

EA Committee Meeting

Royston Community Centre

Monday 08/04/19 @ 19:30

**Present:**

Chair: Lee ALEXANDER (Royston), Phil TOWNSEND (Royston)  
Gavin STOKES (Braintree), Garry LONG (Braintree), Becky GRIDLEY (Braintree)  
Ashley GOULDING (Peterborough), Pete SERGENT (Peterborough)  
John LILLINGSTONE (Ipswich), Jon HAMBLING (Ipswich)  
Dan HARDING (Norwich), Martin WINK (Norwich)  
Karis PATTINSON (MK), Sarah JAMES (MK)

**Apologies:**

Tammy ALEXANDER (MK), Darren & Alyx FOREMAN (Royston), Sam KING (Royston), Richard WATTS (Braintree), Julian ALLEN (Braintree), Jen CANNONS (Braintree), Kelley & Rob CAREY (Peterborough), Lorna WALES (Peterborough).

**REVIEW OF MINUTES/ACTION POINTS FROM PREVIOUS MEETING:**

Day at Birmingham training – coaches unable to co-ordinate a day with enough free, run out of time with the National and Regional calendar. Jools has coaching day scheduled for 18/04/19, contact him directly. Clubs can organise trip themselves if needed e.g. Royston booked out Cyclopark today.

**TREASURERS UPDATE – PROVIDED BY PHIL:**

As attached.

MK expressed their thanks for the temporary loan towards their gate. They have exceeded the amount on the Just Giving page which finishes on 19/04 and funds are released 10 days after that. They appreciate the support from the region and feel it brought the region together.

## **RIDERS REP UPDATE – PROVIDED BY JOHN LILLINGSTONE:**

Unable to have had an official riders rep meeting but this will be held before the motos at Norwich at the end of the month. General chat and feedback about the pump races is that everyone is enjoying them. Suggestion that maybe the 12 & under class should be allowed to pedal to first jump to avoid the swerving to gain momentum. Coaches to decide this on the day. Discussion whether pump race should be held after between motos and semis or semis and finals. Agreed to remain between semis and finals.

Talk in the pens is that with the extra regionals this year some people are choosing to do all rounds and ride one bike per race for their Brits qualification rather than exhausting themselves riding 2 classes on the same day.

Most racers feel the races are running at the right pace. Main concern from the older/faster riders is the First Aiders (discussed below).

Phil advised we were slightly late starting at Peterborough due to some admin issues with riders pulling out due to injury which led to a 15 minute delay. There was one rider complaint that 12 year old female was riding 15/16 boys. This is a Royston member and Lee will speak with them at the club.

Feedback is that there isn't enough time between races for those riding 2 classes. Gav stated he always asked riders when he was doing call-up if they were good to go or needed a break. No ideal way to run the motos to give everyone suitable spaces between.

## **CLUSTER SESSIONS – PROVIDED BY GAV**

Looking to do 2/3 during the summer to keep the momentum going.

The winter ones will be likely the compulsory ones (not having to attend all, maybe 3 out of 4 or 4 out of 5. This is still being decided), summer ones likely to be optional. It was suggested that clearer communication needs to be given to parents and riders with exactly what is required, what attendance.

50% of riders haven't met the criteria as set by Dylan. Gav & Jools are suggesting to him that it's the top @@ percent out of each age group as the 'semi final at national' criteria is exceptionally tough if you are in a male class that has 60 riders in compared to some of the female classes that go straight to finals. The coaches have agreed that all coaching across the region should encompass aspects of the RSR criteria. Feedback was 32 was too big in the first event. Gav advised the numbers attended was much bigger than expected. Rider experience and parent expectation differs massively. It was suggested that if the session is maxed out make more use of Dan, John and Lee for additional help. Older session is manageable with 32 for 2 coaches. Younger 28 maximum. Even if a rider gets selected Dylan can say he doesn't want them on the RSR. Some back chatting and a couple of performance issues along with children being on their phones at the classroom session. All sessions will be joined with South region which had a positive effect. Dylan is 4<sup>th</sup> coach trying to work this system getting riders through the programme and seems to be having the most success.

## **PRACTISE SCHEDULE**

Agreed that first 20 mins in each age group will remain an open session. The 2<sup>nd</sup> 20 minutes in each age will be gates. There have been comments that there isn't enough open practise time. Options discussed but agreed that practise to stay as it is.

Timings are fine. This allows a bit of flexibility for any delays/crashes in practise.

Complaints about riders doing double practise, dropping into the track. When the track is closed from 11:30 it is to be announced by commentary and there will be no one on track. There are concerns that directly after the racing the amount of children bundling onto the track and accidents occurring. This was discussed by this has been an issue for years that is unlikely to be able to be solved.

