

Eastern Cyclo Cross League

Committee Meeting Minutes

Monday 20th December 7:30pm

1. Apologies
2. Minutes of Last Meeting
Agreed as a true record
3. Matters Arising
We'll do medal/mugs for 2019 and 2021 in one go at the end of season. Kate Dance has received her 2019 medal/mug.
Dave's gridding publish was slightly more tricky but he will do it sooner or later
Ian has thanked Stanborough
4. Season review so far
 - a. West Suffolk
Well run event. All ran fine. Really good job
 - b. Neil Pears
Well run event. Pits could still do with being larger. Logistics tend to be difficult because they can only setup on the day
 - c. Diss
As usual they do a good job with what's available. Some question marks over whether next season will run as some of the land is being sold for housing
 - d. Regional Champs
Raced well as course was wide. Good test for the following weeks Regionals. Entries worked out well as the other leagues took our lead and ran their own regional champs. Thank you to Ian Doe for the help as the event wouldn't have happened without his help. Happy to run it the same way next year
 - e. CC Ashwell
Our aim was to create a good and challenging course - I think we achieved this.
Inspiration from Ipswich - wide lanes.
3 Saturdays of hard labour, 6 to 10 people per day. Amazing commitment to the cause.
I was particularly happy with the U12 route.
Lots of constructive help from Ian Doe - thank you.
Day went well. Gate entry/exit from the woods did not prove to be a problem.
Temporary removal of the fence enabled much better access to the western field.
Automatic gate entry to the estate was a worry beforehand, but proved okay on the day.
Good racing.
Good atmosphere.
Good feedback including:
love for the Commissaires, friendly league, good course.
Clear up completed midday on Monday.
Cricket Club keen to see us back; they were very helpful and supportive.
Estate yet to pass comment, clearly want to assess the impact of our visit.
If run again improvements include; better catering, improved spectator access, better use of the PA, better preparation for 08:00, not the week before Christmas (October suggested by the Cricket Club).
Discussions with Central League initiated, possible double header. Very dependent on feedback from the estate.
Committee feels that it was an excellent event. Great to have a new venue
Jo Denny (comms) awesome course, one of the best. Liked the fact that it was wet.
5. Upcoming Events

- a. Icení Velo
Going ahead but Ian will talk to them to make sure. **Ian Doe**
 - b. Milton
90% probably not happening. Venue are questioning whether to go ahead with current Covid guidelines. (Subsequently cancelled)
 - c. Stow Scramble
Still going ahead as planned
6. World Masters Update
On the whole very successful. A lot to manage with Covid regulations which could have derailed the event completely. We had a good international field and a good range of riders. Fantastic set of volunteers, officials etc.. Feedback has been good. Steve has a list of 25-30 things to do differently next time. We also had two storms to contend with over the consecutive weekends! Thank you to everyone that was involved, and we did the region proud.
7. Treasurers Report
We are currently running at a surplus of around £7,000 across the league and the association which after last year is pretty impressive. The World Masters accounts have been better than expected due to very generous sponsorship and good numbers it has made a profit rather than the expected deficit that the association had already agreed to underwrite. Overall, we do very well. Accounts are available on request.
8. Army CU
Opportunity to run an event at Carver Barracks. Initially as a test event after the season has ended but if we lose Icení and Milton there will be a long break to Stow. If we could fit this event in it would be good. Ian will ask and see what we can do. Maybe use this as a test event after the season and combine with an awards ceremony? **Ian Doe**
9. Regional Development Plan
Each region has to develop a plan for each of its disciplines. Hasn't in the past concerned CX. Finances in the past have been raised by levies paid to the Eastern region. Any money coming back to the region has to be written into the RDP. At the moment CX works a little differently from other disciplines in that we are our own "club/league" that is affiliated to BC rather than being part of Eastern Region. It seems likely that BC will want to absorb CX into the regional structure and allocate funds based on the RDP. Get Bruce Karsten BC Regional Delivery Manager along to a meeting and we can discuss the process and what he needs from us. **Ian D will introduce to Ian P and Ian P will arrange a meeting from there.**
10. Coaching update
See notes [below](#) from Mark Wyer
Proposal [below](#) for potential CX development officer. More discussion required
Could be some legs in uni masters/phd student doing CX development for set time period
11. AOB
Frances Gallagher is asking if we can fund materials to put in some steps at Stanborough Park. Don't have a problem with that but seems £1000 seems a lot for some steps and wouldn't the landowner/local council have some authority to putting steps into a public park? **Mark Wyer to get more detail**
AGM propose we do it online early February. Wait for an awards event to see where we are. Acknowledge the difficulties with numbers in the V50 events.
Steve to arrange same medals as used at WM. **Steve Grimwood**
Maybe we can arrange an awards night where everyone can get together in. Think about at the next meeting
12. Date of Next Meeting
31st January 2022

