

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, Middlesex, the Police and the Fire Service.

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 2009)

President Sir Anthony Battishill

Chairman: Gerry Trainer

Secretary: Nick Hume

Treasurer: Paula Booth

Vice Presidents: Ken Best, Bill Berry, Brian Craig, Dave Evans, John Hall, Neil Hornsby, Alan Mason, Roger Smith, Ted Wingrove

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

2. Overview

2009 was another successful year for the Civil Service Athletic Association, with the continued staging of a full and comprehensive programme of Championship events at various venues around the country. In the Sir Sefton-Branker and SEAX Trophy Matches against the RAF and Middlesex the Civil Service teams finished second in both competitions. In the Ryan Cup for Race Walking the CSAA team retained the Trophy with a very convincing performance against the Police. The visit to The Hague in March to compete against Dutch Civil Servants was a success even though a reduced number made the trip. However, the CSAA athletes boosted the Dutch Ministry of Housing, Spatial Planning & Environment in the City – Pier – City Half Marathon in The Hague two days later. With the CSAA contribution 5th team place was secured, and Liz Stavreski was the fastest woman in the Business Runner category. Following the race the athletes were welcomed by a senior ranking civil servant in the Ministry of Foreign Affairs.

At the 2009 CSSC Awards Presentation Night there was a double success for CSAA when Sharon Trusch was awarded the Centels Salver for Sportswoman of 2008, and CSAA won the Hayward Trophy for Best SRB. Towards the end of 2009 Chairman Gerry Trainer was awarded the CSSC Merit Award for his services to CSSC and RCSL Athletics over many years.

The CSAA Committee met formally three times during the year but discussions continued throughout the year between various members as and when required in

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order to ensure that the programme of events ran smoothly and any issues arising were dealt with as and when required.

The ongoing good relationship with CSSC continues and this was well demonstrated at the CSSC Games at Loughborough which hosted the Masters Track and Field Championships plus a Cross Campus Challenge Race. This showcase event served to demonstrate that the members of the CSAA Committee are all dedicated to athletics and have a vast wealth of experience in organising and managing Championships for CSSC. This is reflected in the positive feedback from those who attend and compete in the various events.

The CSAA web site which was launched in 2007 continues to be the main communication medium for all those interested in athletics within the Civil Service, encompassing both National and Regional events (where known). For example, within two hours of a Midlands event being advertised, Gerry Trainer had received two expressions of interest from athletes he was unaware of. The website continues to achieve its objectives of promoting events, providing results, having key contact details for officials, as well as having event photos and links to other related athletic 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 still gaps which someone can hopefully fill. CSAA Officials and athletes honoured for their services to athletics in all areas are recognised where known. The CSAA continue to be indebted to webmaster Tony Croft for all his hard work in developing and maintaining the site.

3. Queenborough Events Review 2009

3.1 CSAA 10K Battersea Park

The 10k Championships was once again held alongside The Capital Challenge which included a 3k Mixed Fun Run. However, this only attracted 15 runners, despite a concerted effort by Ted Wingrove (CSAA) to encourage CSSC Health Centres to enter teams. The 10k itself saw 153 runners competing over a very fast course, which was very well marshalled by CSSC staff from High Wycombe, under the guidance of race organiser Ted Wingrove. In the Women's Race Angela Allen regained the title for a record 6th time (1997, 2001, 2004, 2006, 2007 & 2009) but was pushed most of the way by Emily Antcliffe and Kate Beecher. Caroline Horne, a 5 time champion (1988, 1990, 1993, 1996 & 1998) and now a V50, was second in the Vets Category. In the Men's race, defending champion, Phil Parry retained his title for a record 4th time (2004, 2006, 2008 & 2009) after pulling away from Gary Pennington and Steve Hallas in the second half of the race. These 3 were also the first 3 in the Vets category and it is interesting to note that the first 11 Men were all Masters (i.e over 35).

