

Civil Service Athletic Association

ANNUAL REPORT 2016

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 for athletes of all abilities, 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, in a changing work place, are always under review. Today, more than ever before, the changes taking place within Government, the wider community and the ways in which sport is evolving is having a profound impact upon those wishing to maintain a fit and healthy lifestyle. 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 recognises that our best athletes also require a good level of competition, especially if they are to progress and at the same time continue to support the traditional events. Many of them appreciate the opportunity to compete against athletes from different parts of the country in a well organised race under the auspices of CSAA & CSSC.

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 objectives of 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 as a willing volunteer. If anyone wishes to discover more about what is involved or offer their services for a particular event, please contact the Secretary. Volunteers remain the lifeblood of the sport and CSAA will welcome anyone who lives locally and wishes to assist at any Championship event. For example this might involve timekeeping, number recording, course marshalling, officiating, handing out race numbers, course marking etc and would assist the Committee in so many ways and continue to maintain the high quality that athletes currently enjoy when participating.

Committee Members for 2016

President Marian Holmes OBE

Chairman: Gerry Trainer

Secretary: Nick Hume

Treasurer: Paula Booth

Life Vice Presidents: Bill Berry, Brian Craig, Dave Evans, John Hall, Neil Hornsby, Bill Kingston,
Alan Mason, Roger Smith, Ted Wingrove, Nick Hume

Committee: Bob Brimage, Gaye Clarke, Michaela Dempsey, Grete Howarth, Steve Marklew
Steve Norris, Ian Statter, Ros Townsend-Hope, Steve Uttley

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Within the Committee there is a wide range of knowledge and experience that covers all aspects of the athletics spectrum. A number of the Committee 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 six CSAA Championship Events which together form the Queenborough Championships for the best Department/Sports Association with the Braben-Whiffen Trophy for the most improved Department.

As part of the on-going review of its activities CSAA revised the calendar of event dates in 2015 and brought the Road Relays forward from October to March and the Cross Country to October from November. The 10k reverted to its more traditional Spring date and the impact of these changes has seen participation continue at its previous levels despite increasing pressures for time off.

The following Tables highlight the top 3 athletes and Departments in each of the Queenborough events during 2016 (except T&F) and it is always pleasing to see some of the smaller Government Departments taking some of the honours, though the large Departments still continue to dominate most of the events.

Event – Individuals	1 st	Dept	2 nd	Dept	3 rd	Dept
Road Relay – Fastest Men	S Shanks	HMRC	J Harris	HMRC	J Clarke	OS
Road Relay – Fastest Women	V Carter	MINERVA	N Sheel	MINERVA	S Francis	MINERVA
10k – Men	D Steel	HMT	G Pennington	HMRC	A Wilson	DSRA
10k – Women	R Fagg	DSRA	N Sheel	MINERVA	R Baker	MINERVA
Race Walk – Men	D Butterly	PO	J Llewellyn	DEFRA	S Uttley	JUSTICE
Race Walk - Women	L Bradley	HMRC	P Evans	HMRC	J Hodge	HMRC
Cross Country – Men	P Vis	HMRC	S Allin	DWP	M Cummings	DfT
Cross Country - Women	J Meek	MoD	N Jackson	MoD	E Antcliffe	HASSRA
Half Marathon – Men	G Pennington	HMRC	N Winfield	DWP	M Lofthouse	HMRC
Half Marathon - Women	J Wren	MoD	K Dunford	DWP		

Event - Teams	1 st Team	2 nd Team	3 rd Team
Road Relays - Men	HMRC	DEFRA	OS
Road Relays - Women	MINERVA	MoD	OS
10k – Men	DWP	DSRA	HMRC
10k – Women	MINERVA	DSRA	HMRC
Race Walk – Men	DEFRA	HASSRA	HMRC
Race Walk - Women	HMRC	DEFRA	
Cross Country – Men	HMRC	DWP	DEFRA
Cross Country - Women	MoD	MINERVA	ONS
Half Marathon	HMRC	DWP	
Open T&F	HASSRA	HMRC	DEFRA
Masters T&F	HASSRA	HMRC	DEFRA

Event	Venue	Organiser(s)
10k	Battersea Park, London	N Hume, J Yarrow/R Brand, G

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		Trainer, B Brimage
Road Relay	Finsbury Park, London	G Trainer, R Smith
Race Walk	Cannon Hill Park, Birmingham	S Uttley
Cross Country	Parliament Hill, London	G Trainer
Half Marathon	Freckleton	N Hume
Open / Masters Track & Field	Loughborough	G Clarke, B Brimage

Event Summary

The changes to Special Leave arrangements within Government Departments does not appear to have adversely impacted the CSAAs events programmes, and upon reflection the 2016 numbers held up well against previous years. Competitors are increasingly taking their own Annual Leave or Flexi-Leave in order to compete, which is a reflexion upon the organisers and the quality of the events on offer.

