

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

ladies meeting held at the Arena.

It was agreed at a Committee meeting that all membership fees would be due at the same time to make it easier for the club to collect them. The club now had over £1,700 in the bank and building society.

Braintree AC have offered to take on board any of our runners who wish to compete on the track enabling them to enter Southern League for Men and Women and the East Anglian League, but they would have to join Braintree AC.

Dave Clemens our oldest member got married again on 13th January to Amelia - Geoff represented the club at the wedding, and the club presented them with a card and bottle of champagne. Clem produced one of his famous speeches in reply to Geoff's best wishes.

TR XC league at Hylands Park, Chelmsford. CJC were 2nd to Jaffa but only 5 points clear of Halstead (we had 8 in 35).

8 members went straight from Springfield XC to the Gilberd School, Highwoods for an Essex League XC Race. We needed a team in that to maintain a position in the final league title. Dean Marshall came only 59th in a high standard race, the team finished 9th.

Paul Willis was made Captain of the Essex League Squad.

Bob Kimber produced a fixture list for the next 6 months, Phil Cooper produced a special badge for all those 26 runners who finished ahead of Dave Wright in the New Years Day Handicap with the words 'I beat Dave Wright' on it, those included Anne Morgan, Tristian Copley, Dave Heather, John Blundell and Michelle Jarvis.

Chris Akehurst finished the month off by taking part in the Canterbury 10.

The ladies Paarleuf team travelled to Ipswich to receive their winners trophy at the Gym & Trim Sports Club.

January Runners of the month Ray Harding and Alan Barnard.

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FEBRUARY 1990

Dennis Taylor proposed in a meeting in Dave and Geoff's absence that the club change its name to Colchester Runner Beans. It was seconded but by our constitution requires discussion at a future meeting.

TR XC League at Brightlingsea. This was an out and back course along the sea wall at Brightlingsea hosted by Gt Bentley and Harwich. CJC were 2nd only 6 points behind Jaffa and 6 points in front of Halstead.

Dena Marshall was our highest placed in 16th. On average 260 runners had turned out this year and for the 4th year in a row there was a different league champion - Jaffa.

The winners of our internal leagues this year were Div 1 Paul Willis, Div 2 Paul Barrett, Div 3 Russell Goodridge, Div 4 Joe

Norris and Brian Bedford, Div 5 Ray Harding, Div 6 Melvyn Smith and Steve Kind, Div 7 Dennis Taylor. Ladies Div 1 Cahty Bishop (running for Halstead) and Fran Quinn, Div 2 Linda Gaine.

The final Essex League table showed CJC 10th.

Braintree AC were not invited to train with our runners on a Thursday night on the track.

Essex Road Relays, Chelmsford. CJC had 3 teams out of 42, A team 13th, B team 25th, C team 35th. Richard Gaine produced the fastest run for the club over the 3 3/4 mile circuit, Colchester & Tendring were 9th.

2 teams tackled the lap of Nottingham - The Sherrifs Way, 15 hours and 15 hours 23 respectively. George Bennington pulled out at 33 miles and said never again!

Both the junior and senior teams did well in the Sudbury Flumathon. The juniors were 8th out of the 24 teams which included big junior Bob Kimber. The seniors completed 819 drops but were short of last years record of 835.

The final Norfolk & Suffolk XC league race took part at Felixstowe from the Grove Country Park. The clubs numbers dwindled to only a handful but there was success in the girls race with a win for Helen Clarke which put her as runner up for the season.

Ray Harding won the February 3k handicap walk, Steve King 3rd, Roger Hanks 4th.

Dave Clemens our oldest runner was 75 on 28th February.

Mersea Island Lions asked our club for assistance in the organising of the Mersea 1/2 marathon this year, they were willing to give us in return 1/3 of their profits which 1st year were £1500.

14 runners from the club in a field of 1100 took part in the Bury 20. Davey Lacy was once again our top runner 22nd in 1.59.24, 5 vets in front of Dave! Brian Bedford set O50 record on 2.18.51, Jerry Everett just managed to beat Paul Barrett by 20 seconds in 2.16.04.

