

For the Record



Winter
2009/10

Newsletter for athletics officials of all levels and disciplines



Officials online
page 3

Profile: Graham Jessop
page 4

Bursaries for London officials
page 5

Getting National appointments
page 8

COFFSecs: a vital link
page 10



Officiating indoors
page 11



Technical talk
page 9



Roles at road races
page 4



Regional Award Winners
page 6

Welcome

to the very first edition of *For the Record*, a new magazine from England Athletics for athletics officials of all grades, disciplines and levels of experience.

I hope everyone can find something in the magazine to interest them, and if not, let us know and we can consider ideas for the next edition. We hope to produce three editions a year, in approximately January, May and September. We know that a lot of officials don't have the opportunity or inclination to use electronic means of communication such as websites and email, so a small print run of 'real' paper magazines will be produced as well as a PDF download from the England Athletics website, and a text only version for those of you who prefer to either print out a copy or read on screen like a normal Word document. We hope this ensures that as many as possible officials will be able to read *For the Record* and keep abreast of issues within officiating.

If we can secure some more funding later this year, we hope to increase the print run and improve distribution. If you would like a copy posted to you, please contact me and, budget permitting, we can send you a copy directly next time. There are 5000 officials out there so when you're done with reading this - please pass it on! There's an article on the next page describing how both England Athletics and UKA hope to improve communication to and between officials in 2010.

This edition sees the first of our 'Technical Talk' series where Len Twort describes one way of setting up the High Jump and Pole Vault areas prior to competition. Our

profiled official is Graham Jessop who describes 50 years of athletics involvement, and we congratulate the regional and national winners of the England Athletics Volunteer Awards for Officials and Services to Officiating. Chris Lockley discusses how you can use this season to boost your chances of upgrading to National level 3, there's a quick look at the challenges of officiating indoors, plus we reprint an article from this summer's *Setting the Pace* (England Athletics' main magazine) on County Officials' Secretaries. We also list all the COffSecs, plus Conference and Course dates for your diary.

Contributions for inclusion, or comments on content for this magazine are very welcome, I am always open to new ideas and suggestions for improvement.



Nicola Evans, Editor
(and Level 3 (new) National List field official)

Email: nevans@englandathletics.org
Tel: 07968 498702 (mornings)

National Officials' Forum

The inaugural National Officials' Forum took place on Saturday 3rd October at the Alexander Stadium Perry Bar, Birmingham. One of the main focuses of the Forum was to invite representatives from key stakeholders such as County Officials Secretaries, Tri-Regional Committees, Officials Associations, UKA & EA committees & councils and Competition Providers from the North, Midlands & South West and the South of England to plan the ongoing conference and development programmes.

The broad spectrum of attendees involved with all aspects of officiating were invited to share ideas on how we can improve the ongoing support to officials across the country, particularly in improving communication at all levels. UKA and England Athletics also provided attendees with an update and clarification of changes that have occurred in the governance, regulation and delivery of Officials' Education within England.

The second Forum is due to take place on the 28th March 2010 and seeks to consolidate and support development opportunities in relation to key points that were raised in October. Although England Athletics has led the planning behind the notion of an England Officials' Forum, it will take a partnership effort to make this work and we look forward to shaping the future role of the forum and improving support to officials in England.



ENGLAND ATHLETICS

England Athletics
Wellington House, Starley Way
Birmingham International Park
Solihull B37 7HE

info@englandathletics.org

Telephone 0121 7817271

Cover girl: Herts official Sue Smith gets to grips with being Clerk of the Course at Stevenage

CASIO

EXCLUSIVE discounts
for England Athletics!

20% off Casio digital cameras, including the fantastic High Speed EXILIM range

Promo Code: 070EA20CAMERA2010



25% off Casio watches, including the Casio Sport range

Promo Code: 041EA25WATCH2010

Buy online at www.casioatcarnaby.co.uk and enter the relevant promotional code(s) to receive an exclusive England Athletics discount

Officials Online

The latter half of 2009 saw an increase in UKA and England Athletics' ways of communicating with officials nationwide. 2010 will bring a further technological development with the roll out of the Trinity database system to include all coaches and officials, as well as the affiliated members it can currently reach.

There'll be more information in the next edition of *For The Record* or in the UKA's *E-Inspire* e-zine, but Trinity will mean that you can personally check all your contact details are up to date, and so never miss any vital news, and we can ensure you are kept up to speed with what is going on (subject to your preset preferences). COffSecs will also be able to use the system to communicate with their County's officials.

Although electronic means are certainly the way forward with regards to speed and distribution of current information, we do know that you all like to have something you can read in bed, or over a hot drink between events!

So, what is on offer?

England Athletics website: General information for officials can be found in the Officials section, plus region specific information in the 'Your Area' menu section. The 'News' section may also contain newsworthy items about officials and officiating. The 'Athletes > Championships' section may include downloads of officials selected (although all officials selected for England Events are contacted by post first). Courses for officials (currently Levels 1 and 2, Health and Safety and Risk Assessment) can be found in the 'Events' section - just select 'Officials Courses' and your region in the top two dropdowns. Find the website at www.Englandathletics.org

England Athletics eBulletins: As soon as the Trinity system is up and running you will have the choice to opt into receiving news roundups by email. We plan to send out approximately four official-specific eBulletins per year, with extras if a major news item crops up. All you need is an up to date email address to receive this. If you are also an Affiliated member you may already receive the general England Athletics eBulletins which are sent out fortnightly with a round up of the recent news.

