



Essex County Athletic Association

Minutes of the Endurance Sub Committee Meeting held on Monday 24th September 2018 at 19.30 hours in the clubhouse of Chelmsford Athletic Club, Melbourne Park, Chelmsford.

Present:

David Staines (Chair Essex AA – Thurrock Harriers), Gary Chandler (Springfield Striders), Paul Mingay (Tiptree RR), Brigid Wallen (Witham RC), Richard Charleston (Chelmsford AC), Andy Leg (Harlow AC), Judy Burston (Phoenix Striders), Frank Brownlie (East London Runners), Peter Eates (Phoenix Striders), Allison Gillan (Springfield Striders), Alistair Gillan (Springfield Striders), Michael Emms (Woodford Green AC with Essex Ladies), Ron Dawson (Southend AC), Gary Chandler (Springfield Striders), Keith Thornton (Brentwood RC), Andy Catton (Ilford AC), Malcolm Bailey (Tiptree RR).

Apologies for Absence

Wendy Tydeman (Basildon AC), Mick Ford (Havering AC), Nicole Smith (Halstead RR)

ROAD RUNNING

1. Essex 20 (3rd March 2019)

Ron Dawson advised the meeting that organisation of the event is well advanced. Permit still to be obtained by Dave Staines. Gary Chandler will open up the entry system on 25th September to allow 2018 entrants that no longer want to run to transfer their place to another runner. The 2018 race (which was oversubscribed) was cancelled due to adverse weather with all entrants into this race automatically being transferred to the 2019 event. The transfer system will be in place until seven days before the race. The Inter Counties invitational event planned for 2018 will take place in 2019.

2. Inter County 10k at Brighton

This is being organised by Sussex AA. They are paying for all the medals and trophies for the invitation event. The cost to County to enter 8 runners (4 Female and 4 Male) will be £85.

A number of runners had contacted Gary Chandler to request that they be considered for selection for the County team. Teams are still to be finalised but likely teams (at the moment) are:-

Female

Liz Davies (Springfield Striders)

Rachael Sweatt (Witham RC)

Gemma Kersey (Basildon AC)

A N Other

Male

Grant Twist (Havering AC)

Paul Molyneux (Springfield Striders)

James Connor (Kent AC)

A N Other

3. Essex Road Relays

Martyn Clarke has contacted Gary Chandler to request that the date for the event be set for 16th March 2019. This was agreed and Gary will contact Martyn to confirm.

4. 2019 Grand Prix Races

The following events have agreed (subject to acceptance by the host club):-

5 miles – still to be decided (after the meeting an offer was received to host from Braintree, which has been accepted. The Braintree 5 is being held on 31st March)

10k – Southend (6th October)

10 miles – Stebbing (10th November)

Half Marathon – Pleshey (15th September)

20 miles – Rochford (3rd March)

Marathon – Halstead (12th May)

It has also been agreed that the 2020 10 mile event will be the Witham May Day Ten.

5. 2018 Grand Prix Updates

Gary Chandler has updated the spreadsheet to incorporate the results from the third of the five events. Two races still to go (Tiptree 10 on 14th October and Wix 5 on 21st October). There are 82 runners that can still win one of the new Grand Prix medals (completing 4/5 of the events).

6. Howard Williams Trophy

Clubs will be contacted shortly to seek their nominations (top 3) for this trophy which is awarded for the best road race in Essex.

CROSS COUNTRY

1. Logistics of XC Championships

As agreed at the last Endurance sub - committee meeting the distance for the Senior Ladies and Male XC would be equalised at 10k. This is an experimental move and it is to be reviewed after the event to decide whether to continue this in 2020.

Brigid Wallen advised the meeting that it has just been announced that the distance for the Inter Counties XC for 2019 is also being equalised for Senior Ladies and Men at 10k.

After some debate it was agreed that at the 2019 Senior, U20 and U17 XC Championships each of the age groups will be a combined Ladies and Men's race over the following distances:-

Under 17 - 5k

Under 20 - 8k

Senior - 10k

Brigid to advise all clubs.

2. Introduction of Chip timing

The XC County events will all be chipped timed. Harwich RR has been hired to provide this service.

Mike Emms mentioned that Dave Hollingsworth at Woodford Green AC & Essex Ladies (“WG&EL”) was very impressed with the service offered by another chip timing company, Race Timing Solutions.

