

Civil Service Athletic Association

ANNUAL REPORT 2013

1 CSAA Aims and Objectives

The CSAA aims to encourage active participation in athletics amongst all 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, the Police and the Fire Service. As part of its wider involvement in Civil Service athletics the Committee maintains links where possible with Regional and Departmental Organisers in an attempt to ensure that events are run to a high standard and that participation records are maintained to illustrate the numbers taking part. Based on these figures decisions can be taken as to how future events might be organised and advertised in an effort to increase participation.

The main principles for CSAA remain constant but how these are met are always under review in light of the changes taking place within Government and the wider community and the ways in which sport is evolving. This has seen an increased emphasis on participation for health grounds and whilst this undoubtedly has long term benefits for the general population, CSAA is still very much committed to providing competition across the whole spectrum of abilities and encourages everyone to participate for the enjoyment of sport. CSAA also recognises that our best athletes require a good level of competition, especially if they are to progress and and at the same time continue to support the traditional events, because they appreciate the opportunity to compete against athletes from different parts of the country in a well organised race.

The Table below highlights the participation levels over the last seven years, where figures are available, and illustrates the great number of events that are now available to athletes within the Civil Service. These along with the CSSC Race Subsidy Scheme provide CSSC members with every opportunity to take part in Sport and increase their overall health and wellbeing which are seen as key areas by health and welfare organisations both within and outside of Government. The number of members availing themselves of the subsidiary is highly encouraging and it would be nice to see more of them taking part in National and Regional events. Although over 1,500 registered for the Running Events Subsidiary just over 1,200 made an actual claim.

Event - 2013	2013	2007 Nos	2008 Nos	2009 Nos	2010 Nos	2011 Nos	2012 Nos
CS 10k	287	81	167	153	146	143	355
Jubilee 3k	28		31	15	9	Not Held	49
Jubilee 1m Walk	14						43
CS Half Marathon	18	11	6	26	18	34	17
CS Masters T&F	64	99	110	110	96	101	90
CS Race Walk	17	23	25	20	21	24	22
CS Relays	74	91	69	77	69	72	66
CS T&F Excludes Vet's 2013	30	85	115	98	117	68	60
CS XC	124	118	126	131	100	152	112
SB/SEAX T&F	Not Held			25	23	Not Held	Not Held
SB/SEAX XC	Not Held			13		Canc	Not Held
RAF Rep XC (inc SB/SEAX 2012/13)	14			13	11	16	20
Cross Campus Challenge	NA			40		Not Held	NA
Anglo-Dutch XC	NA		8	3	7	Not	NA

Civil Service Athletic Association

ANNUAL REPORT 2013

						Held	
London City T&F	Not Held		6	9	8		
London Business Houses Relay	19	18	NK	13	14	22	18
London Business Houses 5m	2				6	3	
Midlands XC	Not Held	20	NK				Not Held
MoD T&F	47	64	NK	66	56		40
MoD XC	Within CSAA XC			82	62	61	Within CSAA XC
NWCS 5m/5k	3	29	25	-	4	Not Held	Not Held
NWCS Fell Race	Not held	17	12	8		Not held	Not held
NWCS Relays	Not Held	28	47	27		Not Held	Not Held
NWCS XC	Not Held	31	27			Not Held	Not Held
Scottish XC	8	48	NK		27		16
Scottish T&F			44	48		31	
Scottish Road Relays				49	14	24	
Yorkshire CSSC XC	16					13	
Yorkshire RCSL T&F		45	50				
HMRC Sports Day	121		157	148	126		
CSSC Race Subsidy Scheme	1,120			250	280	684	1,336
Midland Services League Race 5				12	10	6	9
Midland Services League Race 6	5			6	7	8	5
Midland Services League Race 7	7				8	8	6
Midland Services League Race 8	3			8	7	6	3
Midland Services League Race 9	8					6	2
Midland Services League Race 10						6	7
Midland Services League Race 1	4				14	5	7
Midland Services League Race 2	Canc			10	12	6	5
Midland Services League Race 3	8			16	4		5
Midland Services League Race 4	0			10	7		6
Total	1,918	808	1,025	1,486	1,283	1,499	2,299

2007 Participation	2008 Participation	2009 Participation	2010 Participation	2011 Participation	2012 Participation	2013 Participation
808	1,025	1,486	1,283	1,499	2,299	1,918

Civil Service Athletic Association

ANNUAL REPORT 2013

2 The CSAA Committee

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, anyone who is prepared to assist at any of the Championship Meetings without the responsibility of becoming a Committee Member is equally welcome. If anyone wishes to discover more about what is involved or offer their services for a particular event please contact the Secretary. Volunteers are the lifeblood of the sport and CSAA will welcome anyone who lives locally and wishes to assist at events. For example help with timekeeping, number recording, course marshalling, officiating etc would assist the Committee in so many ways and assist in maintaining the high quality that athletes currently enjoy when participating.

