

# SPORTSROUND

10<sup>th</sup> Sept.  
2007

## Round-Up of Sports News & Information for Yorkshire Region

### Jane Tomlinson

Jane Tomlinson has died after a seven-year battle with terminal cancer. The 43-year-old mother-of-three, who raised more than £1.7m for charity, died at St Gemma's Hospice in Leeds. Jane Tomlinson received a lifetime achievement award as part of the Leeds Sports Awards this year, which was presented to her by Tanni Grey-Thompson at the Sport Leeds seminar in March. It is not just her fundraising for which she will be remembered but her spirit of generosity and bravery which was a source of hope, encouragement and inspiration to people the world over. A book of condolences for people to sign in her memory has been placed at the Civic Hall in Leeds. Her '*Jane's Appeal*' raised money for the following charities and donations can still be made. Donations, made payable to Jane's Appeal, can be sent to Yorkshire Building Society, 46-48 Commercial Street, Rothwell Leeds LS26 0AW. See [www.janesappeal.com](http://www.janesappeal.com) for more information

### Website to raise money for grass roots sport

A unique website has just been launched in the UK which has the potential to raise money for grass roots sport. The platform, [Fantastar.com](http://Fantastar.com), allows sports clubs and schools to set up their own fantasy sport leagues and then generate funds by charging friends, family and club members to register teams. [Fantastar.com](http://Fantastar.com) works very differently to conventional fantasy league websites. It does not require the likes of David Beckham or Steven Gerrard because it's the pupils and club players who become the stars of the show. Once registered, members create a fantasy team by selecting a side made up of players from their club or school. This exciting concept is currently free to all schools and sports club within the UK, allowing them to generate additional funds to help train and develop the sports stars of the future. Performance and sportsmanship are the main areas where points are scored. The website rewards those who play fair whilst those who receive cards will lose precious points. The scoring system has been set up to motivate and encourage players of all levels, helping them to develop their skills. The website currently supports hockey, football, cricket and rugby but aims to expand. To find out more go to [www.fantastar.com](http://www.fantastar.com)

### Walking is Good for You

Walking for just 30 minutes three times a week can lower blood pressure and heart disease risk, scientists say. Guidelines from the Chief Medical Officer suggest adults do moderately intense exercise five times a week. However, researchers found that those who take three brisk walks a week had reduced waist and hip circumference and lower blood pressure. The authors of the study, published in the *Journal of Epidemiology and Community Health*, said their findings could help those with sedentary lifestyles take up exercise

gradually. Experts say walking for half an hour, five days a week, is the minimum required to achieve health benefits. But the study, led by researchers at Queen's University, Belfast, looked at 106 healthy but sedentary civil servants aged between 40 and 61. The participants took part in a 12 week exercise programme - some were assigned to do 30 minutes of brisk walking five days a week, others did it three days a week, and the rest did not change their lifestyles. There were no changes in the non-walking group, but in both walking groups there was a significant drop in blood pressure and waist and hip measurements. Dr Mark Tully, lead author of the research at Queen's University said exercising five days a week should still be the minimum goal, as it had greater positive effects on blood pressure. But to get to that goal the first hurdle could be to exercise three days a week - it's a more achievable target to build up from.

### Or Is It?

Official advice that 30 minutes of gentle exercise a day is enough to improve your health has been revised by the scientists who first developed the international fitness guidelines. Until now, government recommendations have suggested that people can achieve a minimum level of fitness through their normal daily routines. But amid fears that the lightest of activities such as dusting and the stroll to the car are being counted as exercise, a new study by the public health experts behind the formula concludes adults need to add jogging and twice-weekly weight training sessions if they want to cut their risk of heart disease and obesity. The scientists, world-leaders in public health and exercise advice, say they want to clarify the fitness guidelines for healthy adults which were adopted by the World Health Organisation and later used as a template for healthy living by the UK government. Some people have misunderstood the original message and are doing too little exercise, they argue. But they go even further saying explicitly that people should do vigorous as well as moderate aerobic exercise because of the "substantial science base" that it is good for you. The paper published in *Circulation*, the journal of the American Heart Association, includes authors who are influential members of the American College of Sports Medicine. They write: "There are people who have not accepted, and others who have misinterpreted, the original recommendation. Some people continue to believe that only vigorous intensity activity will improve health while others believe that the light activities of their daily lives are sufficient to promote health." The new guidelines say:

