

Endurance report 2021/2 for AGM Oct 2022

Starting in Autumn 2021 we were coming out of lockdown restrictions and it's fair to say that things got off to a slow start with people getting used to coming training and racing again.

We struggled sometimes, to get full teams out for Essex league x country fixtures and in the end were lucky to stay in Division 1 in both men's and women's. But we managed to turn out in numbers for the Sunday NESS league and won comfortably.

The Essex vets championships in December were well attended and I think everyone who ran managed to get a medal of some colour which was impressive with an individual third for Tracy English and V50 win for Denise Morley

The Essex county champs in January saw a win for the women for the first time since 2011.

We have now team captains for both Men and Women and this has helped, particularly with the women's team due to good work on the women's side from Tracy English.

Moving on to the road, we entered the South of England 6 and 12 stage road relays held at Milton Keynes in March. A solid performance from both our teams with the women finishing 11 and the men 23.

The first 'official' club event in a while took place with the Essex Road Relays being held at the Northern Gateway Sports Park in April. The women won Senior Gold for the first time since 2015 and managed bronze too, backing that up with V50 gold. The men won Senior bronze, V40 Silver and V 50 and 60 Gold.

The event was well attended and feedback received from other clubs was very positive with a great turn out. We have been asked to host the event again in 2023 so please put April 16 in your diaries.

In the Essex grand prix road race series, the women scored a fabulous overall team victory for the first time ever while occupying the top 3 positions in the individual standings with Heidi Hogan-Steele winning followed by Tracy English and Victoria Primmer. In several Essex races we managed to have the winning women's team and another scoring team in the medals. During the season Heidi Hogan-Steele, Lydia Callan and Tracy English were all selected for Essex with Tracy also representing England at Masters level.

On the men's side, and with Paul Mingay sidelined with injury, the over 60s baton was ably picked up by Colin Ridley with a fabulous string of results. He won Indoor national titles at 800, 1500 and 3000m, later adding the outdoor 1500m title running an impressive 4.48. He also set a M60 mile record of 4.58. His impressive track form has continued on to the road where he was Essex grand prix V60 champion and collected county V60 gold medals at all distances he has competed in up to Half marathon.

Our endurance group system seems to have settled down and is working well and this is a credit to the hard work of all the coaches working with these groups. If there was a downside it was that the groups are a little segregated but this is something the endurance committee are aware of and have worked on in the following ways:

Designated park runs held at both Colchester and Highwoods
Social event organised
Club 5k event organised

We also had a great turn out for the popular Ekiden relays with 9 teams (of 6) competing which proved to be a fabulous club event winning Senior women's, and Super vet women along with second Senior men and first V50 men. Two teams were entered for the Essex Way Relay which was another great event.

Thank you to the endurance committee and coaches for their help in organising and supporting these events.

With the first Essex league race this Saturday we have full teams for both men and women and look to be starting the season in a really good place.