

Civil Service Athletic Association

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1 Introduction to the Civil Service Athletic Association

The CSAA aims to encourage active participation in athletics amongst all Civil Servants, men and women, who are members of the Civil Service Sports Council. The Association's Committee acts on this remit by organising an annual series of national championship events, and also entering representative teams in matches against the RAF and Middlesex.

THE CSAA is an elected body and the Committee meets three times a year to discuss matters relating to the forthcoming events. The AGM is held in January to which all members are welcome to attend. There are places on the Committee for anyone who is genuinely interested in contributing to the CSAA. However, if you are prepared to assist at any of our Championship Meetings without the responsibility of becoming a Committee Member we would welcome that as well. If you wish to discover more about what is involved please contact the Secretary.

Committee Members (for 2008)

President Sir Anthony Battishill

Chairman: Gerry Trainer

Secretary: Nick Hume

Treasurer: Paula Booth

Vice Presidents: Ken Best, Brian Craig, John Hall, Neil Hornsby, Alan Mason, Ted Wingrove

Committee: Bob Brimage, Gaye Clarke, Dave Evans, Bill Kingston, Steve Marklew, Steve Norris, Colette Roach, Roger Smith, Ian Statter, Liz Stavreski

2. Overview

2008 was another successful year for the Civil Service Athletic Association, with the staging of another full and comprehensive programme of Championship events at various venues around the country. Victories in the Sir Sefton-Branker and SEAX Trophy Matches against the RAF and Middlesex were well deserved and highlight the strength of Civil Service athletes. A trip to The Hague to compete against Dutch Civil Servants was a great success and strengthened relationships between the two parties.

At the 2008 CSSC Awards Night two CSAA athletes won their respective categories for Sportsman and Sportswoman of 2007. Congratulations go to Jeremy Bradley and Natasha Brunning on their well-deserved recognition for their performances in CSAA Championship events and beyond.

The CSAA Committee met formally three times during the year but discussions continued throughout the year between various members as and when required in order to ensure that events ran smoothly and any issues raised were dealt with as and when required.

The relationship with CSSC continues though at times their direction does not always coincide with that of the CSAA and attempts to initiate more grass roots events falters e.g. a London based Charity event and the 4 Race Subsidy Scheme. The members of the Committee are all dedicated to athletics and have a vast wealth of

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experience in organising and managing events which is reflected in the positive feedback from the CSAA Championship events.

The CSAA web site launched in 2007 continues as the main communication medium for all those interested in athletics within the Civil Service, encompassing both National and Regional events. It continues to achieve its objectives of promoting events, providing results, having key contact details for officials, as well having as event photos and links to other related sites. Various articles of special interest relating to the history of the CSAA and its Championship winners have been placed on the site providing a well documented historical source of information for those who are keen to learn more about the past but there are gaps which someone can hopefully fill. CSAA Officials and athletes honoured for their services to athletics are recognised where known about and the Honours Board has been a major development during 2008. The CSAA are indebted to webmaster Tony Croft for all his hard work in developing and maintaining the site.

3. Queenborough Events Review 2008

3.1 CSAA 10K Battersea Park

The 10k Championships was once again held alongside The Capital Challenge which included a 3k Mixed Fun Run and a 1 Mile Track Walk. For the first time the CSAA Committee had agreed that the Men's Master's category would start at M35 and this did have a significant impact on the Masters Team Results. The race itself was very competitive with Liz Such gradually extending her lead on each lap from newcomer, Karrie Blake. In the Men's race Chris Smith made a bold effort to win from the front but was gradually caught by the experienced Phil Parry and Jeremy Bradley, with Phil just having the edge this year.

