



# Communiqué

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Summer09

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**Letter from the Chairman**

## SORRY

There is no other way of saying it. The Membership Secretary has apologised for letting the side down this year by not dealing with communications and for the sporadic issuing of handbooks. In particular, there has been a complete failure to deal with the issue of IAAF handbooks. There were not many changes in this year's one-off IAAF Handbook, but that is not the point, if you have paid for something then you deserve to have it delivered to you.

The Membership Secretary will be changed for next year, if you are willing to step forward to help, or you know someone who would do a good job, please get in touch with me.

All of you who paid for an IAAF Handbook this year will have the money you paid carried forward and applied to the new IAAF Handbook which is due out next year. If, instead, you wish to have a refund, please contact me. If you wish to have a copy of the changes for 2009, five pages, please contact me, email would be quicker and easier.

**Stan Burton**

## John Lofts has moved.

His new address is:

42 William Hitchcock House,  
Fairfax Road,  
Farnborough,  
Hants  
GU14 8LT

01252 660378 (This has not changed)

## Presentation to Fred Ward

Awards on Wednesday 9<sup>th</sup> October, 2008.

Fred was given the award for 40 years service in Athletics.

Fred came into athletics in late 1960's and started as a Sprints/Hurdles/Long Jump/High Jump Coach with Watford Harriers at Woodside stadium, Watford. In Early 1970's he joined Watford Harriers General Committee, which led to attendance at the Hertfordshire County Women's Athletic association, now merged with the Men's Association as the Herts County Athletics Association. In 1973 he was elected as Ladies Team Manager – Cross Country and Track and Field (Until 1996) and also Championship Secretary (still current). Early 1976 Fred started to investigate the possibility of rekindling athletics interest in Hemel Hempstead, which culminated in the emergence of Dacorum Athletic Club (now Dacorum and Tring A.C.). He was involved in many Club activities but mainly in coaching (current).

In 1983/4 he was elected as Treasurer to the County Association (current) Later he helped Tom McNab to rekindle Athletics in St Albans

In 1997 he was elected as Club Treasurer until 2008 and Coaching Secretary until July 2001.

At the beginning of 1998 Fred took up Timekeeping 'officially' and achieved his target of Grade 1 (Level 5) in 2008. He is still active and hopes to continue for many a year along side his coaching.



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***Why not have your Communiqué sent by email so that you can receive it in colour?***

***We are sure that a lot more Officials could do this. Please let the membership secretary know.***

***Also, please don't forget to let the Membership Secretary know if you change your email address.***

**Membership Secretary**

**Chris Lamport**

**[chrislamport@seaoa.co.uk](mailto:chrislamport@seaoa.co.uk)**

## Main Committee Minutes April 09

14<sup>th</sup> January – SB attended meeting of UKA/Technical Committee/Celtic nations & England Athletics. A Home Countries Officials Forum is to be formed to meet twice a year. England Athletics are to create their own Officials Forum and SB invited to take part in it's formation. Cherry Alexander and Paula Gowing are keen on this and SB suggested the same date and place as NAOF's next meeting! SB has asked for a spreadsheet of Officials for each Cofsec but not to hand as yet. Christine Baker's role has now been clarified within England Athletics as she is the South Regional Officials Education & Training Coordinator. TW mentioned that whilst talking to Cherry on another subject she was very keen that Cofsecs are able to revert to what they used to do and were good at particularly with the training/promotion of Officials as opposed to being given a lot of extra work which should be dealt with centrally. SB stated that the Technical Committee was appointed by the UKA Board from NTOs/ITOs. Level 2s must now complete their Logbooks for assessment within 2 years after the 30<sup>th</sup> September following their course. Failure will mean they will have to redo the course.

### SEAOA FIELD SUB-COMMITTEE: ACTIVITY UPDATE 20<sup>th</sup> APRIL, 2009

Most recent meeting: 30<sup>th</sup> March, 2009. Main matters discussed / current issues:

- 1) Leaflets update:  
Peter Crawshaw is working on "Oh no! You've been asked to be the referee", Tony Shaw on Starter Pack.
- 2) 2009 Conference review / feedback
  - a) Tony Shaw has summarised (generally favourable) feedback forms.
  - b) If new, more flexible process for registering for workshops and multi-disciplinary approach is to be repeated, we need a way of tracking the broad profile who attended which workshop.
  - c) Some apparent time management issues with multi-disciplinary workshops.
  - d) Need to investigate practicability of putting handouts from the day on website.
- 3) Conference 2010: early thoughts
  - a) Date: 7<sup>th</sup> February 2010?
  - b) Need to give more idea of workshop content at start of the day (as UKA conference), so as to assist choice.
  - c) Guest speaker: need to be clear whose responsibility it is to invite and book in good time.
- 4) Communique articles  
Jim Kent is conscious that he missed the deadline:

will try to do better in future!

