



SUFFOLK COUNTY ATHLETIC ASSOCIATION

MINUTES OF THE MEETING held at the Dove Room, Mid Suffolk District Council Offices, Needham Market Friday 25th September 2015

Present: Joe Mower, Tony Cheatham, Terry Back, Karin Mead, Odile Wladon, Mike Oakley, Trevor Bunch, Ian Gooderham, Jonathan Wilding, Paul Felton, Jean & Bill Cox.

Apologies: Terry McEntee, Robin Belsom, Ricky Peacher, Margaret Leek, Ron Wallwork, Jennie Grimwood, Tom Fairbrother

Minutes of the meeting of 22 May 2015: The minutes of the meeting having been circulated and with no amendments were signed as a true record.

Matters arising: None.

Finance:

- Tony Cheatham reported that:
 - the balance in the main account is £16,253.41.
 - The balance in the Number 2 account was £2,068.66.

It was suggested that we should move some of the balance in the main account to an interest earning account, Tony Cheatham will investigate but pointed out that the interest rates are low and it may not be worth it.

- Some outstanding payments are due. The TMO course has not been paid as no figures were given. Rebecca Turford has notified people that a bursary of £20 is available from UKA which should be deducted from the amount claimed from SCAA.
- Grand Prix and County Championship invoices have been sent to clubs.
- KM handed over money for county hooded tops and county vests. We paid out £240 in either fuel payments (or vests in lieu) for travel to Copthall for U15/U20 Inter County, which is still cheaper than booking a coach.

Track and Field:

- We had a successful county champs this year. All went well.
- TC has contacted Clare Maller at Abbeycroft in Bury St Edmunds with a provisional booking for next year. He has had to reserve three weekends as no confirmation yet from UKA which date they will allocate. Costs are £29 per hour plus £16 per staff member.
UKA sent out an email requesting feedback on which date clubs would prefer and 95% of clubs were in favour of 2nd w/e in My. So UKA have provisionally allocated 21/22 May (which is the 3rd weekend!) - awaiting final decision.
- There is some confusion over the date for CAU Inter Counties - UKA have 30/31 July, CAU have 6/7 August - awaiting confirmation.
- U13 Intercounties at Kingston - well attended, as always. 2 or 3 very good athletes showing promise.
- U15/U20 Intercounties at Copthall, U15 G middle distance runners Rebecca Daniel and Olivia Allum performed well with Gemma Ramsey in the javelin. For the U20W Eldece Emery made both the 100m and 200m finals with Emily Moyes finishing 2nd in the 400m hurdles.
- Hibbard: Senior Women 3rd Senior Men 4th U17M 3rd
Thanks to Richard Archer who managed to get strong teams out on the male side.

Suffolk schools sent a strong team to ESAA championships in July. Almost all the 35 athletes had achieved at least one entry standard performance. The team returned with 2 gold and 2 silver with the Senior Boys winning the B county title.

Cross Country:

- PF reported that he has sorted out the course at Heveningham Hall for the county champs on 10th January 2016 as usual there will be 2, 3 and 4km loops.

Times and Distances:

U11	2km	11.30	U13G	3km	11.45	U13B	3km	12.00
U15G	4km	12.15	U15B	4km	12.35	U17W	5km	12.55
U20W	6km	13.10	SW	8km	13.10	U20M	8KM	13.50
SM	12km	13.50	U17M	6km	14.40			

- Entries will again be on line, hoping to open entries on 1st November 2015, closing date will be 17th December 2015 (anyone without an EA number can enter 1 when prompted)
- PA system has been booked at a cost of £149. Toilets booked with Broadland Toilet Hire.
- No cars are allowed on course, all equipment will be transported by Quad bike.
- Schools XC dates are:
 - Thursday, 15th October 2015 area races at RHS
 - Saturday, 5th December 2015 A races at Alde Valley
 - Thursday, 14th January 2016 B races at Culford School
 - Saturday, 6th February 2016 Anglian Schools, Lincs
 - Saturday, 5th March 2015 ESAA XC Champs, Nottingham

