

## Essex Endurance Meeting Minutes

29<sup>th</sup> April 2019

### Attendees

Dave Staines, Gary Chandler, Allison Gillan, Alistair Gillan, Keith Thornton, Brigid Wallen, Andy Caton, Mick Emms, Paul Mingay, Gerry O'Doherty, Ron Dawson

### Essex 20

Race held at the new venue of Rochford for the first time and went well. There was a high quality field at the front of the race, boosted by 8 counties taking part in the Inter County Match, producing some fast times. The race adjudicator report from Diane Wooller has not yet been received so Dave Staines will chase this up to determine if there are any aspects of the race that need amending.

**Subsequent to the meeting Dave Staines has acquired a copy.**

There was a c50% drop out rate this year with 330 finishers from 620 entries which included over 200 runners transferring their number. There were only 18 unaffiliated runners in the race. Financially the race worked with the carry over from the 2018 race (cancelled due to snow).

Proposed changes for next year:

- Limit the number of entries to 500 (100 of which will be for the Inter Counties) due to the size of the hall, traffic etc
- Due to the 25% reduction in entries the following additional changes were proposed to maintain the Essex Champs
- Make race EA affiliated Essex Qualified runners only
- Entry fee to increase from £6 to £10

Date of next race is 1<sup>st</sup> March 2020.

### Road Relays

Martin Clarke has provided a good write up about the road relays at Harwich. Martin has stood down as race director but is prepared to mentor a new race director if one can be found – there is a meeting in June to decide if Harwich will host the road relays next year and who will be RD.

Harwich had suggested 3 changes they would like to see to the race format to move the event forward:

1. The Open race should include younger athletes

Under 20s can run in the senior men's race provided they meet county qualifications.

There was considerable discussion about U17's being included in the race – they are able to compete in the Open race but not the County champs. If U17's did want to be included in the Champs there would need to be a separate race – in the past the younger age groups have been poorly supported and this would also make the day much longer.

The committee agreed this suggestion would not be considered further.

2. Essex qualification to be based on birth/residency but to also include athletes affiliated to Essex clubs (who may not necessarily be affiliated to EA)

Rule 21.S1 states that Essex AA is affiliated to EA and licenced through it. The rules state that individuals must be affiliated with the national association which is stated as England Athletics (not ARC).

The committee decided that as the rules are quite clear about affiliation this change would not be considered further.

3. Consideration be given to gender equality within the vets categories

This was considered as a separate point during the meeting and was approved.

Alternative hosts and venues need to be considered in the event that Harwich decide not to host in 2020. **Subsequent to the meeting Harwich Road Runners have confirmed they will no longer be hosting the road relays and so a new venue needs to be found.**

### **2020 Grand Prix Races**

As had been raised at an earlier subcommittee meeting Witham RC would like to host the 2020 10m champs as part of their May Day 10 race but this is only 6 days before Halstead marathon (the traditional county marathon champs). Halstead had been approached about moving the date of their race in 2020 so both can be accommodated but had declined over concerns of possible clashes with other events and possible hotter temperatures later in May. It has also been the same 2<sup>nd</sup> weekend in May since the race began. Witham could not consider moving their race to the bank holiday at the end of May as their race is known as the Witham May Day 10.

The alternative is for the county marathon to be included within the Chelmsford marathon in October and Brigid Wallen had approached Mark Benham from J's Hospice and received confirmation that they were keen to host the champs. There was some discussion on the pros and cons of this. The decision on the night was that Gary Chandler would speak to Halstead about their marathon date and Brigid would inform J's Hospice that this was still under consideration and the decision to go with the Chelmsford marathon was provisional at this stage.

The proposed races are as follows:

5m – Braintree 5 or Pleshey 5 - TBC

10K – Chelmsford 10k (Chelmsford AC)

10m – Witham 10 (Witham RC)

½ marathon – Pleshey (Springfield Striders)

20m – Rochford (Southend AC)

Marathon – Halstead or Chelmsford Marathon – TBC

### **Cross Country Season**

The Essex League fixture meeting combined with the county champs will be held on Wednesday 29<sup>th</sup> May at 7:30pm at Chelmsford AC clubhouse

### **Equalisation of Vets Categories**

This has been raised by ELVIS series committee and by Harwich RC. The proposal being to raise the women's vets categories to match the men and start at age 40 – this is for endurance events (road and cross country). T&F still remains at 35 for both men and women at this time.

There was a unanimous vote to equalise the vets categories and for the categories to be in 5 year blocks for road and cross country. The cross country changes will take effect from September 2019 and road from January 2020. For relay races (road and XC) the age groups will remain in 10 year blocks.

### **Road Safety Course**

DS has now found a venue but has been unsuccessful in getting a reply from the course organiser and will continue to chase.

### **Chip Timing**

Consideration has been given to the county purchasing its own chip timing system but the biggest disadvantage is that someone would have to be responsible for the system and know how to operate it. It was agreed that we would continue to pay for chip timing as and when required.

### **AOB**

GC advised that the 5000m champs in June is sold out with 100 entries. It had been suggested that runners can only enter either the Open or Vet's champs and not both. It was agreed that the event should be the same as other endurance events in that if a vet runner is good enough they can win both categories and win both medals.

The champs will be split into 5 races – 1 women's race and 4 men's races seeded according to time.