

## JANUARY 1988

The Gnomes Challenge (Peter Bartlett) set up a kind of treasurer hunt around Colchester where clues had to be found and solved before moving on to the next clue. Junior winners were Graham Stevens and Toni Knights, senior winners Rodney Royce (Tiptree RR), Roy Bennington and Dave Wright. They received a beautiful pottery medal made by Dave Heathers wife.

Harwich Todays Runner XC League, once again the club was 2nd (the gap was now smaller), Kevin Norman 4th, Ian Roberts 9th good runs from Terry Jarvis and Phil Knights, Sandra Copley ran her 1st race. It was a very muddy course through hilly woods in Wrabness.

Dave Wright started a records book to record peoples times in races. Fay was still encountering problems with the local papers.

With the holiday period now over a further £6 was required as membership of the track club for the next 3 months.

A Pantomime trip to the Mercury Theatre to see ???? on the 14th January. Geoff gave gifts to Jill & Peter Bartlett, Dawn Knights, Margaret Williams and Peter Goff for all their hard work and effort put in during the iron man.

2 of the clubs members moved away, cards were signed and a present presented - Ray Willett and his family moved to Biggleswade in Bedfordshire and John Turton was going to Australia.

Lance was 2nd vet in a 15k Police/Essex League race walk at the University of Essex.

A special meeting was held on Monday night about the future of the track club, it was attended by all club members.

Colchester Todays Runner XC at Abbeyfields. Once again CJC were 2nd to Tiptree, a good turnout by the club 46 runners and 20 marshalls. Good runs by Richard Goff 29th and Dave Lindell 15th. Charlotte Southgate was 4th woman for the Joggers on her debut, Ian Stevens, Dave Wright and Peter Bartlett organised the race.

Last years Biathlon series trophies were given out. Steve Woolcock won the senior race and Richard Bartlett and Rachel Williams the smaller race series. A special prize was given to Terry Gamble for best performance overall.

Fay produced another monthly newsletter.

The club guested in the Essex Police XC at the University our women convincingly beat the police ladies, Sheila Bond, Nicola Beards and Joyce Best? the 1st 3. Jerry Madden was 5th and Richard Goff 14th the top men. Ray Willett was presented with a large medal for the first CJC to run 100 miles.

## FEBRUARY 1988

It was voted on that at the end of the next track club session

1st April, the track will then be available to all members at a cost of 50p per session and to offset the costs of track hire club membership will rise to £6.00 running member and £3.00 non running member.

The clubs 2 marathon men went to Holland for the years first marathon for the club. Jerry Everett ran 3.15 and Paul newell 3.27, Nicola Beards completed the 20km in 1.32.

Todays Runner XC League at Witham from the Community Centre including a very large road section. CJC were only 3rd ..

Flumathon at Sudbury Kingfisher Pool, CJC 3rd with 791 times down the flume.

Another good bowling night at Walton Pier.

Paarleufs 8th February at Northgate Track, Ipswich teams of 4 in a 20 minute continuous relay, men won 1st event with 19 laps in 20.07 and the women won with 18 laps in 21.28.

At the Friday Arena meeting of 12th February 1988 Dave Wright produced at the meeting a surprise speech that would change CJC for ever. Dave felt that the club had progressed a lot over the last year, particularly that we now had use of the track on a Thursday night HE felt it was about time that CJC joined the AAA. A move that was opposed by many saying that:

- a) we are not a serious club and that the fun/social side of the club was what the club was all about;
- b) there would be restrictions on the distances out juniors can run;
- c) we don't like all their rules;
- d) there is already a AAA club in Colchester.

Springfield Todays Runner XC at Hylands Park, CJC were 2nd to Tiptree. Dave Lacy 8th, Dennis Smith 13th, Richard Goff also scored and Ann Goff was 1st CJC woman.

The boys team recorded 19 laps in 20.06 only 5 seconds slower than the men the previous week at the Monday Ipswich Paarlaufs. Good support travelled to Ipswich to cheer the teams on.

Roy & George Bennington with Roy Moore won the clubs most recent Dave Wright General Knowledge Quiz.

The club had received Ipswich Jaffas running distance standards which Peter Bartlett was to use as a basis to introduce our own club standard awards.

Terry Jarvis was seriously ill in hospital, the club sent a card and flowers.

Dave Clemens was bestowed the honour in a touching ceremony following last years death of Walter Freeman joined Dave

Heather as the clubs 2nd honour member.

Many more debates about AAA took place during the month.

Chris Downes Fun Run Director presented a cheque for £671.78 to Dr Hall from Hamilton Lodge. Dr Hall thanked the club and said that as a club we had now donated over £12,000. The most recent money used for a greenhouse so the residents can grow plants which can be sold.

Sheriffs Way, Nottingham some of the clubs more senior runners took part in a xc team race along footpaths around Nottingham and were 6th team out of 105 in 19 hours 39 minutes.

Paarleufs - girls 18 laps in 20.33 and were 2nd. Men 20 laps in 20.55, currently ladies 1st, men 4th, boys 6th, girls ?

Dave Lacy had one of the clubs best ever runs at the Bury 20 in 1.52.54, 1st Vet and 2nd overall, other notable performance Pete Thomas 2.33.51.

Dennis inspired by watching the Olympics on TV turned up at the Paarleufs in Ipswich to watch but no one else did as 2 inches of snow had postponed the event.

Richard Goff was Januarys Runner of the Month but as he was watching the U's he did not receive his medal.

### MARCH 1988

The final XC run of the season was at Tiptree, CJC were 3rd and finished 2nd overall. Tiptree the overall winners.

Paarleuf the girls were 3rd in 17 laps, 20.13 still 1st overall though, boys were 1st on the night but 4th overall in 20 laps in 21.15.

Today's Runner announced that there was to be a national final at Holmepierpont - the National Watersports Centre in Nottingham on 8th May, Tiptree as league champs will represent our division.

CJC won mens team at Essex & Suffolk Border Run at Gt Cornard with Gerry Madden, Ian Roberts, Graham Goodenough, Dave Wright. Bob White returned to running after a long illness.

Thanks to Rogers Hanks inclusion in the mens team they were 1st on the night in the paarleufs, 4th overall. Boys were 6th and the girls 1st.

The winners of the CJC Club Today's Runner XC Leagues were Ladies: 1st Anne Goff, 2nd Charlotte Goff, 3rd Sheila Bond. Juniors: 1st Anne Goff, 2nd Charlotte Goff, 3rd Helen Clarke. Men: 1st Roger Hanks, 2nd Graham Goodenough, 3rd Dave Lacy.

Fay reported the club was not getting more coverage in the local press.

40 are now regularly attending the track club coached by the

clubs 2 assistance club coaches Dave Lewis and Jerry Everett.

Dave Wright announced that there will be a new club handicap on the last Friday of the month, 2 also of Abbeyfields starting 25th March, slowest starting 1st and the fastest last.

Paul Thomas is in hospital with a broken leg after a motorbike accident while on a side car in a scrambling event.

Colchester & Tendring AC 5 & 10 miles races at Monkwick, Nicola Beards 1st woman in the 5, Gerry Madden 1st Vet, U14s won the team prize.

Roger Hanks took part in Colchester & Tendrings 3,000m walk in 17.13 with his handicap was the winner on the night, Richard Bartlett was last.

Track now open to all at 50p, Nancy Thomas (Pauls wife) will be coaching javelin and discus from May.

A series of 1 mile handicap walking monthly races were to be introduced by John Hedgethorpe.

New club biathlon season underway, main event new record time to Roger Hanks, 2nd Steve Woolcock. Shorter event Rachael Williams 2nd Richard Knights.