UKA website: Information for officials can be found in the competitions tab. This includes general information, selections, Level 3 and 4 courses, rule changes, conference information and anything else which is UK based. Find the website at www.uka.org.uk

E-Inspire special edition: UKA have produced a special *E-Inspire* edition (December 2009) just for officials. This takes the form of an e-zine which is an electronic magazine to be viewed online.

View E-Inspire at <http://einspire.uka.org.uk>

Online forum: The online forum is a web based discussion board where you can post messages, photos, comments and questions on anything you think is relevant. It is a great way to be a part of a large officiating community. We hope that higher graded officials will help newly qualified officials with any questions - a bit like an informal mentoring network. You do need to log in but you do not need to use your real name and your details are not publicised. Find the forum at <http://officiate.proboards.com>

Facebook: A facebook page has been set up recently. You can find it by typing 'UKA Officials' into the search box at the top right of your Facebook page. Become a Fan! See www.facebook.com

SEAOA website: the South of England Athletics Officials' Association has a website containing lots of useful and interesting information plus an electronic version of their newsletter *Communique*. Find the website at www.seaoa.co.uk

MAFEO website: The Midlands Association of Athletics Officials website contains news, events, courses, a newsletter and useful information for athletics officials. Find the website at www.mafeo.net

The Northern Athletics Officials Association don't have a website but members get copies of the magazine *No News* and an invitation to the annual conference.

For The Record: this magazine is also available to download from the England Athletics website. You can find electronic versions of all England Athletics newsletters in the 'About Us' menu section - see www.Englandathletics.org

The wonders of technology have progressed beyond photo finish, chip timing and EDM!

Yes, now there are a variety of methods of keeping up to date with Officials related news without ever moving from your computer.



Profile:**GRAHAM JESSOP**

Graham is a former athlete and a qualified coach and has been in the sport for more than 50 years. He's been a Road Race Organiser, County Road Running Secretary, and a Chairman of the SEAA Road Running Management Committee. He now spends most of his time officiating and working with UKA, England Athletics, SEAA, ERRA and Sussex AAA, of which he is past President. He is heavily involved in the development of the new Endurance Officials' Education programme. Here he shares his officiating experiences with *For The Record*.

I have been in the sport for well over 50 years - firstly as a cross country runner, miler and steeplechaser and latterly as an endurance runner. After serious competition I ran to keep fit for other sports such as squash but in my 30s I returned to athletics.



I was persuaded to organise the Chichester Half Marathon and subsequently became Sussex County Permits Officer and then an endurance official. I now probably attend, in differing capacities, up to 30 events a year.

I love being present at very competitive events and there is nothing more special than being at Inter-Club relays. My most memorable moments are still about 30 years ago when Seb Coe and Steve Ovett turned out for their respective Clubs in the Southern relays on Wimbledon Common – what an atmosphere and excitement there was amongst the crowd and especially for those Club athletes who had the opportunity for a short while to run shoulder to shoulder with these icons of the sport. This memory never goes away and indeed Sutton Park in October 2009 brought these memories back with the presence of Mo Farah running for his club Newham and Essex Beagles in the National 6 Stage relays.

There have been many highs in my officiating career including starting some of those early first road and cross country events which I had been instrumental in organising, culminating in being asked to referee the Great South Run some five years ago. This was probably just surpassed by being asked to be the

Call Room referee at the World Half Marathon Championships in Birmingham in 2009. It has also been enjoyable to have prominent positions at other major events such as National Championships and the London Marathon. However one should never forget one's roots and it is still good to be asked to officiate closer to home both in SE Hampshire and Sussex, although sadly these days such opportunities are few and far between.

I like to bring a practical and commonsense approach to officiating. I try not to let slavishly following the rules prevent the provision of real opportunities in competition for the athletes, although I appreciate that at Championships and other major events this is not always appropriate.

With this theme in mind I would add:

1. my pet hate is working alongside officials who cannot distinguish between being officious and efficient.
2. The need for diplomacy in such difficult situations as asking a former prominent international runner to move away from the timekeepers who he was disrupting and asking a current international not to warm up on the course at the Relays, because of potential obstruction to outgoing runners.
3. I also find it difficult to turn runners and teams away from sporting events because of infringements especially for late applications. I am a great believer in participation and therefore to stop people enjoying the sport is not easy but on the other hand there are standards to be maintained and sometimes lessons have to be learnt the hard way.

Although my officiating career is nothing special, I have been fortunate on occasions to be in the right place at the right time but I have also always been prepared to seize such opportunities when they arise and to listen and learn from others - which I think will always be sound advice.

Road Race Officials

Officials and race promoters have frequently asked what is the ideal staffing complement at a road race.

There is no easy answer to this question as it depends on so many factors including the size of the race, whether it is urban or rural, the police presence and availability of accredited marshals, the use of chip timing and so on. In the coming months we are going to explore in more detail a number of different roles and responsibilities.

Without exception all races will need a race director (promoter or event organiser) a race referee and many marshals – not only to guide the athletes around the course but for other duties including car parking, water stations and refreshments, distribution of goodie bags and the collection of 'chips'.

The different features outlined above will determine other key personnel at a race. The officials described below are likely to be found at most races of some 2,000 entrants but at smaller races some of the responsibilities might be combined such as start and finish director. Similarly at events over 10,000 entrants there will be start wave directors and the responsibility for the course will be divided into sectors each with its own director.

These are the key roles and responsibilities which need to be covered:

- ◆ Race Director
- ◆ Race Referee
- ◆ Course Director
- ◆ Start and Finish Directors
- ◆ Chief Judge and judges
- ◆ Chief Timekeeper and timekeepers
- ◆ Recorders
- ◆ Race Medical Officer.

Some other responsibilities may need to be included with those above and we would want to hear from you if you think there are any glaring omissions.



