



BMX EAST

AGM 04.11.2019

Ashley Goulding – Peterborough

Julian Allen – Braintree

Josh Butson – Braintree

Rich Watts – Braintree

Gav Stokes – Braintree

Jon Hambling – Ipswich

Sarah Harris – Ipswich

Dan Harding – Norwich

Martin Wink – Norwich

Richard Bown – Royston

Phil Townsend – Royston

Lee Alexander – Royston

Alyx Forman – Royston

Darren Forman - Royston

Karis Pattinson – MK

Tammy Alexander – MK

Kevin Morris – MK

Rob Harwin – March

Grant Brownlow – March

Dougie Sawyer - March

Ian Doe – British cycling

Julie Watts – British Cycling

Apologies

Leah Pearson – Peterborough

John Lillingstone – Ipswich

Mark Tomsett - Royston

Ian Doe Introduction – Regional events officer for British Cycling

DS – Introduction and background around March BMX track progress. Team of 4 trying to get either the old track or a new site for a track in March, looking for advice. Good support from local council.

#### LA – 2019 review and recap

- . more new riders at regional level compared to 2018
- . more riders attended the Brits for EA this year
- .Novice regional racing started slow but grew well over the season
- .Toby commentating better for 2019
- . 5 EA worlds finalists
- .All clubs running regular coaching
- . All people that took commissaire course now signed off

#### PT - Treasurer update

- . Closing balance £7489.48
- .5 clubs to pay outstanding for brits Simpsons masks
- .Regional finances healthy
- .Summer 2019 club / region split was 50/50 and this will continue through winter series

#### LA - Rider rep info sent from JL

- .Pump races well received a fun addition
- .We must keep B / C / D finals
- .Riders like the idea of transponders
- .Cake stalls and sweets very popular at races

## JB

. 13+ would prefer to have more gates in practice, current is 20 open 20 gates suggested 10 open 10 gates followed by 20 gates for this group

. Pump races again popular and feel best to run after motos

. Pump race ages add an extra age group so the younger riders in the 13+ have more of a chance

## AG

. Sportsmanship – riders doing a 1 / 2 straights and sitting down has been fed back as causing safety issues in the corners.

GS – low amount of cruiser riders complete a full season mainly seem to be riding for Brits or as a second bike, suggestion is to change the cruiser class for 2020 if riders wanted to provide better ability based racing..... proposed would look like

Female

16 under

17+

Super cruiser

## Electing new committee

Chair – Lee Alexander

Vice – Dan Harding

Treasurer – Phil Townsend

Secretary – Ashley Goulding

Coach – Jools Allen

Online / Social media – Jools Allen / Darren Forman

Rider rep – John Lillingstone

Commissaire Coordinator - Mark Tomsett

LA – Clubs to advertise there club races better inside the region, Utilise the community group.

JA – can share if BMX east is set as a co host on the event

ID – BC Developing a regional website, Would like all clubs contacts details, Social media, website info and will be able to add club races to the calendar

Launch date for this is planned for 01.01.2020

### JA - Coaching update

- .RSR 2019 is complete with 1 rider meeting the NSR criteria and moving up
- .Survey was sent out for feedback on the last set of development sessions, key points
- 42 sent out 5 completed – sent via WhatsApp, BC email, Facebook
- all met RSR criteria
- Riders fed back they would like to see these sessions on nation standard tracks
- mindset coaching requested
- older riders requested to run demos
- JA to share Braintree fundamentals coaching to see if all clubs coach to the same level and cover the same things
- JB completing level 2 coaching award

### 2020 RSR

- Criteria has been shared and a development session ran for flat skills data collections
- 15 attended session, 3 have met all the criteria
- second session will be run for riders at Braintree in January / date TBC
- sessions open to EA club members of age
- all data must be collected by JA no video submissions etc as last year some riders had done this and could not replicate on RSR sessions
- riders that do not attend 1 of the 2 data collection sessions will not be able to take part
- RSR is the third step on the ladder to the BC Olympic squad

### LA - First aid

- Essex Medics have taken back the running of first aid at regionals and are booked for the winter series, price is also more competitive

### Transponders

- BC are likely to adopt the system for 2020 nationals
  - HS sport deal running this month £10,000 decoder , loops, 200 transponders (£5000 decoder alone normally)
  - plan to sell transponders to EA riders and retain 30-40 to hire to people not having one
  - transponders have a 2 year license
  - would make admin easier, faster results for riders + parents
  - still likely to need 1 finish line as a back up
  - £1.40 admin cost per rider per regional race , 70p for a club race
  - Permanent and temp loop options available
  - would be an issue to try and use this system to run an inter-regional
- Clubs vote on EA adopting this in 2020 regionals

MK – yes

Royston – yes

Peterborough – yes

Ipswich – yes

Norwich – yes

Braintree – unsure

### 2020 EA Summer series

- decide on summer series dates once 2020 national dates confirmed (likely a weeks' time)
- JB suggested an Olympic regional race potentially at Lee Valley
- Dunstable no progress and unlikely to resume

### Female age groups

- Female national age groups are staying the same in 2020
- Masters female being removed

### Welfare officers

-Clubs to provide updated welfare officer lists to LA + PT

### AOB

-AG - some riders using non regional plates at Brits, can people that do not want a regional plate do this in 2020?

.JW suggested speaking to BC commission around it

-ID - New BC coach appointed at Colchester (John Stockwell)

.Commissaire course being arranged between BC Eastern and Midlands regions

-JB- Brits theme , Shirts remain the same being changed for 2020?

. LA this will be looked at next year

-JA – Some feedback collected around brits and a watch out for 2020

.Bike storage / conduct

.Parade volume looked lower, with EA having 6 clubs this can be the cause

-JH – Ipswich track has suffered from lots of heavy rain, maintenance to repair going ahead by members

-KP – MK club race this weekend

-DS – One area proposed is next to a housing development, advised to look in to section 106 money for track development

### Actions

-Ea to try to obtain funding to purchase transponder set up

- JA to send info to ID re BC website

- Club reps to speak to cruiser class riders for feedback for 2020 summer series class feed to JL

- Club reps to speak to 13+ riders RE practice timings / gates feed to JL

- LA to email / arrange 2020 regional dates after national dates released