

Eastern Cyclo Cross League

Committee Meeting Minutes

Held on Thursday 7th March 2024 @ 7:30pm

In person at Elmy Cycles, 86-88 St Helen's St, Ipswich. IP4 2LB

Present: Sally Withey, Simon Wilson, Steve Grimwood, Jo Denny, Jo Newstead, Paul Moss, Ian Poole, Dave Copland, Daniel Doncaster

1. Apologies
Pete Whelan, Ian Doe, Lee Rowling,
2. Minutes of Last Meeting
Signed as a true record
3. Matters Arising
St Ives levies have now been paid
Carl said yes, will do a yearbook but no progress so far. SG will ask
4. Season Review So Far
 - a. Cambridge Youth
Separate U10 course to U12 worked well.
Course works well that way round. Pits good and start better that way round as there's issue with going into wooded area at speed.
Lack of changing at a public venue could be safeguarding issue? Signs outside toilets to warn riders and general public?
In general though an excellent event that is organised really well.
High praise for Richard Miller for handling the medical incident and the aftermath extremely professionally.
Medical incident
Medics report was fantastic and were generally superb
Credit to the comms and especially Jo Denny for handling the situation so well.
Organiser pack to include requirements to print RA details and recommendations for best practise.
SG talking to Ian Day to come up with a minimum equipment requirement for medics
PM to thank medics for their report and ask about the interference issue. Ask if they are prepared to come along and give a briefing to organisers/comms.
A good and thorough discussion was had around the medical incident and we're happy that overall the response was excellent.
Towards the beginning of next season we will arrange a commissaires and organiser get together to discuss best practise and share experiences for next season events.
Before season starts, make sure we know where radios are and advise organisers.
PM to check with Sally July/August for radios.
 - b. End of Season Team Relays
Behind the signs issues with car parking. Café a bit slow. Riders not allowed to use showers. Event was superb and really well received. Ian now has regional medals so will send out those with remaining league medals.
5. Treasurers Report
The League is currently running at a loss of £1908.21 which is largely due to paying the BC admin fee of £1 for the Diss cancellation and having to buy U12 trophies. Registrations are almost identical to 2022 but numbers, comms and judging expenses have all increased slightly.
The Association is currently running at a loss of £103.94 although this has been helped by a donation from the British Cyclocross Trust. Most of the loss is due to the donation of entry fees for the Cambridge race to EAAA.

Overall it has been an unprecedented season for various things and we have plenty of reserves to absorb these losses which should only be one-offs. I wouldn't propose increasing league levies or registration fees.

6. Coaching update

Simon has been working with Colchester to work on training session to help 10-14 year olds transition to longer racing. Also to bring them together as a cohort. Thinking about how to train outside of their weekend races. Consider involving parents to teach parents what happens at a race, pit etiquette etc...

Starts 16th April ish

7. AGM

Proposal to create a new position of Honorary President at the AGM and nominate Ian Poole into the role on a 5 year term.

8. Proposal from Simon Wilson seconded Jonathan Whall

Changing the running order at Eastern League races to enable event organisers to include coaching for youth riders in advance of the youth races.

This proposal is not designed to force organisers to include coaching, but the proposal does give organisers the option to include coaching if they had capacity to do so (e.g. enough volunteers and land).

A possible running order could start with the V50 race so that under 10/ 12 riders could receive coaching in advance of their race. This scenario would only impact V50 and youth riders as the afternoon races would remain the same.

Will put forward to AGM for discussion with suggestion that this is explored in detail by the committee. Could cause a lot of discussion.

I haven't had a proposal to support this but I had a FB message from Julie Williams which ties nicely into Simon's proposal

"Hi, saw your post about rule changes for eastern league. I'm no expert so hope I phrase this ok and apologies if not! I become increasingly concerned at both these races and central league about the tiny ones with little experience racing with the older or more experienced kids. I love how inclusive cycling is but I worry that kids are going to get hurt. We saw kids on the track with parents pushing them round and kids who could barely ride but in the same race as kids who move so fast. The kids are great and really try to be careful but coming round corners out of woods etc you can't always see. It can also put kids off as if you get stuck behind one or a group of these kids (lapping situation) in woods, it can throw your whole result off. Our kids started their cyclocross racing at muddy monsters which was perfect - entry level, experienced kids either don't ride or age group up, and those kids always put the newer ones first as it's entry level. I feel like for regional level though, you do need a basic level of competence - not to exclude anyone but just for safety. It's also the only place we see u8s and u10s ride together - I get the timing problem but having 10 year olds flying about next to 3/4 year olds worries me every week. In an effort not to exclude newer riders, I wonder about two things - 1) signpost muddy monsters or similar for new riders; 2) have a 'novice' kids race - those developing kids would probably enjoy it more as they would feel safer and get confident quicker but could still be involved and see more experienced kids race so they see what they're aiming for. Hope that's helpful and you don't mind me throwing it out there - our kids adore CX and we have loved the community feel and encouragement so I honestly say this wanting the best for all kids coming into this" PM's response to Julie was to send a proposal but none has been received. Point 2) has largely been addressed by Simon's above proposal though.

Proposal from Peter Golding

Over 70's Prizes

At the magnificent end of season relays and the well organised awards ceremony afterwards, it was refreshing to see just how many V70's there are in our league. Seeing them collecting their trophies was inspiring.

I would like to propose that, along with all the other Age Group prizes at each league race, that we now include a V70 prize list.

We'll put forward to AGM

9. Committee 2024

Position	Current	Proposed
Chair	Ian Poole	Vacant
Vice Chair	Steve Grimwood	Steve Grimwood
Secretary	Paul Moss	Paul Moss
Treasurer	Paul Moss	Paul Moss
Events Co-ordinator	Ian Poole	Ian Poole
League Co-ordinator	Dave Copland	Dave Copland
Rider Representatives	Lee Rowling Jo Newstead	Lee Rowling Jo Newstead
Coaching & Rider Development Co-ordinator	Mark Wyer	Simon Wilson
Committee Members	Pete Whelan Daniel Doncaster James Madgwick Jo Denny	Pete Whelan Daniel Doncaster Jo Denny

10. AOB

Proposal to have a volunteer pool so that we have a centralised pool of volunteers prepared to help out at venues. Discuss at next committee meeting the best way of setting this up and administering

11. Date of Next Meeting

AGM 21st March 2024