was still massive in my eyes.

*Thank you
John Tunaley*

Ipswich Harriers ~ Annual General Meeting 2007

The following Committee Members were elected at the 2007 AGM:

John Tunaley	- Chairman
Andy Johnson	- General Secretary
Sue Tunaley	- Treasurer
Tony Cheatham	- Track Secretary
Tony Fuller	- Officials Secretary
Margaret Leek	- President & Minute Secretary
Tony Taylor	- Coaching Secretary
Julie Walker	- Membership Secretary
Russell Leek	- Committee Member
Iris Leigh	- Committee Member
Neil Gillingham	- Committee Member
Leanne Thorndyke	- Committee Member

The following Committee Posts were not filled at the AGM:

Four Committee Members
Cross Country Secretary
Road Running Secretary

The following members were also elected:

Kevin Pierce	- Men's Cross Country Captain
Neil Gillingham	- Track Captain (Men)
Colleen Fuller	- Senior Men's Team Manager & Joint Men's Cross Country Manager
Pip Sadler	- U17 Track Team Manager (Males)
Steve Benson	- Joint Men's and Ladies' Cross Country Manager

- Steve Hicks - Joint Men's and Ladies' Cross Country Manager
- Ricky Hanley - Press Representative
- Elizabeth Welbourn - Ladies' Cross Country Captain
- Becky Welbourn - Joint Ladies' Track Captain
- Katy Sealy - Joint Ladies' Track Captain
- Leanne Thorndyke - Joint Senior Ladies' Track Team Manager
- Elizabeth Welbourn - Joint Senior Ladies' Track Team Manager
- Jackie Cattermole - EAL & EYAL Ladies Team manager
- Colleen Fuller - Child Protection Officer (Female)
- John Tunaley - Child Protection Officer (Male)

The following posts were not filled at the AGM:

- Junior Team Manager
- Assistant Coaching Secretary

The following membership fees for the 2007-2008 season were agreed by the AGM.

- Full Junior Member..... £130
- Full Senior Member £140
- Vacation Member £65
- Disabled member..... £75
- Second Claim Member £75
- Higher competitions only -
Member registration fee..... £10

Track & Field Officials Secretary's Report

2007 has been another busy year for our Track & Field officials and has, once again, meant us stretching our resources to the limit. This season, we hosted six home meetings where, thanks to the continued support of the many graded officials and helpers who gave their time, we were able to make sure things ran as smoothly as possible. As always, our teams of officials worked well together with good team spirit and good humour.



Chairman John Tunaley receiving a cheque from Linda Keeble, Director of Jayrest Interiors of Hadleigh, for £500 sponsorship. The Directors of Jayrest would wish the money to be used in the area of coaching.

Indeed, Ipswich Harriers has a good reputation within the South of England for its standard of officiating and also for its treatment of visiting officials who greatly appreciate the unlimited free drinks and standard of refreshments that the Supporters Association provides at home meetings. May I record my thanks to them for their continued work this year.

I would also like to thank those parents who continue to provide additional help at all our meetings, but particularly when we are away from home. Without you, meetings could not go ahead and our athletes would be the losers. If any of you are interested in becoming a qualified official, whether it be as a Starter, Marksman, Timekeeper, Track or Field Official, please feel free to speak to me or any committee member.

Congratulations to this year's newly qualified Field Officials: Rachel Smith, Kerry Fuller, Hannah Arbon and Hayley Todd.

Finally, on behalf of Ipswich Harriers, I would like to record a special thanks to

Phil Tomkins who has been one of this country's top Starters for over 50 years and has always been a loyal supporter of Ipswich Harriers. Phil decided to hang up his guns and retire at the end of the 2007 season but, because he "enjoys the company" of his local Club, he would like to continue to act as marksman for our home meetings in 2008.

Tony Fuller

Senior Men's Team Manager's Report 2007

In the Southern Men's League, we were competing in Division One for the first time in a number of years. A consistent team effort over the six matches during the season produced one first place, one second place, two fourth places and two fifth places. That gave us a final total of 15 points which earned us 17th place in a Division of 25 teams.

