

## CHAC Senior Endurance Committee

### Draft Minutes of Meeting Dated Tuesday 6 October 2026, held at Sports Pavilion, Abbey Fields, Colchester

In Attendance:

|                      |       |
|----------------------|-------|
| Paul Dellar (Chair)  | (PD)  |
| Dan Steptoe-Thompson | (DST) |
| Joe Noack            | (JN)  |
| Fran Norris          | (FN)  |
| Louise Yates         | (LY)  |
| Roanna Vickers       | (RV)  |
| Heidi Hogan-Steele   | (HHS) |
| Richard Pickering    | (RP)  |
| Chris Stevenson      | (CS)  |

Apologies:

Nicola Hilson

|    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |        |
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|    | The meeting started at 8:10pm, a quorum (at least 4) being present.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Action |
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| 1. | Previous Minutes/O/s Actions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |        |
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|    | <p>The minutes been circulated and were approved by The Committee. The actions arising had been progressed as follows:</p> <ul style="list-style-type: none"><li>• CS had come forward for the role of NESS XC Manager.</li><li>• DST had been in contact with CATs but the availability of Hilly Fields for our proposed fixture was in doubt due to St Helena School car park and toilets potentially not being available. The school were due to come back to DST before the end of October. DST has put the league on notice.</li><li>• PD had raised the issue of lighting at the side gate with the main committee and this issue would be raised at a meeting with the Army that was currently being arranged.</li><li>• Winter training had duly commenced on 1/9/26, Hi Vis now compulsory until further notice.</li></ul> | DST    |
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| 2  | Road Season Update                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |        |
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|    | <p>HHS and DST reported that the women topped the Essex County Grand Prix table and the men were second. The women could not be overhauled and would be crowned champions after the final race – the Tiptree 10 on Sunday 11 October.</p> <p>Several individuals were also in contention for age group medals.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |        |
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| <b>3</b> | <b>Forthcoming XC Season</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |           |
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|          | <p>Essex League kicks off this Saturday (10 October) at Hylands Park. DST advised there was likely to be a decent turnout for the men – the women less so due to injury, Tiptree 10 and marathon preparation. HHS hoped there'd be a pick up for later events. DST and RP will be in attendance.</p> <p>NESS – PD thanked CS for coming forward to take on the role of NESS League Manager – thus ensuring the senior teams could continue to compete in the league.</p> <p>CS advised the first fixture was at Gosfield on Sunday October 25<sup>th</sup>. The following were discussed/agreed:</p> <ul style="list-style-type: none"> <li>• Gazebo – RP has one, the other is with Tammy Belshaw. Maybe worth CS keeping hold of one of them (there will be no junior teams at NESS this season).</li> <li>• Advertising event internally – announcements stream on Endurance Group should be used. In addition CS can ask lead coaches to put on the training groups (Chris feel free to do this yourself for G2!)</li> <li>• Full membership list for seniors can be obtained from Phil Wood</li> <li>• LY and FN are planning to be at first fixture to provide support.</li> <li>• Other committee members could also be asked to provide support as/when needed.</li> <li>• In addition PD to pass CS list of other members who had offered support</li> </ul> <p>CS was considering setting up a dedicated WhatsApp group to co-ordinate.</p> | <b>PD</b> |
|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |           |
| <b>4</b> | <b>Recent Events Review</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |
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|          | LY and FN advised that the recent Essex Way relay had gone well. We fielded two complete teams, which finished in 7 <sup>th</sup> and 8 <sup>th</sup> place overall.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |           |
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| <b>5</b> | <b>Awards Evening</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |
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|          | <p>PD advised that T&amp;F/juniors wanted to organise their own awards ceremony for 2026, but that there was a budget available should Endurance want their own event too.</p> <p>Whilst attendance at the 2025 event (held in January 2026) had been a little disappointing it was felt that an Endurance only event might be more popular, as it would be considerably shorter and also more relevant to the attendees. Putting together and publishing a list of nominations for each category might also help. It was also agreed that food would not be required and it might be possible to find a smaller/cheaper venue</p> <p>As such there was appetite to take an event forward. PD emphasised that there would be a considerable amount of work involved (securing venue, invitations, awards, trophies etc) and, whilst several committee members said they would help, there was currently no owner/project manager.</p> <p>In the meantime PD to discuss the available budget with Phil Wood.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>PD</b> |
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| <b>6</b> | <b>Volunteer Scheme</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |
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|          | <p>PD had circulated a paper from James Plant regarding a proposed new scheme to encourage volunteering within the club's endurance section. He proceeded to give an overview of the scheme, which would be administered by James, and involved members accumulating points for helping with club activities/events, which would then be reflected in a league table published periodically, with the top point scorers gaining rewards (such as free/discounted club membership, additional entries into club race draws etc).</p> <p>There was some discussion about the relative award of points for different types of volunteering but overall The Committee was supportive of the scheme and it was approved.</p> <p>PD encouraged individual members to feedback comments on points awards direct to James Plant.</p>                                                                                                                                                                                                                                                                                                                                                                                          |           |
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| <b>7</b> | <b>Update From Training Groups</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |           |
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|          | <p>G1 – No issues. Paul Spowage was progressing with LIRF, RP was considering other potential candidates.</p> <p>G2 – Dan Morgan, HHS and CS were all at various stages of LIRF (Dan Morgan complete, awaiting his licence). PD also advised that the previous week a runner had fallen on an exposed tree root on the gravel paths (round the nursing home). An accident report had been completed – PD to copy link onto the group.</p> <p>G3 – No issues, sessions continue to be well attended. LY/DST advised that there was sufficient coaching cover as there were a number of qualified coaches in the group (with up to date licences).</p> <p>G4 – JN had support from Anita Mussett and Lydia Cunningham – but also considering other potential candidates. No other issues to report.</p>                                                                                                                                                                                                                                                                                                                                                                                                                 |           |
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| <b>8</b> | <b>Any Other Business</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |           |
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|          | <p><b>Parkrun tourism.</b> LY advised that a club member – who was willing to organise it themselves - had asked about another organised parkrun visit. PD advised that the club would certainly consider making a contribution to costs – as it had last year with the visit to Bushey Park. A short note should be prepared setting out the proposal, likely costs and support required.</p> <p><b>Coaching update.</b> LY asked whether it would be possible to arrange an internal meeting for the coaching team to swap ideas of sessions, warm-ups locations etc. And also whether EA provided any such support. PD to look at EA support and report back to next meeting.</p> <p><b>Endurance Committee.</b> PD confirmed, that as advised at the last meeting after 3 years in the role he was stepping down as Endurance Committee Chair. He had spoken to Phil Wood earlier and no-one had as yet come forward to do the role.</p> <p>The Committee felt that overall it would be difficult for someone not currently on the committee to take the role on. After some discussion it was agreed to rotate the chair role amongst committee members, each person to do one meeting. The following people</p> | <b>PD</b> |

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|          | <p>agreed to the following rota to start things off:</p> <p>PD (from now until AGM on 22/10/26).<br/> RP<br/> DST<br/> CS<br/> HHS</p> <p>RP would thus take the role at the conclusion of the AGM. Subsequently the role would be passed to the next person at the point that minutes for the next meeting had been distributed by the current holder and agreed by The Committee. PD would stay on the committee and would also check with Phil Wood whether he was happy with the person holding the role also attending main committee during the period of their tenure.</p> | <b>PD</b> |
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| <b>9</b> | <b>Next Meeting</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |
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|          | The meeting closed at 9:00pm. RP to arrange the next meeting.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>RP</b> |