Officials awarded new year's honours

Top athletics officials Chris Cohen and David Littlewood have been honoured in the New Year's Honours List. Chris receives a CBE and David an MBE, both for their services to athletics. This is a great personal honour for both Chris and David and also recognition for the community of volunteer athletics officials nationwide.

Chris Cohen has been chairman of the Athletics Sports Assembly Executive Committee, and heavily involved with the International Paralympic Committee. He is a former teacher who acted as Chairman of IPC Athletics for almost twenty years and is currently Vice-Chairman of the IPC Sports Council. He has been Technical Delegate at five Paralympic Games. He competed as a jumper in his younger days and is a member of the UKA Technical Committee as well as chairing the Officials' Education group. Chris told England Athletics that it was a huge shock and a massive surprise to receive his CBE. He added, "It is wonderful to be honoured for doing something you love. I have been involved in athletics as athlete, coach and official for about fifty years and loved pretty well every minute of it. Having said that, there are so many other people who work just as hard within clubs and at local level who also deserve recognition."

International Technical Official **David Littlewood** has wide experience at Olympic, World, European and Commonwealth Championships. Since 1981, he has been Chairman of the British Technical Officials' Committee and has officiated at more than a hundred international meetings within the United Kingdom as Track Judge, Track Referee, Chief Photofinish Judge, or Meeting Manager. David is Honorary Secretary of the UK Athletics Rules Revision Group and has had widespread experience in the areas of rules and their revision and officiating at the highest level within the sport. He has organised officials' courses abroad for the IAAF and is a frequent contributor to conferences on the development of the sport for young people. David told England Athletics, "I am naturally delighted but feel something of a fraud to be rewarded for doing something which I have gained so much pleasure and delight from. I accept it on behalf of those who keep this sport we all love going - be they technical officials, club administrators or teachers. I only wish they could all receive an award for the voluntary work they do. To receive this award so soon after receiving recognition from the IAAF has made the end of this year truly memorable for me."

Top athletics officials awarded CBE and MBE



Chris Cohen



David Littlewood

Bursaries for London officials

Official Sports London is an exciting bursary opportunity funded by the London Development Agency and Sport England, which supports Londoners to achieve recognised officiating qualifications and volunteer or work as officials. It aims to increase the number, diversity and skills base of technical officials across a range of different sports in the lead up to the London 2012 Olympic and Paralympic Games.

The Official Sports London bursary can cover up to 80% of the costs of completing a level 1,2 or 3 course, some equipment, and travel costs for the course and 15 hours of officiating. The bursary is available to anyone over 16 who who lives in a London Borough who are new to officiating, as well as those with existing qualifications and experience.

For more information call 020 7749 9173, email admin@officialsports.org or visit www.officialsports.org

The all new Complete Ventis by PUMA

SPRING AHEAD

We want to make sure that you never fall behind. So we designed the all new Complete Ventis with a high toe spring and aggressive midsole taper. As your foot touches down, the design moves you forward.

PUMA
pumarunning.com

IT'S YOUR CALL

OFFICIAL SPORTS LONDON

England Athletics award winners

The annual England Athletics National Awards programme, sponsored by Heidsieck & Co. Monopole Champagne, sees volunteers from across the country recognised for their contributions in supporting the development of the sport.

Two categories within the England Athletics national Awards programme are **Official of the Year** and **Services to Officiating**. The following volunteers are recognised for their contributions in supporting the development of the sport.

Official of the Year

East Region and National winner: Paul Rutter

Paul's an experienced Field Judge and his nomination starts, "Paul has impressed everyone with his dedication to the sport. Athletes are pleased to see him on their event because they know that it will be judged fairly and correctly. Referees are pleased to have him as he prides himself on great organisation and getting events finished in good time."

Paul himself says, "I've enjoyed the years that I have been an official so much. I love being with the athletes and other officials and I have had some fantastic days judging and made some real good friends within the sport. On hearing of the East award I was stunned but also very proud that others in the sport had thought I had done ok. To then go to the National Awards Evening and win that was the icing on the cake for the past 10 years. Fellow official Mike Oakley said, "I've never worked with anyone so enthusiastic."



Paul Rutter at Hall of Fame evening

(photo: Gwen Harris)

South East Region: Darryl Quinn

Upon hearing that he had won his regional award, Darryl told us, "The award came totally out of the blue! I have absolutely no idea at all why I was nominated or how I deserve the award before any other volunteer."

Darryl is a Field L5 by transfer, & L2 Club Starter/Marksman, and received

his award at the Hampshire Sportshall League - in his words, "a not unwelcome low key presentation" from Christine Benning, England Athletics' CCSO covering Hampshire. Darryl stated that he was very happy to receive the award.



Darryl Quinn receiving award from organiser Carol at the Hampshire Sportshall league

(photo: Christine Benning)

London Region: Gill Freeman

Gill worked on photo finish at the World Trials in Birmingham, and was track referee for the Beijing Olympic Trials. As Kent COffSec for almost 10 years, Gill has enjoyed successes including the instigation of a county development day, arranging courses and helping officials to progress. Her thirst for development and improvement is best demonstrated by her trip to Columbus Ohio this year, where she was keen to observe the way that American officials operate. When we asked her colleagues about Gill's qualities the overwhelming response was she is always there for you. Her husband John, a Starter, said she was surprised and very pleased to receive the award.

South West Region: Derek Burrows

Derek told us, "I was extremely pleased and surprised by my award and can only thank those who made it possible" Derek has been a time keeper for nearly 20 years starting with 'track & field' in the early days and mentored by Geoff Wickens. This developed into timekeeping for cross country and road running. He says, "I seem to be now more involved with road running, which has escalated in Cornwall. The start of 2010 will be preoccupied with the large schools' events that are being staged in the County viz: SW Schools and the Schools International."