Brian Bedford was February runner of the month.

MARCH 1990

Margaret Williams donated £100 from the track tea profits so the club could purchase a special time recording machine.

The club entered a team of 11 in the Northgate Stadium - Ipswich Ladies Hockey Club Marathon Track Relay. Ipswich Harriers won the event 2 laps ahead of our team in 2 hours 7 mins.

- The Southern Counties Race Walking 10 mile champs were staged at Clacton. Roger Hanks represented the club and walked a good time of just over 89 minutes.

There was another relay included as part of the Essex & Suffolk Border Marathon and ½. Our Vets team of Roger Hanks, Jerry Madden and Martin Bishop triumphed over our A team. In the ½ Kevin Newman was 6th, Brian Bedford 1st O50 in 1.30.19. There were 2 in the marathon Jerry Everett in 3.16 and John Eggerton in his first marathon in 4.12. Nicola Everett won the 4 mile race with Liz Cudmore 1st Vet.

Bob Kimber was praised for the work he was doing with the kids at the track on a Thursday night and Roger Hanks for his work with the circuit training at Highwoods.

Chris Holmes set a new womens club record for 20 miles at Wymondham in 2.47.

Graham Goodenough became the first club member to take apart in a National Race Walking Champs, he was 91st in the 10 mile event at Southend.

The final Colchester Winter Race walking handicap race was won by Richard Knights but it was Ray Harding who won the trophy overall ahead of Colchester & Tendrings James Woodhead.

Jerry Everett took over from Geoff Gibbins to organise the clubs Triathlon and managed to secure a £200 sponsorship deal for the event from Colchester Mortgage Centre.

Another club newsletter was produced by Geoff Gibbins, Ann Morgan and Annette French.

The club dominated the Little Clacton Fun Run with 6 runners in the 1st 9 won by Paul Spowage, Dean Marshall 4th, John turton 6th. Helen Clarke 1st female, Phil Cooper 2nd vet and Georgi Clarke 2nd female vet.

The club introduced a new badge for your collection a standard award given to anyone who has completed over 20 races for the club. Bob Kimber was no incharge of results, records and club standrds badges.

The club had several entries in the Essex 20, a 3 lap course in Chelmsford. A very high standard saw Gerry Madden 30th and 6th vet in 2.06.29, Roger Hanks next in 2.09, Chris Holmes lowering her club record to 2.39.

Paul Willis won an 800m race at Ipswich in 1.58.

Russell Hanks was 2nd and Richard Knights 3rd in the Essex Schools Race Walking Champs at Thundersley.

Runners of the month went to Chris Holmes and Jerry Madden.

A track achievement badge was presented to Paul Willis.

APRIL 1990

Alison Chatfield had a large picture of herself in a CJC t-shirt for being the first entrant in the Colchester fun run.

A coach went to Rutland Water 16½ where Eddie Goodman was was close to being the clubs first fatality at a race, he was very

ill on the way home. Steve Adley and Roger Hanks both had good runs and Fran Quinn, 5th lady in 1.53.

Jerry Everett described the Thanet Marathon in Kent the windest race he had ever done in 3.26 for his 68th marathon.

A few went to Kelvedon ½ even after all their previous upsets and all was reported to go well. John Turton won the short race, Phil Cooper, Pete Thomas and Bob Cathmoir the only ½ marathon entrants.

Paul Willis claimed a club 400m record at Braintree in 52.3½

Ipswich Jaffa represented our division of the Todays Runner league in the final at Stoplesy Park in Luton and won the event. The club sent a letter of congratulations.

The birth of a junior eagle, Eddie the eagle Goodmans offspring hatched on Tuesday 17th April a 7½lb boy. The club sent a card.

Only 5 took part in the clubs boundary run which was won by Mario.

Dave Simpson organised another 12 hour Easter Saturday Darts marathon and raised £171.50 for Hamilton Lodge and £28.50 raised in a raffel for a tracksuit. Highest score Dave Simpson, highest score in 1 match Dave Simpson and Roy Moore, highest female score Bridge King.

