Colchester Harriers Athletics Club

CHAC T&F Committee Meeting - Tuesday 15 September 2026

Present: Dave Smith (DS), Tammy Belshaw (TB), Paul Preston (PP), Rick Thompson (RT), Linda Garnham (LG), Janine Simpson (JS), Richard Pickering (RP), Jacob Clapp (JC)

Minutes: Tammy Belshaw (TB)
Meeting Commenced: 7:15pm

1.	**Welcome & apologies** 1.1 Apologies received before the meeting from Kevin McAlinden and Andy Sutcliffe.
2.	**Minutes of previous meeting** 2.1 The minutes of meeting held on 5 May 2026 were agreed.
3.	**EYAL 2026 season feedback** 3.1 DS reported that the EYAL season overall was a successful one, reaching the plate final, with lots of positive feedback on athletes enjoying it. 3.2 TB and LG reported that they held a meeting with EYAL TMs and there was lots of positive feedback. The report for that meeting will be included as an appendix to these minutes. 3.3 The Committee decided to make attendance at one jumps and one throws workshop compulsory over the Winter (before the start of the EYAL 2027 fixtures) to help with team selection and familiarise athletes with events they are not used to competing in.
4.	**Cross country TMs** 4.1 JS reminded the Committee that CHAC will not be attending NESS events in the 26/27 season. Given that the Essex League is organised differently there is no need to have an identified TM for fixtures. However, it was agreed that it would be useful for athletes/parents to have a point person who will be at a fixture in case of any problems (but this is not compulsory). This will be one of AS, RP, JS, LG, JC, Karen Clark and Daniel Steptoe-Thompson. 4.2 It was agreed that the Committee would write a Q&A document for new parents containing all of the information that has been shared. TB will draft and PP/JS to check. **Action points:** **JS to ask AS, Karen Clark to be a point person on Essex League fixtures they'll be at** **TB/JS/PP draft Q&A document**
5.	**Non-competers/poor training attendance** 5.1 TB presented the Committee with a list of athletes that have only competed in one CHAC promoted event (XC or EYAL) last season and a list of athletes whose attendance is poor. The list is relatively long, and frustrating given the length of the waiting list. 5.2 The Committee decided that coaches are best placed to deal with this. So going forward, the Committee will collate a list and send it to the coaches. The coaches will take a decision whether to rescind the athlete's membership immediately (repeat offender) or talk to athletes and parents explaining the

	requirement to compete the minimum requirement (4/5 times in a season) and/or improve training attendance. This will then be monitored through to the time of membership renewal or another agreed deadline and a decision made on whether they can remain members/re-join. 5.3 DS will speak to all coaches on the need to do a register, which should be done beforehand if athletes are doing the session off-track. 5.4 JS also reported that she has been chatting with DS about holding more regular coaches meetings, where coaches can be reminded about registers. They will also discuss events and promoting those to their groups. 5.5 TB also reported that this issue is frustrating given that we have 40 U14s and upwards on the waiting list, mostly for sprints. She will be arranging a sprint trial for a handful of sprint places and will be asking Zeph if he would run the trial from a coaching viewpoint. **Action points:** **TB to provide list to coaches** **DS to remind coaches on registers** **TB to ask Zeph if he'll run the sprint trial and then organise for him**
6.	**Autumn/Winter workshop coaching** 6.1 LG suggested that we should be providing all athletes the opportunities to train in multi-events so proposed a series of workshops through the Autumn and Winter. We noted that the cage and HJ bed will be put away at the end of October. 6.2 LG offered to run hurdles, RT has offered to run javelin, Nicola Smith will be asked to do HJ and LJ. DS suggested Matt Rose should be approached to coach pole vault given Chris Ikehurst has retired from coaching (and cannot make Sundays). 6.3 The sessions will have a cap of 8 athletes. 6.4 DS reported that Rob Smith is doing an assistant coaching license course. Also, Rob Earle has approached the Club to coach in Hammer. **Action points:** **LG to finalise dates of workshops and coaches, will ask Vicki Hemsworth to distribute to athletes** **LG to approach Matt Rose**
7.	**Awards evening** 7.1 LG/JS/TB reported on progress on the awards evening so far. The only issue is that the budget is not high enough to offer everyone free food, so the Committee decided that adults should pay £10 (unless they are an Official, Team Manager, Coach). 7.2 TB will look into how the £10 contribution will be made. 7.3 LG proposed a different trophy for the younger athletes (that is not made of glass and is more 'trophy-like').

	Action points: **TB to send Awards Evening flier and google form** **TB to organise contribution method**
8.	**Volunteers** 8.1 DS reported that we need to recruit more officials and the Committee decided that we would make the request at the awards evening.
9.	**Equipment** 9.1 DS reminded the Committee that any equipment required should be ordered before the end of the financial year. RT will be ordering 2kg/3kg/4kg hand weights.
10.	**Equipment** 10.1 DS reported that the AGM has been scheduled for 22 October and that Treasurer, Endurance Committee Chairman and Secretary posts will need to be filled.

Actions

Meeting closed at 20:30
Next T&F Committee Meeting – TBA