## **FIRST AID**

Issues are that the caravan isn't suitable if you are injured and trying to get in/out. They need a gazebo as a discreet area to deal with injury's. A gazebo can be booked with Ian DOE for each round.

There were concerns that someone knocked themselves out yesterday at Peterborough and Jools ended up dealing with it rather than the first aiders. This gives the perception to those watching that the first aiders aren't confident in what they are doing.

They are not logging names of those injured and treated, although they are providing a report to the Chief Commissaire after each race.

They need more guidance on attending to fallen riders as they aren't going to them and are asking if they should treat people. They had been instructed to wait until the rider asks for help but again this doesn't give those watching confidence that they are competent to deal. The superclass riders don't feel that they would be properly dealt with if they crashed. Advised that the commissaires had told the first aiders not to go to the rider unless told to. It has been agreed that the chief first aider will now have a regional radio so they can be told more quickly.

Suggestion that they should have some sort of track mentoring/awareness. At least start to walk towards a fallen rider/flag up without crossing the track. A debrief is needed with first aid. Phil will have a chat with them as they are all issues that we had with Essex Medics when they first started.

## **LOANS FROM REGION TO CLUB:**

Should there be a criteria? Agreed that only in emergency and must come with a plan of repayments, timescale. MK did exactly that.

## **BRITS**

Becky asked for ideas for gifts this year – suggestion of beanies or baseball caps

Theme agreed as the Simpsons.

## **TRANSPONDERS**

Suggestion from/ to BC from all disciplines that your transponder number is linked to your licence number at the beginning of the year.

A lot of the teething problems are being sorted out by other regions introducing them first. It is a case of being organised with pre registering, transponder numbers logged etc.

Phil advised the decoder hardware is £4.5k, plus loops which are around £250/£300. The system can be run on generators or battery and could belong to the region and taken to each race. Clubs can purchase and install their own. There are lots of options.

Transponders cost riders: 1 year £35 ish leased, 2 years £50 ish leased, 3 year £75 ish leased.

## **REDBRIDGE BMX CLUB:**

Not currently as they only have a 4 gate track. The track/club needs developing but likely to encompass multiple disciplines.

## **WHAT PR IS EACH CLUB DOING?**

Royston had a come and try day. 16 children attended. They are also advertising in the local Royston magazine which goes to around 7000 homes. Starting to get emails coming through with enquiries. Planning to do 3 this year.

Norwich: Big cycling event in Norwich. Event held on 30<sup>th</sup> June. Club trying to tie in something with that. It's a free weekend currently in the race calendar. Council have a deadline of the end of the week in case the regional can be changed but Dan is not hopeful of a positive response from the council.

Braintree - Leaflet drop within Braintree. Have also introduced a 'ready to race certificate' as the last 2 coaching sessions are full but lots aren't stepping up to any kind of racing. Other clubs are keen on this and asked if the certificate can be sent out to them. Race reports go in the local newspapers, and a noise complaint on social media ended up getting lots of positive comments about the kids being active!

MK – They get enquiries through using social media. Try local residents groups. Coaching is always full.

Ipswich – club racing starts next week fortnightly. Have organised coaching sessions at B'ham and cyclo. Tried to run track coaching once a month but weather not in their favour so ran 6 weeks of sprints. Currently offering monthly club coaching for regional riders. Big influx of dads initially but starting to tail off, possibly due to cost and potential for injury and being self employed.

Peterborough – Had 4 new club riders step up to enter the regional and they are now looking to do the rest of the regionals. Lots attending coaching sessions but struggling with only one coach. Have also been using social media, leaflets into schools, and digital posters at the colleges.

## **AOB**

**Number plates:** Feedback from the finish line people at Peterborough yesterday was that some of the plates are extremely hard to read. One has initials either side making it impossible to read until the last minute. Lots of number duplications with people needing X on their plate which you can't see. Despite finish line feeling they struggled there was only one race that Phil had to award 2 riders 5<sup>th</sup> place. Suggested that Julie gets white and black tape for the regional box and those riders needing an X attend registration so they can make it fit/visible.

UCI were contacted about plate requirements, response was we can set our own guidelines! Phil is now tasked with new instructions for plates. There will be minimum specification to be introduced next year.

**Photography/filming:** Jess Turner was taking photos yesterday. For any photos purchased she will donate a percentage back into the region. She will come to each regional that she can. It was asked what the requirements are for photographers at regionals; you have to have 1million public liability and permission from the chief commissaire. Aperture.bmx were also filming at yesterday's race. They are on Instagram and you tube.

**Girls racing:** Asked how many needed to run their own class – 9 anything less and the classes are merged. Now that the age classes are separate the percentage riding nationals has gone up.

**Level 1 coaching:** There is a possible level 1 coaching course maybe at Peterborough – Ashley is talking to BC.

**London Series:** London have put in a proposal to run as a separate region, this has been agreed in principal but effects on other regions need to be considered.

