

## CHAC Senior Endurance Committee

### Minutes of Meeting Dated Tuesday 11 June 2024

#### In Attendance:

|                     |      |
|---------------------|------|
| Paul Dellar (Chair) | (PD) |
| Nicola Hilson       | (NH) |
| Fran Norris         | (FN) |
| Richard Pickering   | (RP) |
| Justine Sheekey     | (JS) |
| Lydia Cunningham    | (LC) |
| Barry Frost         | (BF) |
| Louise Yates        | (LY) |

#### Apologies:

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| Dan Steptoe-Thompson | (DST) |
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|           | The meeting started at 8:15pm.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Action</b> |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |               |
| <b>1.</b> | <b>Minutes from Previous Meeting</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |               |
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|           | These had been circulated and were approved by the committee.                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |               |
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| <b>2</b>  | <b>XC Update</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |               |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |               |
|           | DST had provided an update via WhatsApp – fixture dates for Essex League had been announced. Date for Hilly Fields has now been confirmed (16 Nov) and Talie from CATS has booked the venue and is liaising with Chris Akehurst on licenses etc.                                                                                                                                                                                                                                                                                          |               |
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| <b>3</b>  | <b>Ekiden Update</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |               |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |               |
|           | NH has entered 13 teams and currently has sufficient interest (with 1 reserve). NH and PD had an initial meeting on team selection where it was agreed that for the women the focus would be on the Open and Supervets – as it was felt there were stronger medal chances in these categories (as compared to the Mixed and Vets categories).<br><br>NH to arrange a further selection meeting for Tuesday 18 June and invite PD, JS, RP and DST and would aim to send out provisional teams on men's and women's groups later that week. | <b>NH</b>     |
|           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |               |
| <b>4</b>  | <b>Club Relays</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |               |
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|           | RP advised that there was availability at Northern Gateway for 12 and 26 July – and he had currently booked the 26 <sup>th</sup> . After some discussion it was decided to go with 26 <sup>th</sup> and that the event would be advertised after the Ekiden teams had been posted (see 3 above).                                                                                                                                                                                                                                          |               |

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|          | NB – there was some further discussion after the meeting re a clash with the date of Ipswich Twilight 10K and the above date is still subject to change.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                               |
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| <b>5</b> | <b>Juniors Update</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                               |
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|          | BF reported that the juniors had put in a strong showing at an EYAL meeting in Cambridge – finishing third behind Cambridge and Havering. He also advised that there would be 5 junior teams competing at Ekiden                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                               |
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| <b>6</b> | <b>Endurance Social</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                               |
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|          | <p>Due to other commitments NH had advised PD that she was unable to take this forward.</p> <p>3 alternatives were discussed:</p> <ol style="list-style-type: none"> <li>1. Find a suitable alternative person to take this forward. This could be someone not currently on the committee, reporting into the committee for a short period whilst making the arrangements.</li> <li>2. The committee could meet separately to take this forward as a project – dividing responsibilities between themselves</li> <li>3. Put the idea on ice</li> </ol> <p>PD asked the committee to think whether there were any suitable candidates in their training groups etc. If he had not received any suitable suggestions in a week he would put a further meeting in the diary to discuss options 2 and 3.</p>                                                                                                                                                                                                              | <b>PD</b>                                     |
|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                               |
| <b>6</b> | <b>Use of Track by Individuals</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                               |
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|          | <p>NH advised that there had been some issues at the track the previous Thursday, including potential safety concerns, as a result of a number of individuals running their own sessions. Further, one of the individuals concerned was not a club member.</p> <p>After some discussion it was agreed that a policy should be put in place such that:</p> <ul style="list-style-type: none"> <li>• Any athlete wanting to run their own session or even a club session at a different time to the rest of the group, should, in the first instance, ask the permission of their coach.</li> <li>• If the athlete wanted to run the session at a different time to their usual session then further permission should be sought from the coach supervising the track at that time (ie Dave Smith if before 7pm, and/or the relevant endurance coach if after 7pm).</li> </ul> <p>PD to draft and circulate a policy reflecting the above.</p> <p>Endurance Coaches to then communicate the policy to their groups.</p> | <p><b>PD</b></p> <p><b>RP/PD/NH/LY/LC</b></p> |

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|          | RP also agreed to contact the athlete who was not a club member and ensure he followed the above policy if using the track on an occasional basis going forwards.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>RP</b> |
|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |
| <b>7</b> | <b>Update on Groups</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |           |
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|          | <p>Each coach gave a brief update on their group – including numbers attending, athletes ready to move up a group, training locations and training incidents.</p> <p>PD/JS reported an incident in Group 2 the previous week where an athlete had fallen over an exposed root and cut himself warming up around Abbey Fields. Whilst this was a good circuit to warm up it was agreed care should be taken, particularly when running sessions along the worst affected area (Circular Road South).</p> <p>NH and LY felt their group was near capacity. PD agreed that should they feel numbers were becoming a safety concern, or impact the effectiveness of the sessions, then they could close their group to new members by notifying him and the Membership Secretary (Phil Wood). However, so as to avoid turning away new members if at all possible, further efforts should first be made to encourage athletes who were able to train in a higher group to move up or at least try a trial session.</p> |           |
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| <b>8</b> | <p>PD to advise the date of the next meeting.</p> <p>The meeting closed at 9:05pm.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |