



## ATHLETICS UPDATE - WINTER 2007

### South Sub-Region

Berkshire, Buckinghamshire, Hampshire and Isle of Wight, Oxfordshire, Channel Islands

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#### [www.Englandathletics.org](http://www.Englandathletics.org)

Our new website went live on 15<sup>th</sup> December 2006. It can be accessed through the UK Athletics website [www.ukathletics.net](http://www.ukathletics.net) > links > England or directly through [www.Englandathletics.org](http://www.Englandathletics.org) > South East Region. The website is in its initial stages at the moment but we hope it will become a great resource for everyone over the course of the year. All our Coach and Official Education Courses will be listed together with information on Grant Aid and other funding opportunities. We will also be developing the fixtures guide to try to cover all the events in the South East Region. Make sure you list it on your favourite sites!

#### South East Regional Plan

The Plan is currently being updated and will be displayed on the website once finalised after the Regional Council at the next meeting on Wednesday 21<sup>st</sup> February.

#### Affiliation

The time (1<sup>st</sup> April) draws near for affiliation to England Athletics. This is being dealt with centrally by Athletics Services - a new department set up to service the administrative needs of England Athletics and UK Athletics. The department is preparing an information pack to be sent out to all clubs on 1<sup>st</sup> March. A fact sheet issued by Athletics Services is displayed on our website. In addition, after dialogue with various membership secretaries, I have added some additional questions and answers to the website.

**Clubs and their members must note that affiliating to any other organisation will not entitle clubs or athletes to compete in any competition that is organised under UKA rules. To do so requires affiliation to England Athletics.**

Club representatives have been advising Athletics Services on the needs of clubs and as well as affiliation, staff members John Temperton and Nichola Sykes will be dealing with -

- Insurance
- Health and safety
- Welfare
- CRB checks
- Disciplinary matters
- Appeals
- Rules revision
- Event permitting
- Eligibility
- Facility certification
- Anti doping
- Membership administration
- General information

(See further notes below on Affiliation in the Road Running section)

Two clubs in the region are already in direct contact with regard to publicity materials for their clubs. Marshall Milton Keynes AC had assistance with the production of flyers and posters to promote their club and Reading AC are currently hoping to benefit from this service too. Club representatives have played a major role on the advisory group which defined the services provided.

One of the questions I have been asked is about the services to clubs in the Region. I hope this Newsletter goes some way to answering this question. The Region now manages the Coach Education Courses, funds all the Officials Education Courses, manages the new grants programme for clubs and counties, has set up the new website, funds the part time salaries of some of the County Athletics Development Officers (where Sport England funding stopped) and provides an on going advice service to clubs. The Regional Plan provides the strategic overview for all athletics development in the region. Other services will be developed over time according to **your** needs and with the aim of improving standards in the SE Region.

### Road Running

The South East Region is very keen to support the Road Running Clubs in the Region and all road running clubs and clubs with road running sections will shortly be invited to attend a Forum on Saturday 28<sup>th</sup> April at Thames Valley Athletics Centre, Eton. We will be discussing the services clubs would “like” from the Region and setting up a Road Running Group to make things happen. Invitations will be sent to Club secretaries just as soon as the speakers are confirmed but please put the date in your diary now. HS Sports and Just Run are two of the sponsors assisting with this event and there will be a draw for valuable equipment on the day. Other sponsors are welcome – please e-mail me on [cbenning@englandathletics.org](mailto:cbenning@englandathletics.org)

County Road Running Permit Secretaries will continue to process permits for road races in the region. Permits are currently granted by SEAA but the service is transferring to Athletics Services. The first point of contact for organisers is the County Permit Secretary. *At a recent meeting for Permit Secretaries, Colin Gostellow (SEAA) outlined the compelling reasons why road running clubs, in particular, should affiliate to England Athletics.*

- *London Marathon places for affiliated clubs only*
- *Official medical, police, disability and health and safety guidelines and support for race organisers, which can be used if there is a lawsuit against the club or organisation.*
- *Club athletes will have to pay the unaffiliated levy in road running events run under UKA rules.*

A national Road Running Leadership Group has been formed to focus on the development of road running. The fees collected (25%) from the unattached levies paid by non-club runners will continue to be given to the County Associations. The remaining 75% will be ring fenced for road running.