Development Meeting Notes – Online, 25/11/21

1. Coaching sessions audit

This is the audit of coaching activity so far. I'm still on the look out for additions or corrections.

Basic off-road club sessions which would suit novices and younger riders

Welwyn Wheelers Under 16s – Wednesday evenings 7 – 8.30pm & Saturdays 9-11am

CC Ashwell U12s – Saturdays 13:30-15:00

CC Hackney – Off-road skills Saturday mornings twice a month as part of club sessions

Fenland Clarion – Friday evenings 18:30 – 19:30 during CX season

Lee Valley Youth – adhoc during Saturday morning club sessions

Colchester Rovers – Saturday 9:00 – 11:00 during season for youths up to 16 at Hillyfields

CX specific sessions for more experienced riders

Welwyn Wheelers – Tuesday evenings during season 19:00 – 21:00 at Welwyn Track all ages from U14

CC Ashwell – Wednesday evenings during season 19:00 – 20:30 at Baldock all ages from U14

Hackney GT sessions – Wednesdays 19:00 – 20:00 during season on Hackney Marsh

Cambridge Youth – Thursday evenings during season, all ages at Milton Country Park

2. Coaching Courses update

(as at 16/21/21) the Level 2 CX course at Welwyn was full but they are looking at adding an extra tutor to expand numbers. Candidates should be able to book on again soon but I will keep checking to make sure everyone is aware. Richard Miller and Vincent Friedlander are keen to book on. There is rumour of another course at Ipswich in the summer.

A new Level 3 Coaching Prescription course should start early in the new year.

Mark is working with HQ on a practical Level 3 CX course to go alongside the Prescription course.

3. Development Structure Update

After discussions with Bruce Karsten and members of the development Workgroup, Mark suggested a coaching structure that we could be working to in the region. This would enable us to spot gaps in provision and something we could build towards. This structure could be advertised on the EC-CA website/facebook page for novices to find sessions to get started in the sport.

- a. Basic off-road sessions for novice youth riders, usually part of Go-Ride club sessions
- b. Cyclo-Cross specific training sessions for older riders including adults during the CX season
- c. British Cycling Development Centre sessions for riders aged 12 – 16
- d. Regional Schools of Racing (RSRs)

Sessions b and c will likely to be roughly equivalent in terms of rider development but only sessions restricted to riders aged 12 – 16 can be termed Development Centre sessions. If we include racing opportunities then we can create the following table.

Coaching Opportunities	Racing Opportunities
Basic off-road sessions at Go-Ride clubs	Muddy Monsters Series
CX specific coaching sessions BC Development Centre sessions	Eastern Region League
Regional Schools of Racing (RSRs)	National Trophy series and National Championships

Mark mentioned the possibility of putting a bid in to the EC-CA for a part-time development officer to work on this structure and other development goals as a 3 year project. He will work up a bid and submit it.

Francis mentioned they need about £1000 (for materials) to install steps at their Stanborough Park venue to enhance the course there. Mark will raise this as well.

Mark has run 2 Contenders sessions this season with 4 riders at Writtle and 10 at Welwyn. There are 9 booked for Landseer Park at Ipswich. It looks like the Contenders sessions have run their course in their current format and need to fit in to the structure above.