- 30 minutes of moderate exercise a day is still the minimum, but vigorous as opposed to moderate activity should be "explicitly" recommended
- Combining days of moderate exercise with other days of vigorous exercise is better for you

- Moderate exercise should be in addition to daily activities such as casual walking, shopping or taking out the rubbish
- People should do two weight-training sessions a week
- Adults over 65 or those who are infirm during their 50s and early 60s should also do balancing exercises if they are at risk of falling and draw up appropriate exercise plans with their doctors.

The authors include several experts who are on a high-level committee in the US which next year will announce America's new physical activity guidelines. Their revisions this month are widely expected to be adopted as official advice there. Their original recommendations in 1995 were quickly adopted by the WHO and by the UK government in 1996. Anti-obesity experts suggested that advising people to do weight-training was unrealistic.

David Haslam, chair of the National Obesity Forum, said: "If you suggested everyone here should do weight-training twice a week they wouldn't do it. They don't have the time or money for the gym, it would be an unrealistic guideline. I'd rather see healthy habits built into daily life - gyms aren't a sustainable habit." Paul Gately, professor of exercise and obesity at Leeds Metropolitan University, said: "Scientists keep changing the goalposts but this advice is trying to provide more specific information for specific groups of people to encourage them to do appropriate exercise. It's the age-old problem of one-size-fits-all public health advice versus tailored programmes. People who are very overweight would have to do an hour of exercise a day just to maintain their weight if they aren't going to change their diets.

### **MP calls for more tax cuts for sport**

Children could become the Olympic stars of the future as a result of tax cuts to promote local sports clubs in the run-up to the 2012 Games. That's the challenge to the Government from Wear MP Fraser Kemp, who is urging Parliament to provide more tax relief for sports clubs that provide activities for children. Mr Kemp was responding to a Government consultation on Gift Aid to ask for this tax relief to be extended to help increase children's sports in the run-up to the 2012 Olympic Games. Mr Kemp, MP for Houghton and Washington East, is backing a campaign by the Central Council of Physical Recreation (CCPR) to boost the number of sports clubs that qualify for charitable tax relief. He said: "There are dozens of sports clubs that do a fantastic job providing sports facilities for children. Many of them are run by volunteers who put in a lot of time and effort to give our kids the chance to take part in sports. They deserve some support, and these two simple measures will help significantly. The consultation by HM Treasury, the Cabinet Office and HM Revenue and Customs is looking for ways to increase the take up of Gift Aid. At present sports clubs that register under the Community Amateur Sports Club scheme are entitled to tax relief similar to that provided to charities. However, CCPR believes that there are opportunities to extend the relief to more clubs. Mr Kemp is asking the Government to conduct a strong take-up campaign so that more clubs register under the CASC scheme, and to extend Gift Aid to sports club subscriptions paid by children. At present, it is estimated that only 10 per cent of sports clubs registered under the CASC scheme actually claim Gift Aid on the funds they raise. This amounts to more than £2.8million, an average of more than £6,000 a club.

