



Essex County Athletic Association

Minutes of the Essex AA Endurance Sub Committee Meeting held on Monday 27th January 2020 at 19:30 hours in the clubhouse of Chelmsford Athletic Club, Melbourne Park, Chelmsford.

Present:

Andy Catton (Chair) (Ilford AC), Gary Chandler Allison Gillan Alistair Gillan (Springfield Striders), Paul Mingay Diane Wooller Chris Akehurst (Colchester Harriers), Bernard Johnson Kelvin Stone (Thurrock Harriers), Bob Langley (Halstead Road Runners), Claire Levey (Ilford AC), Ron Dawson (Southend AC), Peter Eates (Phoenix Striders) Mike Emms (Woodford & Essex Ladies), Brigid Wallen Scott Darney (Witham RC), Keith Thornton (Brentwood RC), David Fewell (Chelmsford AC), Gerry O'Doherty (Billericay Striders), Anthony Knight Malcolm Bailey (Tiptree Road Runners), Michael Wilson (East London Runners), Gerry McGovern (Little Baddow Ridge Runners), Meera Rajoo-Oakley (Great Bentley R C), Tim Wolfe (Braintree & District AC).

1. Apologies for Absence

Nick Burston (Phoenix Striders), Mick Ford (Havering AC), Anthony Goodhall (Springfield Striders)

The meeting started with a brief update on the health of Dave Staines who was Chair of Essex AA for a number of years, stepping down from this role at the last AGM.

He has suffered a stroke and has been in hospital for some time. He is making slow progress, losing over three stone in weight. He is struggling, physically. However he has started to do cryptic crosswords and is eating ok with some encouragement. Once he leaves hospital he will go into a care home for six weeks to aid the recovery process before he is able to return home.

Everyone at the meeting wished Dave a speedy recovery and this message will be passed onto him. Andy Catton will be visiting Dave in hospital within the next few days.

2. Review of 2019/20 Cross Country Season and proposed changes (if any) for 2020/21.

Allison Gillan provided a resume of the season.

County host three events during the season; the relays, Vets (which incorporates the U13 & U15 Championships) and the seniors (which incorporates the U17 & U20 Championships).

The relays were held at Writtle. Hosted by Springfield Striders. 256 teams took part. The event was chip and manually timed. The results were delayed due to late declaration of the names of some of the teams. Event went to plan and no issues were highlighted. The 2020 event will be held at Weald Park, Brentwood on 3rd October (subject to final confirmation)

Vets were again hosted by Springfield Striders at Writtle. 714 entrants (2018 – 707). This year, to equalise the age with that of the Men the qualifying minimum age for the Ladies was increased from 35 to 40. Despite this the number of ladies entering fell by only 1 to 162 on last year numbers.

The numbers entering the M50 category increased whilst there was a small reduction in the M40 category. Medals were awarded in five year age groups.

Seniors took place at Gloucester Park, Basildon. 618 entered (2019- 650). 444 finished. Event was hand rather than chip timed. It had previously been agreed that all finisher's clubs would receive a refund of the entry fees which resulted in circa. £1,691 been refunded. Despite a request that clubs provide their bank details with their entries, a number failed to provide this information.

The clubs concerned were: - Benfleet, Billericay striders, Dagenham 88, East London Tri, Great Bentley, Halstead, Herts Phoenix, Ilford, Leigh on Sea and London Heathside. Can these clubs please provide their bank details to Gary Chandler at essexatreasurer@hotmail.com

For the 2020/21 season it is recommended that:-

1. No club host more than one event (to help spread the work load of organising a Championship race);
2. That only hand timing is used. Cost of Chip timing is very expensive (total cost of this season was £1,600)

Clubs are encouraged to volunteer to host these events as well as the Essex League fixtures.

ACTION ALL CLUBS. The fixture meeting is held in May.

A vote of thanks by all those present was given to Allison Gillan and Chris Akehurst and all their volunteers and support team for successfully organising all the events during the season.

3. Essex 20

The race takes place on 1st March at Rochford. Sold out sometime ago with the event only being open to Essex affiliated runners due to the constraints of the race of the number competing that the event is able to support.

All pre-race organisation has been completed. It is still possible to transfer numbers but this will close on 11th February.

Eight Counties (Essex, Kent, Sussex, Hertfordshire, Berkshire, Suffolk, Bedfordshire and Cambridgeshire) will compete in the Inter Counties Challenge race.