London marathon 16 from the club took part. Steve Adley ws 1st home for the club in a PB of 2.52, with Dave Lacy, Paul Barrett and Jerry Everett all under 3.15. Chris Holmes 3.34 and a female vet record for Sonia Barnet of 4.24.

The summer club handicap got underway again around Abbeyfields with 52 runners, 11 PBs, won by Tristian Copley. Bob Cathmoir knocked over 4 mins off his PB.

The club staged a Ladies only 5K and 10K and Men Vets 10K at the University. The numbers were very disappointing, Bridget King was 3rd in the 5K and Fran Quinn 2nd in the 10K won by Tiptrees Sue Baker. The mens vets 10K saw Tiptrees Peter Richardson win ahead of Roger Hanks in 4th.

MAY 1990

Richard Knights represented Essex in the English Schools Race Walking Champs, he is the first person from the club to gain an Essex Vest for the club.

Club Runners were taking part in races all over the place on May bank holiday weekend. Witham - John Turton easily won the 3 mile race, Gt Horkesley - the 1st 8 were all CJC, Joe Norris was the winner and one of the King twins beat Bob Kimber, Billericay 10K Bob White 1st 060, Roger Hanks took part in both the Luton Triathlon and Boxford Triathlon where Cathy Bishop was 2nd Lady. Steve King won the 1st summer track handicap walk with Ray Harding 3rd.

The club finally managed to find somewhere where they could purchase the Seko printout stopwatch and it was bought for

£230.

At the Todays Runner Leage meeting it was agreed that it would remain the same as other years but scrap the goodie bags.

Roger Hanks won the 12½ mile Round Mersea Island race along the sea wall and beach.

Dean Marshall won the Frinton & Walton ½ in 72 mins, John turton won the 5 mile event and Bridget King the ladies race.

More complaints about the poor state of the Arena showers.

The Essex Track Champs took place in Colchester. Paul Willis and Dave Lewis ran in the 800m, Jo Norris in the 10,000m. In the ladies 1500m race Fran Quinn was 4th in 4.59 and Bridget King 6th in 5.18. In the vets 1500m Tony Nixon ran 4.20 and Jerry Madden 4.27.

Brian Bedford was 1st O50 in the Gt Baddow 10 in 64 mins. Dave Lacy broke the hour.

John Turton won his 4th little fun run in 6 weeks this time at Harwich were Bridget King was 3rd in the ½ in 1.40.

Roy Moore presented Dave Heather with a cheque for £500 for Hamilton Lodge raised with the Post Office as a sponsorship for Roys London Marathon.

The May Friday Night handicap was won by Daniel king ahead of John Blundell and Dave Heather. 52 took part and 13 PBs, the new time recorder was used for the first time.

Jaffa 5, 10, 15. In the 5 Paul Spowage took a wrong turning and came home 7th when he was 2nd. Ann Morgan made her club debut, as did Bill Beards in a 10 mile race. Dean Marshall was 4th in the 10 in 55.57 and did not fold his number this year. Fran Quinn was 2nd in 68.50 and in the 15 Dave Lacy was 4th and 1st vet in 1.29.11, Ken Walsh ran 1.37.

Nicola Everett ran the 800m, 1500m, 3000m for Braintree at Hayes while Paul Willis ran 800m and Dean Marshall steeplechase for the men in the Southern Mens League.

JUNE 1990

The Triathlon proved to be a great success sponsored by the Colchestr Mortgage Centre who agreed to sponsor the event again next year. The local Evening Gazette covered the event very well and there was a large picture of a swimming Dean Marshall on the back page. But it was on the road Dean took the glory running the fastest time of the day. Chris Holmes shone in the pool when she beat all but 1 of the men for the 1/4 mile swim. T-shirts were awarded to all finishers and a £60 profit was donated to St Johns Ambulance who were in attendance.

Jerry Everett completed a very wet Maidstone Marathon in 3.25.