### **Leadership Programme**

The Chair/Chief Executive Toolkit is a new online leadership programme by NCVO. This toolkit offers practical support to help chairs and chief executives to refresh their working relationship and address issues that could hinder their crucial partnership. The Toolkit contains a variety of model documents and best practice information on issues such as job descriptions, support structures and improving communication. To find out more about this new online programme visit:

[www.ncvo-vol.org.uk/askncvo/trustee/governance/projects/?id=5786](http://www.ncvo-vol.org.uk/askncvo/trustee/governance/projects/?id=5786)

### **Business continuity**

The Department for Culture, Media and Sport wants to find out more about the issues and questions governing and representative bodies might have in the face of a flu pandemic (or other events which may threaten continuity). If you have questions about how your organisation might be affected or want advice on a particular aspect of business continuity send your questions to [melina.greensmith@sportengland.org](mailto:melina.greensmith@sportengland.org). DCMS will then compile the questions and answers into a 'frequently asked questions' document which will be posted online.

### **Planning sustainable funding for the future**

This NCVO conference on 20 September 2007 provides a series of case-study based advisory sessions from fellow practitioners. For delegates who want to find alternative routes for sustainable funding or actively fundraise and recruit new individual sponsors, this conference will provide ideas and guidance for ensuring the continuity of attendees' organisation's work. Email [trustee.admin@ncvo-vol.org.uk](mailto:trustee.admin@ncvo-vol.org.uk) or call 020 7520 2511 for more information.

### **Data protection and communications for the voluntary sector**

This NCVO seminar on 26 September 2007 aims to teach delegates about the latest developments in data protection legislation and the different rules that apply to websites, text, email, and telemarketing; ensuring attendees' organisations are legally compliant in all their communication channels. For more information or to book a place at the seminar visit: [www.ncvo-vol.org.uk/dataprotection07](http://www.ncvo-vol.org.uk/dataprotection07)

### **World Academy of Sport**

The World Academy of Sport is an initiative of the University of Manchester and is housed in Manchester Business School. The Academy provides a balance of modules delivered by academics, and successful practitioners in the industry. The programme offers this balanced approach of academic and applied learning, and also restricts the number of participants on each programme. The World Academy of Sport over five months will offer the following programmes:

- 5 Day Intensive Event & Administration Programme (19-23 November 2007)
- 2 Day Executive Administration Programme (27-28 November 2007)
- 2 Day Risk Management & Governance Programme (29-30 November 2007)
- 3 Day Athlete Performance Pathway Programme (12-14 February 2008)
- 2 Day Marketing & Communication Programme (11-12 March 2008)

For more information visit:

[www.worldacademysport.org](http://www.worldacademysport.org) or email Peter Schofield at [pschofield@wasec.mbs.ac.uk](mailto:pschofield@wasec.mbs.ac.uk) or call 07919 305569.

### **Adaptive Equipment for Sport and Leisure**

A new factsheet has been compiled for teachers and parents which lists suppliers of adaptive equipment for sports or leisure activities. The suppliers have been organised by the type of equipment they provide e.g. sports wheelchairs, or equipment for games and activities etc. The factsheet does not aim to be a comprehensive list of suppliers but should act as a starting point. The factsheet is now available from the Factsheets section of the website which can be accessed from this link:

[www.peterharrisoncentre.org.uk/Factsheets.html](http://www.peterharrisoncentre.org.uk/Factsheets.html)

### **South Yorkshire Sport Awards**

The South Yorkshire sports awards ceremony will take place on Wednesday 14<sup>th</sup> November. South Yorkshire Sport wants to make sure that all the athletes, coaches and volunteers who contribute so much to sport in South Yorkshire are recognised and thanked for their hard work and dedication. This year, there is a new website for the awards: [www.sports-awards.co.uk](http://www.sports-awards.co.uk) and you can now find out more about the awards and nominate people online. Nominations are invited in twelve categories: Junior Performer of the Year; Junior Team of the Year; Senior Performer of the Year; Senior Team of the Year; Lifetime Achievement; Young Volunteer of the Year; Coach of the Year; Young Coach of the Year; Club of the Year; Rising to the Challenge; Contribution to Disability Sport; Business Contribution to Sport. The **deadline for nominations is Friday 28<sup>th</sup> September**, so please pass this email on to anyone who may be interested in submitting a nomination, or even submit your own nomination for your club, coach or outstanding performer. If you have any questions or would like some hard copies of the nomination form, please contact the South Yorkshire Sport office on 0114 2235675, or email:

