



Essex County Athletic Association

Minutes of the Endurance Sub Committee Meeting held on Monday 28th January 2019 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), Mike Emms (Woodford Green AC & Essex Ladies), Mick Ford (Havering AC), Nick Burston & Peter Eates (Phoenix Striders), Ron Dawson (Southend AC), Allison Gillan (Springfield Striders), Nick Wetheridge (Basildon AC), Gerry O'Doherty (Billericay Striders), Diane Wooller (Colchester Harriers), Susan Edwards (Woodford Green AC & Essex Ladies), Patricia O'Neill (East London Runners), Kelly Clark (Victoria Park Harriers & Tower Hamlets AC), Paul Boddey, Jane Stichbury Richard Parr, Sarah Flanagan (Eton Manor AC), Jonathan Wooldridge (East London Runners), Malcolm Bailey (Tiptree Road Runners)

Apologies for Absence

Claire Levey (Ilford AC), Andy Catton (Ilford AC), Lance Williams (Colchester Harriers).

1. Review of the XC Season

Brigid Wallen, the outgoing County XC Secretary summarised the season. It was a successful year with chip timing and weather proof numbers being used for the first time. The only issue was at the County relays at Halstead. This was an excellent venue. On the day, one of the marshals was not in place for the junior's race, and regrettably some of the runners missed a turning. A few suggestions were made to avoid this happening in future including marking out the course better at key strategic turns, checking the route an hour before the race and a hare leading the junior event. In the past, all clubs that were participating were asked to provide a marshal to support the event. This did cause some problems with marshals not turning up as promised although consideration should be given to this being reintroduced.

There was a glitch in the senior men's cross country relay. The other events went very well; positive feedback received afterwards from those that took part.

The Equalisation of the Senior Women's and Men's distances for the first time did generate a significant amount of debate, before and after the event. Whilst number for both events was slightly down there was a higher percentage of finishers this year. The decision to equalise the distances was made at an Endurance meeting last year as an experiment. This received some National media exposure. The IAAF Competition Rule 250 states that:

"Distances (4) Distances at IAAF World Cross-Country Championships should be approximately: Men 10km Women 10km U20 Men 8km U20 Women 6km The distances recommended for U18 competitions should be approximately: U18 Boys 6km U18 Girls 4km It is recommended that similar distances be used for other International and National competitions"

Both the 2019 Inter Counties XC championships (the Essex Senior events are the qualifier for this event) and Suffolk championships have also equalised the distance for Women and Men at 10k.

There was some debate about what distances both races should be for 2020 and it was suggested that the distances should mirror that of the Inter Counties Championships for 2020.

The Essex Team manager was consulted and he did not express any concerns about the equalisation of the distances.

Concerns were also raised that some of the junior events distances were not the same as the Inter County events for the same age groups.

Another concern highlighted was that lady juniors who moved up into the senior age groups the following season would be running twice the distance.

It was mentioned that the overall difficulty of the course does have some bearing. The Writtle course was dry but a very mud course would present problems for some of the runners over a longer distance.

Some of the clubs present stated at the meeting that they were proud to be taking part in the first ever Senior county event where the distances had been equalised.

Another issue which needs to be mentioned in entry forms for the future is that third year U20 runners cannot be considered for the Inter Counties event (due to their rules). A third year runner would have to compete in the Seniors event if they were seeking qualification for the Inter Counties race.

The difficulty in finding suitable courses was discussed. A plea was made to all clubs to offer to host a County event. The same venues are called upon every year.

A question was raised about runners taking part in both the O50 and O40 Men's County races. This is not a problem as long as the person is over fifty.

2. Howard Williams Trophy

The Howard Williams Trophy is for the 'Best Road Race in Essex'. Voting forms were sent to all affiliated Essex clubs (and chased with reminders posted on the County facebook site). Gary Chandler reported that only 19 clubs voted. The top three were:-

- 1st Tiptree 10
- 2nd Pleshey Half
- 3rd Wix 5

The trophy was presented to Tiptree Road Runners at the meeting.