- 5) Training
  - a) Mentoring: how best to pair new officials with mentors? May work within clubs, but not in many cases. Possible follow up with Christine Baker.
  - b) Some advice on experience / reports being given to members: one L2 a potential candidate to join the field sub-committee.
  - c) Noted new periods of limitation for getting experience when seeking to qualify as L2 or L3: not very well communicated (14<sup>th</sup> January Technical Committee minutes on UKA website).

They are finding it difficult to appoint Mentors to new Trainee Level 2s. Suggested that we approach Cofsecs for a list of up to 5 per discipline who could be approached and s/c Chairs would send them the list of new L2s as and when details received from RA.

Peter Crawshaw

**Photofinish** – ELSE should have details of those who have Pf qualifications but need to get more involved with L2s. JC TO TAKE TO ELSE. Need clarification at what Level the specialist discipline comes into effect.

### NAOF REPORT

Bob Brodie had emailed the Secretary to inform us that Northern Ireland no longer wished to be affiliated to NAOF. We are not sure of the reason but probably cost. Endurance Officials had been circulated with a Log Book sheet on which to record the meetings they have worked at, but as it is the end of the season, it will not be possible to get signatures from the referees. Officials who had not obtained a CRB check had had their licences withdrawn and it was hoped that this would encourage them to get the check completed. It was felt that many of these officials would retire from the sport. The Secretary and Treasurer were asked to carry on for another year and agreed to do so. In the absence of Bob Brodie a discussion took place as to the area due to provide a Chairman. It was the Midlands and Andrew Hulse was elected. Alan Tyler mentioned the loss of officials and the general apathy with their number. We were concerned and felt that clubs must start encouraging people to become qualified officials as it was the way many of the present officials became involved. It was acknowledged that the volunteer was becoming a 'rare breed'. Roger McCall felt that officials were no longer identifiable as such with our present uniform and asked for ideas that might rectify this. Photo Finish is to become a separate discipline with courses to be arranged. Stan Burton informed the meeting that a pilot course for Level 4

had been organised. This was to be centred on the duties involved behind the scenes of management of a Track and Field meeting. Invited officials had been tasked to look at areas and provide a critique.

He also reported that when he attended the UKA Members Council he was told of two new Forums in the process of being set up.

The first being a Home Countries Officials Forum, this would enable representatives from each Country to meet twice a year with the Technical Committee.

The second is England Athletics Officials Forum to meet with UKA on a similar basis to NAOF. It was yet to decide who the representative would be and probably be based on the Tri-regions. NAOF hoped that they could have representation and if possible our meeting to coincide with theirs.

Stan is to attend a meeting in April to set this up. England Athletics and territories will sponsor with agreement various events and officials Conferences.

**ELSE** – SEAA agreed to pay for meeting but the January 2009 was called off due to snow and all selections had to be done by email. UKA pay for 2 per year. No new Chiefs for PF and not thought out. Discussion as to how the membership of ELSE rotates, say every 3 years, and looking for ideas from SEAQA. They felt that there should be one member on ELSE who is on the Peer Group.

CONFERENCE – Planning is in hand and provisional date 7<sup>th</sup> February 2010 but awaiting confirmation from St Mary's.

JC said that the Ancillary appointment list is now presented in a better format. Need to look at Level 4s experience and suggested that this could be covered on availability list for Southern meetings. Also look at Level 5s who want to get this experience. JC TO TAKE BACK TO ELSE.

Suggested that in view of problems some Counties have in recruiting Cofsecs and to give guidance to new Cofsecs some guidance notes should be prepared. TW said that there was a crib on the East Region website and PL will investigate.

## HAMMER VALIDITY

On arrival at a young athlete's meeting the hammer event, as usual, was in progress. There was one lady Official dressed in what we presume is the new uniform of a flowered top, 3/4 length cream trousers knee length striped socks and white trainers. She was standing well to the side of the hammer sector raising either a red or white flag!

## TRACK CHAT

I hope you are all now settled into the outdoor season and have managed to survive the extremely hot weather at the end of June – one way to lose some weight!

The new arrangements for Level 2s negotiated by Stan Burton should now be in place although there is no evidence of the report form required for those going to Level 2 Region. Now there's a surprise as we are only 3 months into the season! Following these arrangements, and the information on the new Level 4 scenario, we are to attempt to put together a booklet to replace those for the old Grade 3 to 1 and this will be quite a job.

As this goes to press we will hopefully be meeting to look at what we want for Conference 2010 so if anyone has any ideas then please get in touch with me. I always welcome any contact from Track Officials with or without problems.

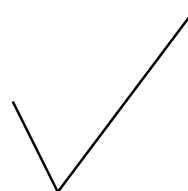
Interestingly I have been present at two competitions recently where Starter/Marksman have undertaken Track Clerk of the Course duties on report and on both occasions they did a wonderful job having both sought guidance beforehand. Well done and just goes to show what can be achieved.

Trust you all have a good season and look forward to meeting as many as possible on the circuit.

Terry Williams (Track sub-committee Chairman)

## TRACK TIP

For safety never lay the Lap Board down as people are likely to trip and hurt themselves.