[nominations@sports-awards.co.uk](mailto:nominations@sports-awards.co.uk)

### **Government Consultation on Gift Aid**

On 13th September 2007 (10am - 4pm) at: Leeds Town Hall, the Government is undertaking a national consultation to examine and identify measures to drive up charitable giving through Gift Aid. As part of the consultation, HM Treasury is keen to consult with a wide range of charitable organisations by holding a series of regional consultation events during August and September. HM Treasury wants to hear from representatives from across the sector and is particularly keen to get the views of small and local charities. If you would like to attend the event you can register your interest by emailing [giftaid-consultation@hm-treasury.gsi.gov.uk](mailto:giftaid-consultation@hm-treasury.gsi.gov.uk). For more information on the consultation (including the full consultation pack) please visit the consultation website by going to <http://www.hm-treasury.gov.uk/>

### **PE means smaller waist sizes**

An important new study of UK schools indicates that pupils who do more physical education at school have significantly smaller waistlines. This is a significant contribution to the debate about whether it's fitness or food we need to concentrate on if we're seriously going to address the nation's "obesity epidemic". The study, supported by Cancer Research UK and to be published in the *International Journal of Obesity* next month, will show that boys in secondary schools that provide three PE sessions a week have waists about 3cm (1.2in) slimmer than boys at schools that provide one or two sessions. The study also showed that, while waist size for girls in high-PE schools was smaller, the difference

was less pronounced. The extent of this difference surprised the lead researcher, Professor Jane Wardle, the director of the Cancer Research UK Health Behaviour Unit at University College London, who says: "We were quite struck by the results." The study examined the progress, over five years, of nearly 3,000 schoolchildren from the age of 11 at 34 secondary schools in London. It found that over that period there were consistently lower gains in waist circumference in boys and girls from schools that had more PE. Margaret Talbot, the chief executive of the Association for Physical Education, says: "What we don't know at the moment is exactly how many schools are providing good quality and active physical education within schooltime."

### **National Walking Day**

Sunday 16<sup>th</sup> September 2007 is national Walking Day and a Leeds City Council Ranger will join Hollybush Healthy Walking Project and the Feel Good Factor on walks to celebrate National Walking Day, and provide some information on the wildlife of the area at 10am at Golden Acre Park and at 11am at Breary Marsh. For more information please call Jo Murrice or Sarah Prescott on 0113 230 7060

### **McDougall is new DCMS Adviser**

The culture secretary, James Purnell, has filled the vacancy for a special adviser on sport at the Department for Culture, Media and Sport, with Blair McDougall, formerly an adviser to the trade minister Ian McCartney, filling the post vacated by Nick Bent when Tessa Jowell was minister of state. McDougall has impressed those in the sporting community who have had dealings with him, but the Scot will have no say in sporting policy north of the border. DCMS's remit covers only England.

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***SPORTSROUND is compiled by Weltech Solutions on behalf of the Federation of Yorkshire Sport and Leeds Sports Federation and contains information supplied by Sport England Yorkshire, the CCPR, and various other contributors throughout the region. Whilst every care is taken in producing this Bulletin, neither the Federations, nor CCPR nor Sport England Yorkshire can accept liability for any inaccuracies or omissions. Inclusion in the bulletin does not represent any endorsement of the projects or initiatives it contains and readers are recommended to take their own steps, where necessary, to verify the reliability of any organisation or project.***

***Further information about the Federation of Yorkshire Sport can be obtained from***  
[www.yorkshiresport.org.uk](http://www.yorkshiresport.org.uk)

***Further information about the Leeds Sports Federation can be obtained from***  
[www.leedssport.org.uk](http://www.leedssport.org.uk)