Therefore, the successes of 2016 mean that there is no reason for anything to change in 2017, following a review and discussion at the October Committee Meeting and the Budget Bid for 2017 has been agreed by the CSSC SLC. Dates have now been finalised for the year ahead so that athletes can pencil them into their plans and book time off.

The first event of 2016 was the Road Relays in March which suffered slightly as some athletes travelling by train from the North were turned back due to flooding on the line in the Milton Keynes area. However, the competition was as keen as ever with a true challenging course at Finsbury Park which tests the best of runners. Hopefully some of the smaller Departments will be able to turn teams out in 2017.

The 2016 10k Road Race, after a lot of planning and negotiation by colleagues in CSSC, took place in the iconic London Olympic Park, even though the authorities restricted the race to the area furthest away from the Olympic Stadium! This meant that a 4 lap course had to be devised and this proved quite a challenge as it was not as flat as some of the northern competitors expected. The race was held on a lovely spring day and despite a few hiccups went very well and the feedback has meant that some slight changes have been made for the 2017 event which will be based from the Velodrome.

The Half Marathon Championships were once again incorporated within the Freckleton Half Marathon Race near Preston. On an unusually wet day for this race Gary Pennington won the Men's title for the sixth consecutive year on what is practically his home course. The Women's title went to J Wren, a new athlete, representing MoD for the first time in this event. With a 14.00 start, good organisation and a friendly atmosphere the Championship will return there once again in 2017.

The Open Track & Field Championships and the The Master's Track and Field were again combined and the lessons learned from the previous three years continue to be applied. However it is the lack of athletes under the age of 35 that continue to cause the Committee concern, but with an ageing Civil Service and general lack of interest in Track & Field this is a challenge that might require some innovative ideas to generate new participants. On the positive side the Master's athletes always enjoy the competition and the chance to compete against each other.

The Race Walk Championship was once again well organised by the Police as it was held within the Ryan Cup event (CSAA v Police). Yet again this is quite a niche event but numbers remain constant and still attracts a quality field.

The final event of the year was the Cross Country at London's Parliament Hill and once again the October date was ideal with beautiful weather and a good firm course. The winners and runners up in both Races were competing for the first time in a CSAA event and said how much they enjoyed the event. Thanks go to the staff and volunteers from CSSC who once again helped to marshal the course and it was pleasing to see a

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number of Departments competing in a CSAA event for the first time and indeed winning medals with promises to return with more athletes in 2017.

All in all the Civil Service athletic events, whilst having a competitive element, are just as enjoyable for runners who enjoy the challenge of different terrain and improving their own fitness. By working closely together CSAA & CSSC have provided the ideal opportunities for this within the workplace and we are aware that many of our athletes compete to a very high standard in club athletics, whilst others are just happy to participate in their local Park Run as evidenced by the Park Run challenge co-ordinated by CSSC.

Once again thanks 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 2016 events and to all the other Committee Members who played their part in promoting athletics within the Civil Service.

Final Queenborough Positions for 2015 -16

	Open T&F	Vets T&F	Race Walk	XC	Relay	Half Marathon	10k	TOTAL	Pos
HMRC/RCSL	50	45	53	29	36	32	34	279	1
DWP/HASSRA	55	60	16	40	13	27	27	238	2
MINERVA	30	22.5		23	38	1	44	158.5	3
DEFRA	35	32.5	42	8	23		10	150.5	4
DSRA/MoD	5	15		47	17	7	49	140	5
ORD SURVEY				12	34		17	63	6
BT	20	20						40	7
MET POLICE	10	7.5						17.5	8
ROYAL MAIL/PO		7.5	4					11.5	9
HMT				4			7	11	10
Dept of TRANSPORT				9				9	11
GCSLA				8				8	12
MIN OF JUSTICE			5					5	=13
NAT CRIME AGENCY	5							5	=13
LAND REGISTRY							3	3	15
HOME OFFICE				2				2	16

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

5 Final Round-Up

CSAA continues to communicate with its athletes via the excellently maintained CSAA website at www.csaa.org.uk which provides information on all the Queenborough events and Regional Championships where these are known plus the results within a day or two of the event taking place. The CSSC website provides a link to the CSAA website, as well as advertising the Championships and other events of interest,

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along with the successful re-bate scheme, 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 Subsidy Scheme and Park Run Challenge.

