CHAC Senior Endurance Committee

Draft Minutes of Meeting Dated Tuesday 29 July 2025

In Attendance:

Paul Dellar (Chair)	(PD)
Lydia Cunningham	(LC)
Dan Steptoe-Thompson	(DST)
Richard Pickering	(RP)
Joe Noack	(JN)

Apologies:

Louise Yates	(LY)
Nicola Hilson	(NH)
Justine Sheekey	(JS)
Fran Norris	(FN)

	The meeting started at 8:10pm.	**Action**
1.	**Previous Minutes**	
	These had been circulated and were approved by the committee. Matters arising: • PD not to produce a policy on younger athletes – the bullet points in the previous minutes to suffice. • First aid reporting – link to reporting form had been circulated and had been used in the period by G4. JN/LC gave an overview of the incident. • First aid kits – these had been distributed to a number of coaches, with a few more still to be given out. Coaches should top up kits themselves as necessary (can claim on expenses).	
2	**Group 4 Lead Coach Change**	
	Further to previous meeting LC confirmed that JN would take over as Group 4 lead coach from the following week (Tuesday 5 Aug). LC would stay involved as a coach. The Committee welcomed JN and thanked LC for all her efforts.	
3	**Arthur Whiston 5**	
	It was felt that this had been a successful event and a fitting tribute to Arthur. Feedback from runners was very positive, particularly for the marshalling, and a sum of £2,253 had been raised for Essex Wildlife (Arthur's chosen charity). This had now been paid across to them. RP to follow up re results going on Power of 10. PD, RP and LC would get together for a formal review over the next 2-3 months and to make a decision on whether to hold the event in 2026. PD to arrange.	 **RP** **PD**

4	**Ekiden Review**	
	NH had supplied PD a written review, which PD read from. Overall the event had been a success. Although numbers (particularly amongst the women) had been down on the previous year, it was still a great club day and the club had also won 4 of the categories. There had been some issues with the time-keeping with Harwich (the timers) making noises about petitioning Ipswich Jaffa to limit the number of teams from any single club next year. NH felt this this was unlikely to go anywhere but that we should keep an eye on developments.	
5	**Marathon Ballot**	
	RP had circulated revised rules for inclusion in the ballot for club London Marathon places. There was quite a lengthy discussion about whether – to help reduce the risk of ballot winners not taking up their place (which can't be transferred) - to introduce a rule to the effect that ballot entrants should have run at least one race of HM distance or more during the previous 12 months. On balance it was decided not to introduce this rule on the basis that the ballot committee would be strict on enforcing the requirement to represent CHAC in 3 key races over the previous 12 months. It was agreed that RP would make it clear in the rules that the Ballot Committee had ultimate discretion on application of the rules and inclusion in the ballot.	**RP**
6	**Hig Viz / Lights**	
	It was agreed that, in order to enhance the safety of runners in addition to improving compliance with the club's obligations under its Public Liability Insurance, with effect from 2/9/25 high-viz would be obligatory on "winter evenings" (ie where it starts to get dark before session end time). High-viz to mean – as a minimum - a proper, reflective high-viz. This to include warms-ups conducted outside the track environment and all training – even where the ultimate location is lit (and off-road). No exceptions to be allowed (coaches can retain their own small stock of high-viz tops which can be expensed (up to 5 per group)). There was some discussion about whether to also make lights obligatory. On balance the committee felt that this was not necessary given the urban base of the club and the expense of reliable light sets, but this would be kept under review and lights would be encouraged. PD to circulate a policy and then coaches to communicate with their groups well in advance of the start date of the policy.	**PD**

7	**AOB**	
	• Quorum – it was agreed that going forward the quorum for the committee would be 4 members.	
8	**Next Meeting**	
	The meeting closed at 8:50pm. Next meeting to be advised.	