***To submit information for inclusion in Sportsround email: [info@leedssport.org.uk](mailto:info@leedssport.org.uk)***

## European White Paper on Sport

The European Commission published its long-awaited white paper on sport on 11 July 2007, with the grand title 'Action Plan Pierre de Coubertin'. The paper is available at:

<http://www.europa.eu/rapid/pressReleasesAction.do?reference=IP/07/1066&format=HTML&aged=0&language=EN&guiLanguage=en>

The paper focuses on the key themes which were the subject of intense debate during its development, namely:

- The use of sport as a tool to promote good health, social cohesion and economic development;
- The 'specificity of sport' – i.e. why sport is unique -and the legal implications of this;
- A range of issues surrounding the governance of professional sport

Each of the proposed actions is listed below:

### **Public health and physical activity**

- Together with the Member States, develop new physical activity guidelines. In the UK, the Chief Medical Officer's recommendations for physical activity are as follows: for adults, at least 30 minutes of moderate intensity physical activity on five or more days of the week; for children and young people, at least 60 minutes of moderate intensity physical activity each day. The latter recommendation is supported by a government aspiration (in England) to provide for state school pupils a minimum of five hours sport and physical activity each week, including the existing two hours set aside within the curriculum.
- Support an EU Health-Enhancing Physical Activity network and, if appropriate, smaller and more focused networks dealing with specific aspects of the topic. National governing bodies of sport are now developing expertise in this area and would be well placed to contribute to this forum if resourced to do so.
- Mobilise the 7th Framework Programme for Research and Technological Development (RTD), the EU Public Health Programme, the Youth and Citizenship programmes and the Life-Long Learning (LLL) Programme.

### **Fight against doping**

- Support partnerships through training courses and networking between training centres for law enforcement officers.
- Facilitate a coordinated EU approach in the fight against doping, e.g. by supporting a network of national anti-doping organisations.

### **Education and training**

- Promote participation in educational opportunities through sport under the Lifelong Learning Programme (Comenius, Erasmus, Leonardo da Vinci, Grundtvig).

### **Volunteering in sport, active citizenship and non-profit sport organisations**

- Support grassroots sport through the Europe for Citizens Programme.
- Encourage young people's volunteering in sport through the Youth in Action Programme.

### **Social inclusion in and through sport**

- Mobilise the Progress, Lifelong Learning, Youth in Action and Europe for Citizens programmes as well as the European Social Fund, the European Regional Development Fund and the European Integration Fund to support actions promoting social inclusion and integration through sport and combating discrimination in sport.

## **Prevention of and fight against racism and violence in sport**

- As regards racism and xenophobia, promote dialogue and exchange of best practices in the existing cooperation framework.
- Promote, in accordance with national and EU rules applicable, the exchange of operational information and practical know-how and experience on the prevention of violent and racist incidents between law enforcement services [sic] and with sport organisations.
- Analyse possibilities for new legal instruments and other EU-wide standards to prevent public disorder at sport events.
- Promote a multidisciplinary approach to preventing anti-social behaviour, with a special focus given to socio-educational actions such as fan-coaching (long-term work with supporters to develop a positive and non-violent attitude).
- Strengthen regular and structured cooperation among law enforcement services, sport organisations and other stakeholders.
- Encourage the use of the following programmes, to contribute to the prevention of and fight against violence and racism in sport: Youth in Action, Europe for Citizens, DAPHNE III, Fundamental Rights and Citizenship and Prevention and Fight against Crime.
- Organise a high level conference to discuss measures contributing to prevent and fight violence and racism in sport events with stakeholders.

### **Sport in the Union's external relations**

- Promote the use of sport as a tool in the EU's development policy.
- Include sport-related issues in policy dialogue and cooperation with partner countries when appropriate. Promote sport as an element of the EU's public diplomacy.
- Pay particular attention to the sport sector when implementing the recently presented Communication on circular migration and mobility partnerships with third countries.
- Pay particular attention to the sport sector when elaborating harmonised schemes for the admission of various categories of third country nationals for economic purposes on the basis of the 2005 Policy Plan on Legal Migration.