Results: Women

1	L Such		37.43	HASSRA
2	K Blake		39.28	HMRC
3	D Kennedy		39.51	BERR

Vets

1	J Kingdon	(F45)	40.53	HASSRA
2	B Tull	(F35)	41.06	MOD
3	M Dempsey	(F40)	42.38	HMRC

Teams: Open

1	HASSRA
2	HMRC
3	DEFRA

Vets

HMRC
HASSRA
BERR

Men

1	P Parry	(M45)	32.21	MOD
2	J Bradley		32.46	CACSSA
3	C Smith		33.08	COI

Vets

1	P Parry	(M45)	32.21	MOD
2	G Pennington	(M35)	34.03	HMRC
3	M Eadie	(M35)	34.30	HMRC

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Teams: Open

- 1 HMRC
- 2 MOD
- 3 DEFRA

Vets

- HMRC
- MOD
- HASSRA

Thanks to Gerry Trainer for organising the event and to CSSC for their assistance on the day.

3.2 Track & Field Solihull

This year's championships were held for the first time at the Tudor Grange Sports Centre in Solihull. After trialling an earlier date last year (very little change in the entries) we moved this year's event back to 13th August.

This move proved to be successful with the number of entrants up by about 30% for men and 20% for women. It may well be that the move to Solihull and the work done by Departmental Reps could also have contributed to the increase in numbers.

The increase in numbers also led to an increase in the entries for almost all the events which meant that we held heats for events up to 800m for Men and 400m for Women. There were also significant increases in the entries for the field events with 20 or more being the norm for the Men's throws and double figures for the Women's throws. This year we also introduced the Women's Pole Vault which attracted 2 entries.

Thanks to Neil Hornsby for taking the entries and to the departmental team managers for co-ordinating the entries for their Departments. There were a couple of teams that we had no first names for so please when submitting bulk entries it would look better on the program and the field cards if we could have them, it also makes life easier for the announcer and presentation party.

The events themselves were very competitive and congratulations go to all the competitors for contributing to what was a very good afternoon of athletics. The weather was not kind to us at all. There were several long, heavy downpours that caused a halt to the program on a couple of occasions and at one time with the track flooding and field event run-up areas under water I did think that we would have to cancel some if not all of the events. Fortunately the rain subsided enough to dry out the track to continue and the efforts of the athletes and field officials to get through the field program were superb. In spite of the appalling throwing conditions Mheiri Porterfield managed to set a new Championship Best Performance in the Hammer with a throw of 51.86. Thanks go to Brian Craig for mustering such a wealth of top officials again for our Championships.

Thanks also to Ted Wingrove for coping admirably with the series of presentations throughout the afternoon in what were at times awful conditions. The distance from the announcer's hut and the presentation area made it very difficult to communicate between the two areas and led to a few delays – promise to sort out radios for next year Ted!

In general I think the event passed off very well. We had excellent co-operation and assistance from the staff at the sports centre and the ground staff. The location in the Midlands also seemed to work as travelling for many officials and competitors was kept down to manageable distances and transport, whether by road or public

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transport was excellent. It was mentioned by several people on the day that they would like to return to Solihull next year – that will of course be open to debate but we do need to confirm a venue for 2009 as soon as possible so that officials can be booked.

Thanks go to Bob Brimage for the above Report and to him and Brian Craig for making the event such a success.

The Queenborough Trophy for 2007/08 was retained by RCSL with the Braben-Whiffen Trophy being awarded to the Prison Service based on a formula related to improvement on the previous year by a small Department.

3.3 Masters Track & Field Battersea

Gaye Clarke and John Hall organised another very successful event which was very well supported by the athletes in what is a very friendly but highly competitive event. Indeed a number of the athletes had only just returned from the European Masters Championships with an astonishing number of medals between them, which only proves the standard within the Civil Service and their loyalty to this event. Special thanks must go to all the officials and helpers without whom a meeting like this could not go ahead.

3.4 Race Walk and Ryan Cup Birmingham

With 16 Men and 9 Women this was another excellent turnout for the CSAA Race Walk which this year included the Ryan Cup Match against the Police. The Men covered a distance of 10k whilst the Women's Race was 5k. Maureen Noel (DEFRA) attempting to win for the fourth year in a row was thwarted by Lynn Bradley (HMRC) whilst Dwayne Butterly defeated Dave Turner in a very close race. It is always pleasing to see new walkers at this event and this is recognized with novice awards being presented to both Men and Women. If anyone else is interested help is always on hand for anyone genuinely interested in learning more about the skills of race walking.