### Regional Grants awarded to Clubs and County Associations.

The second round of South East grants panel has been held and within our South sub-region, grants have been awarded to Portsmouth Joggers Club, Reading AC, Olney Runners, Overton Harriers and AC, Team Kennet and Newbury AC (joint application), Bracknell AC, Andover AC and Jersey Spartan. The deadline for the next round is 30th March 2007. An application form is available on the website together with details of the grants awarded to date. We are looking for evidence of innovative projects and models of good practice which can be replicated by other clubs.

In addition, funding (up to £1,000 per county) is being granted to County Associations to boost Officiating in the Region. The grants programme is only open to clubs affiliated to England Athletics.

### Regional Squads

So far this winter two Endurance Squad Days have taken place and three Jumps, Throws and Sprints and Hurdles Squad Days.

|                                    |              |
|------------------------------------|--------------|
| Sprints and Hurdles – Mike Leonard | 07747 496519 |
| Jumps – Carol Jackson              | 01234 822868 |
| Endurance – Neville Taylor         | 01403 790800 |
| Throws – Bronwin Carter            | 02392 780275 |

Next dates -

25 March - Jumps Squad at Brunel University, Sprints and Throws Squads at Sutton Arena.

15 April - Endurance Squad at St. Mary's College, Twickenham.

### Startrack Courses 2007-8

Application forms are now available for organisations planning to run Startrack holiday courses for young athletes this year. Over 25,000 young people took part in courses last year in over 600 schemes. Project funding is available to schemes that register before 2<sup>nd</sup> April. More than £80,000 was distributed last year. If you plan to run a scheme, you can still register after 2<sup>nd</sup> March but project funding won't be available. For an application form, please contact your County Athletics Development Officer or Stuart Attwell at UK Athletics on 0870 998 6735.

### Regional Rankings

The rankings are now displayed on the new regional website – contact [peter.chivers@ntlworld](mailto:peter.chivers@ntlworld) with any amendments.

### Facilities

**UKA and the Home Countries are working on a new Facilities Strategy and the Regions will need to identify their priorities by 23<sup>rd</sup> March. It's essential that organisations planning to build facilities over the next 5 years contact me as soon as possible as all facilities need to meet the governing body criteria.**

- The Winchester Outdoor Sports Centre project is on schedule to open in 2008, subject to a successful bid by the University of Winchester /City Council partnership to the Sport England Community Investment Fund this spring. The City Council is investing a million in the project. If a sponsor could be found to donate £50,000, this

would open up the possibility of applying to the National Sports Foundation and other organisations to raise the extra capital required for extending the current pavilion for use by athletes, hockey players and a girls' football league. Information about the outdoor sports centre has now been placed on Winchester City Council's website [www.winchester.gov.uk/leisureandculture/sportsclubsandcentres](http://www.winchester.gov.uk/leisureandculture/sportsclubsandcentres).

### Clubmark Accreditation

Congratulations to Wycombe Phoenix Harriers and A.C. and Oxford City - the latest clubs to receive Clubmark Accreditation. Presentations will be arranged with the clubs shortly and each club will receive a SE Region award of £200.

### Athletics Posters

Brighten up your clubhouse or school corridor with a brand new series of athletics coaching and teaching posters. There are 15 posters in the series covering Sprints, Endurance, Race Walking, Steeplechase, Hurdles, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Hammer, Javelin, Combined Events and Relays. Each colourful poster describes the event(s), lists key records, examines technical and tactical aspects and gives some training advice.

The posters cost £5.00 each or £35.00 for the full set of 15 from the UKA online shop at <http://www.athletics.net/online-shop>

### Useful Websites

|  |  |   |
|--|--|---|
| <a href="http://www.ukathletics.net">www.ukathletics.net</a>               | <a href="http://www.100percentme.co.uk">www.100percentme.co.uk</a> – drug testing procedures | <a href="http://www.didglobal.com">www.didglobal.com</a> – information on permissible medications for athletes. |
| <a href="http://www.seaa.org.uk">www.seaa.org.uk</a>                       | <a href="http://www.elevatingathletics.com">www.elevatingathletics.com</a>                   | <a href="http://www.sportengland.org">www.sportengland.org</a>  |
| <a href="http://www.surreyathletics.org.uk">www.surreyathletics.org.uk</a> | <a href="http://www.london2012.org">www.london2012.org</a>                                   | <a href="http://www.kcaa.org.uk">www.kcaa.org.uk</a>  |
| <a href="http://www.sussexathletics.org.uk">www.sussexathletics.org.uk</a> | <a href="http://www.1st4sport.com">www.1st4sport.com</a>                                     | <a href="http://www.sussexsport.org">www.sussexsport.org</a>  |
| <a href="http://www.kentsport.uk">www.kentsport.uk</a>                     | <a href="http://www.kent2012.org">www.kent2012.org</a>                                       | <a href="http://www.activesurrey.com">www.activesurrey.com</a>  |
| <a href="http://www.sportscoachuk.org">www.sportscoachuk.org</a>           | <a href="http://www.activeplaces.com">www.activeplaces.com</a>                               | <a href="http://www.kentactivesports.org">www.kentactivesports.org</a>  |
| <a href="http://www.hants.gov.uk/athletics">www.hants.gov.uk/athletics</a> | <a href="http://www.bucksaa.org.uk">www.bucksaa.org.uk</a>                                   | <a href="http://www.oxonaa.org">www.oxonaa.org</a>  |

