



Essex County Athletic Association

Minutes of the Essex AA Endurance meeting held in the clubhouse of Chelmsford Athletic club, Melbourne Park, Chelmsford on Monday 30th January 2023 at 19:30 hours.

Representatives from all Essex AA 51 affiliated clubs were invited. Eleven clubs were represented.

Participants:

Andy Catton (Ilford AC) (Essex AA Chair), Gary Chandler (Springfield Striders), Malcolm Bailey (Tiptree RR), Gerry O'Doherty (Billericay Striders), Diane Wooller (Colchester Harriers and Essex AA Officials Secretary) Paul Mingay (Colchester Harriers), Allison Gillan (Springfield Striders), Richard Charleston (Chelmsford AC), Claire Levey (Ilford AC), Michael Wilson (East London Runners), Scott Darney (Witham RC), Bernie Johnson (Thurrock Harriers), Kelvin Ball (Thurrock Harriers), Elaine Forrest (Brentwood Beagles), Mark Lawes (Tiptree RR), Tom Beedell (WGEL).

1. Apologies for Absence

Ron Dawson (City of Southend AC), John Clarke (Mid Essex Casuals), Nick Wetheridge (Basildon AC), Joe Everitt (WGEL)

2. Cross Country – review of the 2022/23 season to date.

Allison Gillan (County XC Secretary) provided a report on the three County Cross Championship events that have taken place during the current season:-

- Cross County relays.

These took place on 24th September 2022 at South Weald County Park. This year, chip timing was used for the first time with teams being declared before the day of the race. ATW organised the event and this went very well. Excellent venue; although, costly to hire – approx £1200. Some changes to the 2023 event are being considered including team managers being given a week to declare their teams after the event, before results being sent to Run Britain (this process will be used at the 2023 Road Relay champs) and the format of the mixed teams

- Vets

These took place at Writtle University. There were three races on the day:-

- V40 Ladies

- V40 Men

- V50 Men.

Over the last few years the U13 and U15 championships took place on this day but it was decided that these would take place on the same day as the Senior Championships.

Again the championships were chip timed. Day went well. No issues highlighted.

- County Championships for all age groups.

These took place at Gloucester Park, Basildon on 7th January 2023.

Entries in some of the events were up; in the U13 and U15 categories these increased by between 30-50% on the previous championships which was pleasing as these were combined with the Senior championships rather than included on the Vets day (see above). Some races were down, notably the Senior Women (20%) and the U20 Women (25%), although the later only had 6 entrants and this race was combined with the U17 men.

Championships went well with a positive feedback received; comments received included 'Best Championships for years'.

The event was chip timed which helped with announcements of results. These were timetabled and adhered to.

One issue noted with the chip timing system was that once a club had a full team finish it discounted further runners from that club completing a second team from the team championships. This happened in the U15 girls but this was noted before the results were declared and a manual calculation was undertaken. We will need to monitor this at the forthcoming Road Relays in April.

County team managers were able to offer invitations to the Inter Counties Championships on the day. It was felt that we did not need manual time keeping but funnel officials are a necessity to ensure that runners kept line at the end of the race.

The nearest refreshments were at the Basildon centre which was not close to the course. Basildon AC will try and arrange a mobile van next year, they tried this year but the charge that was being quoted by the Basildon centre was very high.

Other issues debated:

- Agreed that we would keep the Vets and Senior (all age groups) Championships on separate days.
- Review will take place on how we can streamline the entry procedures. This was a lengthily process this season with team managers having to populate a number of boxes for every entrant.
- We did not ask whether entrants were Essex qualified on the entry form and this needs to be included on the 2024 form.
- A comment was made that it was disappointing that the U20 women's race was held in conjunction with the U17 men. This was acknowledged although with only 6 women racing it was felt that combining the race made sense.

Finances

Gary advised that

- Relays - lost approx £900 (due to the cost of chimp timing and venue)
- Vets - made a profit of circa. £350 (venue cost at this event £300)
- Main championships – made a profit of £3,200 (venue cost at this event £600)

Provisional dates for 2023/24 season championships

Weald Park (Relays)	23 rd September 2023
Writtle (Vets)	2nd December 2023
Main Champs	6 th January 2024.

Many thanks to our host clubs for organising the events.

Allison was thanked together with her support team for all their hard work over the season.

3. Howard Williams Trophy

Awarded to the 'Best Road Race in Essex' each year by the clubs affiliated to County.

Of the 51 eligible clubs that could vote, 18 responded. All clubs were chased on two separate occasions. Each club voted for their top three. 3 points awarded for their first choice, 2 for second and 1 for third.

The top four nominations were:-

Place	Event	Points Received
1st	Billericay 10k	15
2 nd (joint)	Stebbing 10 miles	11
2 nd (joint)	Witham 10 miles	11
4th	Hatfield Broad Oak 10k	8

Thank you to the clubs that voted and congratulations to Billericay Striders for winning the trophy. The trophy was presented to Gerry O'Doherty at the meeting.