## Report on Athletics season in South Africa by Steve Kelf

The season in South Africa has now ended so I thought I would share my experiences of my first season here in Kwa- Zulu Natal.

I finally received my level from KZN, they decided to classify me as an ASA 1, which is a fairly low level for a UK 2 Regional, this is because I'm a Field events technical official and have no UK qualification as a Time keeper or Track judge, and therefore can't be classified any higher, this is not of too much concern to me as it would appear that they realise my UK level is higher than my SA level,

The first meeting this year after the Summer/ Christmas break was an evening league meeting at Kings Park in Durban, the weather was very hot and humid and there were enough officials, however there was a distinct lack of athletes, the programme had male and female senior junior and youth events for the 4 throws and the long and high jump, incredibly there were only 11 entries for the 36 events. I can only put this down to the fact that the meeting was on the last Friday before the schools went back and so there were no block entries from the schools. It was announced that the next meeting was on the 24<sup>th</sup> January, I turned up at 9 am for a 10 am start, only to find that the start time was put back to noon so the officials could have a 'kids development programme', to say I was not impressed was an understatement, so I left the track and went to the bowls club for a game of lawn bowls and a couple of pints.

I looked at the programme for the season and thought that things must be better for the meeting on the 6<sup>th</sup> February. This was a meeting in the Yellow Pages series, this is a series of meetings that go to various venues around the country, for seniors only with prizes at the end of the series. When I arrived the track was totally different. The state TV Company were there (SABC), all the technical equipment was there, photo finish, electric timing and false start equipment. I was given my yellow officials shirt and was told I was chief judge on the Javelin. As this was a meeting under IAAF rules, I read my IAAF book to see if there were any rules I was not aware of, especially as 2 athletes were after the IAAF Berlin World Championships qualifying standard.

There was no EDM and discovered that only 1 track in the country has EDM, so it was the usual tape for measuring. The winner of the Women's event threw just short of the World Championship standard of 61m and the winner of the Men's event threw 22cm short of the 81m standard.

Whilst talking to the other officials I learnt that the Field Referee was from Limpopo province nearly 1000km away, the assistant referee was from the Diamond mining town of Kimberley in the Northern

Cape, and an NTO was from Gauteng. When there is a major meeting the governing body fly in officials from other provinces to support the home province. It is purely a lack of numbers in the provinces that causes a problem, possibly the reason for South Africa using the IAAF Multi discipline system.

The next event was the KZN Senior and Masters Championships, because of the hot and humid weather the 20km walk was due off at 5.30am! with the first track and field event due to start at 8am. I was the chief judge on the pole vault which had 1 competitor in it, I then helped with the men's Javelin with 2 competitors, then I called it a day and went home.

I have become very disillusioned with athletics here and did not bother to apply to officiate at the KZN Youth/Junior Champs, the Provincial Primary Schools Championships or even the National Secondary Schools Championships (ESAA equivalent).

My irritation is that I have to ask about meetings, I don't get any notification about meetings (some meetings I see as future events in the local newspaper!!!).

The other annoyance is the system used for Technical Officials. Considering this is a world wide sport and the rules for the events are regulated, the track, hurdle dimensions, jumps /throw facilities, and the throwing implements etc, yet the officials have different qualification systems. Even in this country I have it in writing that I am regarded as an ASA 1 in my province KZN, yet the neighbouring Eastern Province would regard me as an ASA 2. South Africa only has 2 levels before it goes onto the IAAF system, whereas the UK did have 5?

I am surprised that the IAAF does not have some sort of conversion table that shows the equivalent of each Country's qualification against every other Country. Which would mean that should an Official move to another Country they would know what level they would be given.

One final thought if an official moved to the UK, what level would they be given by UKA?



## The Tale of the Lonely Chicken

*This article carries a health warning to all L1 tutors!*

Living close to Aldershot, home of the British Army, we have been asked to deliver their Officials' courses for the last few years. In the days before the new system they used to take 1 discipline each day of the week plus the exam with the results on the Friday and not too great a success rate was achieved! We eventually managed to convince them that this would not work with the new levels for various reasons so we were requested to devise an extended Level 1 course over 2 days to include more depth and extra elements such as planning and organising a meeting.

Last November we received an email from Major Clyde White (rtd) from the Sennelager Barracks near Paderborn in Germany. He asked if we would be prepared to travel out and deliver this course to some of their staff. We agreed (now truly International Tutors as we had only got as far as the Islands of Wight, Jersey and Guernsey before!). We heard nothing further for several weeks but eventually got the go ahead for the first week in April. Eventually we were given a new contact who asked us where we would like to fly from. By this time we had recruited a timekeeper, Steve Baldwin, to come with us. All living in Hampshire we opted for Southampton, Heathrow and then Gatwick airports. The reply came back – Stansted. Oh the joys of the M25! However, we agreed and asked for afternoon flights. All agreed – great. A few weeks later another email was received. "You might have a bit of trouble measuring throws as the wild pigs have got in and the centre of the track is a bit of a mess!"