Results: Women

1	L Bradley	29.34	HMRC
2	M Noel	30.12	DEFRA
3	P Evans	32.05	HMRC

Novice Award to G Clarke HASSRA

Teams:

- 1 HMRC

Men

1	D Butterly	52.23	Royal Mail
2	D Turner	52.32	Royal Mail
3	J Hall	53.19	DEFRA

Teams:

- 1 Royal Mail
- 2 DEFRA
- 3 HMRC

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Novice Award to R Kellett HMRC

Thanks to John Hall for all his work with this event.

3.5 Road Relays Finsbury Park

With 9 complete Men's Teams and 2 Composite Teams this was considered a reasonable turnout. HMRC once again took the Team honours with a time that was 13 seconds faster than in 2007. SPARTA were always a threat with the Hobbs brothers on the last two legs but despite setting the two fastest times of the days they could only move through from 4th to 2nd place pushing HASSRA back to 3rd. In the Women's race 4 complete and 2 composite teams competed and for the first time a very strong MINERVA squad took the honours along way ahead of HMRC and DEFRA.

Results:

Men:

1	HMRC	75.35
2	SPARTA	76.57
3	HASSRA	78.32

Fastest Legs:

1	L Hobbs	13.40	SPARTA
2	M Hobbs	13.44	SPARTA
3	D Merckel	14.27	DEFRA

Women:

1	MINERVA	54.15
2	HMRC	58.17
2	DEFRA	61.34

Fastest leg:

1	S Robson	17.08	MINERVA
2	D Kennedy	17.56	MINERVA
3	M Dempsey	18.49	HMRC

Thanks to Gerry Trainer and Roger Smith for the organisation and results recording on the day.

3.6 Cross Country Richmond Park

Once again the event at picturesque Richmond Park welcomed a small Dutch contingent who continue to enjoy the race and the growing relationship that has been established with CSAA over the years. This can only be beneficial to all concerned and CSAA is keen to ensure this continues through reciprocal visits to The Hague. The Men's race saw the Hobbs brothers dominate throughout and come over the line together as joint winners. However the team title went to HMRC. In the Women's race Diana Kennedy had the edge over Liz Stavreski but HASSRA took the team honours. Despite some concerns that the Bank of England Sports Centre were pricing themselves out of consideration the venue and facilities were excellent and received very favorable feedback from the athletes and team managers. Feedback with regard to M35s counting as Masters certainly impacted those results and the CSAA Committee will consider this in 2009.

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Results: Men

=1	L Hobbs		34.24	SPARTA
=1	M Hobbs		34.24	SPARTA
3	P Parry	(M45)	34.56	MOD

Vets:

1	P Parry	(M45)	34.56	MOD
2	M Clapp	(M35)	34.59	HMRC
3	G McCourt	(M35)	35.47	MoD

Teams: Open

1. HMRC
2. MOD
3. HASSRA

Vets

1. HMRC
2. MOD
3. DEFRA

Women:

1	D Kennedy		29.27	MINERVA
2	L Stavreski		29.49	OGC
3	R Lund		30.25	DEFRA

Vets:

1	J Palmer	(F50)	30.37	HASSRA
2	L Trainor	(F35)	30.57	HO
3	C Horne	(F50)	31.48	HASSRA

Teams: Open

1. HASSRA
2. DEFRA
3. MINERVA

Vets

1. HASSRA

Thanks to Gerry Trainer and Roger Smith for organising this event and all who assisted on the day.

3.7 Half Marathon 2008 Hinckley

The inaugural CSAA Half Marathon Championships, a non-Queenborough event this year, was not that well supported and what turned out to be a very hot day for running. Jeremy Bradley (CACSSA) and Michaela Dempsey (HMRC) took the individual honours in their respective categories. The 2009 race will be a full Queenborough scoring event and should see far more runners participating.