East Midlands Region: Nick Reade

Nick Reade is a Field Judge and also very involved with Notts as well as with MAFEO (the Midlands Athletics Officials Association) and is highly regarded by his fellow officials.

North East Region: Brian Titley

As well as being a starter, involved in cross country and road running, Brian also finds time to be Chairman of his local club, New Marske Harriers. He got involved in officiating through being an athlete and has been officiating for over 20 years. He told England Athletics that he was very surprised and pleased to receive the award, which was presented to him at his club's presentation evening.



Brian Titley receiving his award from Jim Alder

(photo: Pete Best)

North West Region: David Brown

David was nominated for the NW award for his commitment to athletics at both a local level and at national level. His dedication to support local leagues and open meetings is to be commended as he balances his national duties - rarely is there a weekend that David is not at an athletics event. This summer David had the honour of starting the 150m street sprint in Manchester which Usain Bolt spectacularly won.

David is not one to forget his region, and will always make time for other officials, whilst also offering support to young less experienced athletes. He also tutors within the region, passing his skills and knowledge to the next generation of starters and marksmen.

West Midlands and Yorkshire & Humberside Regions did not make any awards.

Services to Officiating

East Region:

Noel Moss

Noel Moss, a long standing member of Cambridge and Coleridge Athletics Club received his Award from England Athletics' Chris Jones who said, "I'm delighted that Noel has been recognized for his long-standing service to the sport, in this case with respect to his services to officiating. We should showcase people like Noel as a shining light in best practice as we tackle the major challenge we face as a sport in recruiting and retaining volunteers to take the sport forward beyond 2012." When asked to comment, Noel replied, "I think Chris has said enough!"



(photo: Gary Mitchell)

Chris Jones presents Noel Moss's award at the EYAL Plate Final in Cambridge.

South East Region and National winner:

John Lofts

John Lofts was nominated by Hampshire AA for his contributions to officiating which span a 50 year period. Highlights of his career include officiating at two Commonwealth Games in 1978 and 1982 where he was Chief Judge. John qualified as an Official in 1959 after watching his sister, Sheena, compete for Aldershot & District AC in 1957). He started as a Track Judge, achieving Referee status in 1975. John has always strived to support his colleagues and was one of the original members of the now successful South of England Athletics Officials' Association. John is a never ending source of advice which he willingly dispenses to his colleagues and new officials.

John Lofts, Regional Award presentation.



London Region:

Andy Glover

Sadly, Andy, one of Surrey's most respected officials, died recently after a long illness aged 72. Andy was best known as an indefatigable starter officiating at meetings from school and club up to international level. He frequently came to the rescue of clubs struggling to find a starter for their meetings. Andy was favoured by timekeepers because he made up his own ammunition and was able to provide a good visible signal.

South West Region:

Ron Little

Ron Little received his award in recognition of his 30 years' service as an Official. Ron, who is BAC's Officials Secretary, has been a familiar figure for many years at all kinds of athletic event - track and field, road, cross country - carrying out a variety of 'official' duties, not infrequently as the event referee.

East Midlands Region:

Jack Walters

Jack Walters is a Level 5 timekeeper who is extremely supportive of many events. Colleague and County Officials' Secretary Cherie D'Silva told us, "He has given a lot to Athletics generally and officiating specifically."

West Midlands Region:

Maureen Bullen

Maureen qualified as an official "a long long time ago" she says, taking the exam when her husband was invigilating it and persuaded her after she had already taken the course. She decided that if you can't beat 'em you may as well join 'em! Maureen said she was very surprised to receive the award as she used to be quite involved with the Midlands courses and training this is not now a primary tri-regional task. Maureen continues to officiate at a high level. She is also National Facilities Group Chair and was presented with her award at a West Midlands Council meeting where she was wearing her 'Facilities hat'.

Yorkshire & Humberside:

Edwin Bellamy

Graham Jessop says, "Ed is a cornerstone of all athletics disciplines in Yorkshire and Humberside - no matter the weather or the season you can guarantee that Edwin, invariably accompanied by his wife Christine, will be there - sleeves rolled up, doing anything, possibly everything, to ensure the meeting will be a success. In addition Edwin is a most efficient coordinator of the AAA's awards scheme which at times appears as if he manages it single handed. A true servant of our sport."

Yorkshire & Humberside:

Sheila Bolland

Sheila is a stalwart of Spensborough and District AC; both on the committee and helping out with catering - and anything else! She is known as the person who "knows everything you could ever know" at the club. She came into officiating as her four children were all runners and she thought she'd rather get involved than stand around - and two officials at a YAL volunteered her! She's completed three London marathons and almost 20 years later she is still involved and is an active (and highly ranked) Masters O65 thrower, with Hammer her favourite event. She was very surprised to receive the award and said "it's nice to be nominated, it's lovely, I'm so pleased"

North East Region:

Andrea Fyall

Andrea told us that she was very surprised, and added, "I just get on with the task in hand and I can say I probably learn something new each time I'm at an event." England Athletics CCSO John Stacey says, "Andrea is a bubbly, enthusiastic and infectious person to be around. A former county level sprinter herself, she has helped countless young athletes develop, on and off track, as a sports development officer, club coach and official. She is always willing to give her time and effort as a timekeeper and field judge. Her invaluable contribution to the athletics community in her local club (Jarrow & Hebburn AC), county schools' association and region as a whole are deservedly recognised."