Results: Women

1	A Allen	(F40)	39.54	HASSRA
2	E Antcliffe		40.15	DEFRA
3	K Beecher		40.57	MOD

Vets

1	A Allen	(F40)	39.54	HASSRA
2	C Horne	(F55)	41.53	HASSRA

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3 S Bowers (F40) 42.32 MINERVA

Teams: Open

1 DEFRA
2 HASSRA
3 HMRC

Vets

HASSRA
HMRC
MINERVA

Men

1 P Parry (M45) 32.54 MOD
2 G Pennington (M35) 33.19 HMRC
3 S Hallas (M35) 33.58 HMRC

Vets

1 P Parry (M45) 32.54 MOD
2 G Pennington (M35) 33.19 HMRC
3 S Hallas (M35) 33.58 HMRC

Teams: Open

1 HMRC
2 MOD
3 MINERVA

Vets

HMRC
MOD
HASSRA

Special thanks to Ted Wingrove for organising the event and undertaking the detailed risk assessment required by Battersea and to CSSC for their invaluable assistance on the day.

3.2 Track & Field Wigan

This year's championship was held at Robin Park, Wigan on 12th August 2009. After an increase in entries last year, this year's entry slipped again to only 70 men and 30 women (from 107 & 33 in 2008).

The venue was excellent with good indoor warm up facilities available under the stand. The facilities offered to our officials were also first class and the availability of sports masseur was a welcome addition to the championships.

Following last year's problems with registration, results and the communication difficulties between the announcer and the presentation party things went a lot smoother this year. The use of an automated registration and results service led to a trouble free afternoon with results being posted throughout the day for athletes to access. The only problem was trying to get full automated results from him to post on the website.

The reduction in entries meant that heats were only required for the men's 100 & 200 although the field events continued to have good numbers participating. In spite of reduced numbers in most of the track events there were some excellent races and close finishes to determine the medallists. The better weather also contributed to some outstanding performances in the field events with Mheiri Porterfield increasing her own championship record by over 2 metres in the Hammer to a superb 53m 97cm and Kelly Marie Hilton (HMPS) bettering the old record in the Triple Jump in each of her legal jumps to set a new record of 12.39.

Thanks go to Neil Hornsby for taking the entries and to the departmental team managers for co-ordinating the entries for their Departments. Thanks also to Ted

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Wingrove for managing the series of presentations throughout the afternoon and the use of walkie talkies certainly helped this year.

Special mention and thanks go to Brian Craig for his sterling work in arranging for the officials that we had on duty. Having written out to about 60 officials early in the year we found that our original venue was unavailable and Brian had to start the process all over again. Fortunately he had an excellent response and the meeting went ahead with our usual band of top class officials.

One major medical incident occurred during the afternoon when an athlete fell during the men's 110 hurdles resulting in a very nasty knee injury. The on-site first aid team dealt with the initial injury but deemed it necessary to remove him to hospital.

In general though a really good championship that passed off very well. We had excellent co-operation and assistance from the staff at the sports centre and the ground staff. The location also appeared to be convenient for public transport and car travel.

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 2008/09 was retained by RCSL with the Braben-Whiffen Trophy being awarded to the Royal Mail based on a formula related to improvement on the previous year by a small Department.

3.3 Masters Track & Field CSSC Games Loughborough

Gaye Clarke and John Hall organised a very successful event which once again was part of the CSSC Games at Loughborough. There was an excellent turnout from the athletes and there were a number of new records set in what is a very competitive competition. Special thanks must go to all the officials and helpers without whom a meeting like this could not go ahead and are required under the current Health & Safety Regulations for staging a track and field meeting. Despite a couple of quite serious injuries the day was an undoubted success and a number of senior Civil Servants enjoyed the experience of officiating for the field events.

3.4 Race Walk and Ryan Cup Birmingham

With 12 Men and 8 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. Lynn Bradley (HMRC) retained her title from 2008 whilst Dave Turner took the title after finishing second in 2008. New and novice walkers are always welcome at this event and this is recognized with novice awards being presented to both Men and Women were possible. If anyone is interested in taking up Race Walking help and advice is always on hand via the walking experts on the CSAA Committee.

Results: Women

1	L Bradley	29.07	HMRC
2	M Noel	29.38	DEFRA
3	P Evans	32.13	HMRC

Novice Award to L Richardson HASSRA

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Teams:

1 HMRC

Men

1	D Turner	51.50	Royal Mail
2	S Uttley	54.17	Justice Dept
3	J Hall	54.17	DEFRA

Teams:

1 HMRC

Novice Award to J Llewelin DEFRA

Thanks must go to John Hall for all his work with this event and ensuring that the Civil Service are well represented..