Terry Wheat reappeared at the Friday meeting after several years away.

The juniors and girls both won their Paarleuf Leagues and received trophies, the club then presented the boys with shoe bags and the girls with flowers to commemorate our first ever track success.

Dave Heather and Roger Hanks won the Clubs XC trophies.

On 27th March the club had its first meeting with Colchester & Tendring AC. Geoff and Dave with Colin Lax and John Saunders. The outcome was that the clubs were keen to get on with each other and they were happy about us now having the use of the track.

Dave Lacy runner of the month.

#### APRIL 1988

London Marathon Graham Goodenough 3.07, Bill Thompson and Pete Thomas both set PBs.

Jerry Everett and Paulo our Brazilian runners both did the Shakespeare Marathon in Stratford upon Avon.

No other minutes were taken in April.

Phil Knights was runner of the month.

#### MAY 1988

Mersea round the island race. Roger Hanks 5th and Gerry Madden 4th definitely had some inside knowledge as they were



1st and 2nd home for the club.

Tiptree were 11th in the first ever TR XC Final in Nottingham. AAA Southern Rep former International Angela Littlewood will be attending a special meeting of the Club for Questions and Answers about the AAA on Monday 6th June.

Discussed that a change for annual dinner was wanted and Langham Village Hall was booked.

Anne Goff 1st lady at Mendlesham Fun Run.

Andrew Johns won the 2nd Biathlon, in record time, 20 participants, Steve Woolcock was 2nd and Carl Booth won the small event.

1st 1 mile race walk took place on Thursday Track night our best was Roger Hanks 4th, Peter Harding was complemented on his style.

Gt Baddow 10, Davy Lacy 3rd vet, 58½ minutes, 5 ladies ran Sheila Bond, Sandra Copley, Joyce Best, Elane Folkes and Sonia Barnett who used the Ambulance as did Dave Wright at Gt Bentley.

Clubs Childrens run at the Arena attracted 90 entrants, £150 profit made. Chris Downes and Ian Stevens organised it, had a lot of late entries which boosted the total. Helen Clarke was 1st girl and Charlotte Goff 2nd. Disappointed that few club members turned up to help.

Essex 20 in Colchester from Shrub End to Abberton and Birch, Club not allowed to enter as it was a AAA event.

Paul Newell ran 3.57 in Northampton marathon. Lance Williams race walked 33 miles and 5 furlongs in the Barking to Southend walk in 6 hours 54.

Paul Thomas was now out of hospital.

It was discussed that a AAA vote was to be taken on Friday 10th June after Angela Littlewoods talk, much dispute about who was eligible to vote ie age.

3rd Club handicap, 42 ran, Kendall Bartlett 1st, Joyce Best 2nd, Tim Carter 3rd, Roger organised the event.

Triathlon - 26 took part Jim Wallace of Witham RR won for the 2nd year. Roger Hanks was best CJC in 3rd position.

Peter Bartlett and family organised with Geoff and Margaret the goody bags.

Gnomes Treasure Hunt, Geoff won with his team of Anne Goff and Chris Rooney by solving the clues around the town.

Sudbury Wheelbarrow push, clean sweep by CJC, Dave Lacy, Jerry Everett, Richard Bartlett won team prize in record time. Ladies and Kids also won their races and fancy dress.

Football match, CJC 6 Halstead 2, not all of Halsteads team turned up.

Helen Clarke runner of the month for May.

## JUNE 1988

Another football game v Halstead, CJC won 5-0.

Jim & Helen Clarkes amateur status was brought into question when it was discovered a picture of them was being used to promote The Eastwood Miners ½ marathon in Nottinghamshire on the race entry form. Calls of bribes and modelling fees were denied by the Clarke family (the picture first appeared in Today's Runner magazine at the 2nd TRL XC at Harwich the previous year).

Angela Littlewood visited the Arena and was treated to a meal by the club and shown the year books and was briefed by some of the Committee members as to the Clubs concerns about joining the AAA before facing a large meeting. The club was severely divided by the proposal. The family members/kids opposed, older runners in favour.

She was given a hard time by some sections of the audience. The Bartletts and Fay Downes most opposed. It was decided that it be debated further at the next club meeting on 10th June. This at times was very heated and divided with accusations and allegations made and made points of view put across. This was definitely the biggest event in the Clubs history so far and the concern emence.

Geoff Gibbins as Chairman was given a hard time by some of the memebtrs. It was declared that voting take place to all of school age and above. All members sent by post a voting form which had to be returned by 7.45pm on 24th June when they were to be counted by Hon Secretary and the Membership Secretary and the result given at the meeting.

Meanwhile at Gt Bentley another large turnout and Pete Thomas winning the O50, Anne and Charlotte Goff won their age groups.

A record 63 club runners took part in the Colchetser ½, best position Dave Liddell 18th and John Westley 46th (mens team were 16th and womens team 4th). Club received letter from Evening Gazette and John Hedgethorpe thanking Club for their assistance at the event (1st time we had been involved).

Bill Thompson and wife Margaret were presented with a signed card and a present as they were moving to Australia.

Dave Heather announced that sadly Mrs Palmer the instigator of the Charles Palmer Trust at Hamilton Lodge had died at the age of 95. The club represented by 6 members at her funeral, flowers were sent and a collect made £75.

Alan Smith, Paulo, Jerry Everett took part in the Country's 2nd largest marathon - The Potteries in Stoke on an extremely hot day.

15 took part in the 1 mile track handicap walk.

Cricket game U40 v O40 at Woods, Oldies won, a good tea was

provided.

The result of the vote for affiliation to AAA was (160 were eligible to vote):

82 in favour  
67 against  
2 abstentions

3rd Club Handicap held after the vote result was won by Paul Grogan in a field of 38. Melvin Smith now leads the league.

Helen Clarke was 1st girl at races in Shoeburyness 10K and Enfield. 7 took part in the South Downes 80 to which a minibus was sent. Carl Murdoch was 1 home in 12 hours 40, followed by Nutty Newell, Ray Willett, Lance Williams, Roy Moore, Dave Simpson and Gary Willett. Those not doing so well were led by Dave Wright who once again assisted the St Johns Ambulance Brigade with their training and also visited a Brighton Hospital. Roy Bennington also DNF the back up was provided by Dennis at the wheel, Margaret, Paul, Jo and Phil.

Jonathan Westley was the June runner of the month.

### JULY 1988

As a result of the vote in favour of joining the AAA Jill Barlett, Nicki Bartlett and Fay Downes all announced their resignation from the Clubs Committee. A number of other families left the Club and over the next few weeks they banded together to form a new club known as Team 88.

Jo Woolcock, Rachel Williams, George Bennington took over the responsibilities of those who had resigned until the Clubs next AGM on 2nd September.

There was no meeting on 8th July as Gt Bentley staged a Friday night relay race, 18 of the 27 teams were Joggers. They were celebrating their 1st year of existence and also held a Disco, several of our members had joined Gt Bentley during the year inc The Gladding Family, Ted Williams, Derek Cook and Bob White.

3rd Biathlon, 20 main event and 10 in shorter event. Dave Holding won in 2.08.07, Rachel won the shorter event.

At the Halstead Town Centre Relays, CJC had 5 teams the best of which were 2nd Dave Lewis, Andrew Johns, Roger Hanks (Vet) and Rachel Williams (Female).

Kelvedon ½ also kept up its poor organisation reputation with mix ups over the short and longer course.

It was agreed to introduce the weekly raffle to raise money.

Jerry Everett took part in a 10 lap mile race in Chantry Park, Ipswich and was 6th in 61 minutes.