Next email gave us our flight reference – the flights we had requested no longer operate. Good news – we could now fly direct to Paderborn saving a 2 hour transfer. Bad news – 8.10 from Stansted and 7.30 from Paderborn. Ok so can we book the Sunday night at an Inn and could Steve change the car parking? Yes to both. Found an Inn a few miles from Stansted with cheap rooms (£19.95 each on Sundays) and tried to book online. Couldn't do this so phoned up to be told that deal finished on 31<sup>st</sup> March! However, we could get a deal of £24.95 per room. Great, even cheaper as costs were starting to mount – can't get that Inn but can offer you another one. Still only a few miles from Stansted.

Next we requested first names and surnames of attendees so that we could prepare certificates in advance – response "Sorry we do not know their first names" so certificates printed Maj ..... LCPL..... etc

Sun 5<sup>th</sup> April arrives and we get home from an Alder Valley League fixture, have a meal (thank God we have a slow cooker) and Steve picks us up just before 8.00pm. Reach Thaxted where we are booked in and stop to ask a local where the Inn is – bemused local says "right behind you". Good start! The following morning the journey to Paderborn went smoothly but we heard an announcement at Stansted that we have never heard before – "Will those passengers who missed their Easy Jet flight please meet .... to return to the main passenger lounge".



On arrival we are met by our host, Paul Hanna, who drives us, and Phil Amos, who is delivering the L1 coaching course, to the Normandy Barracks to show us around. Apparently numbers have reduced as it is the Easter Holiday and a lot have gone away. Don't yet know how many we have. Next shock – Paul takes us to see the track. The wild pigs have definitely had a good time – see photo. The field timetable will definitely have to be re-arranged as there is also only 1 long jump pit and we usually use 2, and the track stand will have to go into lanes 1 & 2. The track is also a good 10-15 minute walk from the classroom.

Next we are taken to our accommodation in the Officer's mess – we have all been given the honorary rank of Major (or is Eileen a Majorette!). It is very basic and similar to student rooms. The biggest shock is no towels. We then go for lunch in the Cheshire Kitchen (Cookhouse) and discuss what to do for the rest of the afternoon. Terry needs to check out the starting pistols so Paul takes us to the armoury and Terry is confronted by a whole wall of guns from .22 upwards. Having considered a Kalashnikov to shoot those pigs he spies a brand new 380 closed barrel so opts for this as it is what he is used to. We ask Paul if he knows numbers yet – answer 5 at the moment. We nearly have more tutors than candidates and are



wondering if our journey was strictly necessary. We order a taxi and go to Paderborn for the afternoon to look at the Cathedral which was originally built in the thirteenth century but bombed in 1945 and has been rebuilt as it was before.

They have made a very good job of this as you can see from the photographs on display. Strolled down the main street, bought the necessary towels (cheap but barely large enough to cover one's modesty!) and partook of refreshment before returning to Sennelager.



We are to dine in the Officer's Mess for which the dress code is jacket and tie after 7.00pm – well, nobody told us! We look at the menu – Chicken Valdostana seems a good choice but there are only 3 portions as they were not expecting many in. Eileen & Terry therefore have Pork Stir Fry (good decision). When the chicken arrives for Steve and Phil it is a piece of chicken on a tomato sauce with nothing else. The waitress says it looks a bit .... **Lonely**.... said Steve. Would they like some rice or chips with it? Rice will be quicker. We have seen few people around camp (there was more life in the crypt of the cathedral!) and are still worried about the number on the course.

Tuesday 7<sup>th</sup> April dawns and we make our way to the classroom and are delighted when 13 candidates arrive. After the introductory session we walk round the track which is covered with twigs, small and large branches around the top bend. Never mind we do not need this part. The track markings are somewhat sparse and not in standard colours but the hurdles are in good condition so we have a practice at setting these followed by a practical session on relay take-overs. "This is difficult" was the main comment. After a lunch break we do a practical timekeeping and track judging session with one candidate, Alan, excelling in timekeeping. However, the stands had no rails either on the sides or at the back (therefore had to sit for safety reasons) and the ordered clipboards for track judging did not materialise. Out of 51 starts Terry had a misfire from the army gun – what chance do our boys have against the Taliban? Because of the long walk to and from the track we did not finish until about 5.00pm.

There is a strike on today which means that the Officer's Mess will not be open for food – no Lonely Chickens tonight. The Cheshire Kitchen closed at 6.15 and the NAAFI is also shut. We have been told that there is a bar opposite the gate and a Pizzeria just up the road so try these. The bar does not serve food in the evenings and the Pizzeria is shut for 2 weeks from April 6<sup>th</sup>! As there is no other choice we get a taxi to Paderborn and have a superb meal in the Brau Haus.

