



Essex County Athletic Association

Minutes of the Essex AA Executive meeting held in the clubhouse of Chelmsford Athletic club, Melbourne Park, Chelmsford on Monday 3rd April 2023 at 19:30 hours.

Participants:

Andy Catton (Chair), Gerry O'Doherty (Vice Chair), Allison Gillan (President), Malcolm Bailey (Secretary), Claire Levey, Ray Pearce, John Weir, Ron Dawson, Chris Akehurst (President Elect), Scott Darney, Elaine Forrest, Rick Thompson, John Clarke, Diane Wooller, Peter Bates, Paul Mingay.

1. Condolences to families who's loved ones who had been active participants in Essex Athletes over the years.

Andy Catton sadly advised the meeting of the death of Phyllis Winger (nee Perkins), who was Ilford AC's first Olympian.

Phyllis was an exceptional athlete whose achievements would have made her a 'superstar' in today's world. She held the world record at 1500m, 3000m, two miles and won national titles on the track and country during the 1950's. At major championships, she was fourth in the 1962 Commonwealth Games at 880 yards, ran in the 1962 European Championships and took part in the 1960 Rome Olympics.

Our sincere condolences were sent to the family of Phyllis. Andy Catton attended the funeral representing both Ilford AC and Essex AA.

A minute's silence was held in remembrance of Phyllis by those present.

2. Apologies for Absence

Gary Chandler (Treasurer), Hayley Hemmings, Kaye & Paul Merrywest, Linda Bates, June Cork, Jean Tierney, Mike Wilson

3. Minutes of the last meeting of Monday 6th February 2023.

The minutes of the meeting on Monday 7th February 2023 were **approved** as a true record of that meeting.

Proposed: Claire Levey

Seconded: Elaine Forrest.

4. Matters Arising from last meeting.

Agenda Item	Matter	By whom
8.	Representative required to fill the position of Essex rep on the EA East Regional meetings	Position still vacant
9.	Essex 5k track championships	Proposed that these Championships will take place on 16 th June 2023 at either Ilford AC or Woodford Green with Essex Ladies.
9	Essex 10k track championships	These championships will take place at Braintree AC on 28 th July 2023.
9.	Track Relays	These championships will take place at Chelmsford AC on 14 th July 2023.
9	Officials /Volunteers needed to support the Outdoor County Track & Field Championships – weekend 13/14 May 2023	See Track & Field, below.
12..	2022 Grand Prix Awards	These have now been sourced to accommodate 2022, 23 & 24 awards. Proposed that we will start to award these at the forthcoming 5k Road Relay Championships which are being held at Northern Gateway, Colchester on 16 th April 2023.
14.	County Trophy Secretary	Position still vacant. Andy Catton has agreed to prepare a Job Description.
15.	County Walking Secretary	Position still vacant.
18.	Use of Mailchimp to improve communications within the County between athletes/coaches/parents/County Team Managers	Still to be actioned.
19,	County Kit	Carried forward to next meeting on 5 th June 2023
21.	Survey- re Transgender or DSD athlete wishing to compete in a Women's event.	Survey sent to all club secretaries. However, events have overtaken this following the recent announcement by the World Athletics Council to ban Transgender females from competing in International female events.

5. Treasurer's Report

Gary Chandler was unable to attend the meeting.

Prior to the meeting he asked that the following matters be covered.

Indoor Track & Field Championships

A total turnaround of an event which, historically broke even if we were lucky. Essex made a profit of £5117 which will reduce to c £3000 when we receive the Lee Valley invoice.

Accounts – please see appendix 1.

2020 and 2022 accounts are shown for comparison, where we made £1044 and £291 respectively.

Only other cost is the medals used - and this cost £327.

Eastern also have gone from a £557 loss last year to £1500 profit.

(Following the meeting, the invoice from Lee Valley was received – hire charge £2,975)

The County's affiliation fee to England Athletics of £150 has been paid.

6. a) Correspondence

Nothing to report

b). Club & Committee Changes

One change – new club secretary at Loughton AC – Zoe Oldfield. Updated club secretary list will be sent out with the minutes to all clubs.

7. Networking

Essex U15 girl's team and U15 athlete joint winner, Amelie Scott qualified for the National finals that took place on Saturday 1st April at Fenton Manor Sports Complex Stoke. Both finished an excellent second at the finals. Well done Team Essex and Amelie.

