

CHAC Senior Endurance Committee

Minutes of Meeting Dated Tuesday 8 October 2024

In Attendance:

Paul Dellar (Chair)	(PD)
Fran Norris	(FN)
Richard Pickering	(RP)
Lydia Cunningham	(LC)
Louise Yates	(LY)
Dan Steptoe-Thompson	(DST)
Justine Sheekey	(JS)

Apologies:

Barry Frost	(BF)
Nicola Hilson	(NH)

		Action
	The meeting started at 8:10pm.	
1.	Previous Minutes	
	These had been circulated and were approved by the committee.	
	<ul style="list-style-type: none"> • Facebook - JS was working through list of FB members but there were queries on the membership status of quite a large number of them. She agreed to share with The Committee once her initial analysis was complete. • Membership Fees – of the 187 members who responded 126 (67.4%) had expressed a preference for combining training and membership fees. 82 (44%) had expressed an interest in paying monthly. As a result a proposal was to be put to the AGM to combine fees and a trial set up for facilitating monthly payments. • Due to the healthy cash balance the club has accumulated there was also agreement to subsidise EA fees / membership fees to start returning some of this surplus to members. • Arthur Whiston 5 – see below. 	
2	AGM/Committee Vacancies	
	AGM scheduled for Thursday 17 October, commencing at 7:15pm. Vacancies remain for both Chair and Secretary.	
	PD agreed to continue as Endurance Chair for another year in the absence of anyone else stepping forwards.	
3	XC Update	
	DST advised that men and women both 6 th after first Essex League fixture at Hainault. Whilst turnout was better than at sat same fixture last year it was very early in the	

	calendar and had suffered as a result of other races – particularly autumn marathons. DST also advised that Hadleigh have pulled out of NESS League. Braintree were being proposed as a replacement – the committee confirmed they had no objection to this.	
4	Arthur Whiston 5	
	RP hadn't had a chance to work on a course. Two possibilities were discussed – an adaptation of the Colchester 10K course and a course in Stanway. RP to consider further. PD advised that as long as no more than 10% of a route was off-road (hard paved paths counting as road) a race would be considered a road race and thus be suitable for Essex Champs.	RP
5	Update from Training Groups	
	G1 – Tuesday attendance steady. Colin Ridley now LIRF qualified, but G1 to continue training with G2 and Dave Smith (Lyla) for time being. G2 – Tuesday attendance 15-20, Thursday generally less than 10. G3 – Attendance high again after summer break (42 for a recent session). LY advised considering two coaches for some sessions. Agreed we would start directing new members between 20:30 and 21:00 to G2 G4 - attendance healthy but manageable.	
7	AOB	
	Marathon ballot – RP advised would be November/December (email from EA due in November). Rules to be same as last year.	
	Awards Evening – pencilled in for 17 January at the Rugby Club. Once timing/venue confirmed Endurance Committee would need to consider categories, voting, trophies etc.	
	Soar vests – club had purchased vests for Lizzie Wellsted, Lyla Belshaw and Charlie Dobson. Soar had agreed to do a limited production female version for Lyla and Lizzie, already delivered.	
8	PD to advise the date of the next meeting. The meeting closed at 8:50pm.	PD