Road Racing: Report from Terry Back

- The race calendar has gone very well, with record entries at the Ekiden relay and near full races for the Friday 5 series. We have had some chip timing issues at certain events, which has caused embarrassment to the race organisers through no fault of their own efforts. These companies charge good sums of monies to provide a timing service and should be accountable when results are delayed or incorrect. There has also been comment as to why not all events have chip timing mats at the start as well as the finish as the majority of events are long enough for them to be moved if required from the start to finish area. In certain events where this has not happened and times have been questioned and frustration for runners who thought they had performed better than the results suggest. The ultimate decision as to what system is used and how the timing is recorded falls on the race director and some may need to be more insistent about what they require.
- The Ipswich Jaffa running club had a brand new event this year, a Friday night high class 5k and fun run 10k called "The Twilight". This had some International A class athletes invited and proved to be a great event running through the town centre of Ipswich on closed roads. These included Ipswich Town Football ground and town hall square, it provided a great spectacle for the town and looks set to become a must enter race for good club athletes. Add to this the recent Ipswich Half marathon and Framlingham 10k to name just two shows that the Suffolk road race calendar is becoming stronger and more competitive. I feel certain that our county neighbours are looking on with envy.
- The Suffolk grand prix has had increasing numbers running and is producing more competition with Haverhill in particular show increased prominence at the events. This week end sees the county 10 mile championships at the Felixstowe Coastal 10 and I hope to see again a strong entry for this event.
- It is unlikely that the Ipswich Jaffa Friday 5 event will take place next year as the school is not available on the date they require. The Ipswich $\frac{1}{2}$ Marathon has been moved but now clashes with the Coastal 10.

Race Walking: report from Ron Wallwork

- Six walkers competed in the track and road championships this year.
- Callum Wilkinson had hoped to end his 2015 campaign with the retention of his English Schools senior boys 5km walk title. However, it was not to be! The seven months of top class competition finally took its toll and he withdrew from the race shortly after the 3km mark. Earlier in the day

younger brother George narrowly missed a medal in the junior boys 3km walk, but had the satisfaction of setting a pb of 20.37.57

- The highlight of the season was Callum's 7th place in the European Junior championships in Sweden in July, where his time of 41.34 was a national under 20 best performance.

Sportshall: Report from Terry McEntee

Planning is underway for this year's events which will be held on, 10th and 31st October at Northgate with on at Lowestoft on 21st November.

Network: Report from Terry McEntee

- A sprints session was delivered by Mike Utting at Waveney Valley AC involving 10 coaches.
- A polevault session was delivered by Kate Alexander at Northgate involving 3 coaches.
- Clubs are encouraged to consider having a Flying Coach visit.
- 4 officials have been financially supported on a TMO course.
- There are opportunities for financial support for clubs towards coach education.
- Can clubs/coaches indicate other generic courses they may require such as nutrition, sports psychology have been delivered in the last year. These courses can be put on in conjunction with Suffolk Sport.
- 13 athletes took part in the Special Olympics competition and 7 in the Open Competition held at Northgate on 13th June. A number of special Olympics Suffolk athletes have been nominated for the Eastern Region team to take part in the Special Olympics 2017 National Games which will take place in Sheffield. Their next competition is an indoor meeting at Lee Valley on 1st November.
- Qudkids - 43 athletes from 4 clubs took part in the 2nd annual champs on 22nd June at Northgate.

Officials:

- a) Track and Field:** MO has a uploaded a list of Officials on to the County website. 2 need to be chased, one has no health and safety, the other needs an up to date DBS. Michael Fuller is investigating whether a room could be used at Copleston High School to hold officials training.
- b) Endurance:** a list of current officials has been uploaded on to the County website. There seems to be some confusion in accepting the TMO officials. Councils are not recognising the qualification, Race Directors are advised to direct them to Tess at Run Britain who will clarify the situation. Trevor Bunch pointed out that the list that JM has from UKA is out of date as courses have taken place this year, he will forward the details and JM will update his list.

Date of the next meeting: 27th November @ 7.30pm (Dove Room, Needham Mkt)

AOB:

- Disability Guide for Track and Field Providers (July 2015 update) and Disability Guide for Race and Event Providers (July 2015 update) were circulated and will be linked on to the County website.
- UKA new rule book for 2016-18. There are many proposals, the main one affecting Suffolk clubs is the unattached levy fee will increase to £3.00 from £2.00. If entry forms are printed before the new rule book finally adopted, old fee can apply.
- It looks likely that UKA will be adopting the IAAF rule book, however 95% of the rules will be supplements relating back to UKA rules, including existing age group rules.
- UKA have met recently to review the coaching pathways with a view to reorganising them - no updates received yet.
- First Aid training still needs to be finalised.

Meeting closed 8.50pm