Club Track Championships. The Club staged its first track meeting organised by Roger Hanks, various distances were staged and time for our own champs. Clem had donated a large trophy for it to be annually held the 1st Victor Ludorum was

Dave Lewis. The Club now had established a number of track records from 100m to 5k in which Clem also ran. Long jump was easily won by Gavin Harding. Margarets food ensured that everyone enjoyed the day.

After much apathy there was to be no entry in this years Colchester Carnival by the Club.

A large group from the Club travelled to Newcastle for the Gt North Run, Bob White, Clem, Bob Kimber, Ted Williams and Sheila Bond were amongst the thousands running.

£200 was made from the Junior Jog of which £100 each was donated to Windsor School, Clacton and Market Fields School, Elmstead both special needs schools.

At the Clacton Carnival Run 40 CJC took part and 16 trophies won. Dave Liddell & Sheila Bond both won the shorter 7 mile race.

Sonia Barnett was runner of the month for July.

### AUGUST 1988

Several took part in the 45 mile CAT Scanner Appeal Tending Cycle ride all enjoyed the event except Dave Wright who had 5 punctures and had to run home from Elmstead.

The Club staged a 4 x 3k relay from the track on a Thursday night. Tiptree RR won the event from 24 teams in 42.49, CJC were 2nd and 4th.

The Stevens family left the Club to move up to Scarborough, Jerry Everett and Nicola Beards who was 25th/300 ran in the City of Westminster Mile in London.

Roger Hanks won the 2nd Biathlon, Andrew Johns 2nd and Dave Wright and Lance Williams 3rd. Rachel won the shorter event and Time Carter was 1st in his own route event!

Geoff Gibbins became the 2nd Jogger to run the Moscow Marathon and also traded a green Joggers Vest as did Jerry Everett 2 years before.

Club cloth badges were now available at £1.50.

43 turned up for another Dave Wright General Knowledge Quiz night at the Arena, Roy Moore, Jerry Everett and Nicola Beards were the winning team.

The last mile walk at the track was won by Paul Snook who also clinched the league overall and was presented with a large trophy. Steve Woolcock 2nd, Ray Harding 3rd.

The Clubs proposed new constitution was drawn up as required by AAA membership and given to all members for approval at the AGM.

Roger Hanks did well to finish 32/144 in the Stowmarket Triathlon. The Todays Runner League held a meeting at which Dave Wright was elected Chairman and Pete Thomas the Clubs Representative. No major rule changes but race distances

increased from 3-4 miles to 4-5 and Clubs agreed not to have 'ringers', and the dates of 6 races agreed.

Dave Wright announced that a Standard Scheme for the Club was to be introduced for juniors and a revised seniors with badges awarded for various ages and achievements, Diamond, Gold, Silver and Bronze.

John Blundell had persuaded Beezer Homes to once again sponsor the Clubs run to the value of £500.

Kim Grant travelled to Iceland to take part in the Rejavik Marathon.

49 members ran at Mersea in the various runs. Dave Lacy, Helen Clarke, Gerry Madden won various categories.

George Bennington won the 5th Summer handicap while Sheila Bond took over at the top of the league.

### SEPTEMBER 1988

1988 AGM 2nd September, Arena, 63 present.

The Chairman summarised the year as being the Clubs most eventful and successful so far, a vote of thanks went to the Chairman of the outgoing Committee.

The Clubs finances were in excess of £500. During the year membership had been rased to £6 to accommodate the track fees. A family Friday night fee is now only 50p. AAA affiliation should not effect fees.

Despite the exit at the AAA vote of several members the membership is the same now as it was a year ago at 150 of which 82 are senior running members.

It was agreed to raise the problems of the showers again with the Arena. Changes are now to be made to the consitution of the committee with all officers having particular posts.

The new Committee was approved:

President	Phil Cooper
Chairman	Geoff Gibbins
Vice Chairman	Dave Wright
Secretary	Pete Thomas
Treasurer	Jo Woolcock
Membership Sec	Rachel Williams
Kit Sec	Dawn Knights
Ladies Capt	Sheila Bond
Mens Capt	Roger Hanks
Non Running Capt	Lorraine Harding
Junior Rep	George Bennington & Jim Clarke

Now the club is coming into closer contact with more Clubs. It was now emphasised that the Club exists to 'promote the nejoyment of ahtletics'.

Next years aims wer more running for seniors, more involement in XC, and closer links with Charles Palmer Trust.

Jerry Everett completed his 50th full marathon in 3.00.16 at the New Forest Marathon in Hampshire, while Paul Newell was the Dartmoor Marthon in 3.42.

### OCTOBER 1988

The Club purchased a dictaphone to assist with the recording of race results.

It was agreed to allow members of Gt Bentley to use the track with us on a Thursday night.

John Hedgethorpe was to organise a winter walking handicap on the track similar to the summer mile. He also recommended that the club affiliate to the Southern Counties Race Walking Ass. Alan Smith became the first person to answer in the matters arising sections of the meeting of 21st October 1988.

The 2 marathon men were in Chesterfield, Paul Newell 3.05 his 10th in 9 weeks and Jerry Everett 3.13.

Our 2 Brazilian runners Paulo and Pedro both ran new PBs in the Saffron Walden - Dunmow ½ in 1.39 and 1.38.

A large number from the club took part in the Burnham 10k and ½ but Dave Lacy didn't as he couldn't find the start.

The support for the first winter race walk was disappointing it was won by Roger Hanks.

Hyde Park Certificates were given out with gold going to Brian Bedford, Steve King, Jerry Everett, Dave Wright, Graham Goodenough, Nicola Beards, Sharon Ford, Rachel Williams, Helen Clarke, Dave Lewis, Sheila Bond, Mick Bond and Pete Thomas.

The Club had about a 1/4 of the field in the Glemsford ½ and Fun Run. Dave Lacy was 2nd in 1.13.29. The Club won 5 trophies, 1st Team: Daves Lewis, Wright and Lacy. Sharon Aitken, Rachel Williams and Michelle Jarvis were also winners.

Roger Hanks won the 2nd Thursday Winter track walk.

Today's Runner League meeting it was agreed to allow Ipswich Jaffa to join our league even though they were from Suffolk.

Former club member (now Gt Bentley) Tim Tooney had completed a Lands End to John O Groats walk. The club contributed towards his charity.

Joggers Dinner, £18 a ticket to be held 3rd December at Langham Village Hall.

A large turnout of Gt Bentley had swelled the Thursday night session to over 100, but we just about managed.

Charles Palmer Trust - future monies raised by the club would go towards a new project of converting a bungalow into 3 flats.

2 more marathons for Nutty Newell he went to Yugoslavia for the Split marathon 3.27 and Wales for the tough Snowdonia

Marathon at Llanberis 3.40.

At Harlow Marathon Paul Barrett did 3.51, Ray Willett 3.47, Gary Silkstone 4.08.

Graham Goodenough runner of the month.

### NOVEMBER 1988

The Club challenged Ipswich Jaffa to a 4k (10 laps) track race held at the Garrison Track. It proved to be a very successful event and a inspired a good turn out of 134 runners from the 2 rival clubs. There were 2 coach loads from Ipswich who took part in the 3 races. Our Club donated a team trophy it was hoped would be competed for annually at alternative venues. The first 10 in each race will score Senior, Ladies and Juniors. Cathy Bishop won the ladies race in 15.37 and was supported well by Sheila Bond, Sharyn Aitken and Rachel Williams. In the Boys race Richard Goff was 1st, Carl Booth 2nd. There were 2 mens races 1 for those over 15 mins and 1 for faster than 15 mins. Jaffa had 5 runners who finished the slower race in under 15 mins. Jaffa dominated the faster race with 7 in the 1st 8, we had Richard Gaine in 2nd place 12.55. Overall score was Jaffa 157 CJC 90.

