



Essex County Athletic Association

Minutes of the Essex AA Endurance Sub Committee Meeting held on Monday 21st October 2019 at 19:30 hours in the clubhouse of Chelmsford Athletic Club, Melbourne Park, Chelmsford.

Present:

Gary Chandler (Chair) Allison Gillan Stuart Darney Antony Goodall (Springfield Striders), Nick Rankin Clive Hopkins (Benfleet RC), Paul Mingay (Colchester Harriers), Diane Wooller (Colchester Harriers/ County Officials Secretary), Bernie Johnson (Thurrock Harriers), Mick Ford (Havering AC), Bob Langley (Halstead Road Runners), Claire Levey (Ilford AC), Ron Dawson (Southend AC), Nick Burston (Phoenix Striders), Mike Emms (Woodford & Essex Ladies), Brigid Wallen Scott Darney (Witham RC), Nick Wetheridge (Basildon AC), Brian Harding (Brentwood RC), David Fewell Richard Charleston (Chelmsford AC), Malcolm Bailey (Tiptree RR)

1. Apologies for Absence

David Staines (Thurrock Harriers), Gerry O'Doherty (Billericay Striders).

2. 2020 Essex 20

As at the date of the meeting 425 have entered out of a total entry of 450. Clubs are asked to remind their members that if they wish to run they need to enter quickly to avoid disappointment. Inter Counties Invitational race; 7 Counties have entered (2 down on last year – both Norfolk and Hertfordshire will not be sending a team). Organisation is going to plan. Diane Wooller will be the Race Adjudicator.

3. 2020 Road Relays

These are taking place on Sunday 15th March 2020. (in the past this event has been held on a Saturday). It will be a two lap course, starting and finishing on the track. Considered to be an excellent spectator course. Chip Timing will not be used. A proposal was discussed to include V60's (in addition to V40 and V50) County team medals (both Female and Male). This was carried by a majority vote.

4. 2019 Cross Country relays

Allison Gillan reported that the recent XC relay championships at Writtle University College were very successful. 863 runners entered with 751 taking part.

Finishing times for teams have been published but not individuals because there were some timing differences between an athlete finishing and the next runner starting at the handover. This meant that if times were added together for each runner it will not marry up with the final finishing time for each team.

Following the event, a small number of questions were raised, which were resolved.

Cost of chip timing is expensive and in fact manual timing would have resulted in quicker results on the day. It has been decided that the 2020 event, will be manually timed.

Next year's event will be held at Weald Park, Brentwood on Saturday 3rd October. The Brentwood Parkrun course will be used.

The 2019 U13, U15 and Vets Ladies and Men will be held on 30th November at Writtle University College and the Seniors, U17 and U20 at Basildon on 4th January 2020.

For the Seniors race (only) a refund will of the entry fee will be made to the clubs of the runners that complete the course on the day. The refund will only be made by Electronic Bank transfer and clubs will be asked to provide the relevant bank details on the entry form (only one refund per club even if multiple entries).

5. 2020 Grand Prix series

A proposal was discussed to include the results from Road Relays into the Grand Prix series. This would be calculated on the times achieved by the individual runner. This would increase the number of Grand Prix events to 7. This proposal was rejected although it was agreed that the overall team results would be included in the Team Grand Prix series.

The 2020 Grand Prix fixtures are:-

Event	Date	Venue
5 Miles	26 th June	Pleshey
10k	15 th November	Chelmsford
10 Miles	3 rd May	Witham
Half Marathon	20 th September	Pleshey
20 Miles	1 st March	Rochford
Marathon	10 th May	Halstead

Host clubs are reminded that each event should be opened up to Essex affiliated runners two weeks before the general entry.

6. 2021 Essex Marathon Championships

A proposal was received to consider the Chelmsford marathon as the 2021 County Championship event. The 2019 event took place the day before this meeting and good reports have been received on how the race went. It is organised by Essex affiliated group, Rogers Runners.

The Essex Championship marathon has been hosted by Halstead Road Runners for a number of years, the majority of the time it was the only road marathon in Essex. During this time, they have raised a considerable sum of money for charities. They have been rated in the top 5 marathons in the UK over a number of years and have always hosted an excellent event for the County.

Whilst there was some support to consider the Chelmsford marathon it was agreed, by a strong majority vote to continue to hold the marathon championships at Halstead.

7. Howard Williams Trophy

This is for the best road race in Essex and is voted by all affiliated clubs in the County. The voting papers will be sent out shortly to all clubs and everyone is encouraged to canvas their members and submit their nominations for the top 3 races.

In the past, clubs were able to vote for themselves but this time it has been agreed that this will not be allowed. ALL CLUBS PLEASE NOTE THIS IMPORTANT CHANGE.

8. County Championships Track events

Holding the 5,000 and 10,000 track championships on a Wednesday evening has been a great success. This year, there were 5 races (which were seeded) for the 5k distance and 2 for the 10k event.

In 2020 the 5,000 will be held on Wednesday 10th June at Braintree and the 10,000 on 8th July at Chelmsford. It is a requirement that County Championship track events are held at venues that hold the TrackMark certification. Since moving these championships to a mid week evening they have been hosted at Braintree who are in the process of obtaining the appropriate certification.

There was a proposal to host the 3,000 track championships on a mid week evening although this was rejected by the Track & Field sub - committee as it assists them with their timetabling schedules for the main championship days in May.

It was agreed that there would be support for a new one mile county championship track event which will be hosted by Chelmsford AC. They held a 'miles of miles' event this summer, which was very successful for all age groups, and they have proposed to incorporate a Senior County event (both Female and Male) into a similar all day event to be held on a Sunday in August. Chelmsford AC to present further details at next meeting.

9. County Committee

There are some vacancies on the Executive committee and new members will be warmly welcome. This is a very enjoyable role and committee members are able to help shape the future of all athletic disciplines in the County. The AGM is being hosted at Chelmsford AC on Monday 2nd December at 7.30pm. Will clubs please canvas their members to encourage them to come along and support the committee's work.

10. Any other business

Chelmsford AC is hosting their annual 10,000 event on 17th November 2019. They are considering ways to make their event more environmentally friendly. This year they are trailing an 'edible seaweed pod' at their drink station. These were used at the 2019 London marathon.

Next year, they are going to give wooden medals to all finishers.

There was some discussion about action that is being taken by other clubs who host events and it was agreed that ideas/suggestions would be feedback at the next meeting.