Eastern Cyclo Cross League

Minutes of Committee Meeting

8th May 2019

The Dove Public House, St Helen Street, Ipswich. IP4 2LH

Meeting began with the sad news of the passing of league stalwart Neil Pears. The committee acknowledged the huge impact that Neil has had on the cyclocross scene and the Eastern Cyclocross League over the past 40 years and sends its deepest condolences to all his family and friends. He will be sadly missed but never forgotten. We await details of the funeral so that we can pay our respects. The Neil Pears trophy is discussed later in the minutes and we hope will be a fitting tribute.

1. Apologies

Lee Rowling

1. Minutes of Last Meeting

Agreed as a true record. No matters arising that are not already on the agenda.

1. Ladies Race

Steve Grimwood asked how long can we go on without having a ladies race. Having a ladies race would extend the day by about 30 minutes and would mean the judging team i.e. Dave would need to be at the events even earlier and would put extra pressure on organisers and commissaires in an already long day. Dave proposed having a 2nd set of equipment to be given to Gareth Smith who can then arrange the judging at the western based races. This was agreed for Dave to go ahead and order. Do we get the U12’s to race a separate course so have concurrent races? Could we have coaching first thing and then U12’s race over lunch? Ian circulated proposal for race timings for the regionals which we can use for normal league races. We could reduce the number of counting races for U12’s to discourage extended travel for a 10 minute race as they would have to be travelling earlier for a 9:30am race start. The meeting agreed that if we could run a separate ladies race with the organisers approval then we will.

Ian Poole will circulate the proposed race schedule with detailed practise times and expectations for getting courses ready and circulate to all promoters for feedback. We can then finalise a race schedule.

1. 2019/20 Calendar

Ian circulated proposed calendar. Iceni Velo is back on. Springfield will be organised by Chelmer. Writtle will be the final event and can hold the AGM in the college class rooms. Hempton is a possibility but East Coast Riders lack bodies to put an event on. Ian Doe will have a chat to see how the ground lies. Ian Doe will talk to Dave Hales about new venue in Colchester for a new event.

1. Code of conduct

We agreed at the AGM to discuss drawing up a rider code of conduct. Ian has printed BC’s rider conduct document. Ian will circulate for comments. Ian Doe advised that we can put this on the League joining page so that riders need to acknowledge that it has been read.

1. First Aid Provision

There was some talk at the AGM whether it was feasible to have a “standard” first aid provider for all events, optional for organisers. Reception at the AGM was lukewarm. Ian Poole will circulate around to organisers a list of first aid providers to give them the options.

1. Prize List

Steve suggests the prize list is distributed on a sliding scale based on number of riders. Minimum number of riders to receive a prize. We’ll use Brian’s proposal for the formula. Brian will circulate the formula so that Dave can produce a prize list based on number of entries.

1. Joint Regional Championships

Planning, subject to our agreement, to use the central region time chip system. Ian Doe needs to register the event with BC. Ian Poole proposes that the Association subsidises for £500 to Welwyn for promoting, all agreed. Riders need to be made aware that there will be a deposit for chips.

1. Neil Pears Trophy

Committee will discuss with Neil’s family after the funeral what they would like to do for the trophy. Suggestion to provide a Sturmey Archer hub mounted to some teak for a trophy. Steve Grimwood and Pete Whelan will arrange.

1. Best event

We will leave this until next season and have a survey monkey survey after the season has ended.

1. Treasurers Report

League is in good shape. The National Trophy cost the Association around £3,500 to put on. Overall we made a surplus of around £1200 for the year so far although we don’t finish the financial year until September there will be little movement before then.

1. AOB

Suggestion from John Swindells that we have a FB group just for organisers to facilitate organisers sharing information and resources. Jo Denny will set up.

Ian has applied for commissaire course to be held somewhere local for new cross commissaires.

Mark Wyer Coaching update

It was not discussed at the meeting but the below was sent by Mark by way of an update on what he is doing as coaching co-ordinator:

At the latest Eastern Cyclo-Cross Association AGM, I was appointed to a coaching and rider development role. I’ve done similar roles for the EC-CA in the past with varying success.

I have decided my focus this time is on rider retention, especially 16+. I think the best way to do this is to ensure riders are well coached and therefore enjoying success and enjoying the sport. In the past I have focused on trying to assist riders win medals but that is always a lottery dependant on individuals performing on a given day whereas growing a bigger base of skilful riders and knowledgeable coaches makes it more likely that more riders will succeed.

I propose to pursue a number of projects with paid volunteers rather than relying just on goodwill. There are 3 immediate sources of funds that I can apply to.

* Beastway/Tour of the Cornfields
* Dave Copland youth development fund held by Mark Fraser
* EC-CA funds

Don't worry I'm not after your involvement (unless you wish to be) just some ideas. Have a look at the proposed projects below and perhaps suggest some priorities or other proposals. Tell me if you are interested in working on any of these. Please pass this email on to anyone else you think should be consulted (ideally a qualified CX coach).

Best wishes,  
Mark.

1. **Youth Training Sessions – Contenders**

4 or 5 sessions a season involving guest coaches. 3 hours per session. Budget £450 - £550.

1. **Coaching videos**

Videos of 6 – 10 races highlighting interesting use of skills. Budget £45 per video.

1. **Muddy Monsters Go-Ride Racing**

Extend Muddy Monsters entry level youth racing to further areas. Currently Muddy Monsters runs two series in Beds and Herts and North Cambs involving a consortium of 5 or 6 Go-Ride clubs in each area. 40 – 60 young riders attend each event.  There is the potential to create a series in three other areas in the region, East London and South Essex, East Essex and East Suffolk and Norfolk and North Suffolk.  Budget to coordinate a series £100.

**4. Cyclo-Cross Coaches Conference**

A conference to enable Cyclo-Cross Coaches to share knowledge and develop their skills with perhaps some external speakers. Budget £300.

**5. Women only coaching sessions**

As the smallest represented group in Cyclo-Cross we should be trying to introduce more women to the discipline. A series of 3 or 4 coaching sessions for women aged 16+ might help. Budget £350 - £400.

1. **Date of Next Meeting**

6th August