Regional Development Centre Sessions

Further to the above, Bruce Karsten (who is now the Regional Cycling Delivery Manager) has suggested that I run Development Centre Sessions for the Region. We are considering running one a month throughout the year on a Saturday morning, lasting for about 2.5 hours. These would replace the Contenders sessions where the numbers have gradually dropped over the last few years. The venue would probably be in Norfolk or Suffolk to build up the number of riders in those areas or a combination of both. Riders in other areas are better served by existing club sessions and so it's better not to clash in those areas.

4. Muddy Monsters

3 out of 7 rounds have been run in the Herts and Beds Series. Malc is still struggling to get a Cambridgeshire series off the ground this season but was encouraged to keep trying. Mark has a set of guidance notes for anyone who wants to get a series going in their part of the region.

5. Women's Development Sessions

After a very successful first day, the second Women's Development Session of the season will be a Coaching and Racing day at the Ashwell Grass Track field on the 12th February.

Kevin suggested that we might be able to fit in a half hour women's coaching slot at Eastern League events later on in the day rather than at 9am which is a big gap before the women's race. It could fit in at 12 noon after the Vet 50+ race. We will pilot this at the Haughley Park event if the organiser is ok with that.

6. Inter-Regional Event

Mark discussed the possibility of resurrecting the old Inter Area championships in the A1(M) area e.g. Stanborough and for youth age riders only (e.g. 4 races for boys U16, girls U16, boys U14 and girls U14). This would benefit the development of CX across the country providing a focus for youth development. However it would take an organising team and should be regarded as a low priority project

1. Proposal Summary

This proposal is for a part time development officer for Cyclo-Cross in the region. The Officer would work to develop events, volunteers and riders in the region. Success could be measured by the number of events, the number of recruited volunteers, the number of females competing and the number of youth riders taking part.

This should be a 3 year project to be reviewed annually.

Potential partners are the Beastway/Tour of the Cornfields team, British Cycling Eastern Region and the British Cycling Talent Development programme.

The post holder could be employed for, as an example, 315 hours a year (or 45 x 7 hour days). The postholder could be managed by a subcommittee of 3 EC-CA Committee members plus including any other major stakeholders.

2. Work Programme

The post holder could work in the following areas to increase events, volunteers and riders from underrepresented groups.

- Increasing the number of events in the region
 - Finding organising clubs
 - Helping organisers find venues
 - Helping organisers design courses
- Recruiting and retaining volunteers
- Building up the Muddy Monsters series so there are a numbers of series region wide
- Increasing the number of riders from underrepresented groups
 - Women and girls
 - Ethnic minorities
- Increasing and improving the coaching sessions held in the region
 - Supporting clubs setting up sessions
 - Organising more 'Contenders' style sessions

3. Example goals

Here is a sample of possible goals for the project.

1. Increasing the numbers of league events by 1 each season for the 3 seasons.
2. Increasing the number of volunteers by 10% each season.
3. Retaining 95% of volunteers each season.
4. Increasing the number of female riders aged 16+ by 10% each season.
5. Increasing the number of youth and Under 12 riders by 5% each season.

4. Costs to the EC-CA

4.1 Employed Officer

The EC-CA is not an employing organisation so would probably need to work with a commercial partner to employ an officer through their system.

The estimated cost for the project would be (assuming an employed officer being paid mileage expenses).

315 hours x £13 an hour = £4,095 (based on typical Development Officer salaries of about £24,000 a year).

On costs (including holiday pay) @ 25% = £1,025

Travel expenses = assuming 25 journeys a year of 100 miles each at HMRC travel rate of 45p a mile = £1,125

Working budget for paying coaches expenses, volunteer support etc from project partners perhaps in the region of £500.

Total cost = £6,245 per year

4.2 Self Employed officer.

Of course if the officer is self employed then that simplifies the sums considerably. It all depends if the Committee feels that employment rules would allow the post holder to be self employed.

I would suggest a self employed officer should be paid £16 an hour to cover expenses such as travel, phone and office costs and holiday pay.

Total costs = £5,040.