The Mel Batty 10 at Thurrock proved to be very good value for money a t-shirt included in the £2.50 entry fee. A good class

field saw Dean Marshall 18th in 55.15. The team race required 9 runners and CJC were 3rd behind Pitsea and East London Runners in the non athletic club section.

The Club TR XC League trophies were awarded to the individual winners.

Another successful camping weekend took place at Kessingland nr Lowestoft.

Around 1600 took part in the Colchester ½ and 5k from Abbeyfields. The men were 1st, 2nd and 5th teams, ladies were also 1st. Mens team John Turton 7th, Simon Wadey, Russell Goodridge, Alan Barnard and Roger Hanks all in the 1st 30. In the 5K Bridget King was 2nd, Helen Clarke 3rd, Donna Brooks 5th. The club organised the finish funnels and comment was made about how efficiently they were handled. Roger Hanks again organised the computerised results and entries.

For the first time some of our runners represented the Colchester Borough Team in the annual match v Army on a Wednesday evening, with the Borough winning by 1½ points. Paul Willis 2nd in 800m in 1.58, Paul Spowage 1st in 5000m in 15.34, Kevin Jolley 5th in 3000m steeplechase in 10.01.

Lloyd Phillips won the June handicap track walk.

Dean Marshall now had the Triathlon bug and was 2nd in an event in Ringwood nr Southampton.

The Sri Chinmoy 2 at Ipswich on a Tuesday night attracted 106 entries, Simon Wadey was 2nd, John Turton 5th, Nicola Everett 2nd lady, Bob White 1st 060.

10 took part in the South Downes 80 with Roger Hanks 13 hours 12 mins, and Jerry Everett (getting lost in the last 10 miles) 14 hours 17. Jerry claimed a record for the biggest PB margin of 9 hours and 13 minutes! Other finishers were Martin Longhurst 14.54, John Blundell and Ray Willett 16.51, Keith Morgan 17.20, Steve Woolcock 17.32, Roy Moore and Roy Bennington 21.55. CJC A team were 16th.

Good field for Co-op 5 1/4 mile race from Shrub End, John Ryan 4th, Dean Marshall 6th, Paul Spowage 8th, CJC team 2nd, the ladies team were 1st.

At the Selby marathon Ken Walsh was 1st 050 in a club record of 2.55.

The club staged another very successful midweek relay event a record turnout of 59 teams of which 21 were CJC. A new course record was sent by the CJC A team comprising of John Ryan, Fran Quinn, Dean Marshall and Paul Spowage in 42.22. 2nd Jaffa, 3rd Tiptree, 4th CJC B, 5th Colchester & Tendring AC. Fastest run of the night Dean Marshall and Henry Emmerton (Col & Tend) in 9.52. Dave Wright described this as the 1st of 3 planned victories over Jaffa this year.

Simon Wadey won the June handicap around Abbeyfields he followed this up the following day by winning the Victor Ludurom at the Club Track Champs. Kevin Jolley was a close 2nd.

Pennine Marathon Huddersfield, Carl Murdoch was 3rd vet in 2.52.58 and Jerry Everett in 3.24.51.

JULY 1990

At the Suffolk Showground 5K many who entered did not run preferring to watch England v W Germany in the World Cup on TV, but our A team finished 1st ahead of Jaffa, Bridget King was 2nd lady.

There was no Friday meeting so the club could all take part in Tony Nixons Stratford St Mary 5, where 56 CJC members took part. Paul Spowage was 3rd in 25.32, 1 minutes quicker than last years winning time. Andy Catton of Ilford won and they also won the team prize. Fran Quinn beat Sue Baker into 2nd place and set a new club record of 30.50. Helen Clarke 3rd girl and Mathew Brady 3rd boy.

Another relay victory for the club in the Halstead Festival of Running the team of Richard Gaine, Dean Marshall, Simon Wadey and Fran Quinn, CJC were also 3rd. 7 CJC teams entered. Daniel King was 4th in his U10 race and Paul Parsons won the U17.