4. Representative Matches

4.1 Sir Sefton Brancker & Seax Trophy Matches: CS v RAF v Middlesex

These are important and historical events for the CSAA and some of the history behind Sir Sefton Brancker and his relationship with all three organisations can be found on the CSAA Website. During 2008 a number of discussions initiated by Middlesex have taken place to ensure that the Track & Field Fixture continues, although in a somewhat truncated format after the County voted to abandon the matches altogether. Thanks go to Ian Statter and John Hall for all their hard work in maintain the matches.

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4.1.1 Cross Country RAF Halton Jan 08

The Men's Senior team were represented by: M Hilton, D Merckel, P Parry, S Snow, A Tindall and A Longthorpe with Matt Hilton winning the race and Dan Merckel finishing 3rd.

The Vets team were represented by: M Eadie, S Marklew, J Gilling, K Donkin and J O'Shea.

Team Positions: RAF, CSAA, Middlesex

Vets Positions: CSAA

The Women's team were represented by: D Kennedy, B Tull, E Stavreski, S Rudge, C Day and M Noel. With 5 of the team finishing 2nd through to 6th this ensured an emphatic win for the CSAA Team.

Team Positions: CSAA, RAF, Middlesex

Cross Country Fryent Country Park Kingsbury Dec 08

The January 09 fixture was brought forward by a month to ensure that Middlesex continued to participate and was held in conjunction with the established North of the Thames race.

The CSAA Senior Team were represented by: C Smith, A Tindall, A Wray, S Norris, S Hallas and A Goodair whilst the Masters team included J O'Shea.

Team Positions: Middlesex, CSAA, RAF

Vets Positions: Middlesex, RAF

The Women were represented by D Kennedy, L Trainor, J Palmer, M Noel, V Inness and G Kimble.

Team Positions: Middlesex, CSAA

4.1.2 Track & Field Barnet July 08

The following athletes represented the Men's Team in this fixture: P Ellershaw, W McGee, M Goulding, D Clark, S Price, S Hallas, A Burles, M Eadie, S Norris, I Statter, T Hall, J Hall, S Uttley, T Lewis, D Long and B King.

John Hall (3k Walk), Phil Ellershaw (High Jump) and the 4 * 400m squad were the only CSAA athletes who won their events but due to the other performances by the team CSAA won the match and combined with the Cross Country Result took the Sir Sefton-Brancker Trophy for the first time in a number of years.

Team Positions: CSAA, RAF, Middlesex

Sir S-B Trophy Positions: CSAA, RAF, Middlesex

The following athletes represented the Women's Team in this fixture: S Trusch, M Noel, C Sacks, L Stavreski, K Blake, D Kennedy, L Such, N Brunning, K Addis and L Wood.

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Sharon Trusch (400m), Karrie Blake (1500m), Liz Such (3000m), Natasha Brunning (Triple Jump), Laura Wood (Discus), Karan Addis (Javelin), the 4 * 100m squad and 4 * 400m squad all won their respective events ensuring CSAA won the match and the SEAX Trophy thus ensuring a double success.

Team Positions: CSSA, RAF, Middlesex

SEAX Trophy Positions: CSAA, Middlesex, RAF

The CSAA Team Managers (Ian Statter & Steve Norris (Men) and John Hall & Liz Stavreski (Women)) are to be congratulated on their sterling efforts to organise teams for these events as are those athletes who continue to support CSAA.

Athletes are always required for these fixtures as it is always difficult to field full teams due to injury, illness and work commitments. Therefore it would be greatly appreciated if Departmental Team Managers/Sports Organisers could inform the Team Managers or the General Secretary of any suitable athletes, so that a full list of current athletes who are interested can be maintained.

4.2 Ryan Cup (Race Walking) CS v Police

The Ryan Cup for Men was successfully retained by the CSAA Team who had their top 6 scorers in the first 7 places, so had a margin of 41 points over the Police with 23 points to 64 points. This revised format of including the race within the CSAA and Police Championships has now proved successful and will continue in future years.