Wednesday is Field event day. We have had to change things around because of the long walk and the actions of the pigs so start with all the theory. Whilst doing the High Jump card one candidate realises that he was robbed at last year's Army Championships by the incorrect application of the rules, which should have been a jump off! The practical session followed with difficulty. Long jump was ok but the shot circle was very slippery (the common consensus was that the pigs had been using it as a WC) so standing throws only were allowed; the discus cage needed to be tied back and had holes in the netting and javelin had to be thrown from the track due to the actions of the pigs. However, a lot was learned.



## TRUE OR FALSE?

The first part of the afternoon was health and safety – hadn't we done this practically at the track? (An Assessor's delight!). The final verdict from the candidates was that the course was good, informative, relaxed and enjoyable.

All was not yet over, however, as we went to Paderborn airport for the return journey on Thursday morning. The board listing outgoing flights had all of that day's flights plus the first ones for the next day on it – a very busy airport! Having managed to take 2 boxes of ammunition out with us without a problem we had to open our case as we had 1 box left going back. So much for British security. We checked in and were told to go to Gate 1 so continued but could only get into the café. We eventually discovered that we had to go back into the main area and next door to departures! The flight was delayed 15-20 minutes as there was a computer problem and we returned to find the M25 had a long delay (no surprise at 8.30am we suppose). We decided to go clockwise instead and then got held up by a lorry which had gone through the crash barrier on A3!

However, the weather was glorious all the time, temperatures in the 20s and sunny; the candidates were keen to learn and made the most of the opportunities they were given; everyone was helpful and friendly; the equipment store at the track was well organised and most of the equipment was in good condition; the meal in Paderborn was excellent. Our thanks to the genial Clyde White for giving us this opportunity. Will we go back – yes, if asked, but more sociable flight times please. Which quality of an Official was most needed:

***A sense of humour!***



Eileen & Terry Williams, Steve Baldwin

At the start of a 200m race the Starter's gun appeared to give an echo or a false start.

The 8 athletes continued and the only items in the stadium to stop were the timekeepers watches!

The Starter came across to the Track Referee and said:- "That was a false start but No. 14 did not stop".

Response from Referee :- "Neither did any of the others. Why didn't you fire a gun again?" Silence!!

Fortunately there was a young student who was learning about timekeeping and the Chief took her watch quickly and managed to get the first 4 plus 2 more but was unsure which places they related to as it was a tight last four.

This was a Cup competition where the teams were rewarded with points for performance so the Referee and Chief had discussions and came up with a solution as the team managers did not want a re-run.

Following day, same cup competition, same Starter. Another false start with a slightly longer gap for the recall, which was followed by the shout "STOP"! This worked.

Seem to recall this system working at Basingstoke a few years ago!



## ***The Magicians Guide to Officiating – Javelin;*** *magician (noun) somebody with exceptional ability, an extraordinarily skilled or powerful person.*

*Jim Kent*

***Whoosh.....Thunk!*** Noises that can literally still the heart of even the best of us! Standing at the end of the Shot Sector at Cardiff the other week I was reminded of the dangers of long throws by a very diligent Javelin Sector Judge who had an 80.00m plus thrower.

In ancient times, spear-throwers were hunters seeking food or worse, taking territory. Today, Javelin throwers seek gold medals and personal best performances. Being attacked by a Spear may have been deliberate once upon a time but it isn't today; however, the danger and impact of being hit by a Javelin is no less lethal. I make no apology for starting this article with a warning; Javelin can be dangerous.

If 'whoosh and thunk' are the first noises you hear when you're in the 'Field' during a Javelin competition then something has gone badly wrong. There can't be many more dangerous situations to face than an athlete running full pelt down a runway with a very sharp object in their hands with the intention of putting maximum effort into throwing it potentially in your direction. Awareness and communication are the keys to being part of a safe and enjoyable Javelin competition.

As ever, an awareness of the event from an athlete's point of view helps us as Technical Officials. So what's going on beyond the obvious run and throw? From our perspective the Javelin throw can be broken into 4 phases;

I) the **Run** or **Acceleration**, where the athlete having set up their control marks will achieve an optimum speed on the runway; the Javelin is held high and above the upper arm.

II) The **Crossover** which occurs typically around 10 meters from the scratch line, where the athlete appears to adopt an unusual stride but in fact is turning the body and pulling back in preparation for the next phase; the Javelin is pulled back and the throwing arm drawn back in line with the implement.

III) The **Block** or **Plant** where the athlete achieves maximum grip with the leading foot (left foot for right handed throwers), the back foot is set on the ground and provides rotational force for the hips and upper body to rotate, the Javelin is held in a fully extended throwing arm. Similar to High Jumpers the Javelin thrower's Spikes will typically have four spikes in their heel to aid grip during the Plant (worth making sure they conform to the size regulation, some Jav throwers are big and take a lot of stopping!)

IV) **Completion**, where the athlete rotates the upper body and hips to pull through the Javelin along its line of flight. Simple! Well not quite, timing and control of power are vital to a successful flight of the Javelin.