North West Region:

Tony Reilly

"Tony is a long-serving supporter of the sport whose commitment deserves to be rewarded", reads his nomination. Tony officiates independently of any club but is ever-present at cross country, road and track events. His experience and standard of officiating have enabled him to be selected for numerous Great Britain events and other high quality competitions. Officials like Tony are the ones who get on with the job with no fuss and never ask for a word of thanks - it's about time Tony was thanked.

David Brown (left) and Tony Reilly (right)



(photo: Sarah Friday)

National Appointments

When a Level 3 official first starts thinking about National Appointments, it can often seem very confusing. Chris Lockley gives an outline of how to use this coming winter and summer season to prepare for next year's appointment decisions.

Even now, I'm not sure I fully understand all the intricacies of how appointments are made, but I am going to attempt to give a straightforward and simplified outline.

I know that different areas work in slightly different ways, but I am sure it is the way they feel is fairest in their circumstances. There are bound to be differences, given the differences between the Celtic countries and England, between the three English Tri-Regions, between the Regions, and even between the different disciplines - differences in numbers, geography and opportunity.

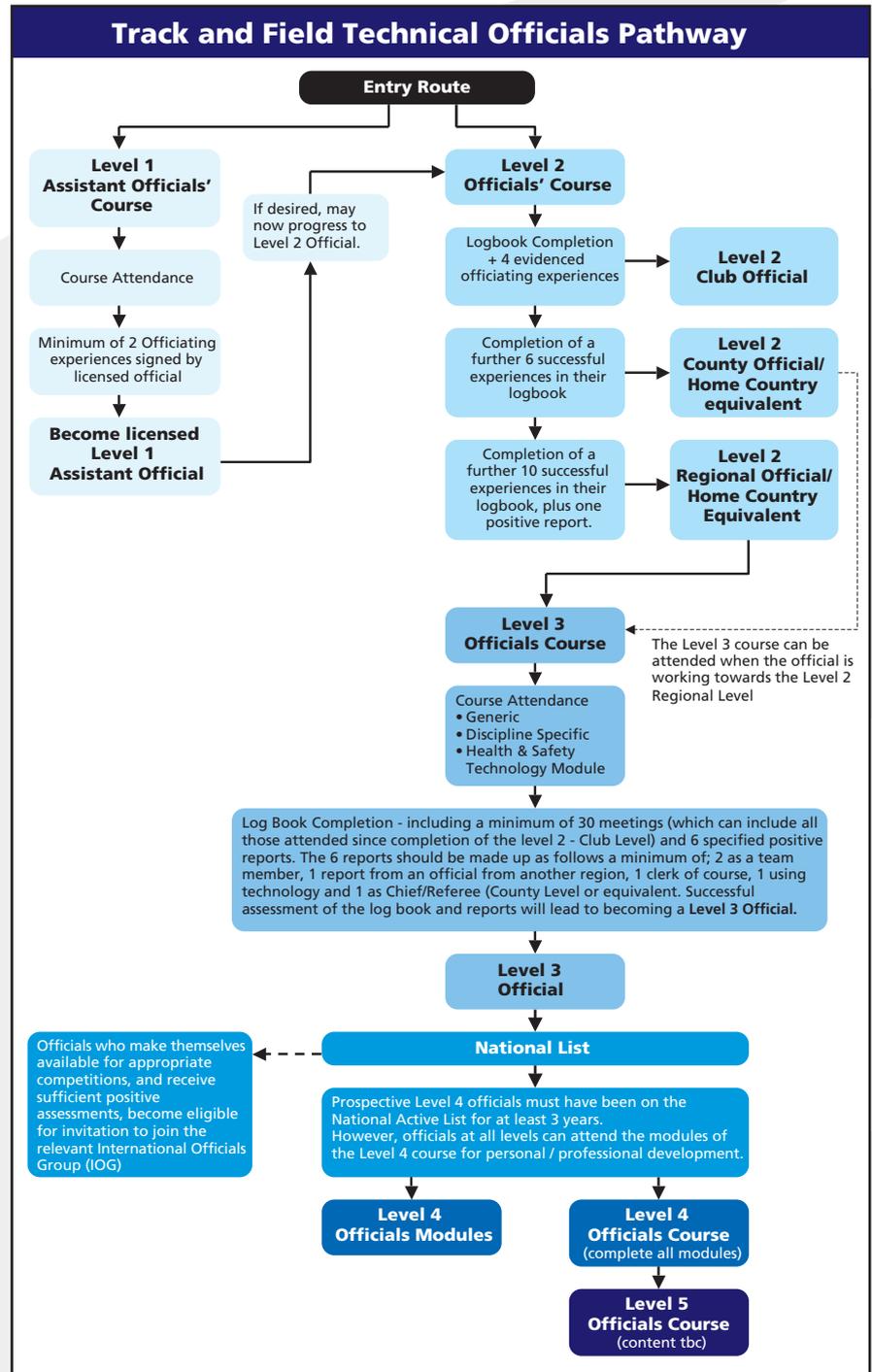
Fixtures Congress

The process begins with a Fixtures Congress organised by UKA. This does its best to avoid clashes, but they are sometimes unavoidable when fixed dates such as English Schools have to be merged with variables such as major Championship entry dates. UKA then begins the process of finding officials for the events for which they are wholly responsible, and others such as the England Age Groups, where they are asked to manage the process.

The first step is to send to all officials on the national list the schedule of these meetings, together with others where they are merely collecting availability for other bodies. This needs to be completed carefully and returned on time. These returns are summarised, and the six TRNGs are asked to nominate officials to appropriate meetings. The six bodies are the three Home Countries, and the three Tri-Regions. The number of nominations requested from them is directly proportional to the overall total available meeting by meeting within each area, not just the number on the list. The meetings are grouped – Televised and similar meetings; other National meetings; other meetings not wholly appointed by UKA.

