



June 2007

Keep in touch!
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Essex AAA Road Rant

www.essexroadrunning.org.uk

Issue 2

Welcome to the second issue of Road Rant. Since the last issue way back in February, we have moved the website to the domain shown above and have had sub-committees meetings to discuss road running in Essex. In this issue, there are articles about first and second claim, the Essex Championships and some views on EA V ARC. There are also some articles lifted from EA/East's recent newsletter. Your contributions and suggestions are of course welcome.

Host a coaching course for your members

England Athletics / East can organise endurance coaching courses in your club, complete with tutors, marketing, provide pre and post course administration. All you need to do is guarantee to help us to get 12 people there and they will do the rest. Contact qpotts@englandathletics.org

EA/East Grand Prix

The east region of England Athletics is organising a Grand Prix based upon five races being held across the region. So far, the races targeted for inclusion are:-

Kings Lynn 10k
Peterborough Half Marathon
Luton Marathon

Hopefully, we can get one of the other events in Essex - 10 miles and 20 miles.

Essex Road Running Championships

You can find the latest standings after the Great Baddow 10 miles on the website address (shown above). It is worth noting the amount of work Terry Knightley of Ilford AC puts into compiling these tables, not just in calculating the scores, but also in chasing race organisers for a set of results that are compatible with the championship age categories. Some of the races produce results in say the FV50 category, but this needs further breakdown to the FV55 category by the organiser to save Terry the hassle of endless phone calls. If your race is selected for a championship race, please make sure you know what is required in terms of results. It is a condition of hosting the race that you produce acceptable results for the championships.

To qualify for the county championships and to be eligible for a medal, you need to have resided in the county for nine consecutive months or have been born in the county. There have been many examples of recently arrived, foreign athletes competing in the county championships. This is not allowed and nor are athletes allowed to run in the championships of two counties within one calendar year.

Another commonly broken rule is not wearing a club vest in team competitions. You will be disqualified in championships for this infringement and possibly in other team races too. You could potentially be disqualified when running as an individual too at the organiser's discretion. However, in funruns anything goes.

East Region Road Running Coaches

England Athletics East are offering road running clubs the opportunity to invite one of their two regional road running coaches to their club training nights. **Paul Evans** is the the Athletics Development Officer for Norfolk and is a Level 4 UKA Performance Coach. **Liam Cain** is the East Region Endurance Coordinator and is also a UKA Level 4 performance coach and is currently coaching several international athletes. They have each been allocated to provide support and coaching services to running clubs who would like to use their skills to develop their athletes at a club training session. Liam will cover clubs in Essex, Hertfordshire and Bedfordshire. Paul will cover clubs in Suffolk, Cambridgeshire and Norfolk. To make a booking contact Richard Wheeler, of England Athletics East, at roadrunning-east@englandathletics.org and Richard will set this up with the coach. These initial sessions are free. England Athletics East will also pay 50% of the costs of one follow-up visit if you want it. You could involve other clubs in this visit potentially to get maximum benefit for road running in your area.

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ARC v EA

You will be probably be aware of the recently formed organisation, the Association of Running Clubs (ARC). According to the ARC website no clubs from Essex have joined so far. However, the county committee would like to hear your views on future affiliation plans, even anonymously. A few email chains have been circulating on the subject, but if you think a forum on the Essex website would be useful, then email me at the address left and I'll look into it.

First Claim v Second Claim

Many runners, who belong to more than one club, are confused about when they can invoke their second claim in an event. The best brains of Essex County AAA say that second claim has limited usage, but can be used in the following circumstances:-

- If your club does not provide that discipline, e.g a track and field club with no road running arm can run first claim for another club.
- To retain a county qualification if an athlete moves away, e.g Joanne Wilkinson of Bedford and County AC (first claim) can run in the Essex Championships for Thurrock, because she is Essex born and bred.
- To get access to their second claim club's facilities at a cheaper rate.
- If the rules of the particular competition allow clubs to have second claim members, e.g South Essex XC league, Met League.
- To run in competitions where there is no trophy or prize money at the discretion of the organising club involved, e.g. friendly inter-club competitions or some mob-match events.

A common misperception is that if your first claim club is not represented in that competition, then the athlete is allowed to run for a second claim club and score - not true !