So why is all this of interest to us as Technical Officials? Well, clearly there is an interest in athletics, but also we have to assess whether a trial is valid and an understanding of basic technique actually helps us in doing our job well. To be clear I'm not a coach and my comments here are for Officials not athletes competing or learning to throw Javelin.

It takes approximately 0.2 of second for a 'Class' athlete, after setting the 'Block', to launch the Javelin which can be projected at anything from 25-35 meters per second or around 70 mph to you and I. The result is a tremendous amount of energy being transferred through the throwing arm and shoulder of the athlete; injury is common. Felix Hatton a 70m plus thrower suffered a stress fracture in his arm which went undiagnosed for some time requiring specialist surgery abroad. More obvious injuries are thankfully less common but can occur; another dislocated his shoulder following an attempt at a European Qualifying distance at the Trials at Bedford. So, completing a valid trial involves masses of effort on behalf of the athletes.

As ever, we play an important part in the period immediately before and after the launch of a Javelin. At the end of the day, as Technical Officials responsible for the management of an event site, creating the best environment for preparation and conduct of the event is the best contribution we can make to an athlete's health and everyone's safety.

Most of the 'action' therefore is in the final few steps for the Javelin thrower. Getting this wrong ruins the entire trial and can be very upsetting for athlete and coach alike.

### ***What's all that clapping about?***

An athlete's pre-trial routine is a matter of opinion, I have my own views and no doubt you will have yours. Nuff said! But their need to focus and concentrate, often visualising the trial in their heads, is without doubt a much needed part of Javelin. It's obvious therefore that we need to ensure that not only are they provided with the opportunity, but that they are unhindered in that routine especially when it starts, as it commonly does for senior athletes, on the Track.

In those situations and, even at club events where an athlete begins their trial on the Track, to assign an official to maintain runway control using flags and communication with the athlete is vital. Highly focused athletes will simply not normally be aware of track athletes practising their starts or may even misjudge the speed of a Track athlete running through.

All athletes are susceptible to cold and hanging around on a typically chilly summer's day in the UK isn't good for anyone. Pretty much all Javelin athletes appreciate the event moving along quickly. So feel empowered and generate a good positive tempo through the event.

If ever an event required good teamwork from its Officials, then Javelin has to rank pretty high on the list. It's an event where not only does everyone have their own job but it is necessary to communicate over long distances on every trial for every athlete. Experienced Leaders of this event will always have a short briefing to agree roles, signals and standing positions!

### ***Warm-up session***

Running warm-up for this event can be fraught and is best controlled with a proverbial 'iron fist in a velvet glove'. As warm up judge you issue a clear instruction to the athlete when they can begin their throw and, similar to the leader during the actual event, will take up a position on the runway and will have liberal use of the Horn and 'one to one' signalling to all officials in the field before issuing the all clear for the warm-up or trial to proceed.

It's common to allow a number of athletes to throw their javelin one after the other in reasonably quick succession but be mindful of allowing too many Javelins to be thrown into the sector without being retrieved. They're expensive and can be damaged rendering them unusable for competition. It's best to allocate a number of the team of judges to return implements to the rack with two or three in the sector retrieving to the side. In this way the warm up leader can monitor the retrieving officials and slow down the rate of throwing as appropriate avoiding the dreaded stop/start session that drives us all bonkers. Everyone is happy, implements are appropriately recycled to the competition area and the best use of the warm-up time is achieved.

### ***Where do you stand on Javelin?***

There's a lot to think about when you lead a Javelin event and where everyone is standing is vital to the smooth running of the event. As Leader you'll typically be at the end of the runway observing the scratch line but what's important is that you take all things into consideration, including the weather and,

in particular, wind direction. First things first, make sure that your position i.e. which side of the runway, suits you from the point of view of you doing your job. If you're using a tape to measure then that's a factor, if using EDM then its position has to be taken into consideration since you don't want your back to the device and scoreboard.

Ideally you should position all other officials in relation to you; validity in line of sight so that you can acknowledge each and every flag; runway judge so that you can acknowledge arm action and landing decisions; sector judges so that they are in the optimum position and ideally up wind. Javelin travel laterally across the sector as well as straight down the sector and care must be taken particularly in gusty conditions. Remember the javelin is travelling from anything up to 70 mph at release slowing through the air at whatever rate before hitting the ground. It's sharp. It changes direction in the air if a gust of wind hits it. As a sector judge, give it some respect and balance the need to spot the landing accurately with the prevailing conditions.

Starter teams are often in the 'line of fire' especially during a 200m start. So ensure beforehand that there is agreement to acknowledge the horn and that someone on their team observes the trial.

### ***Is it Or Isn't it?...Was it or Wasn't it!***

There are probably three pretty ugly officiating decision scenarios worth highlighting that need to be made in the Javelin and, naturally enough, they all have implications on whether the trial or throw is valid and hence is often the subject of anxiety from a judging point of view.