Peer Groups

When the TRNGs have made their nominations – for which they usually



have only a very brief time slot – the Peer Groups consider each meeting. Chiefs are nominated, and the strength of teams assessed.

At this point changes may have to be suggested to achieve a satisfactory balance. Other senior appointments (e.g. Meeting Manager) may also affect the teams.

The TRNG Secretaries meet with Peer Groups to check these changes, and then invitations are sent out.

Frequently asked questions

How do I get invited to these meetings?

All officials at old level 5/new level 3 are placed on the 'National List' on appointment to that level. They are only removed: on their own request; because they don't reply; or (rarely) because of poor assessments. To get back on, they would need to be recommended by their TRNG.

Why do we have to be available so far in advance?

As shown above, the process is quite involved. While it seems odd to be thinking about September in the previous December, the schedule can start in April. It is much easier to be fair to all when putting together nominations for the whole season, rather than just one or two meetings.

Why do I never seem to get TV meetings?

Remember that TV meetings should be staffed by a high proportion (70%) of IOG officials.

Why do some people seem to get far more than I do?

Most TRNG groups operate a form of proportionality – those who are most available get most, they are the ones who have earned the places for the TRNG.

How can I get more meetings?

The first step is to be available more! Be prepared to travel, to do multiday meetings, to work at all levels, not just big meetings. It also helps to work widely below national level, especially for the Tri-Region.

Why do I seem to be ignored, even though I send in the availability?

There could be several reasons, so follow it up. Check you are sending your availability in to the right place, as instructed. Are you only available for meetings where UKA has no input, eg CAU, Young Athletes finals? Will the TRNG know you, and how much you are working – if, for example, you are on the Midlands & South West list for national meetings, and only work in the old Northern area, will they know you? Make sure your National, TRNG and Regional affiliations match sensibly – and send in your records of experience each year, to the TRNG.

Should I put down for meetings I don't really want, just to keep numbers up?

No. Once you have said you are available, you should have good reasons for not accepting an offer. Of course, once invitations have been sent out, if you are not included then no one expects you to stay free 'just in case'. However, when people do drop out later, those originally available are the obvious ones to then be contacted. You should also realise that even if you are not initially nominated by the TRNG, the Peer Group may well choose to include you if they have to change teams round.

TECHNICAL TALK

This is where you can find out a little more about the equipment and technicalities of the sport. Len Twort explains how to set up and calibrate a High Jump and a Pole Vault - a vital part of the pre event preparation.

Pole Vault

1. Ensure pole vault bed component parts are secured to each other.
2. Set uprights on zero. (This means that the bar when placed on the pegs should be exactly over the top of the box.)
3. Wrap coloured tape around the centre of the competition bar.
4. Ensure winders are operational.
5. On left hand stand, measure from the ground to the top of the stanchion.
6. Measure and set the right hand stand stanchion to exactly the same measurement as the left hand stanchion. (The actual height is unimportant)
7. Place bar on pegs and measure from the centre of the Competition bar to the top of the box.
8. Set left and right hand vernier to that measurement.
9. Tape each vernier to ensure that nobody can alter calibration. Sign and date tape.
10. Tape each end of the Competition bar to ensure that nobody can alter calibration. Sign and date tape.
11. Set each stand to a new height and check measurement to centre of the bar.
12. If all is well, remove Competition bar and replace with warm-up bar.



High Jump

1. Ensure high jump bed parts are secured to each other.
2. Place uprights approximately 10 cm from the front of the bed, equi-spaced about the bed.
3. Place Competition bar on pegs ensuring about 1cm gap from each end of the bar to the upright.
4. Wrap coloured tape around the centre of the bar
5. On left hand upright, measure from the ground to the peg.
6. Measure and set the right hand upright peg to exactly the same measurement as the left hand peg. (The actual height is unimportant)
7. Place bar on pegs and measure from the top edge of the centre of the Competition bar to the ground (assuming this is the lowest point.)
8. Set left and right hand vernier to that measurement.
9. Tape each vernier to ensure that nobody can alter calibration. Sign and date tape.
10. Tape each end of the Competition bar to ensure that nobody can alter calibration. Sign and date tape.
11. Chalk or tape around base of each upright.
12. Set each upright to a new height and check measurement to centre of the bar.
13. If all is well, remove Competition bar and replace with warm-up bar.



The 'COffSec'

A vital link between officials and organisers

If you are a new official, you probably only know your County Officials' Secretary (usually referred to as a COffSec) from the letter or email you get at the start of each season inviting you to officiate at County events – but do you know what else they do?

They play a vital role in liaising with officials, other COffSecs, event organisers, course organisers, UKA, and England Athletics.

Why does a COffSec get involved?

A COffSec might get involved in this role for a number of reasons. Some may well have their arm twisted with the promise of 'an evening a week', others, such as Chris Dowsett (Essex) said they felt they could help out a current COffSec who was not able to fully carry out his duties due to illness, only to find out a few weeks later that he'd got the full job!

Chris volunteered himself as he likes organising and thought he could do a reasonable job, especially as he had recently retired and had the time to commit. Peter Lee couldn't think of anyone else in Hertfordshire at the time to replace the previous incumbents who were moving West. Frustrations for a COffSec include not being kept up to date with those with whom they are liaising, so they can pass messages back to officials on the ground, or having to say goodbye to officials who find old age/infirmity mean they have to give up. The rewards however include knowing that you have helped make an event happen, watching officials develop, and being able to get to know officials who are not from your own discipline.

