



CCSO Update – February 2017

- **#runandtalk Event Information**

During the week of 28th Jan-3rd Feb 2017 England Athletics, supported by Mind, the mental health charity, are encouraging people to #runandtalk to improve their mental wellbeing through running and to break down the stigma associated with mental health by getting people talking about it.

How does it work?

- 1) Find out more on the attached info sheet.
- 2) Sign up on Facebook [here](#)

- **Elections for the England Athletics Regional Councils 2017**

Regional Councils play an important role in the development of our sport. They exist to ensure the views and expertise of people across the sport can be fed into the work of the region and in turn, the National Council and the Board Directors of England Athletics. Most importantly they allow clubs and members to have a voice in how the sport is run. If you know of someone who is passionate about our sport and who has the drive and commitment to make a difference, then please nominate them for a place on your Regional Council, subject of course to their willingness to stand for election.

- [Click here to download a printable leaflet with more information](#)
- [Click here to read a letter explaining the nomination process](#)
- [Click here to download a nomination form](#)

The important deadlines for you to note with regards to this year's elections are:

- Nominations will close 13th February 2017
- Voting will close 20 March 2017 in all regions where the number of nominations exceeds the number of vacancies.

www.Englandathletics.org/elections-2017
www.Englandathletics.org/council-portfolios
www.Englandathletics.org/national-council

- **Coach Development Opportunities**

Coach development opportunities complement the formal coach education structure.

Date	Workshop	Location	Tutor	Booking link
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Saturday 4 th March	Movement Skills Workshop 1	Fleming Park Leisure Centre, Eastleigh	Garry Power	https://www.ulearnathletics.com/moduleEvent/84963
Saturday 18 th March	Movement Skills Workshop 2	Fleming Park Leisure Centre, Eastleigh	Garry Power	https://www.ulearnathletics.com/moduleEvent/84964
Sunday 19 th March 1.30-4.30pm	Throws Technical Day	TVAC, Eton	Bronwin Cater and Garry Power	http://www.ulearnathletics.com/moduleEvent/84134
Sunday 19 th March 1.30-4.30pm	Jumps Technical Day	TVAC, Eton	Carol Jackson and Guy Spencer	http://www.ulearnathletics.com/moduleEvent/84147
Sunday 19 th March 1.30-4.30pm	Talent Across the Ages (A Sports Coach UK Workshop)	TVAC, Eton	tbc	This will be arranged with Get Berkshire Active
Sunday 19 th March 9.45-12.45pm	Physical Preparation- Movement, Mobility and Performance Workshop	TVAC, Eton	Garry Power	https://www.ulearnathletics.com/moduleEvent/84660

You can also find all the courses on Facebook. Here is the link to the Education and development page on Facebook to send over to coaches to like. This has all the information on development workshops.

<https://www.facebook.com/EACoachdevelopment/?ref=bookmarks>

- **Coaching and Officiating Courses**

Course are being added all the time as Becky (rturford@englandathletics.org) finalises the dates, venues and tutors so do check regularly on

www.englandathletics.org/courses

Course	Code	Date	Venue	Closing Date	Application process	Price for affiliated club members
Leadership in Running Fitness	LC0261	19/3	The Sports Village, Rose Hill Park, Sutton, SM1 3HH	3/3	To book online please click here	£140

Coaching Assistant	SC0989	4 and 5 /3	Wyvern College, Fair Oak, Hants	17/2	To book online please click here	£185
Coaching Assistant	LC0259	11 and 12/3	Brunel University, Kingston Lane, Uxbridge, Middx UB8 3PH	24/2	To book online please click here	£185
Athletics Coach	SC1042	10 and 11/2	Bracknell LC, Bagshot Road, Bracknell, Berkshire RG12 0TQ	27/1	Booking link	£255
*Coach in Running Fitness	LC0258	4 and 5/3	Brunel University, Kingston Lane, Uxbridge, Middx UB8 3PH		Download booking form here	£255
Officials Courses, Level 1 Field (SO/0409FD) Track (SO/0409TR) Timekeeper (SO/0409TK) Starter's Assistant (SO/0409ST) Health and Safety Module (SO/0409HS)		26/2	Thames Valley Athletics Centre, Pockocks Lane Eton, Berkshire SL4 6HN	10/2	Download booking form here	£30 to include Health and Safety Module and £20 for a standalone module.

*Don't forget to check you can attend Days 3 and 4 of the Coach Courses – check for all the dates on-line.

There are also plenty of courses in London and other areas

www.englandathletics.org/courses

- **Athletics 365**

We are in the process of reviewing Athletics365, our youth development programme which hopefully you are all familiar with, if coaching young people. As part of the review, we want to collect feedback from coaches who currently use Athletics365 to learn about their experiences using the programme but also hear from coaches who stopped using 365 and those who never heard of the programme to learn how we can re-engage or approach this group.

We have created a survey for coaches to complete, which is live on the coach ebulletin. This is for clubs with youth sections as the programme is aimed at children aged 8-15 predominantly (but can be adapted for younger children).

You can find the article about the review [here](#) and the survey can be found [here](#).