Most athletes' follow through step after the Plant ends some way off the scratch line. Experienced throwers, however, are much more exacting in their control marks so achieve greater distance by removing any unused distance of the runway and hence will complete very near to the scratch line. On most occasions the athlete will judge this well but when they place more effort into releasing the Javelin they increase the momentum through the rotation and two things can occur which need to be assessed from a judging point of view.

More momentum means it's harder for the athlete to stop before touching the scratch line and what can occur is a 'hop' or in some cases a couple of 'hops' before the athlete stops moving forward. Don't take your eyes off those feet if you're judging the scratch line until the athlete fully regains balance and steps away from the line. Of course some athletes will deliberately touch the scratch line with their foot to null the trial and to avoid it being measured.

I know that a source of amusement for 'rules anoraks' is rule 138 (10). What's that all about I hear you say? Well it stems from the fact that Javelin technique has probably developed fairly controversially over the years. In the 1950's some athletes actually did complete a 360 degree spin before releasing the javelin; a bit like Hammer or

Discus. Scary!! Apparently they managed to achieve some very impressive distances, very occasionally! Mostly however they were pretty random and it was fairly common for the implements to fire off to the side and head straight for the stands! It didn't take long for the IAAF to ban the practice; we're all safer as a result. That said, the athlete above who generates a high level of rotational momentum, can spin their body around through hyper-flexing their throwing arm resulting in their back facing the sector and the Javelin heading off to the side. This is a judging dilemma that, thankfully, doesn't emerge too often but worth being aware of.

Validity of landing is one of those jobs that really tests Officials at all levels. At one level it's pretty clear; if it lands point first then it's valid if not then it isn't. Clear? Yeah, I know Not Clear. Practice is often different to theory. We'll focus on validity of landing here rather than the construction of the Javelin. Most Javelins that are thrown 'properly' are designed to give a flight path which results in the point landing first. However, frequently we have to assess Javelins that have a 'flat' flight path with slow air speed resulting in an uncertain landing. Regardless of the flight path judging validity of landing is best handled by ensuring a whole perspective of the flight. Firstly, that means standing well enough back from the sector lines so that you have a view of the release, flight and landing of the implement. Secondly it means get down low so that you have a horizontal view of the Javelin as it actually hits the ground. Being in position to observe athletes during warm up will help you position yourself in the most beneficial situation since your position relative to the landing implement is important. In this way as a judge you have the benefit of preparing yourself to assess a potentially flat landing.

On that same note, to spot the landing and measure with a spike and zero end of tape use the same basic approach as above for validity. There's no need to be underneath the Javelin as it lands! Assess the landing by following the flight path, mark the spot and choose your blade of grass and move quickly without taking your eyes off the landing point until your spike is safely in the ground and your colleagues are pulling through and recording the distance.

Observe the release and the flight path, following the whole implement through the air allows you to see the Javelin change its trajectory and angle as it descends. A bit like Spock in Star Trek, you're looking for 'first contact' not the follow through i.e. the sliding of the Javelin across the grass. Just because a javelin slides 10 or 15 metres across the grass after landing doesn't mean it was a flat landing. I would offer you a couple of tips; you're looking at the front of the Javelin rather than the tip. Why? Because it's

never good to just focus so intensely on something you can't actually see. You're interested in the whole implement and how it lands and, as much as anything, you're interested in how the tail of the Javelin reacts after landing i.e. does it 'sit down'. If it does then the landing is probably valid since force from the tip has to be generated to produce that reaction. Also, a 'flat landing' Javelin has a distinction noise. I'm at a disadvantage here since I can't describe it to you but listen out for it the next time you're on point. Javelins do have a habit of taking nose dives at the very last moment so don't just wash all 'flat flight path' javelins in the same water! Regardless of the potentially poor technique that leads to this, there's been a pile of effort gone into throwing it up the sector.

### *Should've gone to Spec Savers!*

Javelin specifications changed in the late 80's early 90's and again in the late 90's which dramatically affected the distances men 800g and women 600g could achieve throwing a Javelin. Mostly these changes revolved around the Centre of Gravity (CoG) and the Thickness of the Javelin but they had a profound effect.

The change of 4cm in CoG for men took approximately 10% off the throwing distance and, when you consider that Hohn of Germany threw 104.80m in 1987 and the further development of throwing technique since that time, it's just as well. Unfortunately the 700g Junior U17 Javelin was never adjusted in this period and still today there is mixed opinion on the flight of that specification Javelin i.e. thrown with poor technique it can result in a flat landing.

Whilst we'll deal with the Technical Manager Role in another article we may on occasions referee local club or league matches. Given the impact small changes on specification have on distance it's worth making sure that you check a few of the critical specifications for Javelin including Centre of Gravity! Most personal Javelins will be graded for optimum distance whilst still a good many stadium Javelins are 'journeyman' ungraded Javelins.

It's perhaps just as well that the specifications changed since operating at the other end of the infield from javelin that day in Cardiff with 'old' spec Javelins would have put me at risk.