As most of you are by now aware, one of these fifth places was on 14th July when the team coach was stranded on the M25



A selection of Ipswich Harriers athletes modelling new training jackets and Tracksuits

Thanks to a very kind donation from Mark Shelley of Shirley Shelley Cleaning Contractors, we were able to offer ten of this years trophy winners a tracksuit free of charge bearing the Ipswich Harriers Crest and Mark's company logo. We are now offering these training jackets and tracksuits at a cost of £26.00 and £40.00 respectively. They can be ordered from Jacky Cattermole at the clubhouse.

for over four hours due to a fatal accident, which prevented us from attending the match at Kingston. After two hours of sitting on a very hot stationary coach when it became obvious we were not going to make the meeting, the majority of the senior men abandoned their younger team mates and their Team Manager for the more attractive delights of a local bar at Lakeside Shopping Centre. After 4 hours of sitting on a stationary coach, the Team Manager also left the coach for the more attractive delights of a local field where she could make herself more comfortable! Needless to say, the stationary traffic then decided to move at a fairly rapid rate, thus abandoning the Team Manager on the hard shoulder of the M25. An hour later, a very hot and flustered Team Manager joined the rest of the team in the aforementioned bar for a well-deserved drink! In the meantime, one of the senior men had made his own way to Kingston (avoiding the M25 hold-up) and earned the team an invaluable nine match points and one league point which kept us out of the relegation zone. In fact, such is the closeness of competition in Division One that, if we had made the meeting and competed to our normal standard, we would probably have finished 10th in the league. I consider that to be excellent for our first season in

Division One.

The athletes who competed in the East Anglian League also played an important part in the overall men's team, and a successful season saw us winning the Senior Men's section in the EAL Final on 16th September.

I'm not going to mention any individual names because, as always, it was a team effort where everyone played their part. I will just mention that this year, because the Club is fortunate to have had a very strong U17 section, the men's team has had regular support from half a dozen excellent U17 athletes who have done exceptionally well as part of the team.

Well done to all of you. I have once again been proud to be your Team Manager and hope to enjoy your full support again in 2008.

Colleen Fuller

Suffolk Winter Cross Country League 2007/8

The Cross Country season is well under way and Ipswich Harriers are doing well. Here are the top five team positions after the first two races:

Junior

<u>GIRLS</u>		
POS	TEAM	TOTAL
1	Waveney Valley	314
2	Ipswich Harriers	298
3	Thetford & Brandon	261
4	St Edmunds Pacers	245
5	Newmarket & Sudbury	218
<u>BOYS</u>		
POS	TEAM	TOTAL
1	Ipswich Harriers	237
2	Thetford & Brandon	204
3	Waveney Valley	194
4	Flying Shufflers	110
5	Orwell Panthers	109

Senior

<u>OVERALL</u>		
POS	TEAM)	TOTAL
1	Ipswich Harriers	2360
2	Stowmarket A	2193
3	St Edmunds Pacers A	2171
4	Waveney Valley A	2039
5	Newmarket & Sudbury	2008
<u>MEN</u>		
POS	TEAM	TOTAL
1	Ipswich Harriers	1964
2	Waveney Valley A	1770
3	Stowmarket A	1768
4	St Edmunds Pacers A	1756
5	Newmarket & Sudbury	1578
<u>WOMEN</u>		
POS	TEAM	TOTAL
1	Newmarket & Sudbury	430
2	Stowmarket A	425
3	St Edmunds Pacers A	415
4	Ipswich Harriers	396
5	Flying Shufflers & Saxons	348

Hot News from the 500 Club!

There has been a good response from the questionnaires for the Ipswich Harriers 500 Club.

We just need a few more people to show a keen interest in joining the Club to get the whole thing up and running.

We will be giving away half of all the money taken in each month in prizes with the rest helping to keep the Harriers in a strong financial position.

Please pick up an information sheet from the Clubhouse for more details.

Filling in the questionnaire does not commit you to joining.

Tony Taylor



Some pictures from the Cross Country Run at Bungay on 18th November