### Coach Education Courses

| Date 1    | Date 2   | Course                       | Course Code | Venue       |
|-----------|----------|------------------------------|-------------|-------------|
| 4-Mar-07  |          | Level 1                      | S1C077      | Ashford     |
| 11-Mar-07 |          | Level 1                      | S1C078      | Banbury     |
| 18-Mar-07 |          | Level 1                      | S1C079      | Bracknell   |
| 25-Mar-07 |          | Level 1                      | S1C080      | Eastbourne  |
| 31-Mar-07 | 1-Apr-07 | L3 – Coaching Young Athletes | S3P4CA      | Eton, Berks |
| 14-Apr-07 |          | Level 2 Endurance            | S2E027      | Ashford     |
| 14-Apr-07 |          | Level 2 Speed                | S2S027      | Ashford     |
| 15-Apr-07 |          | Level 2 Jumps                | S2J027      | Ashford     |

|           |                   |        |         |
|-----------|-------------------|--------|---------|
| 15-Apr-07 | Level 2 Throws    | S2T027 | Ashford |
| 21-Apr-07 | Level 1           | S1C081 | Crawley |
| 21-Apr-07 | Level 2 Endurance | S2E028 | Eton    |
| 21-Apr-07 | Level 2 Jumps     | S2J028 | Eton    |
| 22-Apr-07 | Level 2 Speed     | S2S028 | Eton    |
| 22-Apr-07 | Level 2 Throws    | S2T028 | Eton    |
| 29-Apr-07 | Level 1           | S1C082 | Reading |

### HOW TO BOOK ON A COURSE

1. Complete an application form.
2. Attach a passport photo to the application form and arrange a CRB check.
3. Enclose payment details (Cheques payable to: *England Athletics Limited*) **PAYMENT CAN NOW ONLY BE MADE BY CHEQUE AND MUST BE PRIOR TO THE COURSE**
4. Return to: **Andy Neal, 43 Lambs Farm Road, Horsham RH12 4DB 01403 230096**  
**aneal@ukathletics.org.uk**
5. Pre-course materials and joining instructions will be issued 2 weeks prior to the course.

### **COST OF COURSES**

*(non refundable – unless cancelled by England Athletics but can be transferred)*

**Level 1** - £60 per person for club coaches - 1 day no assessment

(£70 per person for non-club coaches)

**UKCC Level 1** - £100 per person - 2½ day with assessment

**Level 2** - £140 per person – 3 days including event module & assessment

**Level 3 – Phase 1** - £100 per person – 2 days

**Level 3 – Phase 2** - £100 per person – 2 days

**Level 4 – Phase 1** - £100 per person – 1 day (scUK Coach Xcel)

**Level 4 – Phase 2** - £100 per person – 2 day

#### Optional Modules

*Level 3 & 4 event modules - £100 – 2 days*

Children in Athletics - £60 per person – 1 day with assessment

Fitness in Running & Walking - £50 per person - 1 day no assessment

Eating Disorders - £50 – 1 day

Coaching Females Athletes – £50 – 1 day

Strength Conditioning - £100 – 2 days

Mentoring - £100 – 2 days

**Re-Assessment** – price on application.

***To avoid disappointment if you are looking to do a Level 2 course, please book the event module day at the same time.***

### **Official Education Courses**

The first Level 2 Officials Course, held at Mountbatten School and Southampton track attracted 48 candidates across the four discipline. Terry and Eileen Williams were very pleased with the response.

Please check the website for up to date information on Level 2 courses. Level 1 Courses for clubs and schools can be arranged through your County Officials Secretary (COFSEC).