5 Other Athletic Achievements

The CSAA and CSSC has a number of very talented athletes within their membership who have achieved international honours during 2008 and are highly placed in the 2008 National Rankings for their events at both Open and Masters levels. This is a credit to the athletic talent within the Civil Service but special mention must go to Mara Yamauchi and Chrissie Wellington (both ex-Civil Servants) on their performances during the year. Mara, who worked for the Foreign Office, finished an excellent 6th place in the Beijing Olympic Marathon and moved to 2nd on the British all time Women's Marathon lists. Chrissie, ex DEFRA, has enjoyed great success after moving from athletics to the Triathlon and has won the 2007 and 2008 Ironman Triathlon in Hawaii.

The Masters Categories are well represented by CSAA athletes and many have enjoyed success during 2008 at British, European and World Championship level. The CSAA Website does try to recognise these successes and will publish updates at various intervals but feedback from athletes and team managers is always welcome as an aide-memoire for the CSAA Secretary.

Whilst the honours always go to the best performers, the CSAA also likes to acknowledge the achievements of all our athletes and that includes those who run for fitness and fun, and especially those who organise events within or outside the Civil Service. Without these people the sport could not continue and the Committee are looking at ways to increase the opportunities for these athletes to take part in Civil Service events at both Local and National level. Appendix 1 details the number of participants at various National and Local events from results received by the Secretary.

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6 The Hague: Anglo-Dutch Race

After many years of welcoming the Dutch contingent to Richmond Park it was the turn of CSAA to make the trip to The Netherlands to compete against Civil Servants on a course just outside The Hague. All those who made the journey agreed it had been worthwhile and would like to repeat the event in 2009. With a subsidy from the CSSC and the after race presentation made by a Senior Official of the Dutch Civil Service the event went a long way to strengthening Anglo-Dutch relations. For a more detailed report see the articles on the CSAA website.

7 Thanks and Recognitions

A special vote of thanks must go to all those who took on the task of organising a Championship event. As ever we are grateful to all the Departmental Team Managers and Sports Association officials who chase and coerce athletes to participate, as without them we would not have any events. Your comments and feedback are always welcome as we strive to adapt as and when deemed necessary.

During the 2008 the following Committee Members have received recognition for their services to CSAA and CSSC. Roger Smith and Brian Craig were awarded Certificates of Recognition for their long and outstanding services to athletics plus other contributions to CSSC activities. Jeremy Bradley (CACSSC) and Natasha Brunning (HO) were awarded the CSSC Sportsman and Sportswoman Trophies in May for their performances during 2007.

The CSAA are always grateful for the help and assistance provided by CSSC staff during the year and 2009 sees the introduction of The Half Marathon Subsidy Scheme which will hopefully appeal to many CSSC athletes, especially those at the grassroots level.

Sir Anthony Battishill is a very hands-on President who supports a number of events in person each year and is also willing to assist when required. He has been seen handing out numbers at the 10k as well as presenting the awards. The CSAA Committee are very grateful for his close interest in our activities.

Finally, as always, I must pay tribute to my friends and colleagues on the CSAA Committee who are a very professional and hard working body dedicated to the sport of athletics and promoting it within the Civil Service.

Nick Hume

**General Secretary
January 2009**

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Appendix 1 Participation Levels 2008

Event	Men	Women	Total	2007 Nos
CS 10k	127	40	167	81
Capital Challenge 3k	20	11	31	
CS Half Marathon	5	1	6	11
CS Masters T&F	75	35	110	99
CS Race Walk	16	9	25	23
CS Relays	51	18	69	91
CS T&F	80	35	115	85
CS XC	89	37	126	118
Anglo-Dutch XC	6	2	8	
London City T&F	6	0	6	
London Business Houses Relay	NK	NK	NK	18
Midlands XC	NK	NK	NK	20
MoD T&F	NK	NK	NK	64
NWCS 5m	17	8	25	29
NWCS Fell Race	9	3	12	17
NWCS Relays	30	17	47	28
NWCS XC	18	9	27	31
Scottish XC	NK	NK	NK	48
Scottish T&F	28	16	44	
Yorkshire RCSL R&F	30	20	50	45
HMRC Sport s Day	114	43	157	
Total	721	304	1025	808

This increase in participation achieved one of the key targets in the 2007 CSAA Whole Sports Plan.