- **Good Nutrition for Endurance Running**

The Surrey Athletics Network is working in partnership with Active Surrey and England Athletics to present an evening for Endurance coaches and leaders plus interested runners.

The event is now on **Wednesday 1st March** at Quadrant Court in Working from 7.30-9.30pm. The fee is £5.00.

Join us for an audience with Peta Bee discussing the benefits of good nutrition for improved performance. This evening is designed for adult runners of all levels and ability, coaches and Run Together Leaders. Peta Bee is an award-winning journalist with degrees in sports science and nutrition. She writes weekly for The Times and is performance editor of Athletics Weekly. Peta won the UK Medical Journalists' Associations freelance of the Year award in 2008 and 2012 and is the author of 7 books, including the best-selling Fast Exercise, co-authored with Dr. Michael Moseley.

Booking link - <http://www.activesurrey.com/workshops?hl=Nutrition>

- **Useful Website**

<http://www.openmeetings.co.uk/>

- **Active Surrey Club & Coach Conference 2017**

Save the date for **Sunday 12 March 2017** in Leatherhead. Active Surrey are pleased to present a range of workshops to support and inspire club committees and coaches.

A reduced rate applies to all clubs and coaches who book for this event before the end of December 2016. Early bird bookings are now open for only £ 40.

Find out more – see attached flyer.

<http://www.activesurrey.com/events/conferences/surrey-club-and-coach-conference>

- **Energise Me Safeguarding Forums**

Energise Me, led by the Satellite Clubs initiative, are running three safeguarding forums during February/March 2017 which will be delivered to community sports clubs/delivery agencies in Hampshire & IOW. *(Please note that these are not the same as the Safeguarding and Child Protection Workshops required for Clubmark accreditation)*

The forums will be led by Sarah Taylor. Sarah is an Energise Me Safeguarding Champion and a safeguarding governor in a primary school for seven years. Sarah has written welfare plans, risk assessments, for sports organisations and events, school volunteer safer recruitment and induction handbooks as well as comprehensive manuals around safeguarding and good practice to establish a holiday sports camp. Sarah is also currently the Event Manager for the Berkshire School Games leading on Safeguarding, Welfare and Health & Safety. She was previously a child protection/safeguarding tutor for Running Sport/scUK.

The forum dates, times, locations and links to register are as follows:-

Wednesday 15th February 2017, 7pm - 9pm; WINCHESTER – Bar End Sports Stadium, Milland Road, Highcliffe, Winchester, SO23 0QA.

Register here: <https://winchestersafeguarding.eventbrite.co.uk>

Thursday 16th February 2017, 7pm – 9pm; RUSHMOOR - Village Hotel Farnborough, Pinehurst Road, Farnborough Business Park, Farnborough, GU14 7BF.

Register here: <https://rushmoorsafeguarding.eventbrite.co.uk>

Thursday 2nd March 2017, 7pm – 9pm; PORTSMOUTH - Queens Hotel, Clarence Parade, Southsea, Portsmouth, PO5 3LJ.

Register here: <https://portsmouthsafeguarding.eventbrite.co.uk>

- **Energise Me Sports Awards 2017 sponsored by Irwin Mitchell – Nominations close on 31st January**

The awards recognise commitment, performance and excellence across physical activity and sport. The wide range of categories ensures that recognition is given to elite performers as well as teams, clubs and stalwarts of the local sporting community, such as coaches, officials and volunteers who work tirelessly behind the scenes to help athletes clubs and activities to succeed. There are 11 categories in total, which include:

Categories are as follows;

Club of the Year
Coach of the Year
Volunteer of the Year
Junior Sports Person
Senior Sport Person
Official of the Year
Outstanding Achievement
Energise Me – Making a difference
Team of the Year
Active Workplace
Service to Sport

Anyone can nominate and the closing deadline for nominations is **TUESDAY 31st January 2017**. For full details including category criteria and access to the online nomination forms please visit www.energiseme.org/news-events-courses/sports-awards. Please note the nomination form has capacity to allow nominators to nominate within a number of categories within the same submission.

- **Get Berkshire Active News**

GBA have the following **First Aid** and **Safeguarding** courses.

For more info or to book on simply click on the relevant blue hyperlinked course title.

Date	Timings	Course Title	Venue	Cost
08/02/17	18:15-21:30	NUCO First Aid In Sport	Reading Football Club, Reading	£32
22/02/17	18:15-21:30	scUK Safeguarding & Protecting Children	Reading Football Club, Reading	£32
14/03/17	18:15-21:30	NUCO First Aid In Sport	Park House School, Newbury	£32
21/03/17	18:15-21:30	scUK Safeguarding & Protecting Children	Park House School, Newbury	£32

- **RunTogether Update**

Are you up to speed with facts and figures about RunTogether? If you are a Leader, it makes sense to set your group up on the RunTogether website and reap the benefits of the booking system, the support and the additional publicity for your group.

An affiliated England Athletics club can also register its' groups on the RunTogether website and use the App for people to register that they coming to your sessions. Group Leaders will benefit from an App containing the details of the members of your group, such as emergency contact and medical details.