The Bishops both won the short races at woods, Cathy 1st lady and Martin 1st Vet, Helen Clarke 1st junior. A good turnout for the short ½ and 7 mile. Dave Lacy 1st vet in the ½.

Nutty Newell was not being slowed down by marathon after marathon and set a new PB at Harlow in 3.02. 11th in 10 weeks.

Jaffa sent a letter to the club thanking them for a good evening in the track challenge and for letting them into the TR League.

### DECEMBER 1989

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December Runner of the Month Mario Fergnani and Sheila Bond.

## JANUARY 1989

12 members of the newly formed Maldon Running Club were invited to come to the track for a few Thursday night training sessions.

Essex County Standard sent a photographer to the track to take individual pictures of the club members for use in the paper.

Springfield TR XC, CJC 2nd, Dave Lacy 5th and Steve Adley 20th and Mario who had just returned from Milan was 22nd. ladies team 3rd and mens team 2nd.

Melvyn Smith announced he was now a Grandad.

Ipswich Jaffa won a competition in the Todays Runner Magazine as the Countries Best Club.,

New Arena membership cards were issued.

A survey of result of the clubs entries for our run showed there were 402 entries, 203 from N Essex, 87 from Suffolk, 28 South Essex, 42 Hertfordshire, 16 Norfolk, 7 London, 4 Cambs. The conc. being that the club paid for an ad in the National Running press but it has proved to be of little worth.

It was suggested that in future we distribute entry forms at local races and to local clubs.

The Kimber Award. This award dreamt up by Bob Kimber, Paul Barrett, Barry Bartlett to ensure that members responsible for 'cock-ups' are publicly humiliated and recognised. This years winners for 1988 were 3rd Nutty Newell for helping some runners on the South Downes 80 to take a short cut and ended up running 6 miles further. 2nd Dave Wright for entering a 6 mile race and completing a 13 mile race instead, he had run 9 miles before he realised he was in the wrong race! The 1988 Winner was Tim Carter who received the magnificent plate with a picture of Bob Kimber on it for 1 year. He took a short cut on one of the Club Biathlons and had received certificates for races he had not done and had tried to convince people he had taken part in these events, when he had given away his numbers.

The Club ran a coach to the Beccles 10. The organiser said the last coach we had turn up for the an event in Beccles was a stage coach. CJC had 1/3 of the entries. Mick Bond was 1st in 52.40, Dave Lacy 1st Vet in 55.54, Cathy Bishop 1st Vet in 69.50, Sonia Barnett 3rd Vet, Sheila Bond 3rd Lady in 70.23. Richard Knights won the junior fun run. Dave Wright sent a letter to the organiser from the Club saying how much we enjoyed it.

Alan Smith became the Clubs 1st Ambulance case of the year. Walking Handicap 3 joggers took part, Roy Moore 3rd and Steve King 5th.

Arena said we can use old showers as new ones are not very good.

Dawn Knights and Roy Moore won the Bowling Evening at Walton pier around 50 CJC took part in the evening.



Geoff Gibbins presented Dr Hall from the Charles Palmer Trust a cheque of £725, the profit from our Christmas run. Dr Hall said we as a club had now donated around £16,000 to Hamilton Lodge.

January Runner of the Month Russell Goodridge.

CJC teams were allowed to compete in the Essex Police XC Champs at the University. Our women were 1st with positions 1,2,3 and 5. The men were 3rd with Kevin Jolly 5th, Richard Goff 8th, Dave Wright 15th.

Steve Woolcock ran the first marathon on the year in Apeldoorn in Holland in 4.18.

Cloth badges had now arrived for the clubs standards and most of the club started to received them for the 1st months road races.

### FEBRUARY 1989

TR XC at Witham. Mick Bond won the race. Combined results 1st Springfield, 2nd Halstead, 3rd CJC. Good CJC turnout, course included too much road section.

Essex League XC Richard Gaine 13th and Mario 80th.

2 teams completed the Sherrifs Way, 52 mile lap of Nottingham on footpaths and roads. Lance Williams team 14 hours 37, beat Roy Moores team.

Sudbury Flumathon, CJC were 2nd team. The team consisted of 10 were just behind the winners team from Tiptree.

The club hired the Sudbury Pool for our exclusive use the folowing week.

More complains about the showers at the Arena.

Halstead TR XC, 46 CJC took part, Steve Adley 17th, Phil Robinson 27th, Joe Norris 37th, Andrew Johns made the scoring team for the 1st team. CJC were 3rd overall.

Track handicap walk won by Steve King, Roger Hanks leads the series.

Good club turnout at Bury 20, Dave Lewis 1st Jogger home, Dave Wright DNF and received no sympathy.

Steve Adley February Runner of the Month.

### MARCH 1989

Members were asked to think of a Club motto.

The club changed its bank account to one that gains interest.

Tiptree TR XC, the final race of the season at the Jam Factory. Halstead won and were the ladies champs. 3 different winners in the last 3 years.

Good runs from Richard Goff, Roger Hanks, as well as Jerry Everett and Paul Barrett who made the scoring team for the 1st time. Dave Heather and Clem took part and took 1 hour 25 mins. Overall CJC Champion was Richard Goff, 2nd Steve Adley, 1st O40 Rogers Hanks, 1st O45 Graham Goodenough, 1st O50 Terry Jarvis, 1st Lady Bridget King, 1st Junior Helen Clarke, 1st Femal Vet Georgi Clarke.

Richard Gaine had an excellent run in the Roding Valley ½ marathon and was 8th in 1.11.

The Paarlaufs again got underway at Northgate Track, Ipswich on a Monday evening. Our A & B teams were 1st and 2nd, with the ladies teams 2nd & 3rd behind Ipswich Hockey Club. again there was good spectator support from the club.

More heated discussions took place about the showers.

Handicap, £21 was raised for Comic Relief Red Noses were worn by runners, 2 laps of Abbeyfields, 37 took part but Mario missed the start, 1st Steve Lyon, 2nd Georgi Clarke, 3rd Richard Knights.

Paarlaufs CJC B were 2nd and CJC D were 4th.

Jerry Everett 3.17, Steve Woolcock 3.42, Paul Newell 3.48 took part in a new marathon at Gt Cornard the Suffolk & Essex Border Run, also a ½ marathon and ½ marathon relay which our ladies team of Nicola Beards, Sharon Ford and Michelle Jarvis won.

4K/3K track event 16th March 89, Ipswich Jaffa won 3 races, Joggers 2. In the ladies race Fran Quinn won in 15.38 with Bridget King 2nd. In the B race for those slower than 15 mins, Steve Woolcock ran 15.01 but was 3rd! Steve Lyon 15.12. In the A race Richard Gaine was 1st in 12.43.

Margaret and Lance Williams, Joy White and the Kings staged a Cheese & Wine Night for the Club at Gt Horkesley Village Hall, £155 was raised much at the throwing the 10p nearest to the bottle of scotch.

25 CJC visited Ipswich Town FC for a guided tour behind the sceens at the football ground, they were showed around by the Managers Secretary who was the clubs longest serving member of staff.

Photo frame - Steve King has acquired a frame for photos of the Club which will be put in the Arena reception area and changed regularly.

The Club sent a coach to the Rutland Water 16½, Mick Bond was 13th in 1.34.

Paarlaufs, Ladies B team were 1st beating the Hockey Club, Mens A team last, Ipswich Harries dominating the mens event.

Roger Hanks won the last winter 3K handicap track walk and so clinched the overall league, last years winner Paul Snook presented Roger with the trophy.