Committee Members for 2013

President Marian Holmes OBE

Chairman: Gerry Trainer

Secretary: Nick Hume

Treasurer: Paula Booth

Vice Presidents: Ken Best, Bill Berry, Brian Craig,

Dave Evans, John Hall, Neil Hornsby, Bill Kingston,

Alan Mason, Roger Smith, Ted Wingrove

Committee: Bob Brimage, Gaye Clarke, Grete Howarth, Steve Marklew

Steve Norris, Ian Statter, Ros Townsend-Hope, Steve Uttley

Within the Committee there is a wide range of knowledge and experience that covers all aspects of the athletics spectrum. A number of members also serve in volunteer capacities from national to local level for Clubs, Counties and National Associations and/or are qualified Coaches, and/or Officials thus bringing increased expertise to the organisation of CSAA events.

3 The Queenborough Championship Events

There are now six Championship Events which together form the Queenborough Championships for the best Department/Sports Association with the Braben-Whiffen Trophy for the most improved Department. The reduction in the number of events was due to the need to combine the Open Track & Field Championships with the Masters Track & Field Championships. This came about because of falling numbers in the Open Event and because the majority of competitors are in the Masters categories. This is a good example of CSAA reviewing its programme of events and responding to changes and trends within the participating community.

The following Tables highlight the top 3 athletes and Departments in each of the Queenborough events during 2013 (except T&F) and it is always pleasing to see some of the smaller Government

Civil Service Athletic Association

ANNUAL REPORT 2013

Departments taking some of the honours, though the large Departments still continue to dominate most of the events.

Event - Individuals	1st	Dept	2nd	Dept	3rd	Dept
10k – Men	J Addison	DfE	N Wojek	UK Anti Doping	M Eadie	HASSRA
10k – Women	A Allen	HASSRA	M Willoughby	Transport	R Lund	Minerva
Race Walk – Men	J Hall	DEFRA	J Brewer	HMRC	J Lovatt	HMRC
Race Walk - Women	L Bradley	HMRC	M Noel	DEFRA	T Gillan	DEFRA
Road Relay – Fastest Men	M Cummings	HMRC	D Speck	DEFRA	G Pennington	HMRC
Road Relay – Fastest Women	L Chisholm	HMRC	D Morley	HMRC	S Francis	Minerva
Cross Country – Men	C Smith	Cabinet Office	T Aldred	HMT	M Cummings	HMRC
Cross Country - Women	K Beecher	MoD	D Morley	HMRC	V Carter	NHM
Half Marathon – Men	G Pennington	HMRC	D Rowlands	HASSRA	R White	HASSRA
Half Marathon - Women	N Sheel	Minerva	K Dunford	HASSRA	NA	

Event - Teams	1st Team	2nd Team	3rd Team
10k – Men	HASSRA	MoD	HMRC
10k – Women	MINERVA	HASSRA	DEFRA
Race Walk – Men	HMRC	DEFRA	HASSRA
Race Walk - Women	HMRC	DEFRA	
Road Relay – Men	HMRC	Ord Survey	HASSRA
Road Relay – Women	HMRC	MINERVA	HASSRA
Cross Country – Men	HMRC	MoD	HASSRA
Cross Country - Women	HMRC	MoD	DEFRA
Half Marathon	HASSRA	HMRC	SPARTA
Open T&F	HMRC	HASSRA	DEFRA/MINERVA
Masters T&F	HMRC/HASSRA		DEFRA/MINERVA

Event	Venue	Organiser(s)
10k	Battersea Park, London	N Hume, T Thomsett, G Trainer
Race Walk	Cannon Hill Park, Birmingham	S Uttley
Road Relay	Finsbury Park, London	G Trainer, R Smith
Cross Country	Parliament Hill, London	G Trainer
Half Marathon	Freckleton	N Hume
Open / Masters Track & Field	Manchester	G Clarke, B Brimage

Event Summary

2013 saw another year when CSAA provided a full programme of Championship events which attracted a good number of participants, despite falling numbers within the Civil Service which still provides the overwhelming number of competitors and the difficulties with obtaining time-off for sporting events. This was particularly noticeable in some of Departments such as Land Registry and Sparta who were unable to participate as regularly as in previous years.

Civil Service Athletic Association

ANNUAL REPORT 2013

Once again the 10k Road Race, 3 Mile Fun Run and 1 Mile Walk in Battersea Park, London proved popular with CSAA and CSSC working together to provide an excellent event on one of the hottest days of the year. This is now the flagship event for CSAA and CSSC and hopefully will continue to grow in the coming years. Angela Allen first won the Women's race in 1997 and 2013 was her 7th title, making her the most successful 10k runner since the race was inaugurated in 1986.