8. Regional Reports

London – Next meeting taking place, virtually on Wednesday 5th April 2023. Andy Catton will attend. (Subsequently advised that this meeting was for elected council members only so Andy was not able to attend)

East – We still have a vacancy for an Essex representative to attend these meetings.

9. Track & Field

Track & Field committee meeting held on Monday 13th March. Minutes are posted on the County website and a copy has been sent to all club secretaries.

Question was asked whether County could purchase some ipads to assist County officials at the Track Championships – utilising profits generated from the recent Indoor Championships. Number of ipads needed to be considered.

Purchase proposed by Rick Thompson. Seconded by Elaine Forrest. All present at the meeting supported the acquisition.

Outdoor Championships will take place over the weekend of 13/14 May.

It is hoped that Chelmsford track will be ready, by this date. The track is undergoing a refurbishment. If the track is not available we will have to move to another venue. Southend is being considered. Initially, Woodford Green was an option although we were advised that it would not be available on the Sunday. Rick had spoken to members of Woodford at a recent track meeting and they mentioned that they thought the facilities would be available on that day. We are to investigate further.

Ron Dawson mentioned that there is no pole vault at Southend and that some of the hurdles are in need of urgent repair. He is keeping this under review.

Elaine Forrest reported that, to date, 228 entries had been received. Closing date 23:59 pm Wednesday 3rd May 2023. Clubs are asked to promote these championships with their membership.

Due to the lack of walking judges, there will currently not be any walks on the programme, this year.

There is the possibility that a combined Middlesex, Hertfordshire, Kent & Essex championship event may take place in 2024.

5k & 10k track championships. Elaine has agreed to set up the entry on Roster. When entries are open, a note will be sent to all club secretaries and publicised on Social Media.

There was mention that the Miles of mile events (which will incorporate an Essex Championship event) may not yet have a licence. (Subsequently confirmed that a licence has been obtained)

10. Cross Country

Provisional date has been set for the Essex XC League fixture meeting – Wednesday 17th May 2023 at Chelmsford AC, start time 7.30pm.

Dates for 2023/24 County championships

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

At the recent Inter Counties XC championships, Team Essex performed exceptionally well winning team gold in U13 girls and U17 boys. With special mention to:-

U20 Women – Megan Harris 1st
U17 Men - Sam Plummer 2nd
Henry Dover 3rd
U15 Girls Olivia Forrest 4th
U13 Girls Summer Smith 6th
U13 Boys George Watkins 4th

Our thanks go to team managers –Paul Bailey and Phil Oatham for organising the Essex teams, a role which they have undertaken for a number of years. A recommendation that we should nominate them as Volunteers of the year at the next England Athletics awards was strongly supported.

Scott Darney mentioned that we should publicise on Social media and in the Press the success of Essex athletes. Should the role of a Press Secretary be created? Possibility of people taking responsibility for the different disciplines and reporting in to the press secretary was discussed. Volunteers sought.

11. Road Running

A member of Tiptree Road Runners has contacted County to raise concerns about the date of birth for the Grand Prix not being fixed for the start of the year. Currently, when an athlete moves up an age group, they also move up into the next Grand Prix band. This has been discussed in the past and whilst it was agreed that it was not ideal; due to the manual calculation and time consuming process already required to work out the tables that this rule would remain in force for 2023.

Agreed, that the issue will be discussed at the next Endurance subcommittee meeting in October. In advance of this meeting, Andy Catton has approached Martin Clarke (Ilford AC & Harwich RR) to ask whether he could write a programme to administer Grand Prix points and cater for vets in the 5 year age categories to remain in their age group that they started at the beginning of the season. Martin has agreed to write the programme which possibly could be used at the end of the current season and he may agree to administer in 2024.

- Essex Road Relays

These are being hosted by Colchester Harriers on Sunday 16th April 2023. Venue, Northern Gateway Leisure Park, Colchester.

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.

Entry now closed. Entries received into the Essex championships as follows:-

Race 1 - 34 teams

Race 2 – 31 teams

Race 3 – 43 teams

Race 4 – 44 teams

Race 5 – 27 teams

Entries are now open for the following races that incorporate the County Championships

- Halstead Marathon 14th May
- Pleshey 5 23rd June
- Tiptree 10 8th October

Pleshey 5 is selling out fast and athletes need to enter to avoid disappointment.