Fortunately for me I didn't have to rely on Specs Javelin or otherwise...I was in safe hands with good communication amongst professional Officials, a diligent Sector Judge and didn't need to go to Spec Savers!!

**1. Warm-up Leader; Take charge early, be authoritative (without being officious), establish the warm-up routine i.e. competition order or whatever and manage the rate of throws so that the Javelins are recycled efficiently to reduce the possibility of damage to implements. Allocate spare judges to return implements to the rack if needed. Make sure the warm up is complete for all athletes and there is a smooth continuous progression up to the competition start time. (Avoid stop-start warm ups)**

**2. Leader, establish how the Officials team will work together (positions and roles) ideally beforehand or at the event site prior to the athletes arrival. Make sure everyone focuses on their job but communicates well. Leaders, remember to acknowledge validity and arm action.**

**3. As Leader, maintain eye contact with everyone, Athletes, Sector Judges, EDM & Scoreboard, Runway Control and Arm action; scan the team after every trial and build a routine.**

**4. If the event coincides with Track events, 200m or 100m starts, make sure there is a dialogue with the Starter team and agree with them that one of them acknowledges the horn and observes the trial.**

**5. Allocate a judge to runway control for athletes starting their run up on the Track. Tape pull through judge can double up if it's a one off. Once started keep the event moving along at a good and steady pace. Track start and finish time for your own guidance and also for the meeting managers.**

**6. Watch the scratch line for athletes failing to stop in time even after they have released the Javelin! OK it's obvious but needs to be said. Position yourself on the runway side-on so that you can easily scan the entire area and communicate with everyone without turning your body; stepping backwards off the runway and into position for the next trial when ready. Avoid turning your back on the athlete!**

**7. Assess validity from a reasonable distance away from the sector lines. View the entire flight of the Javelin and focus on the middle section. Look out for the tail dipping on landing, and learn the sound a flat landing Javelin makes on a dry surface. Assess the angle of the landing for flat flight by getting down low, it's necessary to send the right message to athletes and coaches.**

**8. Adopt a similar routine for Sector judge**

**spike when marking the landing point. Don't run to be under the Javelin when it lands, spot the mark (blade of grass or other mark) and move quickly to it. Spike your mark regardless of anything until a clear 'no-throw' indication is given by the leader. Be aware of wind conditions and avoid downwind positions in strong or gusting winds.**



**Chairman and Treasurer****Stan Burton****stanburton@seaoa.co.uk****Secretary****Ros Alterman****rosalterman@seaoa.co.uk****Track Sub Committee****Terry Williams****terrywilliams@seaoa.co.****uk**

In 2008 the Peer Groups commented upon the fact that some candidates had gained nearly all their reports indoors and it was felt that this did not provide a complete picture of their competence. It has been decided that a limit needs to be set to the number of reports from indoor meetings and only in exceptional circumstances will more than 2 be accepted. However if the Peer Groups decide that they need to obtain an additional report this may be from an appropriate indoor meeting.

**Field Sub Committee****Tony Shaw****tonyshaw@seaoa.co.uk**

Concern was expressed during 2008 that potential Level 3 officials were not being assessed on their knowledge of IAAF rules. The candidate disk contains questions which have previously been used in the advanced exam.

Some candidates had conscientiously worked through these and discussed them with their mentor and it has been decided that all candidates should do this and an assessor appointed by their TRNG will write comments on their application form. The candidate should ensure that they obtain the application form as early as possible and then this section can be completed at a convenient time in the year.

**Timekeepers Sub****Committee****Paul Langston****Paullangston@seaoa.co.****uk**

*This information is on the Uka website—Officials/education and training/ guidelines for assessment which was updated in May 2009*

**Photofinish Sub****Committee****Mike Scott****Mikescott@seaoa.co.uk****Starters****Vacant****It shouldn't happen to a Track Referee!**

A nice warm sunny day and a league meeting with 8 teams. The Track Referee checks the signing in sheets to see that he has 5 other judges from those 8 teams—Good!

Five minutes before the first race no other judges have appeared despite announcements so he checks the sheet again—starter, marksman plus 3 field judges who had signed in on the wrong sheet. Referee refused to do this on his own.

Spare starter (another had turned up without being asked!), 1 timekeeper and 2 parents recruited/volunteered/press ganged to enable meeting to proceed.

1st event—400H and lanes 1 and 2 were missing flight 3 (Groundsman insisted he had put them all out!)  
Next event (400H) Starter put his stand in lane 8 so the athlete had to swerve round this after clearing the last hurdle.

800 is due to start—athletes on their marks and groundsman on the first bend with his hurdle trolley! When shouted at he tried to move quickly and several hurdles fell off the trolley on to the track.

400—2 experienced field judges walk across the home straight in front of the athletes. 1 athlete actually hit one of them as she ran past him.

45 minutes behind schedule due to having to run sprints as separate A & B races due to lack/inexperience of Officials. Did the Team Managers complain—of course! Did this all really happen on one day—YES!