



Colchester Harriers Athletics Club

CHAC T&F Committee Meeting - Tuesday 5 August 2025

Present: Dave Smith (DS), Tammy Belshaw (TB), Kevin McAlinden (KM), Paul Preston (PP), Rick Thompson (RT), Linda Garnham (LG), Andrew Sutcliffe (AS), Janine Simpson (JS), Steve Cartwright (SC)

Minutes: Tammy Belshaw (TB)

Meeting Commenced: 7:15pm

1.	Welcome & Apologies 1.1 Apologies received before the meeting from Rachel Lee (RL), Jake Clapp (JC).
2.	Minutes of Previous Meeting 2.1 The minutes of meeting held on 1 April 2025 were agreed.
3.	EYAL/SAL season 3.1 The Committee discussed how the team combination with Braintree had worked through the T&F season. It was noted that the partnership had worked better with the seniors in the SAL competition, in terms of communication and reliability of athletes. They filled many gaps of the CHAC team in female throwing events. However, one of the reasons for the combination was to develop Braintree's officials and they have not sent any new officials for mentoring, which should be addressed with Mike. We will have a meeting with Braintree and decide whether we continue with the combination for the 2026 T&F season and make a decision by October. 3.2 The Committee discussed whether we have sufficient officials for the future, and it was agreed that another Time Keeper would be good, to ultimately replace Chris Akehurst. 3.3 To improve the running on the day, we discussed improving the profile of the TMs, so parents can use them as a resource as well as any coaches. Possible ideas would be TM t-shirts to be worn on the day and add their profile to the EYAL WhatsApp group. 3.4 It was noted that the EYAL timetable is very problematic, and this should be fed back to the EYAL Committee. 3.5 The Committee discussed the selection criteria for the EYAL Plate final, which will predominantly be on EYAL representation this season. In categories that we are particularly strong and could compete for a placing, the coaches will also take this into account. Action points: DS to meet with Braintree TB to arrange TM t-shirts (next season) TB to advertise for TK candidates TB to feedback to EYAL
4.	Development Plan 3.6 DS reported that we have been successful of late in recruiting and training new coaches, Ellie Harmer and Kai Beesley-Hardes as Leaders in Athletics, Alice Anthony and Nic Martell-Smith will be taking the Assistant Coaching course, and Alice Williams will be taking the Leading in Funetics course.



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- 3.7 The Committee discussed coach and athlete development and considered whether a broader multi-event strategy would develop better athletes and be more appropriate, at least for our younger athletes. SC has offered to take a throws group at 5pm on Tuesdays, and we discussed rotating athletes between the running groups to SC (throws) and DS (jumps in the Spring/Summer) with their running sessions. Athletes that show potential in throws could then be fed into Rob Earle who has also offered more coaching.
- 3.8 RT announced that he will be retiring from javelin coaching in 2 years' time, so the Club will also need to recruit a javelin coach. Katie Hamilton was a suggestion to get more involved.
- 3.9 The Committee will continue to discuss this development plan, which should have a 5yr time frame.
- 3.10 The Committee also discussed the need for more parental volunteers. TB will create a list of volunteer roles and their description and send out a google form and if they do not complete, membership will be reviewed.

Action points:

TB to change the information sent out to enquiries that we offer a multi-event entry into the Club

?? to contact Katie

TB to create and send out volunteer google form

4. AOB

- 4.1 Linda asked if anyone has a copy of the original 35yr lease for the CHAC with the army on using the facilities, which has likely been running for ~30 years. DS suggested John Hyland may have a copy.
- 4.2 KM reported that the men have reached the EMAC final, still waiting to hear on the ladies.

Actions

Meeting closed at 20.00

Next T&F Committee Meeting – TBA

T&F Committee members

Chairman – Dave Smith; **Members** - Tammy Belshaw, Rachel Lee, Rick Thompson, Paul Preston, Oscar Rhiemen, Kevin McAlinden, Giulio Valente, Linda Garnham