3.5 Road Relays Finsbury Park

With 11 complete Men's Teams and 1 Composite Team this was a higher turnout than in 2008. However in the race, HMRC once again took the Team honours with almost a minute to spare over a fast finishing SPARTA squad who, through the Hobbs brothers, had the fastest two leg times overall for the second year. HASSRA were in a distant 3rd place just ahead of MOD. In the Women's race 5 complete and 2 composite teams competed and HASSRA regained the title that they lost in 2008 ahead of DEFRA and MINERVA, with Angela Allen (HASSRA) recording the fastest time of the day.

Results:

Men:

1	HMRC	74.37
2	SPARTA	75.34
3	HASSRA	82.10

Fastest Legs:

1	M Hobbs	13.47	SPARTA
2	L Hobbs	14.00	SPARTA
3	G Pennington	14.26	HMRC

Women:

1	HASSRA	54.03
2	DEFRA	55.42
2	MINERVA	57.43

Fastest Legs:

1	A Allen	17.37	HASSRA
=2	R Lund	17.44	DEFRA
=2	S Baigent	17.44	MINERVA
4	C Horne	1.58	HASSRA

Thanks to Gerry Trainer and Roger Smith for their on-going organisation of this event and to Roger for compiling the results and times on the day.

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3.6 Cross Country Parliament Hill Fields London

This was a new venue for the CSAA Championships and one that is regarded as the spiritual home of English Cross Country running, having hosted the National Championships on many occasions. Gerry Trainer and John Hall had devised a tough but interesting course with 3 laps for the Men and two for the Women. The race was also enhanced by the presence of 16 athletes from the Dutch Civil Service based in The Hague who found the course enjoyable but very different to running in the Netherlands. With a couple of good performances they returned very pleased with the event and also the buffet arranged for them afterwards. The Men's race was a very close affair with Gary Pennington (HMRC) just holding off a fast finishing Darren Rowlands (HASSRA) with Malc Eadie (HMRC) not far behind. HMRC, holding their own championships within the event, finished 8 runners in the top 13 and easily took the team title. In the Women's race it was good to see some new faces taking the honours with Karrie Blake (HMRC) ahead of Kate Beecher (MOD) and Bev Whitfield (DEFRA). However, HASSRA dominated the team competition with their strong Vets squad.

Results: Men

1	G Pennington	(M35)	34.39	HMRC
2	D Rowlands	(M40)	34.41	HASSRA
3	M Eadie	(M40)	34.48	HMRC

Vets:

1	G Pennington	(M35)	34.39	HMRC
2	D Rowlands	(M40)	34.41	HASSRA
3	M Eadie	(M40)	34.48	HMRC

Teams: Open	Vets (M35)	Vets (M50)
1. HMRC	HMRC	HASSRA
2. HASSRA	HASSRA	OS
3. OS	MINERVA	DEFFA

Women:

1	K Blake	25.27	HMRC
2	K Beecher	25.58	MOD
3	B Whitfield	26.16	DEFRA

Vets:

1	A Allen	(F40)	26.22	HASSRA
2	C Horne	(F50)	27.54	HASSRA
3	J Palmer	(F50)	28.27	HASSRA

Teams: Open	Vets
1. HASSRA	HASSRA
2. MINERVA	HMRC
3. HMRC	HO

Thanks go to John Hall for organising and devising the course and to Gerry Trainer for taking the entries and compiling the results and all those who kindly assisted on the day, either by marking the course, marshalling or timekeeping.

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3.7 Half Marathon 2009 Stafford

This year the CSAA Half Marathon Championships became a Queenborough event and with 21 Men and 5 Women taking part it was considered a successful venture. Held within the well established Stafford Half Marathon the CSAA results had to be worked out a few days later but no-one seemed to mind and holding a Half Marathon Championship, rather than a Marathon Championship, linked in well with the CSSC Half Marathon Scheme and this was the highest turnout for a number of years.