30 CJC took part in the Annual Sudbury 7 on Good Friday.

Richard Gaine in 35.05 was 5th, Pete Thomas 1st O50.

Old member Jacqui Bamford gave birth to a 7lb boy Christopher on 19th March, flowers were sent by the Club.

Margaret had brought the Club a Dictaphone with money raised from teas onat the track on a Thursday night.

Over Easter the club held a boundary run around Colchester and raised £65 and a 12 hour darts marathon which raised £74. It was held in the main bar at the Arena.

Dave Wright revised some of the clubs standard awards and lowered some of the times for the bronze awards.

Arena Membership was to be increased by £1.

Bungay Black Dog Marathon Jerry Everett ran 3.11.21 with Kim Grant only 24 secs behind, Paul Newell did 3.42. In the ½ Cathy Bishop did 1.33, Martin 1.26 and Martin Longhurse 1.30.36.

The Club ran a coach to Reading where Dean Marshall ran a club record of 1.10.41. Peter Thomas PB 1.27.

Gary Silkstone won the Burnhm 10k in 35.25, Dave Wright 3rd, Rachel Williams 2nd female.

Paaurlaufs Mens A team won with B team 2nd, B team still leads overall with 96 poins.

Mick Bond was 39th in the National 20 mile Champs in 1.56.

Roy Moore was speechless when awarded March Runner of the Month.

#### APRIL 1989

Darts award winners Dawn Knights highest 3 dart score for lady, Dave Simpson for male score. Dave Simpson highest individual score and George Bennington 2nd.

Another club baby Jo Woolcock gve birth to a boy on 6th April called Leo. Card and flowers were sent.

Dean Marshall ran the Breckland 10, Thetford in 52.40 and was 5th.

Martin Sellers at Biology lecturer and keen Orienteer from the University of Essex gave the club a lecture about carbohydrates and body fitness and running diets.

Clem announced he has got to give up running aged 73 on doctors advice after a fall off his bike which put him in hospital.

Carl Murdoch now a Vet went to USA for the worlds oldest marathon in Boston and ran 2.57.08, while Nutty Newell ran in Britains toughest the Dutchy Marathon in Cornwall.

The TLA School run attracted 57 entries from CJC, Dean Marshall won the 10 in 52.29, Dave Lacy 4th in 56.01. In the 5

Richard Gaine 3rd, Gary Silkstone 5th and Frann Quinn won the ladies.

Dave Simpson did a sponsored run from Colchester Utd ground to Portman Rd, Ipswich Town in aid of the Hillsborough disaster fund. An evenings meetings subs were also donated to Daves sponsorship, he raised £307.

The Club motto put forward by Phil Cooper - Viridisque Optimus (Green & Best) was voted for, other entries included Dave Lewis 'Find a way or make one', Clem - 'Nothing without labour', Tim Carter - 'If you can't win cheat'.

Paarleufs A team Dave Lewis, Martin Bishop, Joe Norris, Paul Barrett won.

London Marathon, the club ran a coach and 24 ran. Dave Lacy, Mick Bond had excellent runs, Frann Quinn also ran well in 3.26.

The Ipswich Monday night Paarleufs were now finished with the final results, CJC Mens B team 4th, A team 5th, C team 8th and D team 10th. Ipswich Harries winning.

At the Todays Runner League meeting, Ipswich Jaffa were to come in as now a scoring team and Gt Bentley were also to come into the legue. Witham and Harwichs courses were to be dropped, Gt Bentley would organise a race as would Ipswich Jaffa.

54 took part in the 1st summers handicap race around Abbeyfields, 25 people recorded PBs.

At the Harwich ½ and fun run, Bob White and Graham Goodenough won the vets prizes in the small race, and several ran PBs in the ½, Steve Woolcock and Lance Williams DNF.

Dean Marshall won a 14 mile race in Richmond Park in 1 hour 17 which he described as very hard.

Fran Quinn was runner of the month.

### MAY 1989

Martin Bishop, Nutty Newell, Roy Bennington, Jerry Everett, Tony Springett who raised £350 for charity took part in the Norfolk Marathon and ½.

Richard Gaine was 3rd in the Witham ½ in 1.12 and the following day won the Hatfield Peverel 5 in 26.02.

The Joggers were challenged to a football match v a team of judge barristers and solicitors from Frinton, we lost in Frinton 11-1. Phil King our sole goal scorer.

The Chelmer Village ½ saw Mick Bond in 1.14 and Sheila Bond in 1.40 both win their races.

18 took part in the 1st summer mile handicap walk at the track, even Margaret and Lorraine took part, Richard Knights won it and Steve King was the quickest.

## MAY 1989

The Club hire the Kingfisher pool at Sudbury on a Saturday night for 2 hours.

Dave Lacy was 14th out of 2000 in the Gt Eastern Run at Peterborough, Steve Adley and Jerry Everett both ran PBs. Nicola Beards was 1st lady in the 5k.

Dean Marshall won the Frinton ½ marthon in 1.06 with Richard Gaine 2nd in 1.13.28, the club also won the mens team prize.

The Summer Biathlon series got under way again, 9 in the long event, 2 in the shorter. Tiptree RR Peter Richardson won in 1.07.09 with Andrew Johns our top man in 3rd. Richard Knights won the small race.

A nursery section was started at the track for the very young under the eye of Alison Chatfield.

Halstead RR represented our league in the National Todays Runner Final at ?? and came in 9th.

Dave Lacy was 2nd and 1st vet in 55 min, Gary Silkstone 4th in Baddow 10.

The Club organised a ladies only 10k at the University. The turnout of 51 was considered good as Halstead and Jaffa were elsewhere. 12 CJC ladies took part, with 4 in the 1st 6, Tiptrees Sue Baker was the winner in 40.04. Many of the clubs men turned out to help organise the event.

Dawn Knights and Lorraine Hardwing went on a St Johns Ambulance First Aid Course and both qualified which lasts for 3 years.

63 took part in the handicap at the Arena, 27 PBs. Dean Marshall established a new club record of 14.06 with Mick Bond and Gary Silkstone both beating the old mark. Fran Quinn set a new ladies record of 17.37. The race was won by Adrian Copley with Bridget King 2nd.

Jaffa 5/10/15. Petty officialdom spoilt the day or rather Mr Bluett from Colchester & Tendring AC. Dean Marshall was a clear winner in the 10 but was disqualified for folding his number!. This put back a long way the already strained relationship between the clubs.

There were some good runners present out best placed man in the 5 was Gary Silkstone in 8th, but it was the Goodenoughts who won the prizes Graham 3rd O45 and Jenny 1st O50.

In the 10, despite Deans disqualification, Frann Quinn was 2nd in a new club record of 67.45.

In the 15 Dave Lacy set a new club record, 2 overall, 1st vet in 1.23.20.

- There was a camping weekend at Kessingland nr Lowstoft where Shane King at 16 months of age won the beautiful baby competition and Toni Knights was 3rd in the talent competition.

Paul Barrett has now qualified as an Assistant Club Coach joining Dave Lewis and Jerry Everett.

Dave Lacy runner of the month for the third time.

### JUNE 1989

Ray Willett collected £22 during the London Marathon for Hamilton Lodge despite now living in Bedfordshire.

In the Maidstone marathon Steve Adley completed his 1st marathon in 3.01, Jerry Everett ran 3.32 and Paul Newell his 11th marathon this year in 3.33.

The short Wivenhoe mile was won in 4.09 with Gary Silkstone 2nd, in 4.17. Dave Wright managed to get lost and was beaten by Rachel Williams!