Since the last committee meeting a question was raised about selection criteria for the various Inter Counties Invitational Road Races.

Gary Chandler has proposed that selection be based upon the following:-

Road

Currently there are 3 Inter county events:

1. Essex 20m - hosted by Essex
2. Southern Countries 10km - hosted by Sussex
3. Eastern Counties 10km - hosted by Cambridgeshire

10km events

For both the 10km events, Essex AA will nominate (where possible) a selection race to be held within Essex ideally within the 4-6 weeks prior to the respective Intercounty event. The selection race will be over the 10km distance (or 5m if there is no suitable 10km event).

The first 3 Essex qualified finishers (male and female) at the selection event will be automatically offered selection to run for Essex at the Intercounty event. The Essex AA team manager will, in addition, have a discretionary 4th selection.

Where any of the 4 selected athletes decline the invitation to run then the Essex team manager will consider further athletes using the following factors:

1. Performance in the selection race;
2. Performance in other races in the prior 3 month period;
3. Performance in the previous Essex 10km championships;
4. Individuals (or their coaches) that actively asked to be considered for selection.

20 Mile event

20 miles is a unique distance where no obvious selection race exists in the current local race calendar. Therefore, the Essex AA team manager will take into account the following when selecting the team:

1. Performances in the prior two months at half marathon distance or above. Locally this would currently include:
 - a. Benfleet 15
 - b. Great Bentley Half Marathon.
2. Where an individual races at half marathon or above outside Essex the onus will be on the runner (or their coach) to make the Essex AA team manager aware and ask for that performance to be taken into account.
3. Individuals (or their coaches) that actively ask to be considered for selection.

Role of the selected athletes

It is expected any athlete that is offered selection:

1. To respond promptly to the invitation
2. To give the Essex AA team manager as much notice as possible if withdrawing from the team
3. To give an honest assessment of their readiness to race at the respective distance (especially relevant for the 20 mile event where it is not uncommon for someone racing a half marathon to not necessarily be training for longer distances).

(Note to clubs – although not mentioned at the meeting – 2024 Essex 20 mile championships will take place Sunday 17th March 2024 at Carver Barracks. To ensure that the event will be commercially viable for the company organising the event, it is likely that there will also be a 5k and a 10k event taking place on the same day (the latter two WILL not be County Championship events).

12. Grand Prix Awards – 2022

As previously mentioned, these have now been sourced and will be presented at the forthcoming Essex Road Relay championships.

13. Fell running

John Clarke advised the meeting that the 2023 Senior British Inter-Counties Mountain Race is being held at Sedbergh (Cumbria) on Sunday 7th May. He is in the process of contacting athletes to invite them to represent the County at these championships. Hopeful, that Essex will enter two teams.

John has put together a selection policy for this and future Inter County events as follows:-

Essex Fell Running Team

Policy for Selection for racing in the Senior British Inter-Counties Mountain Race.

The Essex Team can comprise up to **four competitors**, except that a fifth runner may be included if at least one of the team is under 23 (i.e. born on or after 1st January 2001 for the 2023 event). The minimum age is 18 on 31 December 2023 (i.e. born on or before 31st December 2005 for the 2023 event). Only the fastest **three** team members in the race will 'count' for the team during the event.

Fell running is a unique sport where no obvious selection race exists in the current local race calendar. However, 'The Orion 15', a tough 15 mile cross country event in Essex will be used as the basis of a 'Selection Race'. The first 2 Essex qualified finishers (male & female) at the selection event will be automatically offered selection to run for Essex in the fell running Intercounty event.

The Essex AA fell team manager will, in addition, have discretion in the selection of the rest of the team.

Team selection will consist of athletes with **fell running experience** alongside introducing other athletes with a strong cross country background. Therefore Essex AA members who have raced well in a previous Senior British Inter-Counties Mountain Race will be considered alongside, others who can provide experience of fell racing at an equivalent standard.

The Essex AA fell team manager's decision on selection is final.

John was thanked for his time organising the County team.

14. Trophies

We are still seeking a volunteer to take over the role of Trophy Secretary from Susan Edwards.

Susan has kindly agreed to send out the requests for the current main T&F championship trophy holders to return on 13th or 14th May. Andy Catton will temporarily administer.