### **Sustainable development**

- Encourage the participation of sport stakeholders in the Eco Management Audit Scheme (EMAS), Community Eco-Label Award schemes and green procurement, and promote these schemes during major sport events in cooperation with Member States, sport organisations and organisers.
- Promote green procurement in the political dialogue with Member States and other concerned parties.
- Raise awareness, through guidance developed in cooperation with relevant stakeholders (policy makers, SMEs, local communities), about the need to work together in partnership at the regional level to organise sport events in a sustainable way.
- Take sport into account in the new Life+ programme.

### **Economic impact of sport**

- Together with Member States, develop a European statistical method for measuring the economic impact of sport.
- Conduct specific sport-related surveys to provide non-economic information on sport.
- Launch a study to assess the sport sector's contribution to the Lisbon Agenda.

- Organise the exchange of best practices concerning the organisation of large sport events.
- (The most recent economic analysis of sport in England found that, in 2003, sport-related economic activity (gross value added) was £13,531,000,000 and consumer expenditure on sport was £13,969,000,000. Furthermore, sport-related employment in England increased from 304,000 in 1985 to 421,000 in 2003, an increase of 38 per cent. It is clear, therefore, that sport does have a key role to play in delivering the Lisbon agenda for jobs and growth).

#### **Public support for sport**

- Carry out a study on the financing of grassroots sport and sport for all in the Member States from both public and private sources, and on the impact of on-going changes in this area.
- Defend the possibilities of reduced VAT rates for sport.

#### **Free movement and nationality**

- Combat discrimination based on nationality in all sports through political dialogue, recommendations, structured dialogue with stakeholders and infringement procedures when appropriate.
- Launch a study on access to individual sport competitions for non-nationals.

#### **Players' agents**

- Carry out an impact assessment to provide a clear overview of the activities of players' agents in the EU and an evaluation of whether action at EU level is necessary, which will also analyse the different possible options.

#### **Protection of minors**

- Continue to monitor the implementation of EU legislation, in particular the Directive on the Protection of Young People at Work.
- Propose to Member States and sport organisations to cooperate on the protection of the moral and physical integrity of young people through the dissemination of information on existing legislation, establishment of minimum standards and exchange of best practices.

#### **Corruption, money-laundering and other financial crime**

- Support public-private partnerships representative of sports interests and anti-corruption authorities, which would identify vulnerabilities to corruption in the sport sector and assist in the development of effective preventive and repressive strategies to counter such corruption.
- Continue to monitor the implementation of EU anti-money laundering legislation in the Member States with regard to the sport sector.

#### **Licensing systems**

- Establish a dialogue with sport organisations on self-regulatory licensing systems for clubs/teams.
- Starting with football, organise a conference with UEFA, EPFL, Fifpro, national associations and national leagues on existing licensing systems and best practices in this field.

#### **Media**

- Recommend to sport organisations to pay due attention to the creation and maintenance of solidarity mechanisms for an equitable redistribution of income between clubs and between professional and amateur sport.

#### **Structured dialogue with sport stakeholders**

- Provide for a more efficient dialogue structure on sport at EU level, including the organisation of an annual European Sport Forum and thematic

discussions with targeted audiences, European sport stakeholders in particular.

- Promote greater European visibility at sporting events and support the further development of the European Capitals of Sport initiative.

#### **Cooperation with Member States**

- Propose to the Member States to strengthen political cooperation on sport through a reinforced Rolling Agenda, common priorities and regular reporting to EU Sport Ministers.
- Report on the implementation of the Action Plan through the mechanism of the Rolling Agenda. D.3. Social dialogue
- Encourage efforts leading to the establishment of European Social Dialogue Committees in the sport sector, and support employers and employees in this respect.