The Club were asked by the Borough Council to organise a kids fun run in Castle Park as part of a Festival of Sport but as they did not advertise the event only 11 turned up (mostly CJC). The Club were annoyed with the Council as a lot of CJC turned up to help organise the event and we were £19 out of pocket (which the Council did eventually refund and make some feeable excuses). John Hedgethorpe said there had been a long history of friction between the Council and Athletics in the town.

Clem returned to the Club after escaping from hospital. Emma Hanks raised £209 for Hamilton Lodge in the London Marathon.

55 CJC entered the towns oldest race the Co-op 5 1/4 mile race of a field of 135, ladies team 1st, mens team 2nd. Fran Quinn 1st, Bridget King 3rd, Dave Lacy 1st Vet, Pete Thomas 1st O50.

Geoff Gibbins won the handicap walk Peter Harding 2nd. Roger Hanks took part in the Essex Walk League 20 miles at University and he was kept entertained by the presence of Clem who related several jokes, stories and yarns in 2 hrs 50 mins.

Sharon Fords sponsorship in the London Marathon raised £205 for Hamilton Lodge.

Another Club wedding. Jerry Everett and Nicola Beards were married at St Lukes Church, Tiptree on 17th June. A card was signed and presents given.

The Colchester ½ marathon was won by Dean Marshall 1.13, CJC were 1st team, Dean, Carl Murdoch, Gary Silkstone, Dave Wright, Paul Barrett, Roger Hanks. Fran was 4th lady, Bridget King 6th lady.

Dave Lacy meanwhile was up in Newcastle and ran 1.13 in the Gt North Run.

• Andrew Johnes won the Club Biathlon.

South Downes 80. The Club had 11 start and 10 finish, the largest CJC turnout so far.

14 ran in the Stratford St Mary (Saturday), new member Paul Spowage won with Dave Lacy 3rd, Helen Clarke 3rd lady.

The Club had 9 teams in the Hadleigh Road Relays (ladies on 1st leg), The best CJC team was 2nd with Lacy, Bond, Spowage and Fran Quinn, very well organised event won by St Edmunds Pacer.

In the Track Champs at Ipswich Dean Marshall won with Mick Bond 2nd in the 10,000m, Fran Quinn 2nd in the 3,000m.

54 took part in the June Handicap, won by Lisa Scobie with Adrain Copley 2nd. Peter Buckenham set a new walking record of 20.40.

June Runner of the Month Bridget King.

### JULY 1989

A record 28 entries took part in the Clubs Triathlon organised by Geoff and was dominated by outsiders. 1st CJC was 5th, with three lady entrants this year.

Nutty Newell completed his 16th marathon this year in the tough Pennine Marathon in Huddersfield.

A small group of Joggers took part in the Arena Superstars event captained by Geoff.

Athletics Weekley showed Dave Lacy ranked as 17th Vet in the Country at ½ marathon.

The kids fun run held by Colchester Utd Sporting Us saw Lindsey White, Charlotte Goff, Daniel and Dominic King all win various age groups.

The club ran a coach to Crystal Palace to watch the Peugeot Talbot Games International Athletics Meeting.

Paul Newell ran the Sandwell Marathon in 3.13, his 17th this year.

The Club entered 7 teams in the Halstead Road Relays (total of 22 teams), and won with a team of Paul Willis, Dean Marshall, Steve Adley and Fran Quinn. Helen Clarke won the girls 2 mile race.

Kelvedon ½ AGAIN was badly organised, CJC had 6 in the first 10, Dean Marshall won the 10K, CJC the team event. Runners were mixed up in various different starts. Dave Lacy was 2nd in the ½ in 1.13 (5 mins behind the winner).

Andrew Johns won another Wednesday night CJC Biathlon, Steve King won the Summer July Handicap Walk with Kim Grant 2nd.

Jerry Everett completed the Sri Chinmoy 7 in Ipswich before going on to do the Gt Bentley 10K. 40 other joggers took part in a very hot 10k, 1st ladies team, mens team were 2nd to the other Colchester running club.

Dave Lacy at last won a ½ marathon after 17 recent 2nd places he won the Shrimpling ½.

(Basil) Keith Morgan was involved in a serious car crash, the club sent a card to the Broomfield Hospital.

13 PBs in the monthly handicap which has now seen 99 joggers attempt the 2 lap course in the 2 years. Gary Silkstone was the nights winner and also the fastest.

The Clacton 11 and 7 which really is 10.5 and 4.5, David said the race was good but the organisation crap! Dave Lacy won the long race.

CJC Relays organised by Dave Lewis, 1st Jaffa, 2nd CJC.

Team 88 had not disappeared but several (ie Kendall Bartlett) were now running for Ipswich Jaffa (a AAAs Club!).

Roy Moore donated a couple of stopwatches to the club. Nutty Newell again ran 2 marathons in 2 days 1st in Bognor Regis 3.51, and then Basildon in 4.29 on a very hot day where he was joined by Jerry Everett 3.37, only 4 broke 3 hours the winner doing 2.47. Terry Jarvis also ran in the Basildon ½ marathon.

Ipswich Track Open (Northgate) Paul Willis 2nd in 800m, and won the 400m, Sharon Ford was 4th in the long jump.

Mick Bond won the midweek Biathlon, 2nd Lance Williams, 3rd Warren Mason, 4th Andrew Johns.

Track Walk on Thursday Steve King leads with 1 rce to go. Peter Harding was 1st and Richard Knights 2nd.

Kim Grant took the minutes for a couple of weeks while Pete Thomas was away, when Pete returned to read the previous weeks runs, Kim put a number of guide/directions and the results were the most incredible display from a minuted secretary ever witnessed. The directions included various changes of voice pitch as well as all numbers of different body positions!!

### AUGUST 1989

53 took part in this years Club Track Champs as opposed to 35 last year. Tim Carter proved a hidden talent in the 400m. Steve Woolcock took Clems Victor Ludorum Trophy for the overall performance of the day.

A large squad travelled to the midweek Felixstowe 5k where Richard Gaine was 6th, Jerry Madden 20th and 2nd Vet, our Ladies team 1st.

Roger Hanks issues a challenge to any member of the club who could better his logged mileage over the last 10 years as he had now passed his 20,000 mile mark.

The last of the Summer handicaps took place, 53 ran and now 106 different people had taken part in the 2 years.

Dave Lacy recorded another 2nd place this time on a hilly Billericay course in a PB 1.11.45, new club record. Nicola



Everett won the 5k ladies race.

The Club won the team prize in the Mersea ½. Paul Spowage, Roger Hanks, Paul Barrett, Pete Thomas, Kim Grant, Derek Randall. Gary Silkstone won the 5.4 mile race.

The club ran a coach to the Running Magazine 10k at Crystal Palace starting from the track and run within the grounds and stadium. Richard Gaine won, with Mick Bond 4th and Fran Quinn 2nd lady. There were also lots of various races followed by a swim in the Crystal Palace pool.

In the 1 hour track walk at the Colchester & Tendring Open, both Roger Hanks and Steve King passed 6 miles and Richard Knights won the shorter novice walk.

Another quiz night held at the Arena and was a great success with the Lewis family claiming the winners chocolate.

David could not make his mind up for August runner of the month so awarded all 4 of his nominees with the title: Richard Gaine, Gerry Madden, Gary Silkstone and Rachel Williams.

#### SEPTEMBER 1989

1st September AGM. 70 present, Geoff commented that the year in terms of results had been our best yet, he also that the joining the AAA had done us no harm and had proved to be worthwhile. The club was now back on a friendly footing with some of the bad influences no longer with us and he thanked those who had stayed loyal with the club.

Number of members was now 207, last year 177. Financial position still very healthy, £709.34 in current account, £313 in Building Society and £369 in Ready Access account.