WG&EL are looking at the possibility of purchasing a Chip Timing package. They have asked whether County would consider entering into a similar arrangement as we have with them, when they purchased a Photofinish system. It was agreed that we would consider this. To be referred to the next County Executive meeting.

3. Revised entry system for XC champs and refund policy for 2019 Senior, U20 and U17 Champs.

The following was agreed at the last County Executive meeting:-

- that we continue to make a contribution of £500 to each of the XC Championship host clubs
- A refund of the entry fee will be made to those runners that take part in the Senior XC Championships (refunds to be made to clubs)

Entry fee will be £4 per runner.

4. Other XC matters

Sidney Taylor trophy – Mike Emms is unsure how the winner of this trophy is decided. He has tried to contact Roy Meadowcroft, without success. Richard Charleston has agreed to contact Roy on Mike’s behalf.

The difficulty of finding venues for the Essex League XC and the level of charges proposed by the Country parks in the County was discussed. The charges can be in excess of £800 making these venues, unviable.

TRACK

1. 10,000m and 5,000m championships

Holding the 10k track championships on a Wednesday evening has been very successful. It has been suggested that the 5k track championships are also held on a mid week evening. The view of the meeting was that this might generate more interest from runners to enter this event. To be referred to the Track & Field Sub - Committee for consideration.

In addition, it was suggested to hold a mid-week county championships series (3000m, 5000m, 10000m and Mile) during the summer. The suggestion was met with a positive response and to be considered at the next T&F subcommittee. Gary Chandler offered to handle the entries for this series should it be approved.

ANY OTHER BUSINESS

1. Road Safety Training

There have been a number of situations at recent road races where marshals have been physically and verbally abused.

Dave Staines has asked whether clubs would be interested in attending a Road Safety Course if he arranged one at Chelmsford during early 2019.

There was a positive response from those present.

2. England Athletics

Keith Thornton mentioned that Brentwood AC have recently taken up the offer from John Harris (England Athletics – Club Support Manager) to meet to discuss ways of developing their club. John arranged for Paul Evans to attend three club sessions. These were well received by all members.

If any clubs are interested in talking John, his email address is joharris@englandathletics.org

3. Other issues

- It was confirmed that runners can have their name printed on their Clubs vests when competing at County events.
- Chris Burgoyne has expressed an interest in becoming an official course measurer. Dave Staines to contact Clive Hopkins.
- It was mentioned that entrants into the recent Pleshey half marathon championships over 100 runners did not specify on the entry form that they qualified for the County Championships (which could mean they miss out on a Grand Prix medal – for 2018 season runners have to complete 4 of the 5 Championships races). Clubs are asked to speak to their members to remind them that they should complete the entry form correctly if they are an Essex qualified runner to avoid any unnecessary disappointment.
- Woodford Green AC with Essex Ladies had asked whether their half marathon (Roding Valley) could be considered for the 2019 County Championship race as over recent years their entries have fallen. This race falls on the same day as the Essex 20. Given the length of each race there needs to be at least a 2 week gap between events, this was rejected.

Date of next meeting – Monday 28th January 2019 at Chelmsford AC Clubhouse

Meeting finished at 9.24.

Summary of Actions

Item	Action	By Whom
Essex 20	Permit to be obtained	Dave Staines
Essex Road Relays	Confirm with Martyn Clarke date of 2019 as 16 th March	Gary Chandler
XC Champs	Advise clubs that the Senior, U20 and U17 XC Championships that each of the age groups will be a combined Ladies and Men's race Distance: Senior 10k, U20 8k and U17 5k.	Brigid Wallen
Chip Timing System	Consider the joint purchase with WG&EL of a Chip Timing System	To be discussed at the next Executive committee meeting
Sidney Taylor trophy	Contact Roy Meadowcroft to ascertain how the winner of this trophy is decided.	Richard Charleston

5K Track Championship	Should this be held on a mid week evening (as the 10k is now)	To be referred to Track & Field Sub - Committee
Course Measurer	Contact Clive Hopkins	Dave Staines
Track Grand Prix series for 10k, 5k, 3k and 1 mile	Consider possibility of setting an a series of events. Gary Chandler has offered to manage the entries, if approved.	To be referred to Track & Field Sub - Committee