RunTogether was launched to the public on 10th January and coverage included:

- TV coverage through BBC Breakfast and Sky Sports featuring RunTogether ambassadors and video content from RunTogether Groups
- 32 regional radio interviews
- Extensive national print and women's' interest magazines secured
- Circulation of over 218 million which represents an advertising value of well over £600,000

On the launch day alone 60 new running groups signed up to become part of RunTogether.

RunTogether has over 26,000 fans of the RunTogether facebook page, 18,000 twitter followers and the RunTogether website has received 121,000 visits since September 2016. Over 12,500 people have signed up to RunTogether and since 10th January and 70% of website visits have been from 'new' people. There are nearly 800 active groups on the website and over 13,000 sessions. 37,500 bookings have been received and over 10,000 attendances have been recorded.

RunTogether support

As well as the local support provided recently to Run Leaders by Run Activators and CCSOs, there is support through:

- RunTogether Support Email (support@runtogether.co.uk)
- Online help desk (on the RunTogether website)
- RunTogether Support Phone Line (0121 347 6543 (Option 1))

- Social Media

If you or a Run Leader has a question about RunTogether, the following areas may be of use:

- **Online Help Desk** (<https://runtogether.zendesk.com/hc/en-gb>) - This provides access to helpful articles and training guides.
- **Run Leader Members Area** (<https://runtogether.co.uk/running-support/run-leader-support/>) - This is a dedicated section of the website for Run Leaders, who (once logged in) can access warm up sessions, cool downs and handy resources to help operate their RunTogether group.
- **Toolkits** (<https://runtogether.zendesk.com/hc/en-gb/categories/201389469-Useful-guides>) - We have two useful toolkits (Run Leader Toolkit & Social Media Toolkit) both available to download.
- **FAQs** (<https://runtogether.co.uk/about/frequently-asked-questions/>) - We continue to update frequently asked questions and log these online. Keep an eye for these being updated and if you have any suggested additions, please let Dan Parkinson know.

Additionally, we will soon have a number of short video clips available to Run Leaders which will show, step-by-step, how to set up a new group on the RunTogether website. These will be available via the online help desk.

RunTogether Pledges and Medals

To help aid motivation England Athletics has developed a great opportunity for runners who take part in RunTogether Groups to make a 'pledge' to run at least twice with a RunTogether Group between 17th January and 13th February 2017. The first 2,000 runners who achieve this, and who have made the pledge through the RunTogether website, will be awarded a special RunTogether medal. In order to recognise the runner's attendance they will need to check in with their run leader using the RunTogether app. For more information please visit this page <https://runtogether.co.uk/running-support/earn-your-medal/>

Safety

There are two new articles visible within the 'Running Support' section:

- Dealing with negative behaviour <https://runtogether.co.uk/running-support/dealing-with-negative-behaviour/>
- Top tips to help you run safely <https://runtogether.co.uk/running-support/top-tips-to-help-you-run-safely/>

Ambassadors Page

Please visit the following page <https://runtogether.co.uk/about/ambassadors/> for details on the new RunTogether ambassadors.

- Jessie Pavelka – an American fitness expert and TV host, specialising in weight loss. In the UK, Jessie presented 'Obese: A Year to Save My Life' on Sky1 www.pavelka.co.uk
- Sam Mollaghan – the current face of This Girl Can, Sam has already inspired thousands of women to start, continue or return to running through her involvement in the campaign

- Dr Alex Rotas – Aged 67, retired academic and beginner runner, Alex is challenging stereotypes about ageing through her photography, speaking and writing. www.alexrotasphotography.co.uk

All three will be actively championing RunTogether and will be popping up for special appearances throughout the year.

Training Plans

Even though the number of groups continues to rise on the RunTogether site, we are aware that there are still going to be runners that can't find a local group run close by and as such, rather than lose their interest we have developed three specific training plans that can be downloaded for free on the following website page

<https://runtogether.co.uk/running-support/training-plans/>

When a runner searches for a group run and can't find a run close by, they will be asked if they would like to download a training plan.

This includes:

- Get Me Started - These sessions are for you if you're a beginner runner / jogger, or if you've not run for a while and want a gentle introduction. There is no minimum standard or level of experience. It's fine to walk a bit, jog a bit, walk a bit more. As the name suggests, it's about helping you to get started.
- Keep Me Going - These runs are for you if you generally run at least twice per month and feel comfortable running/jogging around 5km without stopping.
- Challenge Me - These run sessions are for runners who typically run at least once every week and are looking to increase their pace and / or running distance

Selling RunTogether t-shirts / vests

- We will soon be providing the opportunity for Run Leaders to buy either a RunTogether t-shirt or RunTogether hi-vis vest for runners (as seen last week on TV in the launch videos) through the Irongate portal <http://icu.irongategroup.co.uk/runtog/Login.aspx>

You can contact me for support or for further information on any topic in the newsletter on 07968 498708 or cbenning@englandathletics.org

2017 Summer of Athletics

World ParaAthletics Championships14 - 23 July

IAAF World Championships 4 - 13 Aug

[Club Matters Update – see attached newsletter.](#)