Finally, and once again, I must pay my own tribute to the hard working and dedicated Committee who volunteer countless hours of their own time to ensure that athletic events for Civil Servants are organised to the very highest standards, along 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. 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 and sign-posting newly discovered Civil Servants to our events. Volunteers are and will always be the lifeblood of the Committee and CSSC and without this dedication the CSAA would not be the vibrant Association that it continues to be. The assistance of the CSSC staff and local volunteers at events such as the 10k and Cross Country is always very welcome, whilst for other events, such as the Track & Field, 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 some travel expenses are always welcome!

In summary CSAA has maintained its long-held traditions during 2016, whilst continuing to adopt a flexible approach to changing situations within the Civil Service workplace. CSAA and CSSC are 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 anything within this Report has encouraged you to become involved further, please contact Nick Hume or any other Committee Member for further details.

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Nick Hume

CSAA General Secretary
January 2017

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Appendix A

Queenborough Trophy Winners 1927 - 2016

Year	Department		Year	Department		Year	Department	
1927	Air Ministry	1	1962	IR	4	1990	IR	8
1928	C&E	1	1963	Ministry of Aviation	4	1991	IR	9
1929	C&E	2	1964	IR	5	1992	IR	10
1930	C&E	3	1965	MOD Army Dept	1	1993	IR	11
1931	C&E	4	1966	Ministry of Pensions & NI	1	1994	IR	12
1932	C&E	5	1967	Ministry of Social Security	1	1995	IR	12
1933	IR	1	1968	Ministry of Technology	1	1996	IR	14
1934	C&E	6	1969	Ministry of Technology	2	1997	IR	15
1935	New Scotland Yard	1	1970	Ministry of Technology	3	1998	IR	16
1936	New Scotland Yard	2	1971	IR	6	1999	HASSRA	3
1937	New Scotland Yard	3	1972	Not Competed		2000	IR	17
1938	IR	2	1973	DHSS	1	2001	IR	18
1939	IR	3	1974	DHSS	2	2002	IR	19
1947	London Telecom	1	1975	DHSS	3	2003	IR	20
1948	London Telecom	2	1976	DHSS	4	2004	IR	21
1949	PO Savings Dept	1	1977	DHSS	5	2005	IR	22
1950	PO Savings Dept	2	1978	DHSS	6	2006	HMRC	1
1951	PO Savings Dept	3	1979	DHSS	7	2007	HMRC	2
1952	PO Savings Dept	4	1980	MOD (PE)	1	2008	HMRC	3
1953	PO Savings Dept	5	1981	IR	7	2009	HMRC	4
1954	PO Savings Dept	6	1982	DHSS	8	2010	HMRC	5
1955	C&E	4	1983	DHSS	9	2011	HMRC	6
1956	London Telecom	3	1984	DHSS	10	2012	HMRC	7
1957	Ministry of Supply	1	1985	DHSS	11	2013	HMRC	8
1958	Ministry of Supply	2	1986	DHSS	12	2014	HMRC	9
1959	Ministry of Supply	3	1987	DHSS	13	2015	HMRC	10
1960	Ministry of Aviation	2	1988	HASSRA	1	2016	HMRC	11
1961	Ministry of Aviation	3	1989	HASSRA	2			

The Table above details the winners of the Queenborough Trophy and is also 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 18 long years since they last lifted the Trophy.



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Appendix B

Pictorial Highlights of 2016

Winning CSAA 2016 SEAXE Women's Team



Victoria Carter (248), Emily Antcliffe (250), Liza Barry (249), Rose Baker (247), and Nicola Goodwin

2016 Cross Country Championship



The women's 1-2-3 - (l-r) Emily Antcliffe (DWP - 3rd), Jo Meek (MoD - 1st) and Nichola Jackson (Mod - 2nd).

The Office of National Statistics athletes.

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The MINERVA silver medal team (l-r) Victoria Carter, Rose Baker and Sue Francis with CSAA President Marian Holmes.



Men's 10k Champion Dan Steel with Marian Holmes



No 846 Gary Pennington Half Marathon Champion