



## *Essex County Athletic Association*

Minutes of the Essex Endurance Network, Meeting held on Monday 30<sup>th</sup> January 2017 at 19.30 hours in the clubhouse of Chelmsford Athletic Club, Melbourne Park, Chelmsford

### **Present:**

David Staines (Chairman) (Thurrock AC), Gary Chandler (Springfield Striders), David Wright & Lance Williams (Colchester Harriers), Ron Dawson (Southend AC), Brigid Wallen (Witham AC), Malcolm Bailey & Paul Mingay (Tiptree RR), Gerry O'Doherty (Billericay Striders), Billy Green, Neil Crisp (Ilford AC), Martin Clarke (Ilford AC & Harwich RR), Jim Kevany & Judy Burston (Phoenix Striders), Clive Hopkins (Benfleet Running Club), Diane Wooller (CATS & Essex Officials).

### **1. Apologies for Absence**

None Received

### **2. 2017 Essex County Cross County Championships**

Gary Chandler advised the meeting that he had made the decision as Treasurer and in consultation with the Chairman to refund £4 to each runner who completed this race. Refunds will be made directly to Clubs (not individuals). Around £1600 was collected in race entry fees with circa. £1400 refunded. Overall numbers in the race were consistent with the 2016 championships.

### **3. Howard Williams Trophy (for the best Road Race in Essex).**

Gary Chandler announced the results. 19 Clubs voted (last year 23 voted). Top four events were:-

1<sup>st</sup> Stebbing 10

2<sup>nd</sup> Tiptree 10

3<sup>rd</sup> Pleshey Half Marathon

4<sup>th</sup> Witham 5 & Bromley 10k

21 different events received votes (each club can vote for its top 3 races).

### **4. Essex 20**

Lance Williams reported that the organisation of the race is going to plan. There were complaints last year from local residents that gels packs and other sundry rubbish was found along the course. Lance will be providing additional black bags along the route and at feed stations. Gary Chandler will include a comment within the race instructions to all competitors that rubbish must only be disposed in these bags and not thrown away at other points. The Countryside Code must be respected at all times. **(Dropping litter is a Criminal offence!)**

At the recent County XC Champs, Essex Medics ("EM") pulled out 48 hours before the race. EM is one of the cheapest first aid providers in the County and consequently is very popular although they have started to put up their rates. EM is due to provide first Aid cover at the Essex 20 event and assurances have been sought from that that they will attend this event.

Gary Chandler advised that there will be 8 Counties taking part in the Inter Counties Championships. There were 6 Counties last year.

The Essex Men's team is likely to be Paul Molyneux (Springfield Striders), Paul Whitaker (Southend AC), Blair McWhirter (Ilford AC) and James Connor (Kent AC). The ladies team will be selected after the Great Bentley ½ marathon.

## **5. Essex Road Relays.**

The Essex and Open Road Relays' are taking place on Saturday 18<sup>th</sup> March 2017. HQ will be the Dovercourt Rugby Club HQ.

Martin Clarke confirmed that preparation for the race is going to plan with entries now being accepted on line at <http://www.harwichrunners.co.uk/relays/enteronline.php>

## **6. Essex Track 10k.**

Both Braintree AC and Orion Harriers have offered to host this event. Last year it was held on a Wednesday evening in July at Braintree. The event went well despite the very hot humid weather. Due to its central location in the County it was unanimously agreed by all present that Braintree should host it again in 2017.

Dave Staines to speak to Braintree AC to agree a date (either 12<sup>th</sup> or 19<sup>th</sup> July were suggested) and to Orion Harriers.

## **7. Essex Medics**

See agenda item 4. Essex Medics are the Counties preferred first aid provider but they did let us down 48 hours before the County XC Championships.

There was another private first aid company at the recent Schools' XC event.

If anyone is aware of any other private company please can you advise Gary Chandler at [gchandler@uk.ey.com](mailto:gchandler@uk.ey.com)

## **8. Social Media**

Dave Keeley has now merged the Endurance Running, XC with the Essex Track and Field web site. It is important that we keep this site fresh with new material. To publicise running in Essex we need to promote our Social media sites to all runners.

There are video's of runners on the site with contributions from Paul Molyneux & Sally Gunnell.

Karen Stephanou (England Athletics) has approached the County as England Athletics ("EA") would like to use the site for their promotional activities.

Any suggestions to add items to the site would be appreciated.

Dave Staines mentioned that some athletic clubs around the Country have experienced abuse on their social Media sites. EA have produced a Social Media Policy although it is felt that it is not an easy document to read. Dave Staines is going to review and re-write this for County. It is recommended that Essex Clubs should think about putting a policy in place if there is not one at the moment.

It seems that two clubs in the County has taken disciplinary action against two of their members and dismissed them from the club.