The club objected to the £5 entry fee that Gt Bentley were charging for their fun run, so decided to boycott the event.

Another newsletter produced by Ann Morgan, Annette French.

Ken Walsh ran 3.05 at a very hot Luton Marathon. Jerry Everett completed his 72nd marathon there and Nicola was 3rd lady in the accompanying 10K.

Track was closed for 3 weeks as the Army had a new venue for the Military Tatattoo. Club met at the University.

CJC had a very large turnout at the Clacton 5½ and 11 and won all the team prizes and came back with about a dozen trophies.

Dave Wright paced Fran Quinn to a new club 10K record at Beccles where she was 2nd in 39.52, 1st lady in 37 minutes.

A very one sided Cricket Match took place at Gt Horkesley the O40 winning easily. The kids were kept entertained at rounders organised by Linda Gaine.

Fran Quinn was runner of the month.

AUGUST 1990

The club decided to drop the annual Christmas Fun Run as it took a lot of organising and the ever dwindling numbers. Sponsors were becoming very hard to find and shorter races and relays were providing to be more popular and profitable.

Several of the club took part in the Braintree Club track champs where George Bennington and Linda Gaine had various attempts at throwing events. Nicola Everett, Paul Willis and Dean Marshall all won their events on the grass track.

Felixstowe 5K CJC won the team prize with Dean Marshall 2nd, Mick Bond, Jerry Madden and John Turton.

Thursday mile handicap walk, Steve Kind set a new club record of 8.04 to win, Roger Hanks was 3rd.

Dave Lewis and his wife won the Clubs General Knowledge Quiz at the Arena.

Richard Knights, Dean Marshall, Mick Bond, Paul Willis all competed in the Southern League for Braintree on the track.

At a new event the Springfield 10 at the Essex Showground, over 300 took part in the hilly race. Dean Marshall was 6th in 55.05, Richard Gaine 57.13, John Turton 57.40, Paul Willis 58.19 all in the top 20. A debut for new runner Paul McHugh in 59.53, CJC were 1st team. Bridget King ran 71.16.

Dawn Knights raised £124 on the tombola stall at the Hamilton Lodge Fete she was beaten into 2nd place by husband Phil ahead of 60 entries in the driving skills competition using a Sierra. Steve King was 3rd.

Margaret Williams donated a further £70 from her Thursday night track teas.

The club assisted with the Mersea ½, numbers were down to 350 but all went very smoothly with Roger Hanks incharge, he went on to win a prize as first Mersea resident in 1.21. Dean Marshall was 4th, Dave Lacy 8th and 3rd Vet, Ken Walsh 1st O50, CJC 1st team. In the 5 mile Bridget King was 2nd lady and Jerry Madden 1st vet beating the younger John Turton and Kevin Jolley.

After the Mersea ½ the club went to Leavenheath for a Bar-b-q and a 27 aside football match where they beat Halstead Road Runners 4-3.

Roger then appeared the following day in the 1 hour track race walk at the Colchester & Tendring Open and completed 6 ¾ miles. Simon Wadey and Paul Willis both took part.

At the Todays Runner XC League meeting Hadleigh said they would like to stage one of the races this year and dates were agreed.

53 took part in the august handicap with 7 PBs, Bridget King setting a new ladies record of 17.18. 99 different people hadnow taken part so far this year with 1 race to go.

Alison Chatfield raised £97 for a special baby unit at the Colchester 5K.

Augusts runner of the month Ken Walsh and Georgi Clarke.

SEPTMEBER 1990

AGM 7th September. 65 were present with Geoff in the chair. He said that our club were now very well known and received everywhere and this year had seen us progress onto the track with Braintree AC.