Chris also discovered how much he enjoyed the Meeting Manager role – one that he had allocated himself as he felt he could not be COffSec and a busy Field Judge at the same time at three days of Essex championships. He also found it very rewarding to ensure all upgraded officials in his County were awarded a medal for their efforts and seeing the appreciation in their faces.

What Does a County Officials' Secretary Do?

- ◆ Maintains an accurate up to date list of all graded technical officials affiliated to their County
- ◆ Provides information to UKA and England Athletics to enable them to keep accurate lists and to ensure good communication
- ◆ Keeps their own county technical officials informed of appropriate information
- ◆ Identifies technical officials who may be capable of achieving upgrades
- ◆ Provides support and guidance to technical officials seeking upgrades
- ◆ Provides worksheets and report forms for technical officials seeking reports to support upgrading
- ◆ Arranges for reports to be submitted by higher graded technical officials for those requiring them
- ◆ Receives annual duty sheets from Level Two county technical officials and makes recommendations for upgrading, based upon duties performed, range of events covered and availability of satisfactory reports
- ◆ Arranges mentors to support new technical officials and those seeking upgrading
- ◆ Liaises with England Athletics in the running of appropriate training and education courses



(photo: Mark Shearman)

- ◆ Identifies training courses required by clubs and counties
- ◆ Arranges for technical officials to support county meetings
- ◆ Provides information for clubs and other approved bodies who seek support to provide technical officials for meetings outside their own county
- ◆ Attends regional COffSec meetings as part of a partnership approach

So it can be seen that COffSecs are very busy and vitally important people! Their role should not be underestimated and they certainly need to have the time and dedication to be able to carry out the role effectively. All in all the COffSec is a vital bridge between officials and event organisers at both local and national level.

Athletics competitions could not be held without the Officials. The 'COffSec' plays an important role in the delivery of officiating.



(photo: Mark Shearman)

More information for officials is at www.englandathletics.org/officials

Indoor track & field

The first of a series describing the many different kinds of athletics events we can officiate at, from cross country to combined events, disability to quadkids.

With the increase in the number of indoor areas available for athletics events, it is becoming much easier for officials to experience a 'winter season' which includes field events and sprints rather than the traditional cross country and road running. It never rains at an indoor match (except when the roof leaks)!

Unlike the outdoor summer stadiums, which tend to be fairly similar, if laid out differently, there is quite a variety of indoor event facilities.

An official might find themselves at an adapted sports hall - with sandpits, a single straight, and jumping, vaulting and shot put areas, which may or may not all be able to be used at the same time - to a more purpose built indoor arena with similar facilities (such as Eton, Bedford, Kings Lynn, Brunel, Chelmsford, Crawley, Newham, Sutton, Gateshead and Bath) right up to the large arenas with a 6 lane banked 200m track such as Lee Valley, Sheffield, and the NIA - or even a hydraulically operated 200m circuit to adjust the banking, such as the one in Cardiff.

There are some differences in the kinds of officiating that take place too; it's much more likely that a runway controller is required when events are in a more restricted place, and common to have sprinters, pole vaulters, high jumpers or long / triple jumpers run ups all criss crossing each other and athletes and



Indoor shot put often requires a portable circle and chalk for implement landing marks, and there is sometimes protective netting.

officials, markers or equipment inadvertently getting in the way. There can be problems with walls being very close to sector edges - a shot 'bounce' off a wall does not count as an implement would off a hammer cage!

On the track, the distances tend to be shorter with 60m and 60m hurdles popular and at bigger arenas, a circular, banked 200m track. The starter's team may well have to position themselves at various locations in the infield so close cooperation is required between track and field officials.

On the field, the long throws are out of the question, and the shot put uses a rubber implement which reduces damage to the floor and dampens motion once landed - shot



Runway control is a vital job indoors; here the pole vault and high jump areas overlap, and the official (David Weston) is also watching out for sprinters walking to the start area.

putters are often requested to liberally chalk their implement so that a mark will be made on landing (an extra job for the indoor event Clerk of the Course is mopping the shot put floor!). The circle itself is usually portable. The long jump and triple jump are much the same as outdoors, but without the need for a wind gauge, and of course the vertical jumpers never need worry about the wind direction for their jump or vault!

The atmosphere can be a lot noisier, making call up and announcement of results, and instructions from athletes (such as pole vault upright settings) more difficult to hear, starts less settled, and field judges need to be especially alert for starters near their position.

At an outdoor event there is often more of a picnic atmosphere as there is lots of room to sprawl on a rug or pitch a small tent. Indoors that's not possible, although spectators and coaches are much nearer the action too which can make for a greater air of excitement than you would see with equivalent crowd sizes at outdoor events, but at the same time, viewing can be limited with spectators often kept in a small space.

An indoor event is a great way to keep your officiating varied and your skills sharp over the winter season, and one more experience to add to the duty sheet.



Track, field and starters are at much closer quarters during an indoor match

Courses

To book a place on the course please complete an Officials' Licence Application form which can be downloaded from the web and sent with a cheque (where applicable) made payable to 'England Athletics' to the appropriate England Athletics regional education officer.

