



## *Essex County Athletic Association*

Minutes of the Essex AA Endurance committee meeting held in the clubhouse of Chelmsford AC, Melbourne Park, Chelmsford on Monday 3rd October 2022 at 19.00 hours.

Representatives from all 52 Essex AA affiliated clubs were invited. 13 clubs were represented.

Participants:

Andy Catton (Chair Essex AA & Ilford AC), Gary Chandler (Treasurer & Road Officer Essex AA & Springfield Striders), Allison Gillan (Cross Country Officer Essex AA & Springfield Striders), Gerry O'Doherty (President Essex AA & Billericay Striders), Richard Charleston (Chelmsford AC), Ron Dawson (City of Southend AC), Mark Lawes (Tiptree RR), Scott Brenton (Tiptree RR), Michael Wilson (East London Runners), Bob Glasgow (Orion Harriers), Dan Thompson (Boxted Runners), Bob Langley (Halstead RR), Scott Darney (Witham RR), Paul Mingay (Colchester Harriers), Susan Edwards (East London Runners), Kelvin Stone (Thurrock Harriers), Brenda Stone (Thurrock Harriers).

AC advised that all matters arising out of the last meeting held on 31 January 2022 would be covered under agenda items in this meeting.

### **1. Apologies for absence**

Malcolm Bailey (General Secretary Essex AA & Tiptree RR), Paul Bailey, Phil Oatham, Martin Chester (Havering AC), Diane Wooller (Colchester Harriers)

### **2. 2023 Essex 20 update**

GC advised that all was in hand with Active Training World (ATW) for Sun 5th March at Carver Barracks. Entry fees agreed as £18 for Essex affiliated athletes and £26 for non Essex runners (£28 unaffiliated).

ATW had asked for a £1000 deposit that would be at risk if there were not sufficient entrants. GC had negotiated a different agreement whereby Essex AA made no deposit or money at risk but ATW ran the event as their own - taking all revenue and costs.

Race to include an inter counties race (invited Southern counties) as before. Entries at the £18 rate collected and organised by GC.

GC received confirmation post meeting:

1. Event will not be cancelled by ATW if insufficient numbers (not anticipated as will now be 6 weeks before London Marathon)
2. Race will continue to be called the "Essex 20".

### **3. Road relay champs update**

GC advised planning underway for Sun 16 April at Northern Gateway, Colchester. For an extended programme to include Suffolk AA champs as well the anticipated hire cost will be around £1,000. GC to liaise with Richard Pickering at Colchester and ATW regarding the timetable and course.

ATW to organise entries, results, chip timing etc. Only a very limited number of Essex officials will be needed.

Issues of limited parking raised. To investigate using Colchester FC ground opposite.

### **4. Howard Williams Trophy**

Voting forms ready to go out at the end of November when the road race season essentially finished.

GC advised that disappointingly only 30% of clubs voted last year.

Tiptree RR to return the trophy.

### **5. Essex Grand Prix medals**

GC advised that as we stand, and as mentioned in prior meetings, the county has no medals for 2022 winners as our 10 year supply is now exhausted.

Alastair Gillan had agreed earlier in the year to investigate an alternative plaque award but this ended in a dead end.

Solution for new awards and criteria discussed.

Meeting voted to continue to award 1st, 2nd & 3rd awards in each male & female age category (48 awards per year).

Rather than order a new supply of "standard" medals from Korea the preference is for either a plaque (Tiptree and Ilford to advise on their suppliers' costs) or wooden "medal" (Richard Charleston to advise on costs). If anyone in the county has a good supplier and willing to help then please get in touch with GC.

### **6. Selection of 2023 Championship / Grand Prix races**

5 miles - Pleshey (Friday night 5 as in 2022 - date in June TBA) unless another event volunteers quickly

10k - GC to check if Brentwood 10k going ahead - confirmed it is not so Southend 10km now approached

10 miles - Agreed Tiptree 10 (8 October)

Half Marathon - Agreed Pleshey 1/2 (date in Sept TBA) Colchester 1/2 put themselves forward but the date in the Spring was not deemed suitable.

20 miles - Agreed as per item 2 above (5 March)

Marathon - Agreed Halstead (14 May)

Discussion took place as to whether a 5k champ's race should be added to the programme (including Grand Prix). ATW (in association with Scott Darney of Witham RC) held a successful test event with ATW this year at Northern Gateway. Proposal was made to hold an Essex 5k champs race in 2023 as a "test Essex champs" for one year to gauge support. Meeting voted to agree. There would be a need for multiple seeded races in view of short lap course. Probably in August 2023.