The Half Marathon Championships were once again incorporated within the Freckleton Half Marathon Race near Preston. Gary Pennington won the Men's title for the third consecutive year, over 2 minutes faster than in the previous two years. Whilst the entry for the race was good the numbers actually competing on the day were lower than usual, but the spread of those participating was interesting as the location and afternoon start time meant that runners could travel up and back within a day from as far away as London. The feedback from the athletes was good and as Freckleton hosts its 50th Half Marathon in 2014 the verdict was to return again and be part of this celebration.

The Open Track & Field Championships and the The Master's Track and Field were combined for the first time and whilst there were the inevitable teething problems the day went well though numbers were lower than expected. Lessons have been learnt and some changes will be made to the 2014 Championships in order to address the feedback received after the event and from Committee members.

The Race Walk Championship was well organised by the Police as it was held within the Ryan Cup event which saw the Police Team win the Trophy for the first time in a number of years.

The Road Relays is always a very enjoyable team event and whilst numbers remain fairly consistent and is loyal supported by a few key Departments, the opportunity to increase the numbers participating remains a challenge. In order to try and increase the the number of teams taking part the size of the Men's team is to be reduced from 5 to 4. Another option that has been discussed was an inter-London office challenge but attracting teams proved a problem.

The final event of the year was the Cross Country at London's Parliament Hill which again hosted the HMRC & MoD Championships within the race. Despite the wet weather and felled trees from the storms this was another successful race with Great Britain fell international Chris Smith winning the Men's title.

Civil Service athletic events, whilst having a high competitive element, continue to appeal to runners who enjoy the challenge of different terrain and improving their own fitness. By working closely together CSAA & CSSC have provided ideal opportunities for this within the workplace.

Thanks must go to Gerry Trainer, Roger Smith, Gaye Clarke, Bob Brimage, John Hall, Steve Uttley and Nick Hume who all played major roles in the successful organisation of the events and to all the other Committee Members who play their part in promoting athletics within the Civil Service.

Civil Service Athletic Association

ANNUAL REPORT 2013

Final Queenborough Positions for 2012 -13

	Race Walk	Vets T&F	Relay	XC	Half Marathon	10k	TOTAL	Pos	2011 - 12 Pos	Change
HMRC	57	50	69.5	41	24	24	265.5	1	1	-
HASSRA	24	60	40	36	33	51	244	2	2	-
DEFRA	41	20	43	36		15	155	3	3	-
MINERVA		35	17	1	16	31	100	4	5	+1
DSRA		15	1	45		30	91	5	4	-1
ORD SURVEY		10	17.5			15	42.5	6	7	1
Dept of EDUCATION			10	4		15	29	7		+7
ROYAL MAIL	23						23	8	8	-
GCSLA		10		10			20	9	15	6
SPARTA					12		12	10		
PRISON SERVICE		5			3		8	11		
FCO				7			7	12		
LAND REGISTRY		5					5	=13	10	
Dept of TRANSPORT						5	5	=13		
UK ANTI DOPING						5	5	=13		
ECGD	3						3	14	16	
HOUSES of PARLIAMENT				2			2	15	17=	

Appendix A now lists the Queenborough Trophy Winners from 1927 to the present day and is an interesting commentary on the changes that have taken place within the Civil Service over that time.

4 Individual Achievements by CSAA Athletes

The highlights below are just a few of the many noteworthy achievements that athletes within the Civil Service have achieved during 2013 whilst represent their Country or local athletic clubs. The list is by no means comprehensive and apologies to anyone who has been overlooked:

Chris Smith representing Great Britain was 19th in the World Mountain Running Championships Poland and first counter for the British Team who finished 7th. In the European Mountain Running Championships in Bulgaria Chris was a member of the United Kingdom Team who won Silver Medals finishing in 8th place overall. Chris also won the Civil Service Cross Title to round off an excellent year.

In the same race in Bulgaria **Orlando Edwards** finished in 18th place and like Chris was a member of the United Kingdom Team which took the Silver Medals.

Civil Service Athletic Association

ANNUAL REPORT 2013

Travelling even further afield were some of our intrepid Masters Athletes who competed in the Track and Field World Masters Championships in Brazil. **Will MacGee** won Silver in the 100m and Bronze in the 200m in the M45 Category. **Joe Appiah** took Gold in the 110m Hurdles and Silver in the Long Jump in the M40 Category whilst multi-eventer **Gaye Clarke** (F55 Category) won Silver in the Heptathlon and 80m Hurdles and Bronze in the High Jump.

CSAA Vice President, **John Hall**, won Silver Medals in the 10k and 30k Race Walks in the Masters European Championships in Czechoslovakia and along with other Civil service athletes won medals in the various British Masters Championships held in 2013.