Debate took place as to whether we should continue to award a trophy for the best road race in Essex. Over the last few years, not all clubs vote although we acknowledge the reasons. For instance not all clubs compete in road races and the geographical spread of the events means that runners will only compete in a few of the events.

Other scoring systems were suggested and Scott Darney agreed to propose a new voting procedure in time for the 2023 award.

4. Essex 20

This is taking place on Sunday 5th March 2023 at Debden Airfield, Carver Barracks, Saffron Waldon. The race was held here for the first time in 2022 and it went well.

As last year, the event is being organised by Active Training World.

To date, we have received 278 entries.

This will include an Invitational Inter Counties championships, where so far Essex, Cambs, Sussex, Norfolk, Suffolk and Hants will be sending teams. Waiting for other counties to respond

Inter County champs declarations will need to be received a week before the event.

Essex – three men have accepted invitations (Scott Cousins, Peter Robinson, Paul Molyneux) with one place to fill

Invitations have been sent out to Essex ladies but to date, no acceptances have been received. Selections for the Essex Inter Counties team will be taken over by Gerry O'Doherty as Gary Chandler will be out of the country as he is working abroad.

The trophies for the team and individual prizes will be returned although we are still trying to contact Hedi Hogan - Steele who holds the ladies trophy. Paul Mingay has agreed to arrange to contact Hedi through her club, Colchester Harriers.

The race continues to be published via social media sites.

5. Essex Road Relays

These are being hosted by Colchester Harriers on Sunday 16th April 2023. Venue Northern Gateway Leisure Park, Colchester. It will be 'chipped' timed.

This is the second time these championships are being held at this venue after a very successful inaugural event in 2022.

Entry forms have been sent to all clubs.

The Race Adjudicator last year was the Suffolk team manager and he was impressed with the facilities and approached Essex to ask whether we would be happy to incorporate their championships with ours this year. We agreed to this request.

There will be 5 races

- U13, U15 and U17 girls (3 legs of approx 1.6miles) – start time 10am
- U13, U15 and U17 boys (3 legs of approx.1.6 miles) – start time 10.45am
- Open Women, V40, V50, V60 Women and Non affiliated Women (3 legs of approx. 3miles) – start time 11.30
- V40, V50 and V60 Men ((3 legs of approx. 3miles) – start time 1.15pm
- Open Men and Non affiliated male team (4 legs of approx 3 miles) – start time 3pm.

Team declarations will not need to be submitted before the day. Team managers will be sent a link, post event, whereby it will be their sole responsibility to enter runners' details correctly. Team managers will have one week to submit details before the results are finalised and sent to Run Britain.

It is hoped that medals will be presented, shortly after each race.

A suggestion has been made by Scott Darney that the route that we used last year is reversed which will mean that the finish will be along the long straight. This was the route used by ATW (who are providing the chip timing for the event) at an event that they hosted last year.

Paul Mingay will discuss this with Richard Pickering at Colchester Harriers.

Senior Ladies trophy is held by Colchester Harriers.

Malcolm Bailey to contact Havering AC to ask that they return the Senior Male trophy.

6. Dates for the track 10k and 5k County Championships.

Andy Catton, offered on behalf of Ilford AC to host the 5k championships at Cricklefields Athletic Stadium, Ilford.

It is the clubs 100th anniversary this year and the event will be part of their celebrations.

A different night to a Wednesday was suggested

This was supported by those present and will be referred to the Executive committee for approval.

It was suggested that the 10k championships be hosted at Braintree track. Scott Darney agreed to contact Braintree.

Richard Charleston asked whether the County would be happy to support, incorporating an Essex one mile championship event (for all age groups) at their 'miles of miles' event in the summer. Date agreed 24th June 2023.

The only cost to Essex would be the medals.
In principal this was agreed by those present at the meeting.

9. 2023 Grand Prix update – dates provisional

5k – Colchester (11th August)
5 miles – Pleshey (23rd June)
10k – Southend (1st October)
10 miles – Tiptree (8th October)
Half Marathon - Pleshey Half (10th September)
20 miles – Carver Barracks (5th March)
Marathon – Halstead Marathon (14th May)

10. Grand Prix medals for 2022

Our grand prix medals stock was exhausted in 2021. We have been discussing what we should award for the top 3 in each age category.

Both Scott Darney and Andy Catton will chase up companies that they have contacted in order that we can discuss this at next week's Executive meeting.

Wooden medals were suggested as an alternative.

11. Any other business

Richard Charleston has been approached to ask whether he could circulate a survey to clubs on 'How they should act in the face of a Transgender or DSD athlete wishing to compete in Women's events'. This will be discussed at next week's Executive meeting

We have been asked to advise clubs that Simon Mennell (EA Coaching Co-ordinator) is happy to assist clubs with the development of their coaches. He has supported a number of clubs in Essex and his contact details can be found on the internet.

Meeting closed at 20:31.