Level 2 Courses will be promoted on the website. We hope to have another Level 2 course up and running in Oxfordshire soon.

For details, dates and venues of Sports Coach UK courses visit [www.sportscoachuk.org](http://www.sportscoachuk.org)

### County News

In Oxfordshire Catherine Parkinson has been organising Sportshall Athletics competitions for Primary Schools and these are continuing to take place across Oxfordshire. The last two months have seen competitions take place in West Oxfordshire, Cherwell and Vale of the White Horse Districts. Teams can progress from their heat competitions to a District Final event. The winning team from each District will then represent their District at a County Final that will take place on Thursday 22nd March at Iffley Road, Oxford.

In Hampshire County Squad Days have taken place on 10th October, 16<sup>th</sup> December with the final one taking place in Basingstoke on 31<sup>st</sup> March. Three Elevating Athletics Courses are planned.

In Berkshire, preparations are underway for a Squad Day on 18<sup>th</sup> March at Bracknell and in Buckinghamshire, Caroline Bird returned from maternity leave in October and has been heavily engaged in organising sportshall teams for the regional finals and with Jim Bennett, a very successful Endurance Day was held on 4<sup>th</sup> February.

Berkshire have an excellent list of Sports Coach UK Courses and Running Sports Courses available on their website at [www.berkshiresport.com/immediacy-468](http://www.berkshiresport.com/immediacy-468)

**Oxfordshire - Catherine Parkinson - 01865 467237 [cparkinson@oxford.gov.uk](mailto:cparkinson@oxford.gov.uk)**

**Berkshire – Andy Jones – 0118 3766129 [andrew.jones@reading.gov.uk](mailto:andrew.jones@reading.gov.uk)**

**Hampshire - Michael Coker – 01962 846025 [michael.coker@hants.gov.uk](mailto:michael.coker@hants.gov.uk)**

**Buckinghamshire – Caroline Bird – 01494 563107 [cbird@buckssport.org](mailto:cbird@buckssport.org)**

### UK Club Awards 2007

The timescale for the UK Club Awards has changed this year to fit in better with the presentations at the UK Congress on 24<sup>th</sup> November 2007. Details are likely to be out in April with regional presentations in September.

Our Region had four fantastic winners in 2006 – Marshall Milton Keynes – Track and Field Club of the Year, Slough Juniors – Junior Club of the Year, Mick Bromilow – Club Officer of the Year and Reg Dyer – Services to Officiating.

Marshall Milton Keynes AC and Slough Juniors are now being put forward by UK Athletics to the CCPR Club Awards where they will be “competing” against other sports.

### England Athletics Staffing in the South East Region

**Chris Benning** - Sub Regional Manager – Hampshire, Isle of Wight, Channel Islands, Berkshire, Buckinghamshire and Oxfordshire (based at Wessex House, Eastleigh) Tel 02380 610550/07968498708

**Elsbeth Turner** – Sub Regional Manager – Sussex, Surrey and Kent (based at Broadbridge Heath Leisure Centre) Tel 01403 259583/07815 072558

**Carol Shuttleworth** – Administrator for Special Projects – part time position (based at Broadbridge Heath Leisure Centre) Tel 01403 756869

**Andy Neal** – Administrator for Coach Education – part time position (home based)- Tel. 01403 230096

We also work very closely with the county based Athletics Development Officers and currently help to fund their posts in Hampshire, Oxfordshire and Buckinghamshire.

#### **CRB Checks**

The Criminal Records Bureau has introduced a new service, which will allow applicants to track the progress of an application from receipt to issue. You can access the system via the CRB website at [www.crb.gov.uk/tracking](http://www.crb.gov.uk/tracking)

Applicants will need the disclosure application form reference number to gain access to the site.

#### **Shorts**

- Recent information from the Central Council for Physical Recreation (CCPR) relates to the need for clubs to purchase licenses if they have audio-visual equipment such as a tv set or stereo, under the Design and Patents Act 1988. The CCPR has met with the Performing Rights Society to negotiate for the fees to be set at a level appropriate for sport. And would like clubs to complete a short questionnaire available online at [www.cascinfo.co.uk/musicsurvey](http://www.cascinfo.co.uk/musicsurvey)

**Thank you all for your tremendous commitment to the development of athletics in the South Sub-Region. The next newsletter will be distributed in April 2007.**

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***Thank you to Sport England for supporting Athletics.***