The inclusion of a 7<sup>th</sup> race in the series means the GP scoring system needed to be discussed. It was agreed to make the series the best 5 of 7 races for the position points, but award attendance points for each of the 7 races (to counter the concern that runners would simply not do the longer distances (marathon and 20m).

GC advised that he will be away in the US for both the 20m & relays. Will need volunteers for Essex champs results, presentations troubleshooting duties on the day.

## **7. Cross country relay champs debrief**

AG reported on a very successful event enjoyed by all participants.

This was a first time using ATW to organise and all went extremely smoothly on the day and their set up was very good. Indeed they had their own excellent back up timing and mats plus finish video.

Timing and results were very quick and accurate with any anomalies being down to clubs team declarations. This allowed for very efficient awarding of medals & trophies straight after races finished.

Only one minor "user error" issue in the entry system, but it was a mistake to request pre-declared athletes.

There were a vast number of name and running order changes on the day - and for several days after. AG had to input manually which was hugely time consuming.

For next year (and for the Road Relays) it was decided clubs need only enter the number of teams in each category they wish to without naming athletes. Runners' names to then be declared on the day. For putting in IT system AG to obtain cost from ATW to undertake this additional work.

Next year only a bare number of Essex AA officials will really be needed (Starter and Referee?)

More marshals definitely needed though. Only two of the participating clubs other than the host club provided a marshal. This requirement must be highlighted at the entry stage next year if each club provides a marshal we can have a separate team of marshals for the junior races and a separate team of marshals for the senior races.

North Weald Country Park was an excellent venue but very expensive to hire (£1,400). Will need to increase entry fees.

Also for next year clubs to be "diplomatically" advised that the event is not suitable for runners not able to at least run at 9 minute mile pace. There were several third and fourth leg runners jog / walking which meant officials, marshals and ATW personnel having their day considerably extended. Other solutions to be considered would be to impose a time limit or set off all remaining 4th leg runners together at an agreed cut off point.

Discussion took place as to whether to include separate veteran's team champs next year. Proposal agreed was to include male and female (3 to run) in M40 & F40 categories.

Provisional date for 2023 event - Sat 23 Sept.

## **8. Vets cross country champs update**

AG advised all in hand for Sat 3 December at Writtle.

Three races ladies F40 upwards, men M40 & men M50 upwards - all 8k distance.

## **9. Cross country champs (Senior & young athletes)**

AG advised all in hand for Sat 7 Jan at Basildon. Liaising with Nick Wetheridge of Basildon re timetable and course.

Races to be chip timed

Suggested timetable :-

10.00	U13 girls	3k
10.20	U13 boys	3k
10.40	U15 girls	4k
11.00	U15 boys	4k
11.20	U17 W	5k
11.50	SW	8k
12.45	U17M / U20W	6k
13.15	SM	12k
1430	U20M	8k

Discussion took place as to possibly combining age groups to shorten the programme. Subject to host club Basildon agreement meeting decided to keep to the suggested timetable.

As races are to be chip timed it will possibly be necessary, in order to keep to the timetable, to start some races before last runners in previous race finish. Warning to be issued to athletes regarding the possibility of being overtaken.

## **10. Any Other Business**

Correspondence received from Paul Bailey & Phil Oatham regarding inter county event race selection :-

SEAA inter county XC (U13, U15, U17 plus senior women only) at Oxford on 10 December. Selection races first two Met League XC and second Essex League XC at Chingford (Orion)

Statement has been issued.

CAU inter counties (all ages) at Loughborough on 11 March - selection races will be at Essex XC champs on 7 January

PB & PO advised that they could not attend the new Eastern inter counties XC event (Biggleswade on 19 Nov) this year. U20 & seniors only. 4 to run 3 to score.

Meeting view was as we had confirmed to Eastern AA that we would support we should endeavour to do so. AG volunteered to be team manager. Selection race - first Essex League.

Eastern inter counties 10k (Ipswich on 16 October). GC advised that teams (4 senior women and 4 senior men) have been selected.

Rebecca White, Lindsey Colman, Rebecca O'Kill & Lauren Reed

Shane Boxhall, Taite Wallis, Scott Cousins, Callum Charleston

Richard Charleston volunteered as team manager.

Southern inter counties 10k (Brighton on 20 Nov) - Selection race will be the Billericay 10km on Sun 6 November with top 3 offered selection and 1 discretionary place. GC will be team manager on the day. Billericay set aside entries for elite athletes in the county to apply -- five male and no females applied.

Kelvin Stone reported that first Essex League XC at One Tree Hill, Thurrock all set to go. Usual timetable starting at 10.30.

Meeting closed at 21.20