Results: Men

1	S Marklew	(M40)	1.13.14	HMRC
2	D Williams		1.16.57	MINERVA
3	J Anderson		1.17.06	HMRC

Vets:

1	S Marklew	(M40)	1.13.14	HMRC
2	D Breen	(M45)	1.22.49	HASSRA
3	P Targett	(M40)	1.26.10	HASSRA

Teams:

- 1 HMRC
- 2 HASSRA
- 3 MINERVA

Women:

1	L Trainor	(F35)	1.32.53	HO
2	K Else	(F45)	1.40.42	HMRC
3	E Dixon	(F45)	2.00.06	LR

Vets:

1	L Trainor	(F35)	1.32.53	HO
2	K Else	(F45)	1.40.42	HMRC
3	E Dixon	(F45)	2.00.06	LR

3.8 Cross Campus Challenge CSSC Games Loughborough

Although not a Queenborough Event, Gerry Trainer organised a tough little course around the Loughborough Campus, which certainly tested the 37 athletes who completed the 6 miles. The winner was Gary Pennington (HMRC), a long way ahead of Tony Killilea (OS) and Steve Robinson (GCSLA). The first Woman was Michaela Dempsey (HMRC) followed by Beverley Barnes (SPARTA) and Lynne Abbott (HMRC). The 3k race was won by David Elderfield (MOD) with only 3 competitors.

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. The survival of these events is still under discussion but a reformatted Track & Field and a change to a Saturday for the Cross Country has seen the competition continue. It is vital for all 3 organisations that they continue to work together given the long history of these trophies.

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4.1.1 Cross Country RAF Halton Jan 09

This match was against the RAF, Police, Oxford University and Fire Service and was a welcome addition to the fixture list, maintaining the links with the RAF which stretch back many years. The Men's Senior team were represented by: M Hobbs, P Farmer, L Hobbs, J Bradley, A Goodair, P Collingwood, J O'Shea and P Carnie.

Team Positions: Police, RAF, CSAA, Police B, RAF B, Fire

The Women's team were represented by: C Day, R Lund, J Bradley, J Watts and A Pitch.

Team Positions: Police A, Police B, CSAA, RAF, Fire, Oxford Uni

Cross Country Fryent Country Park Kingsbury Dec 09

The annual race against Middlesex and the RAF was once again incorporated within the North of the Thames Cross Country Championships which obviously favoured Middlesex.

The CSAA Senior Team were represented by: S Herring, M Eadie, A Wray, M Cummings, S Norris, J O'Shea, J Hall and A Gopaul.

Team Positions: Middlesex, CSAA, RAF

The Women were represented by K Beecher, J Carson, R Lund, D Kennedy and E Antcliffe

Team Positions: Middlesex, CSAA, RAF

4.1.2 Track & Field Barnet July 09

The following athletes represented the Men's Team in this fixture: P Ellershaw, T Hall, R Aspden, S Norris, J O'Shea, I Statter, A Wray, J Hall, S Healer, N Dowsett and F Harford,

Richard Aspden (400m & High Jump) John Hall (3k Walk) and Fergus Harford (Hammer) were the only CSAA athletes who won their events.

Team Positions: Middlesex, CSAA, RAF

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

The following athletes represented the Women's Team in this fixture: K Reynolds, G Clarke, N Brunning, D Kennedy, M Noel, D Morley, R Lund, L Stavreski, K Horne, M Porterfield and K Addis.

Denise Morley (800m), Kay Reynolds (100m H), Natasha Brunning (Triple Jump), Mhairi Porterfield (Hammer) and the 4 * 100m squad all won their respective events but finished 2nd behind Middlesex.

Team Positions: Middlesex, CSAA, RAF

SEAX Trophy Positions: Middlesex, CSAA, RAF

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The CSAA Team Managers (Ian Statter & Steve Norris (Men) and John Hall & Liz Straveski (Women)) continue to organise CSAA teams for these Representative Matches, even though it is becoming increasingly difficult to ensure all athletes are available due to problems with time off in many Departments for sports activities. However, the teams always acquit themselves well on the day and many athletes welcome the opportunity to compete at this level.

New athletes are always required for these fixtures as it can be difficult to field full teams due to injury, illness and work commitments. Therefore it is always appreciated when Departmental Team Managers/Sports Organisers inform the Team Managers or the General Secretary of new potential athletes, so that a full list of current athletes who are interested in these fixtures 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 a winning margin of 28 points over the Police with 27 points to 55 points. This revised format of including the race within the CSAA and Police Championships was once again a success and will continue in 2010.

5 Other Athletic Achievements

The CSAA and CSSC have a number of very talented athletes within their membership who are highly placed in the 2009 National Rankings for their events at both Open and Masters levels. This is a credit to the athletic talent within the Civil Service and the on-going support from these athletes.

