ELVIS Meeting 1st March 2023

1. Clubs represented –Dagenham 88, Barking RR, Havering 90J, Orion Harriers, East London Runners, East End Road Runners, Eton Manor AC, Harold Wood RC and IAC.
2. Race Dates

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|  | Club | Date | Location | Distance |
| 1 | Dagenham 88 | 24th May 7.30pm | Eastbrook End Country Park | 5 miles ish |
| 2 | Havering 90J | 6th June 7.30pm | Raphael’s Park | 5 miles |
| 3 | East End RR | tbc | Olympic Park | 5k |
| 4 | IAC | 5th July 7.30 pm | Hainault Forest | 5 miles |
| 5 | Harold Wood RC | 26th July 7.30 pm | Harold Wood Park | 5k |
| 6 | Orion H | 5th August 10am | Chingford Plain | 5 miles |
| 7 | Barking RR Phipps 5k | 28th August 10.30am | Barking Park | 5k |
| 8 | ELR | 24th Sept 10.30am | Valentines Park | 5k |

1. Comments on last year’s series.

* Numbers nearly back to pre-COVID levels.
* Same chip timers used by most clubs – very efficient.

1. Possible improvements

* IAC asked for 5 out of 8 races to score for both the team and individual competition. Clubs voted in favour of keeping the 6 out of 8 races as in previous years.
* Age limit of 15 year from UK guidelines should be consistently applied. Mart and Alison to clarify on the EA rules.

1. Sponsorship and End of series presentation evening.

* Phil Hernon to continue to sponsor the series. However due to an unfortunate accident he was not in contact last year. Hopefully this year he will provide the sponsorship for the 2 years.
* All clubs are encouraged to seek sponsorship possibilities for the series as well as sponsorship for individual races.
* Presentation evening to be hosted by IAC as it is their 100 year celebration
* Contributions remain the same - £80 for hosting clubs, £40 for non-hosting i.e. Eton Manor.

1. AOB

Other possible events

* Essex Way 3rd September – clubs are encouraged to enter teams. Entries and information contact Sally [sgillam@talk21.com](mailto:sgillam@talk21.com)
* Ingatestone 5 miles – 17th September
* Pleshey half – 10th September.

The meeting ended at 7.25pm.