Springfield Striders have offered to loan their Finish banner which was gratefully accepted.

4. Essex Road Relays

The 2020 road relays will be held at Abbey Fields, Colchester on Sunday 15th March. It will be hosted by Colchester Harriers

New for 2020 will be the equalisation of veteran age categories to V40 and above for both Female and Male. Additionally a new V60 team competition will be trialled this year.

There was some discussion about the route which is expected to be a two lap course with each leg finishing on the track.

All pre-event organisation is going to plan. Entry forms have been sent to all Essex affiliated clubs. Team declarations will take place on the day.

The host club are organising a junior road relay event for U11/13/15 before the county senior champs. If successful and well supported it may lead to it being a county event next year. ve been sent to all affiliated clubs.

U17's cannot race against seniors in any Championship event although they can run in the open race where that team would not qualify for any County medals.

5. Howard Williams Trophy Results (Best Road race in Essex)

This year a total of twenty six clubs voted for their top three races (record entry). No single club received more than six nominations from all those that submitted a vote. This spread demonstrates how many races are held in high regard around the County.

The top 3 races were:-

1. Pleshey Half Marathon – 14 points
2. Hatfield Broad Oak 10k – 13 points
3. Stebbing 10 miles

Congratulations to Ian Cardy and his Springfield Striders team for winning the trophy for the third time in twelve years the trophy has existed.

Full details of all the races that received a nomination can be found on the Essex Athletics Association Facebook page.

6. 5000/10000/Mile County Track Championships

The 5k event is taking place on Wednesday 10th June – hosted by Braintree AC

10K event is taking place on Wednesday 8th July – hosted by Chelmsford AC

1 mile event – date still be decided – potentially it will take place on a Sunday in August. Chelmsford AC to host.

7. Race Day Carbon Footprint

Scott Darney (Witham Running Club) led this debate. He discussed a number of ways that Race directors can reduce their Carbon footprint at races as he feels that there is still a lot that can be done in the future.

Use of paper rather than plastic cups – Chelmsford AC used sea weed pods at their recent 10k. Runners were unsure how to use these (instructions were provided in the pre race literature) but they are very expensive (42p each)

We should encourage manufacturers to produce smaller bottles (exiting bottles provide more water than a runner requires).

Clubs should encourage competitors to travel to races using public transport, providing details on how to get to races by train/bus in the pre race information pack.

It was suggested that all clubs that host a County event should meet a minimum environmental standard which needs to be agreed by all clubs.

Scott has a number of ideas and he will email all clubs with his suggestions. Item to be included on the agenda at the next Endurance meeting.

8. Course measurer update

This has been discussed at previous meeting. Clive Hopkins has undertaken this role for a number of years but has decided that he will retire. A new volunteer is urgently sought. Three people had previously expressed interest although no one has qualified. A member of Halstead Road runners had undertaken the training but regrettably did not pass the final exam.

Fees can be charged to carry out this duty and car mileage reimbursed. For more details please refer to the following website:-

<http://coursemeasurement.org.uk/index.htm>

ALL CLUBS ARE ASKED TO SPEAK TO THEIR MEMBERSHIP TO ENCOURAGE THEM TO CONSIDER VOLUNTEERING FOR THIS ROLE. WITHOUT A QUALIFIED RACE MEASURER IN THE COUNTY THIS WILL CREATE PROBLEMS FOR ALL RACE DIRECTORS. IT IS A REQUIREMENT THAT ALL NEW COURSES OBTAIN THE APPROPRIATE CERTIFICATION WHICH NEEDS TO BE RENEWED EVERY TEN YEARS.

9. Any other business

Gerry O'Doherty (President Essex AA) presented Andy Catton (outgoing President) with a shield to commemorate his service to the County during 2019. Andy's support was thanked. It was mentioned he attended virtually every County event during the year.

Entries for the Essex 10 (hosted by Witham RC on Sunday 3rd May) are open. Already the race is nearly 50% full. If runners are considering entering they are encouraged to do this soon to avoid disappointment.

Witham RC has also obtained lottery funding to organise a 5k road race. This is likely to take place in either July or August. It was suggested that if this was a success, that County might want to consider making this a Championship Grand Prix event in 2021. This will be considered at the next Endurance meeting.

There was a brief discussion about the debate about the Nike Vaporfly shoes. These are likely to be banned by IAAF.

Meeting finished at 20:37