



Essex County Athletic Association

Minutes of the Committee Meeting held on Monday 4th March 2019 at 19.30 hours in the clubhouse of Chelmsford Athletic Club, Melbourne Park, Chelmsford.

Present:

David Staines (Chairman), Gary Chandler (Treasurer), Andy Catton (President), Malcolm Bailey (Minute Secretary), Chris Akehurst, Peter Bates, Nick Burstton, Ron Dawson, Mick Emms, Allison Gillan, Mathew Gillard, Kaye Merrywest, Paul Merrywest, Paul Mingay, Phil Sergeant, Keith Thornton, Jean Tierney, Brigid Wallen, John Weir, Lance Williams, Diane Wooller, Alistair Gillan.

1a) Apologies for Absence

Claire Levey (Secretary), Gerry O'Doherty (President Elect), Linda Bates, Richard Casey, June Cork, Ray Pearce, Keith Thornton.

2) Minutes of the last meeting

The minutes of the meeting on Monday 4th February 2019 were **approved** as a true record of that meeting. It was noted that an amendment had been made to the draft minutes that had been sent to all Club Secretaries prior to the minutes being posted on the County website. The dates for the 2020 Indoor County Track & Field Championships will be 8/9 February 2020 and not 9/10 February as previously stated.

Proposed by Paul Merrywest and seconded by Kaye Merrywest.

3a) Matters arising

Item	Action	By Whom
6)	Dave Staines to contact an Essex Athlete to discuss whether they would be interested in standing in the forthcoming elections to the Regional Councils	Dave Staines has still to speak to this individual but the date for nominations has passed. However, individuals can potentially be co-opted onto the Council. Dave will contact this individual to discuss.

A question was raised from the minutes about the Havering Half Marathon which is being held on 6th October 2019 as to whether a running club was going to be involved with the organisation. This was not known.

3c) Treasurer's matters

Gary Chandler advised the meeting that at recent County Indoor Track & Field Championships, after taking into account all costs (including medals) a small loss would be incurred. This is mainly due to an increased cost for the hire of the hall and first aid (both had gone up by approximately 20% on the previous year). The Essex Championships are held in conjunction with Eastern Counties, who made a profit from the event. Eastern entries were up on the previous year whilst Essex Entries were down. It was suggested that the cost of entering these championships is reviewed at the next Track & Field sub – committee meeting.

The Essex 20 Road Race Championships (which included an Invitational Inter- Counties race) took place on the 3rd March (see Road Running later in these minutes). This event made a profit of £2,878 and these monies are to be split evenly between County and the host club, Southend AC.

Dave Staines raised the issue of running clubs based in Essex that are affiliated to England Athletics but not to County. There are 10 clubs in total. Some of these clubs have been approached in the past about affiliating to County but had declined despite the nominal cost of £15. Contact would be made again stressing the benefits of County affiliation.

4a) Correspondence

UKA has recently announced plans to undertake an exercise to bring all UK throws safety cages up to IAAF standard specifications over the next few years. UK Athletics have identified the venues involved. The initial priority will be on venues that host higher levels of competition as well as those venues with cages located adjacent to the 200m start. This is an expensive exercise for a number of clubs where the cost of meeting these modifications could be up to £20,000. Prior to cage modernisation, UKA is issuing interim safety guidance which will support the continuation of throws, subject to the completion of a documented risk assessment being carried out by the venue operator. The final date for venues to comply with the revised UKA cage specification will be 1 April 2022. Concern was raised about clubs being able to meet this cost and the potential future possibility that hammer competitions could be cancelled.

UK Athletics had raised this issue following a near miss incident involving a hammer at a league fixture. The safety of all athletes and athletics participants is paramount. They acknowledge that new throws cages are costly and they have worked with specialist contractors and manufactures to develop a programme of cage modification as opposed to replacements.

A discussion took place about the UKA Athletes Facility Competition Certificate and how this is awarded. All track facilities should hold this certificate.

The Chair advised the meeting that he has sent a letter to Athletics Weekly (which is being published in the edition that is being released during the week commencing 3rd March). Dave Staines is concerned that England Athletics do not understand or indeed take on board the views and the work undertaken by Counties.

4b) Club/Committee Register Changes

Nothing to report.

5) Networking.

David Staines had recently attended an Essex Network meeting. There is a continued focus on supporting the training of new Coaches for the sport.

6) Regional Reports

Nothing to report.

7) Track & Field

Paul & Kaye Merrywest have opened up the entries for the County Outdoor Track & Field Championships. Entries have been received.

This year, County are hosting the 5k Track Championships on a Wednesday evening at Braintree AC. The 10K has previously been moved to a Wednesday evening and this had proved popular. For the 5k championships the entry limit was set at 90 (5 races) and it has sold out. There is a waiting list. There is a possibility that the entry limit may be increased.

There will be a Masters Championship race and those runners that qualify for this will have to decide whether they want to run in the Senior or Masters Championship races.

8) Cross Country

The Inter Counties XC Championships are being held on Saturday 9th March at Prestwold Hall, Loughborough.