Phil Cooper stood down as Club President due to work commitments, Dave Clems was elected. Geoff Gibbins to continue as Chairman, Roger Hanks took over as Vice Chairman, Pete Thomas to continue as Secretary, Jo Woolcock as Treasurer. Dave Wright took up a new post as Club Manager, Lorraine Harding succeeded Rachel Williams as Membership Secretary, Mick Bond took over from Dave Lewis as Track Captain, and wife Sheila Ladies Captain. Bob Kimber remained as Press Officer, Dawn Knights staying as kit lady. Margaret Williams filled Lorraines vacant position of non running rep. The positions of junior reps were left vacant. A vets rep was suggested but not supported.

Roger Hanks started Tuesday evening Circuit Training sessions at Highwoods, various different instructors were to take sessions ie swimming, judo over the next few weeks.

Mersey Marathon in Liverpool, Jerry Everett ran 3.20 and was 242 places off the Commonwealth Games Selection for which this was the qualifying race. While Jerry was clocking up his 62nd marathon, Nutty Newell reached his 50th in Ipswich in his 21st of the year in 3.35.

Bernie Myers left the club and has moved to Liverpool.

Steve Kind received the summer walking handicap trophy as well

as a walking award from the club.

In the TR XC meeting Witham would drop there course from the calendar and assist Tiptree as we would take our course up to the University, few changes were deemed necessary.

A strong squad travelled by coach to the Fenland 50 where we were beaten only by Jaffa, our B team 22nd (which was a vets team), our ladies 4th. Ray Willett attempted the whole 50 miles by himself but had to retire at 30 miles.

The club once again suffered defeat to Jaffa this time on their own track with the 4k track challenge. Robert Malseed won the mens A race and Paul Snook the B race, Bridget King, Cathy Bishop, Jerry Madden and Helen Clarke all setting club records. But Jaffa had good strength in depth to win for the second year.

The Hamilton Lodge Fete raised £1,500 CJC had many present and ran a tombola stool and Dawn beat Dave Wright and Steve King to win the Driving Skills Competition. Steve King also donated £100 from sponsorship raised from his South Downes 80 run and the club donated £280 from the last Fun Run to buy the residents a fountain for the greenhouse.

Dave Lacy gained another 2nd place this time in the Tiptree 10 in 54.50, Bridget King won the 4.2 mile race with Helen Clarke 2nd and Charlotte Goff 3rd.

Roger Hanks and Cathy Bishop (who was 1st novice) took part in the Ipswich Triathlon 800 swim, 16 bike, 5 run.

It was decided by the Committee to drop Collier & Catchpole from the Club kit as the cost of putting the name on the kit was nearly costing more than donation.

Margaret had now managed to purchase with the profits from the Tuck Shop at the track, a water boiler, a folding table, a dictaphone, water containers and 3 stopwatches.

Jerry Everett 3.23 and John Blundell 4.15 both ran in the Birmingham Centenary Marathon with Martin & Cathy Bishop and Nicola Everett running in the 10 mile event.

Dave Clemens made a come back in the National Fun Run at Hyde Park where the club took a double decker bus. Paul King was set up and he thought arrested by an obliging Policewoman for 'mooning' (indecent exposure).

It was decided to move the venue for our Christmas Fun Run to Monkwick School as we were having problems with the army over matters of security.

Martin Bishop was elected onto the Committee as Vets Rep.

Dave Lacy actually won the Stour Valley 15k and was said to be on his 2nd pint of Guinness before the 2nd runner was in. In the 8k race Paul Parsons was 1st boy, Charlotte Goff 1st lady and Martin Bishop 1st vet.

Paul Spowage won the clubs first Essex medal by a senior man at the Ilford 10k, 6 overall in 31.15.

Nicola Everett won the last of the summer handicaps at the Arena 12 PBS were recorded, over 120 runners now have taken part. Overall Winners of this years series were 1. Russell Goodridge, 2nd Bridget King, 3rd Dave Wright, 4th Paul Barrett, 5th Rachel Williams.

A newsletter produced by Geoff.

Michelle Jarvis was runner of the month for September.

### OCTOBER 1989

The cancellation of the Cumbrian Lakes Marathon this year did not deter a group from the club travelling to stay at the Trout Hotel, now under new management, but still retaining the staff and high level of food and accommodation. The group this year tried their hand at fell racing and failed. The Grasmere Fell Race is only 1½ miles in distance but includes climbing to the top of a mountain and charging back down again, something that the locals had mastered and the southerners from Colchester hadn't. Steve Woolcock was our fell runner of the year in 21½ mins (nearly double the time of the winner) but ahead of Dave Lacy and the rest of our team.

Paul Parsons recorded 2 wins in 1 day, Dedham 2½ then also taking the boys prize at Thundersley 5K. Another large turnout at Dedham by the club as ever.

Carl Murdoch ran the 53 mile London to Brighton race in 7 hours 02.

The club received a cheque for £50 from the Evening Gazette thanking the club for our assistance during the Colchester ½ marathon in June.

Richard Gaine set a 2 mile club record winning the Sri Chinmoy at Chantry Park, Ipswich in 10:05, Brian Bedford was 1st 050 in 12.19.

The x country season got under way again in the Norfolk and Suffolk at Bury, but only a small group turned out. Bridget King 12th, Rachel Williams 17th, Sheila Bond 19th and Helen Clarke 4th girl among the better performances.

Gt Bentley goodturn out for the club but it was Paul Parsons, Brian Bedford, Charlotte Goff who were the only club winners.

The club again hired the Kingfisher Pool at Sudbury for 2 hours despite the was not being as warm as usual, it was enjoyable.

The club introduced some junior turbo awards which were overseen by the tinys overseers Alison Chatfield and Toni Knights.

Paul Willis wanted a discussion on changing the club name (19 October). He felt the jogging era was now over and the club now had serious runners. Talks were delayed a week to allow members to think about the controversial subject.

Paul Newell at Abbingdon and Jerry Everett at Leeds both completed another marathon while Nicola Everett ran a PB in the

very Leeds ½.

Over 40 joggers took part in the Langham 10k. Helen Clarke and Paul Parsons winning the junior prizes, around 350 runners entered, Bridget King was 3rd lady and CJC won the team with Robert Malseed, Paul Willis and Colin Thackwell.

Dave Simpson ran 39.2 miles from Ipswich Docks to Braintree to raise money for the Royal Marines Deal Bombing Fund.

26th October. The subject of a name change was once again brought up. Paul Willis now suggested a title of Colchester Joggers and Running Club as he had met with a lot of opposition to the dropping of the word joggers. Paul said there were no longer any joggers in the club, Alan Smith, Roy Moore and John Blundell amongst others hotly disputed this. Kim Grant suggested Colchester Jaffa. Ray Harding, Colchester Jaguars, a vote was called for, the result was 35 against a name change, 15 for and 8 abstentions, despite Roys objections to the legality of the vote before it took place. Paul withdrew his proposal.

Dean Marshalls wife Carol gave birth to a baby boy the club presented Dean with a teddy bear and card for his son.

Jerry Everett was content by running the Harlow marathon in 3.16. Paul Nutty Newell on the other hand ran 4 marathons in 1 weekend (3 days), 1st Seven Sisters in Eastbourne (one of Britains hardest), then a few of the Marathon 100 Club ran that evening 106 laps of a London track before moving on to Harlow and then flying out to take part in the Dublin marathon on Bank holiday Monday. He has now 30 marathons to his credit this year.

The Joggers have now officially been voted in the Essex League XC and after appearing as guests last year started the season off at the mainly flat and grassy Blackshots course at Thurook where the senior men were 10th overall. Richard Gaine our highest finisher in 22nd, Paul Parsons also 22nd in the junior mens race. Nicola Everett had a good run in the womens race.

