



Colchester Harriers Athletics Club

CHAC T&F Committee Meeting - Tuesday 5 May 2026

Present: Dave Smith (DS), Tammy Belshaw (TB), Kevin McAlinden (KM), Paul Preston (PP), Rick Thompson (RT), Linda Garnham (LG), Andy Sutcliffe (AS), Janine Simpson (JS), Richard Pickering (RP)

Minutes: Tammy Belshaw (TB)

Meeting Commenced: 7:15pm

1.	Welcome & Apologies 1.1 Apologies received before the meeting from Jacob Clapp. We welcomed RP to the Committee.
2.	Minutes of Previous Meeting 2.1 The minutes of meeting held on 19 February 2026 were agreed.
3.	EYAL feedback - Basildon 3.1 AS reported that the Meet went well, in terms of team selection process (74 athletes competing), athletes stepping into events and team performance (5 th with a >500-point score, is very positive this early in the season). 3.2 Negatives: There were a couple of no-show athletes, and a few people who cancelled their place last minute/did not turn up for the coach. U18 team is still light on numbers. Some athletes prioritised their non-scoring (preferred) events over scoring events. 3.3 The Committee decided to introduce a penalty charge for the coach if places are cancelled less than a week before the meet. Parents will be asked for the funds post the Meet if this happens. LG offered to take control of coach organisation. 3.4 LG also requested that DS and JS take the issue of juniors travelling alone to the main Committee. Action points: DS/JS draft a new policy on children travelling alone TB/LG send message to EYAL parents on new coach policy
4.	NESS 4.1 JS attended the recent NESS meetings. The financials do not look healthy. The majority of events ran at a loss, given hire of location and toilets. They have £100 of funds and are finding suitable locations difficult to hire; anticipating that next season will run at a loss. So, they are looking to increase the entry cost (Juniors are currently free). Potentially a flat £5 fee for all 5 races. 4.2 DS, JS, PP have discussed promoting Essex League to our runners from next season, rather than NESS, given that there is an U11 (U12) category for all races. Although, that would mean the U10s do not have the same competition opportunities. 4.3 The Committee discussed the option of CHAC and CATs holding joint XC events locally (given runners from the two Clubs make up ~75% of the NESS entries) – Hilly Fields and Abbey Fields. We could also ask Essex League to lower the age for the U12 race.

T&F Committee members

Chairman – Dave Smith; **Members** - Tammy Belshaw, Richard Pickering, Rick Thompson, Paul Preston, Jacob Clapp, Kevin McAlinden, Andrew Sutcliffe, Linda Garnham, Janine Simpson



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4.4 We need to decide on whether we promote the Essex League and not the NESS by end of July, so we can let NESS know before their next meeting.

Action points:

PP/RP/DS/JS to ask Essex League if they will lower age to include U10s

PP/RP/DS/JS to ask Army if a race on Abbey Fields is possible

PP/RP/DS/JS to inform NESS on our decision by end July

5. Coaching Groups

5.1 LG brought up the lack of coaching group for multi-event athletes in between hers/Steve C groups and Steve G group. Andreea Isbinda is going to train to be a coach, however she will not be experienced enough. We agreed that we need to continue to develop experienced coaches.

5.2 TB reported that Dave Simpson has offered to run another endurance group on Thursdays at 6pm. RP commented that the group should fit into our development pathway. So, the Committee decided it makes sense for the level of his new group to be in between his Thursday 5pm group and RP's Tuesday 6pm group. DS asked if his 5pm group could be increased in size also (given Caleb Lee helps) to make more use of the track at 5pm.

5.3 RP confirmed that he would like to continue coaching his current age group.

Action points:

TB to set up new 6pm Thursday group with Simo and encourage larger numbers in the Thursday 5pm group

6. AOB

6.1 The Committee discussed whether track etiquette had improved since the last meeting and the messaging from coaches to the athletes. It seems like there is still an issue with athletes warming up/cooling down clockwise round the track. So, the Committee decided to move away from this practice.

6.2 It was also noted that athletes in Alice/Ollie's sprint group are not looking whilst crossing the track.

6.3 Paul Dellar is updating the 'Track Etiquette' policy.

6.4 RT also brought up the danger of the Funetics groups inside the rope on Sunday mornings, now we have a ~50m javelin thrower in his group and if the javelin skids along the ground it could reach the Funetics kids. It was suggested that they should do their throws training inside the circle or on the grass behind the timekeepers stand.

Action points:

All coaches to tell athletes to warm up/cool down in narrower groups, anti-clockwise round the track

DS to speak to Alice and Ollie on their group's etiquette

TB to message Funetics coach on throws training location



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Actions

TB to make enquiries on rugby club availability for November 2026 for Junior Awards evening	

Meeting closed at 20:30

Next T&F Committee Meeting – TBA

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