

## CHAC Senior Endurance Committee

### Minutes of Meeting Dated Tuesday 16 April 2024

#### In Attendance:

Paul Dellar (Chair) (PD)  
Nicola Hilson (NH)  
Fran Norris (FN)  
Richard Pickering (RP)  
Dan Steptoe-Thompson (DST)  
Lydia Cunningham (LC)  
Barry Frost (BF)  
Louise Yates (LY)

#### Apologies:

Justine Sheekey (JS)

		Action
	The meeting started at 8:10pm.	
<b>1.</b>	<b>Actions from Last Meeting</b>	
	PD had circulated a draft First/second claim policy. After some discussion this was approved -with the provision that any exceptions for athletes staying in the area for longer than 3 months but not wanting to join would be considered on a case-by-case basis.	
<b>2</b>	<b>Updates from Main Committee</b>	
	<p>PD advised that a policy on granting students in full-time education free membership for the duration of their studies had been agreed and the details were currently being worked through by himself and Phil Wood, Membership Sec. This would extend to at least some extent to students studying at Essex Uni (and not already CHAC members).</p> <p>The list of people not paying training fees had now been whittled down to one. There were other issues in relation to this athlete which were currently being taken forward by the Chairman and the Welfare Officer. In the meantime he had resigned his membership and should not be re-admitted to any of the official WhatsApp or Social Media groups until the issues were resolved.</p> <p>Social – in the absence of any club-wide initiatives it was agreed that Endurance would look to put on their own social event – probably at the end of the summer (September). NH agreed to look into some options and revert.</p>	<b>NH</b>

<b>3</b>	<b>Update from Essex Endurance Committee</b>	
	RP gave an update from an Essex Endurance Committee meeting he had attended in February – including a review of the Cross-Country Champs at Basildon in January and the result of the vote for the Howard Williams trophy. RP to send round a copy of the minutes to committee.	<b>RP</b>
<b>4</b>	<b>Road Relays</b>	
	<p>These appear to have been well received, despite the difficult conditions prevailing on the day. There was a discussion about whether as many marshalls were needed on the course and it was felt that – for the senior races at least – perhaps just one marshall at the bottom of the course was sufficient.</p> <p>RP advised he was to attend a review meeting with Essex County Athletics and thanked the committee for their support on the day.</p>	
<b>5</b>	<b>Club WhatsApp Groups</b>	
	<p>Following some recent issues on the men’s group, there was some discussion about management of the club’s official WhatsApp Groups.</p> <p>It was agreed that the primary purpose of the groups was:</p> <ul style="list-style-type: none"> <li>• Men’s and women’s groups – organisation of teams for team events (XC, Ekiden, Relays etc).</li> <li>• Training groups- posting of training and other relevant club updates.</li> </ul> <p>Whilst some running related chat/encouragement and light “banter” was fine it was agreed that this should not generally be prolonged – or get in the way of the primary purpose of the groups.</p> <p>It was also agreed that going forwards DST and RP would take ownership of moderating the men’s group and PD, NH and JS would continue to look after the women’s group (to the extent necessary!). The training groups would continue to be moderated by the relevant coaches.</p>	
<b>6</b>	<b>Other Business</b>	
	<p>DST advised the following dates for the 24/25 XC season:</p> <ul style="list-style-type: none"> <li>• Relays – 12/10/24</li> <li>• Vets – 7/12/24</li> <li>• Essex Champs – 4/1/25</li> </ul>	

	<p>Venues had yet to be finalised.</p> <p>Given the success of the Hilly Fields Essex League fixture last season – and in particular the large CHAC turnout (and victories in both men’s and women’s events) it was agreed the club should try and host an event there for the 24/25 season, once again jointly with CATS. DST to approach CATs (John Hennington).</p> <p>NH advised she had entered 12 teams into Ekiden and would be sending out messages on the men’s and women’s WhatsApp groups at the end of the month.</p> <p>It was also agreed to club should look to arrange another club relay night at Northern Gateway – probably in July but avoiding a clash with Ekiden and, if possible Ipswich Twilight. RP to make enquires with the venue.</p>	<p><b>DST</b></p> <p><b>NH</b></p> <p><b>RP</b></p>
7	<p>PD to advise the date of the next meeting (next main committee is 12 June).</p> <p>The meeting closed at 8:55pm.</p>	