Joint winners of Runner of the Month Nicola Everett and Paul Parsons.

### **NOVEMBER 1989**

The Club sent a team of 3 ladies to the National Road Relays in Lincoln. A top class field which included 14 international women on duty for their clubs, our team of Bridget King, Nicola Everett and Rachel Williams ran well but just managed to avoid the last couple of places in the highest class race a joggers teams has yet encountered, won by Sale Harriers.

Nicola Everett won the Ladies race at Danbury 5k in which her dad Bill made his debut. Linda Gaine was 3rd.

Paul Parsons broke 30 minutes by 1 sec in the Clacton 5 organised by Simon Wadey who has now joined our club. Paul Willis ran 27.48, Roger Hanks 28.30, Brian Bedford 1st O50.

Dave Lacy was 16th and 1st vet in 33.05 in the the Epping 10K a new club record.

The Paarleus were supposed to start again at Ipswich but the 1st one was postponed due to fog.

John Turton returned to the club after a spell of working in australia.

The club decided not to run a coach to Reading ½ next year as they were charging £7 entry fee.

A clubs Friday night meeting collection was donated to Children in Need.

The Todays Runner XC League not under way again and CJC hosted the 1st race at the University. Won by Jaffa, CJC were 2nd (might have won if Robert Malseed hadn't dropped out). Paul Spowage won the race ahead of Jaffas Dave Salter.

Geoff presented a box of chocolates to Margaret for her help with the food goodie bags. The race made a profit of £48.

### NOVEMBER 1989

The ladies got off to a good start in the Paarleufs winning the first race with 18 laps.

Paul Barrett is now starting a club coaches course.

The Clubs annual dinner had another change of venue this time as out HQ at the Arena and most were happy with what out hosts dished up. It made a profit of £88, the club put on its own caberat with Paul Willis and stories by Dave Wright, Steve King organised a Mr & Mrs competition, followed by disco.

Richard Knights won the winter race walk 3k handicap in 16.52 from Roger Hanks and Steve King.

Colchester AC won the 2nd Essex League XC at Southend our men were 11th. Richard Gaine 19th, Matthew Brady was 21st in the colts race, Nicola Everett 33rd in the ladies race.

Dave Lacy was 1st O45 in the Hadleigh 10 in 56.59.

Paarleufs at Ipswich, mens team 1st and vets team 3rd.

John Hedgethorpe came and gave the Friday meeting a talk about race walking where he encouraged our club to take part in next years Essex League in the past our walkers have represented Colchester Walkers in Essex League races now we could enter as CJC.

Runner of the month for November Paul Willis.

### DECEMBER 1989

Norfolk and Suffolk XC, Helen Clarke did well and came 3rd in the girls race.

• Todays Runner XC at Tiptree, CJC only 27 points behind Jaffa, Richard Gaine won the race, ladies did well on a very muddy course at the jam factory. 50 CJC took part.

Jerry Everett ran exactly the same time in the St Albans

marathon in 3.13.35 as he did in Leeds marathon last month.

Paarleugs, the ladies team of Nicola Everett, Lorna Walpole, Rachel Williams and ? again won their race. The mens vets team were 3rd.

The 1989 Kimber awards runners up, Dave Wright was presented with Kiplings poen 'IF', the title of David's favourite word and one he has used in many excuses during the year. Jerry Everett was presented with a golfball as one narrowly missed his head as he ran in the recent Essex XC race at Leigh on Sea which goes up the side of a golf course. Pete thomas received an oscar for his fine performance of the reading of Kim Grants minues. Dave Clems was awarded a hook to hang up his running shoes, after being advised to give up by a doctor and then returning at Hyde Park a few months later. Paul Willis for being beaten in a race by Tim Carter. Michelle Jarvis for becoming the person to complete the shortest race distance at still end up in an ambulance at the Harwich 10K. Roger Hanks who was found in the red light district of Ipswich on the club trip to Portman Road.

But the 1989 winner and the fine Bob Kimber Trophy went to Pete Thomas for turning up at the Beccles 10 mile race with 2 left shoes, and having to borrow some from a lady runner.

Essex County XC Champs at Hainault Forest, Havering. The senior men were 14th out of 29 teams. Paul Spowage 25th, Richard Gaine 34th and Roger Hanks 136th.

CJC Christmas 10 and 5 at Monkwich School. Dave Heather contributed some engraved glasses used as prizes and Cobra Sports donated 20 T-shirts. Medals awarded to all finishers.

Mick Bond 3rd in 53.48, Dave Lacy 7th and 1st Vet in 55.48, 1st team included Bond, Lacy, Jerry Madden and Kenny Walsh.

In the 5 mile Bridget King won in a club record of 31.30, Nicola Everett 2nd and Charlotte Goff 3rd and 1st junior lady. Paul Parsons 1st junior man.

Despite the absence of a sponsor the club would still be handing over £800 to Hamilton Lodge. The Chairman said the new course was more difficult to adminster then the one at Cavalry Barracks but all went very smoothly.

Kids Christmas Party at the Arena again organised by George Bennington and Father Christmas made a guest appearance. The Junior Jogger of the year award went to Helen Clarke. Some of the adults were said to have made more noise then the kids.

A new group photo was taken at the Arena.

Todays Runner XC league at Ipswich. Jaffa again beat CJC by 90 points. But our team were let down by a lack of ladies with only Fran Quinn and Chris Holmes keeping the joggers team in the competition.

Essex League XC. The club scored a victory over the Athletic Club for the first time and were 16th.

A 3 man CJC entry in the Ipswich Paarleuf still managed a 2nd place as Paul King did not turn up.

10 pin bowling evening at Walton Pier organised, Roy Moore just managed to beat Geoff to be the mens winner, Cathy Turton won the ladies title.

58 big kids and little kids visited the Mercury Theatres Christmas Pantomime. Dave Wright did not enjoy one of the King boys being sick down his neck.

The Arena assured the club that something would be done about the showers, they said it was to be refurbished. We were allowed to use the showers in the weights room in the meantime.

The club again attended the carol service at Hamilton Lodge.

Runners v Riders Friday Woods XC on Boxing Day, 1st 6 in each team to score.

Nos Galan. The club took a minibus to Mid Glamorgan, South Wales for one of the classic races the midnight Nos Galan run through the torchlit streets of this small welsh hillside village. The event turned out to be a shambles as the organisers were unable to cope with the 1,500 runners. Only 50 managed to cross the finish line before a long queue soon built up after a 6k course. Richard Gaine was 54th in 17 min 58, the 1st 100 men and 50 women were supposed to get t-shirts. The medals were dished out from the boot of a car ½ mile away, lots of confusion and cold runners.

Some of the club again saw in the new year at the Arena fancy dress party.

December runner of the month Russell Goodridge.

### JANUARY 1990

Roger Hanks again organised a New Years Day handicap. 20 entrants and 5 got new PBs! Dave Wright who was much the worse from the night before was 13 minutes slower than usual and beaten by all but 1 person.

Dean Marshall returned to the club after a stint in Northern Ireland.

In the London marathon draw for the rejects, 12 names went into the hat for the 2 places which were won by Jerry Everett and Barry Smith.

TR XC at Halstead. A record turnout for the league of 238 runners (55 CJC). A new course with only a tiny bit of road and a lot of woods still started from Halstead Football ground. There were 2 new scorers for CJC, 34th Alan Barnard and a fat and unfit Dean Marshall in 23rd.

There were 7 women this time including Emma Hanks on her TR XC debut. Some complained about a shortage of food goodie bags.

Rachel Williams was appointed as Ladies Track Captain at a