5 Final Round-Up

CSAA was proud to have a winner of one of the main CSSC awards when HMRC athlete, **Cath Alford**, was presented with the Centels Salver for Best Sportswoman for 2012 at the 2013 Annual Conference. At the same event, CSAA Secretary and HASSRA Athletics Team Manager, **Nick Hume**, was awarded the prestigious CSSC Merit Award for his services to Civil Service Athletics over many years.

CSAA continues to communicate with its athletes via the excellently maintained CSAA website at www.csaa.org.uk which provides information on all Queenborough events and Regional Championships where known plus results within a day or two of the event. The CSSC website provides a link to the CSAA website thus increasing the opportunity for new participants to become involved in one of the events. These channels are obviously successful as can be seen from the uptake of the CSSC Half Marathon and 10k Subsidy Schemes.

Finally, and once again, I must pay tribute to the hard working and dedicated Committee who volunteer countless hours of their own time to ensuring that athletics events for Civil Servants are organised to the very highest standards with due consideration for the Health & Safety of all competitors. At these events Medical personnel are in attendance but fortunately are very rarely required to exercise their knowledge and skills. However, their worth was proved at this year's Cross Country Championship when a competitor fell and had to be taken to A&D for a check-up for the First Aider. As volunteers much of the expertise within the Committee is also fed back into local athletic clubs, County and National Associations and/or by coaching or officiating at meetings up and down the country. Volunteers are and will always be the lifeblood of the Committee and without this dedication the CSAA would not be the vibrant Association that it continues to be. The assistance of the CSSC staff at events such as the 10k and Cross Country is always very welcome, whilst for other events local officials (England Athletics qualified) are only too happy to assist, as they know that CSAA events are well run and the offer of refreshments and travel expenses is always welcome!

In summary CSAA has maintained its long held traditions during 2013, whilst continuing to adopt a flexible approach to changing situations within the Civil Service. CSAA is always ready to welcome athletes of all abilities to its events and to encourage new volunteers to assist with running the events and taking on new roles within the Committee. If this Report has encouraged you to become involved please contact Nick Hume or any other Committee Member for further details.

Nick Hume

**CSAA General Secretary
January 2014**

Civil Service Athletic Association

ANNUAL REPORT 2013

Appendix A

Queenborough Trophy Winners 1927 - 2013

Year	Department		Year	Department		Year	Department	
1927	Air Ministry	1	1961	Ministry of Aviation	3	1988	HASSRA	1
1928	C&E	1	1962	IR	4	1989	HASSRA	2
1929	C&E	2	1963	Ministry of Aviation	4	1990	IR	8
1930	C&E	3	1964	IR	5	1991	IR	9
1931	C&E	4	1965	MOD Army Dept	1	1992	IR	10
1932	C&E	5	1966	Ministry of Pensions & NI	1	1993	IR	11
1933	IR	1	1967	Ministry of Social Security	1	1994	IR	12
1934	C&E	6	1968	Ministry of Technology	1	1995	IR	12
1935	New Scotland Yard	1	1969	Ministry of Technology	2	1996	IR	14
1936	New Scotland Yard	2	1970	Ministry of Technology	3	1997	IR	15
1937	New Scotland Yard	3	1971	IR	6	1998	IR	16
1938	IR	2	1972	Not Competed		1999	HASSRA	3
1939	IR	3	1973	DHSS	1	2000	IR	17
1947	London Telecom	1	1974	DHSS	2	2001	IR	18
1948	London Telecom	2	1975	DHSS	3	2002	IR	19
1949	PO Savings Dept	1	1976	DHSS	4	2003	IR	20
1950	PO Savings Dept	2	1977	DHSS	5	2004	IR	21
1951	PO Savings Dept	3	1978	DHSS	6	2005	IR	22
1952	PO Savings Dept	4	1979	DHSS	7	2006	HMRC	1
1953	PO Savings Dept	5	1980	MOD (PE)	1	2007	HMRC	2
1954	PO Savings Dept	6	1981	IR	7	2008	HMRC	3
1955	C&E	4	1982	DHSS	8	2009	HMRC	4
1956	London Telecom	3	1983	DHSS	9	2010	HMRC	5
1957	Ministry of Supply	1	1984	DHSS	10	2011	HMRC	6
1958	Ministry of Supply	2	1985	DHSS	11	2012	HMRC	7
1959	Ministry of Supply	3	1986	DHSS	12	2013	HMRC	8
1960	Ministry of Aviation	2	1987	DHSS	13			

The Table above details the winners of the Queenborough Trophy and also is a historical commentary on how Government Departments have transformed during this time. However a clear theme running throughout this period is the strength of the HMRC and its predecessors of C&E and IR. The only viable challenger is DWP/HASSRA but even so it is 15 years since they last lifted the Trophy.