## **9. 2017/18 XC Relay Date**

This event is normally held on the third Saturday in September. The Pleshey & Essex half marathon (2017 County Championship race) date has been changed due unforeseen circumstances to the third Sunday which means that two County events would be held over the same weekend. Possible solutions were discussed but the problem was that the race would clash with dates of other established events. It was agreed that the timetabling for this event would be agreed at the County's Fixtures meeting, which is to be held in May (date still to be decided). All clubs are encouraged to send a representative to this meeting once the date has been agreed.

## **10. Inter Counties Events**

Following the success of the Inter County 20 mile race in Essex last year, other Counties have expressed an interest of holding similar events over other distances.

Many years ago, there were a number of Inter County races but these petered out some 10 years ago. The meeting agreed that these events should be encouraged as it provides opportunities for road runners to win a county vest. Perhaps they could be expanded to include Vets events.

### **11. Runners URN (Unique Registration Number)**

Guidance in connection with the Event's organiser's checks of URN's can be located on the EA web site:

<http://www.englandathletics.org/clubs--community/club-affiliation/event-organisers-checks>

It was agreed that Race Directors and Organisers should undertake reasonable steps to check URN's where possible.

### **12. Medical Risk Assessments**

Road races organised by athletic clubs & members affiliated to the governing body UK Athletics (through their national association) are required to meet a number of safety and quality standards as a condition of obtaining a UKA road race licence (and public liability insurance) for the staging of a race

To meet UKA licence conditions road race organisers are required to carry out a risk assessment and to provide suitable qualified first aid and medical services at the start, on the course and at the finish of the race according to the course route, race distance, competitor numbers and weather conditions.

The 'minimum recommended cover' for medical services can be found using the following link:

<http://www.raceres.org.uk/2013/RoadRaceMedicalServices.pdf>

There was some debate as to whether the risk assessment should be prepared by the Race Director or the First Aid provider and Dave Staines agreed to clarify this point with EA.

### **13. Course Measurement Certificates.**

Clive Hopkins clarified the rules in respect of the renewal of the Certificate of Course Accuracy:-

- If the course has not changed at all and there are no changes to the start or finish, or at any corner then you may apply for a renewal of the certificate. **You must obtain a new certificate each year.**
- If the course was measured over 10 years ago, the course must be re- measured (or a measurer with current knowledge of the course should inspect the original measurement report and if they are happy they can confirm to the area measurement secretary that no changes have taken place, then a renewal certificate can be issued).
- You must obtain a renewal certificate each year. This can be obtained at:-  
<http://coursemeasurement.org.uk/>  
**But you must retain the previous certificate** as you will be asked to provide the certificate number.
- If there are any changes (even minor) you must contact the person who measured the course to seek their guidance as to whether the course should be re-measured within the 10 year period.

### **14. Any other business**

Gary Chandler advised the meeting that the County Race Clock is available for hire – Cost £50. (The clock is free of charge to all County Championship races).

Dave Wright advised the meeting that next year, Colchester Harriers have decided that they will organise the 20 mile race in Langham (rather than support). It will be known as the Colchester 20 although they are happy for County to host the County Championship race at this event unless it is decided that we look for a new venue. The entry price of the Colchester 20 will be increased to the level of similar races in the County (now confirmed at £15 for affiliated runners) although there will now be a goody bag provided to all finishers.

Dave also mentioned that Colchester Harriers felt that the three main County Cross Country events (Main Champs, Relays and Vets) could be rotated around different venues each year with the

minimum standard for each host event being a car park, toilets and refreshment facility. Dave explained that if the county did not/could not accommodate these requests then Harriers would withdraw its support from future events (including the Essex 20)

The cost of some of the possible venues was discussed with Stubbers (Upminster) quoting £1,200 to host an event. This is considered extortionate.

It was also suggested that these County events should take place on a Sunday rather than a Saturday.

This will be discussed at the fixtures meeting in May (date still to be agreed)

Gary Chandler advised the meeting that the Inter County winners (team and individuals) at the 20 mile event will receive medals.

Gerry O'Doherty who has acted as the County XC Secretary for the last seven years was presented with a plaque by Dave Staines in recognition of service and great organisational skills in this role.

**- Date of next meeting**

Monday 27<sup>th</sup> March 2017 start time 19.30 hours in the clubhouse of Chelmsford Athletic Club, Melbourne Park.

<b>Minute Ref.</b>	<b>Action</b>	<b>By Whom</b>
4)	Race instructions for Essex 20 to include a note to competitors that they must not throw away their rubbish (gels etc) along the route only at the designated points. The Countryside Code is to be respected	Gary Chandler
6)	Braintree AC to be contacted re date for the Track 10k Championships and Orion Harriers re rationale for decision to award the event to Braintree	Dave Staines
7)	Details of any private first aider provider to be emailed to Gary Chandler	All Clubs
8)	Social Media Policy – undertake a review of the wording of County Policy	Dave Staines
9)	All clubs are encouraged to send a representative to the Fixtures meeting in May (date to be advised)	All clubs
13)	Who should prepare the Medical Risk assessment at races – point to be clarified with England Athletics	Dave Staines