The new 5k Ladies trophy, (a bespoke design created by Cassidie Alder - Woodcarver and Gilder) has been presented to Charlotte Bishop of Basildon AC, the 2022 winner and will now be presented every year to the womens' 5000m champion.

15. Walking

This post is vacant on the Executive committee and a volunteer to take over this role is sought.

16. Officials

Officials continue to be sought to support the Outdoor Track & Field Championships that are taking place over the weekend of 13/14th May.

In addition, volunteers are sought to help out with a number of administrative roles over the weekend. If anyone is able to support, either both or either day can they please contact Rick Thompson on rickthompson457@hotmail.co.uk.

A question was asked how successful was the recent officials and volunteers day that was hosted by Havering AC. Andy Catton will follow up.

17. Proposed new County website

Good progress is being made and the structure for the new site is in place. The information on the existing site needs to be transferred to the new site. Scott Darney to contact the web designer.

18. County Kit

To be carried forward to next meeting.

19. Updating the Essex County Constitution.

Work has started on this and this will now be carried forward to the next meeting.

20. Schools Liaison

Congratulations to all those that took part in the English Schools Cross Country finals.
A fantastic turn out for Team Essex

Team results with over 40 counties taking part in each race:-

Junior Girls 4th and winners of the Lockhurst Lane trophy

Junior Boys 4th and winners of the Stedman trophy

Intermediate Girls 14th

Intermediate Boys 3rd

Senior Girls 15th

Senior Boys 22nd

Individual performances

Sam Plummer won the Intermediate Boys title

Olivia Forrest finished third in the junior girls event with Daisy Stollery 9th, in the same race.

All three went on to Sefton Park to represent England in the SIAB International.

Sam finished 1st and Olivia 2nd in their events, with Daisy taking part in the junior relay.

Well done to Sam, Olivia and Daisy.

21. Any other business

It was agreed to change the date of the next Track & Field virtual meeting that was planned to take place on 31st July to 26th May. All track & field clubs to be advised

Scott Darney gave a brief update on the 5k road championships that are taking place on 11th August; agreed that Essex medals in all age categories will be based on times irrespective of which race athlete runs in.

22. Date of next meeting

Monday 5th June 2023 start time 7.30pm. To be held at Chelmsford AC Clubhouse.

Time meeting finished 20:39

Summary of Actions

Agenda Item	Matter	Action required	By whom
4	Representative required to fill the position of Essex rep on the EA East Regional meetings	Volunteer sought	All clubs to approach their membership
4.	County Trophy Secretary	Volunteer sought to fill this vacancy; Job Description to be written	Clubs to speak to their membership; Andy Catton to write JD
4.	County Walking Secretary	Volunteer sought	Clubs to speak to their membership
10	Outdoor Track & Field Championships	Monitor position re the refurbishment of the track at Chelmsford. Will it be available for the weekend of 13/14 May. Otherwise alternative venue needs to be arranged	Track & Field committee
10	Track 5k and 10k championships	Entries to be set up on Roster. Once open, notification to be sent to clubs	Elaine Forrest, Malcolm Bailey
10	County Press Secretary	Should we create a post	Continue discussions at next meeting.
15	Walking Secretary	Volunteer sought	All clubs to approach their membership
16	Officials and volunteers day at Havering	How successful was this day	Andy Catton to follow up
17.	Volunteers needed to support the Outdoor Track & Field Championships taking place 13/14 th May	Volunteers need to support either both or either day.	All interested volunteers to contact Rick Thompson on rickthompson457@hotmail.co.uk
22	Track & Field committee meeting	Date changed from 31 st July to 26 th May	Malcolm Bailey to contact all clubs.

**Draft Agenda for the next Executive Committee meeting to be held at the clubhouse
Chelmsford Athletic Club, Melbourne Park, Chelmsford on Monday 5th June Start time
7.30pm**

1. Apologies for Absence
2. Minutes of the previous meeting – Monday 3rd April 2023
3. Matters Arising
4. Treasurer's Report
5. Correspondence
Club & Committee Register Changes
6. Networking
7. Regional Reports
8. Track & Field
9. Cross Country
10. Road running
11. Update on 2022 Grand Prix medals
12. Fell running
13. Trophies
14. Walking
15. Officials
16. Update on new County website
17. County Kit
18. Updating the Essex County Constitution
19. School's Liaison
20. Any other business
21. Date of next meeting – Monday 3rd July 2023.