It has been agreed that the Essex Fixtures meeting will take place on Wednesday 29th May at Chelmsford AC. Start time 7.30pm. All clubs are encouraged to attend. New XC venues are actively sought.

9) Fell Running

The Inter Counties Fell Championships is taking place at Todmorden on 11th May 2019. At a previous meeting it had been agreed that we would consider sending an Essex team and Alistair Gillan has agreed to assume the management and selection of our team and has promoted this on Social Media.

Alistair has received some interest although some of this was from people who have not undertaken a Fell race in the past.

It was agreed that our representatives should be able to demonstrate a good history of taking part in these very challenging and tough events. He feels that he has sufficient volunteers to pick a men's team but not a ladies one. He is going to consider strict criteria for selection and will get back to those that have been selected over the next couple of weeks. However, a team manager is required to be present at the event and whilst there was some interest from those at the meeting, they had other commitments that weekend.

10) Road Running

Essex Road Relays are taking place at Harwich on Saturday 16th March. It has been confirmed that both the Ladies and Male Team trophies will be returned on the day by last year's winners.

The 2019 Essex 20 Road Race Championships took place on Sunday 3rd March at Rochford. This event included an Inter County Challenge event.

Essex Winners:-

Female – Rachel Sweatt (Witham RC) 2:09:05

Male – James Connor (Havering AC) 1:46:25

County Team Trophy – Both Female and Male won by Springfield Striders.

Inter Counties Invitational Event. James Connor was first male finisher with first female Lucy Reid (Kent) in 1:59:13

Essex won both the County team events.

620 runners had been accepted into the race with 330 finishers on the day. This is despite 220 runners transferring their entries to another runner before the race day.

Feedback from Runners, County team managers was very positive. Course was considered very good and that it was a well organised event with excellent marshals. On the Essex 20 facebook site comments were all positive. Not one negative one was seen.

Combining the event with an Inter County Invitational race was considered a great idea as it improved the standard of running with 33 runners finishing in less than two hours.

Southend AC has been asked whether they will be prepared to host the 2020 event. This request will be passed to their committee for consideration.

Mike Emms mentioned that numbers were down at the Roding Half marathon event which was held on the same day. They had to place an extra 40 marshals out on the course to ensure that they met with the requirements of Run Britain (for their licence). They are thinking about changing their date to avoid a clash with the Essex 20 next year.

11) Trophies

Nothing to report.

12) Walking

A general discussion was held about how to encourage Road Runners to try out race walking.

13) Officials

Diane Wooller reported that she is still short of officials for the Outdoor County Championships. She is chasing. Reminder to all club secretaries to publicise the following Track & Field courses which are taking place at Chelmsford on 17th March 2019.

Level 1 Field 12.30pm to 4.30pm

Level 1 Track 12.30pm to 3pm

Level 1

Timekeeping 12.30pm to 3.30pm

These courses can be booked by going to the England Athletics website (<https://www.englandathletics.org/officiating/qualifications/officials-courses>). Cost of each course is £20. To complete the qualification each official has to attend a Health & Safety course, which takes place beforehand which starts at 10am and finishes at 12pm. This course costs £10.

It was also noted that when a Coach/Leader etc has to renew their DBS they now have to undertake an on line Safeguarding Course. This takes approximately one and a half hours. Cost £10.

14) Schools Liaison

The National Schools Cross Country is taking place in Leeds on 16th March.

15) Possible event for Life Members and Vice Presidents

All present felt that is a good idea and work is still in progress to identify all potential invitees.

16) Any other business

Still unable to find a venue for the proposed Road Safety course. King Edmund School a possibility. This is being investigated.

Colin Fox had contacted County to offer to sponsor the County Medals for the 400M hurdles at the forthcoming Outdoor Track & Field Championships. Gary Chandler to make contact.

At the forthcoming East London 5 Interclub series they are going to standardise the age categories for Female and Male (O40, O50, O60 and O70). It was asked whether County would consider adopting this at our events. To be considered at the next Endurance meeting.

Meeting closed at 21:07

Summary of Actions

Item	Action	By Whom
3c)	Cost of entering the 2020 County Indoor Track & Field Championships to be discussed by Track & Field sub-committee	Essex Track & Field Sub committee
9)	Criteria to be considered for selection to the Essex team at the Inter County Fell Championships with those selected to run to be advised asap.	Alistair Gillan
10)	Southend AC to consider hosting the 2020 20 Mile Race Championships.	Southend AC.
16)	Venue for the Road Safety Course	Once identified to be booked at clubs contacted by Dave Staines
16)	Sponsorship of medals for the Outdoor County 400M hurdles event	Gary Chandler to contact Colin Fox
16)	Standardisation of Female and Male age categories for County Road Events	To be considered at the next Endurance Subcommittee meeting

Meeting agenda for Monday 1st April 2019 at 7.30pm to be held at the clubhouse of Chelmsford Athletic Club, Melbourne Park, Chelmsford.

1. Apologies for Absence
2. Minutes of the meeting of 4th March 2019
3. Matters arising
Treasurers Matters
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Club & Committee Register changes
5. Networking
6. Regional Reports
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9. Road Running
10. Trophies
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14. Any other business