3. Essex 20 Preparations

Entries are being carried over from 2018 as the race was cancelled last year due to adverse weather conditions. All entrants have received an email to confirm their entry into the 2019 event. Closing date for the transfer of entries to another runner is Sunday 10th February 2019.

The race is being held at Rochford on the 3rd March 2019. It will incorporate an Inter County Invitational race which is being contested by 10 counties. 500 entries have been accepted with a

further 80 in the Inter Counties race (Essex, Kent, Suffolk, Norfolk, Hertfordshire, Cambridgeshire, Bedfordshire, Berkshire, Hampshire and Sussex) It will be a three lap course (with two water stations on each lap) but it will not be chipped timed. Ron Dawson confirmed that the pre-race organisation is going to plan with a further meeting at The King Edmund School, Rochford (HQ for the race) will take place shortly. Permit has been obtained.

4. Essex road relay preparations.

Entries are now open for this event which is being hosted by Harwich Runners on Saturday 16th March. Start time 11am. This is an excellent, very spectator friendly course. Entries continue to increase, year on year although it is appreciated that as it is in the far north of the County (with other popular races taking place over the weekend), and that clubs in the south have a fair distance to travel to the venue. The event, which is chip timed, is over and medals awarded by 1pm. A suggestion was made that Essex Grand Prix points should be awarded to runners that take part in the relays and this will be considered.

5. 5,000m and 10,000m Summer Track Championships

Following the successful transition of the County 10K track championships to a Wednesday evening (last year there were 40 entries; 26 took part but this was the evening of a World Cup football game for England) it was decided by the Executive Committee of the County to move the 5k championships to a mid week evening.

Braintree AC has agreed to host both races. The 5K will take place on 12th June 2019 and the 10K on 10th July 2019. It is hoped that this will encourage more runners to enter the 5K event, with a maximum number of 90 runners being accepted. Runners will be seeded by times and it is anticipated that there will be 5 races over the evening. Gary Chandler will be organising these events on behalf of the County.

There was a suggestion at an earlier meeting, to host a series of track endurance events at clubs throughout Essex to encourage more road runners to take part in track events. These have been successfully piloted in Cornwall. This is still under review.

Chelmsford AC is considering hosting an evening in August focusing on one mile track races.

6. Road Safety Course

David Staines reported that he was looking to use Chelmsford as the base for this Course but it needs a 50 sq metre area. Chelmsford would not be able to accommodate this.

Nick Wetheridge suggested a venue near Rochford and he will make some enquires and get back to Dave Staines to let him know whether this could be used.

7. Course Measurer

Clive Hopkins who has undertaken most of the Course Measurer duties around the County for a number of years has decided that he wishes to step down from this role. Volunteers are sought to take on this responsible and rewarding role, where all expenses are paid. To find out more about what is involved, please refer to the following website - <http://coursemeasurement.org.uk/>

Clive is willing to mentor anyone who is interested. Can all clubs raise this with their membership and ask whether anyone would be keen to become an Official course Measurer. Anyone interested is asked to contact Dave Staines at wstnann@aol.com

8. Any other business

There was an appeal to all clubs to encourage their members to take on volunteer roles at various County events.

A question was raised about Cross County races for U11's. This is difficult for Essex League host clubs to organise (safety of the children, marshals etc). Both Cambridge and Basildon have organised an U11's event this season.

Mike Emms reported that Woodford Green AC with Essex Ladies will not be purchasing a Chip Timing system. He has established that the cost, if County were going to consider such a purchase would be circa. £3,000. He this was agreed, we would need to decide where it would be stored and who would be trained to use the system. We currently hire chip timing at County events (not County Road Race championships as the host club normally organise this) at around £500 per day. The company that Mike has been talking to have indicated that they could offer a demonstration at around £300. If we did decide to purchase one, we could hire it out to other clubs. This will be discussed at a future meeting.

9. Date of next meeting

To be advised. It will take place during May.

Meeting closed at 21:09