8 February 2010

Level 1 Assistant Officials

Lee Valley Athletics Centre, London

20 February 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper/starter-marksman
Keepmoat Stadium, Doncaster

21 February 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper/starter marksman
Wavertree Stadium, Liverpool

13 March 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper
Sandown, Isle of Wight

21 March 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper/starter-marksman
Hemingford Grey, Cambridgeshire

21 March 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper
Costello Stadium, Hull

21 March 2010

Health and Safety Course

for Officials (track and field)
Costello Stadium, Hull

21 March 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper/starter-marksman
Thames Valley Sports Centre, Eton

24 March 2010

Health and Safety Course

for Officials (track and field)
Leatherhead, Surrey

27 March 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper
Macclesfield Track, Cheshire

27 March 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper
Huntington Stadium, York

28 March 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper
Lewes Leisure Centre, Lewes

11 April 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper
Dereham, Norfolk

11 April 2010

Level 2 Officials' Course

Generic plus one specific track/field/timekeeper
Sportcity, Manchester

11 April 2010

Level 2 Officials' Course

Specific track/field/timekeeper/
starter-marksman
Lee Valley Athletics Centre, London

17 April 2010

Level 1 Assistant Officials

Hurstpierpoint, West Sussex

Officials' Education Officers

England Athletics are committed to supporting officials with dedicated administration. After a review of Officials' Education, we have appointed two more Education Coordinators to support officials in the North, and Midlands & SW. One of their first tasks will be to establish better communication links with key officials stakeholders including COffSecs, Athletics Networks and Area Officials Associations. This will enable us to be more aware of the need of officials in each area, and put on more Officials courses to accommodate this.

Natalie Shaw, appointed for the Midlands and SW, has a BSc in Sport & Psychology, and an MSc in Sport Management from Loughborough. She is a keen middle distance athlete and supporter of athletics. She says, "It's an exciting time for officials' education and I'm looking forward to supporting officials in my area."

North (interim)

Tina Beresford

England Athletics c/o Sportcity, Gate 13 Rowsley Street, Manchester, M11 3FF. T: 0161 230 8184
E: tinaberesford@englandathletics.org

Midlands & SW

Natalie Shaw

Wellington House, Starley Way, Birmingham International Park, Solihull, B37 7HB.
T: 0121 781 7223
E: nshaw@englandathletics.org

South

Christine Baker

England Athletics, PO Box 179, Dereham, NR19 9DN. T: 07725 457823
Email: cbaker@englandathletics.org

County Officials Secretaries

(COffSecs)

Avon:

Ray Gooding 0117 9562481
raygooding@supanet.com

Bedfordshire:

Paul Brookes
honsec.bedsaaa@hotmail.co.uk

Berkshire:

Jill Wright 01344 885475

Buckinghamshire:

John How 01494 785623
johnhow60@hotmail.com

Cambridgeshire:

Al Weaver 01733 246572
cambsofficials@sky.com

Cheshire:

Joe Shellhorn 01244 679196
joseph.shellhorn@tesco.net

Cornwall:

Mike Hanson 01736 719428
mikeathletics@aol.com

Cumbria:

Ken Taylor 01768 772685
kt.k@btinternet.com

Derbyshire:

Ernie Cripps
ernie@ecripps.wanadoo.co.uk

Devon:

Keith Reed 01752 893573
kreed@cleeve41.freereserve.co.uk

Dorset:

David Kitching 01305 832 797
dorsetcofsec@mkitching.plus.com

Essex:

Chris Dowsett
chris.dowsett@btinternet.com

Gloucestershire:

George Williams 01242 602529

Greater Manchester:

Mike Welford 0161 866 8253
mike.welford@ntlworld.com

Hampshire:

Eileen & Terry Williams
01252 664455
eileenandterry@ntlworld.com

Herefordshire:

Phil Wells
01544 318854 p-wells2@sky.com

Hertfordshire:

Peter Lee 07986 808033
peteratpeter.lee44@btopenworld.com

Humberside:

Edwin Bellamy 01652 633422
ebellath@aol.com

Isle of Man:

Colin Halsall 01624 852187
halsallcolin@hotmail.com

Kent (shared):

Maureen Fletcher 01424 855638
maureenfletcher@btinternet.com

Gill Freeman 01322 330428
gill.freeman53@ntlworld.com

Lancashire:

Michael Grime 01254 240739
mike.grime@talk21.com

Leicestershire:

Cherie D'Silva 0116 2713661
knowlesdsilva1@btinternet.com

Lincolnshire:

Maggie Davis
mad@maggiedavis.plus.com

Merseyside:

Ron Scott 01704 566995
roncoscott@aol.com

Middlesex:

Steve Marshall 07973 253145
steve.marshall@barnet.gov.uk

Norfolk:

Gaye Clarke
gayeclarke@lineone.net

Northamptonshire:

Graham Curtis 01536 744390
grahamandbernadette@tiscali.co.uk

North East:

Richard Balding 0191 290 3418

North Yorkshire:

Roger Everton 01904 765104
rogereverton@talktalk.net

Nottinghamshire:

Gwen Hines
gwen.hines@virgin.net

Oxfordshire:

Alan Vincent 01295 720809
alan.carole@freeuk.com

Shropshire:

Margaret Afford 01952 419826
margaret.afford@blueyonder.co.uk

South Yorkshire:

Terry Bailey 01302 537853
terry.bailey.292@tesco.net

Somerset:

Mike Eastmond 01823 400076
east@fsmail.net

Staffordshire:

Pat Lockley 01902 784903
patlockley@blueyonder.co.uk

Suffolk:

Tony Cheatham
anthonycheatham1107@btinternet.com

Surrey:

Patricia & Michael Cole
01372 458650
coledust@btinternet.com

Sussex:

John Gill 01444 458953
puffins70@talktalk.net

Tyne and Wear:

Chris Betts 01768 772685
christopher.betts@btinternet.com

Wiltshire:

Ray Bell 01793 723862
bellrjg@btinternet.com

Warwicks. & Birmingham:

Margery Ewington
barry.ewington@btinternet.com

West Yorkshire:

Bryan Murray 01924 291150
ldavies21@sky.com

Worcestershire:

Roland Day 01384 873989
roland.day@btinternet.com

If you think any of this information may be wrong, please contact nevens@englandathletics.org