The Masters Categories are well represented by CSAA athletes and many have once again enjoyed success during 2009 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.

The CSAA and CSSC are working together to increase fitness levels throughout the Civil Service and whilst the high level performers receive their recognition it is vital 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 all these people the sport could not continue and the CSAA Committee and CSSC are continually looking at ways to increase the opportunities for these athletes to take part in Civil Service events at both Local and National level.

The figures in Appendix 1 detail the number of participants at various CSAA/CSSC National and Local events in 2009. The details are taken from the results received by the CSAA Secretary from the event organisers and continue to show an increase year on year, especially when it is realised just how many events are organised at local or Departmental levels.

6 The Hague: Anglo-Dutch Race

Thanks go to the CSSC for continuing their support of this event and whilst a reduced number made the trip in 2009 it was another success as reported in the Overview. This year there was also the opportunity to compete in the City-Pier-City Half Marathon which attracts a world class field. Therefore it was an honour for three CSAA athletes to represent VROM in the Business House category and assist the

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team to 5th place. The cross country race saw a few athletes make a wrong turn but as this was a low key event it did not matter that a couple of additional miles were run. Once again the bonds between the athletes were cemented at a meal afterwards in The Hague when a senior Dutch Civil Servant came to say a few words of welcome.

7 Thanks and Recognitions

Without the Event Organisers CSAA could not maintain such an extensive programme of events and a vote of thanks goes to everyone who contributed throughout 2009 as it was a real team achievement. We are also grateful to all the Departmental Team Managers and Sports Association officials who support the events by ensuring that their athletes are encouraged to participate, as without them there would not have been as many events. The positive comments received after each event are very encouraging and any which suggest possible improvements are always considered and adopted if it enhances the event.

At the end of 2009 Chairman Gerry Trainer was awarded the CSSC Award of Merit. Sharon Trusch (HMRC) received the CSSC Sportswoman Trophy in May for her performances during 2008.

The CSAA continue to work very closely with CSSC staff and this culminated in the highly successful CSSC Games in September. During 2009 the introduction of The Half Marathon Subsidy Scheme took place. This appeared to appeal to the grassroots runner more than the Championship athletes from an analysis of the 250 runners who made a claim for assistance.

The CSAA President 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 was seen handing out numbers at the 10k and Cross Country as well as presenting the medals at the Track & Field championships. The CSAA Committee welcome his continuing support and are very grateful for his close interest in our activities.

Finally, I must, once again, 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 and also within the wider athletic community.

Nick Hume
CSAA General Secretary
January 2010

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Appendix 1 Participation Levels 2009

Event	Men	Women	Total	2007 Nos	2008 Nos
CS 10k	113	40	153	81	167
Capital Challenge 3k	11	4	15		31
CS Half Marathon	21	5	26	11	6
CS Masters T&F	80	30	110	99	110
CS Race Walk	12	8	20	23	25
CS Relays	58	19	77	91	69
CS T&F	70	28	98	85	115
CS XC	95	36	131	118	126
SB/SEAX T&F	14	11	25		
SB/SEAX XC	7	6	13		
RAF Rep XC	8	5	13		
Cross Campus Challenge	32	8	40		
Anglo-Dutch XC	2	1	3		8
London City T&F	8	1	9		6
London Business Houses Relay	7	6	13	18	NK
Midlands XC	-	-		20	NK
MoD T&F	43	23	66	64	NK
MoD XC	68	14	82		
NWCS 5m	-	-	-	29	25
NWCS Fell Race	5	3	8	17	12
NWCS Relays	19	8	27	28	47
NWCS XC	-	-		31	27
Scottish XC	-	-		48	NK
Scottish T&F	29	19	48		44
Scottish Road Relays	28	21	49		
Yorkshire RCSL T&F				45	50
HMRC Sport s Day	108	40	148		157
CSSC Half Marathon Scheme	184	66	250		
Midland Services League Race 5	12		12		
Midland Services League Race 6	6		6		
Midland Services League Race 8	8		8		
Midland Services League Race 1					
Midland Services League Race 2	10		10		
Midland Services League Race 3	16		16		
Midland Services League Race 4	10		10		
Total	1,084	402	1,486	808	1025

This increase in participation achieved one of the key targets in the 2007 and 2009 CSAA Whole Sports Plans.

2007 Participation	2008 Participation	2009 Participation
808	1025	1,486