The club still had an excellent social side to go with a fast improving running success. The Committee were thanked along with the many others who had assisted in many ways throughout the year. Finance £143.75 in hand with membership approx the same. There were several changes on the Committee. Roger Hanks took over as the new Chairman, Clem still President, Vice Chairman Adrian Copley. The Secretary remained the same with Pete Thomas, Ann Morgan replaced Jo Woolcock as Treasurer, Dave Wright remained Team Manager and Lorraine Harding the Membership Secretary, Bob Kimber remained as Press Officer and Timekeeper, Ladies Captain now Chris Holmes, Paul Willis remained Track Captain and Phil Cooper returned on the Committee as Vets Captain replacing Martin Bishop who was now on Halstead RR Committee, Kit Secretary remained Dawn Knights.

Geoff then handed the Club over to new Chairman Roger Hanks.

Great result in Fenland 50, CJC 4th team and 1st vets team, BN team 13th. The 50 miles took 5 hours and 7 secs. The ladies were 3rd in 6 hours 9 min 44 secs.

John Blundell attempted a solo run at the whole distance but was forced to retire after 30 miles.

Tiptree 10 with most of the club in Cambridgeshire at the relays, Brian Bedford 1st O50 in 64 mins, in the 4.2 mile race Cathy Bishop 1st lady and Martin Bishop 1st Vet.

The final summer track race took place and Steve Kng became the first Jogger to win the series twice.

A large group made the long trip north to the Gt North Run in Newcastle. 1st home for the club was Dave Lacy in 1.13, Ken Walsh 1.22, others were Chris Akehurst, Dave Simpson, Jim Clarke, Bob White, Dave Heather, Bob Kimber, Sonia Barnet and making her ½ marathon debut Georgi Clarke in 2.10.

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At last the club managed to beat Jaffa in our annual 4k track challenge and secure the trophy that Dave Wright said he had not seen since he bought it. Our home advantage helped with a good turn out 15 ladies and a new club record by Fran Quinn in 14.58 in 2nd and Cathy Bishop 4th.

In the junior race wins for Paul Parsons from Matthew Brady and Rachel Holmes 1st girl. In the B race CJC had 4 in the first 5 with Steve King 2nd in 14.06. In the A race Simon Wadey won by 12 seconds, a final score of CJC 79 and Jaffs 72, 62 Joggers took part.

Roy Moore just managed to make the start of the B race despite travelling all the way to Northgate Stadium, Ipswich and back again.

Keith 'Basil' Morgan travelled to Germany to do the Berlin Marathon in 3.51. The club commenced its Tuesday evening circuit training at the Gilberd School hosted by Roger Hanks.

Essex County Newspapers sent a cheque for £75 for our assistance in the Colchester ½ marathon.

Roy Moore presented Hamilton Lodge with a cheque for £500 he raised in the London Marathon.

Jerry Everett's 75th marathon was completed doing 26 mile laps (and 385 yards) in battersea Park in 3.18.

12 Joggers took part in the Harwich 10K, John Turton completed the race in 35.18, for 13th place, Brian Bedford 1st O50 in 38.45.

11 of our youngest joggers took part in the Highwoods Primary School Fun Run, Daniel King was 1st U8, Lindsey White 1st girl.

A cheque for £300 from the Mersea Lions Club was received for our assistance with their ½ marathon. The money was forwarded to Hamilton Lodge and would be used towards the publication of Dave Clems Book.

2 coaches went to a very wet Hyde Park for the Nationl Fun Run, in amongst various down pours our ladies did very well, Fran Quinn 4th, Bridget King 7th, Christine Holmes and Sheila Bond both in the top 30 in their age groups. Richard Gaine was 4th in his race and Clem ran a PB.

Ann Morgan and Annette French produced a club magazine.

In the final handicap of the now 3rd year, Ian Akehurst arrived back 1st over 1 lap for the juniors, Georgi Clarke and Alan Barnard were 1st home in the main 2 lap event, 17 PBs were set.

Runners of the month junior brothers James and Tom Cudmore.

OCTOBER 1990

A team of joggers were well beaten by the local Police at the new Police Station in Carpet Bowls.

114 names for the Annual Awards Dinner at the Arena.

The Essex Leage XC got underway again at CJC men were only 30 points away from winners Col & Tend Ac. Dean Marshall our highest runner in 8th, Dean has now been posted to Royston but it is hoped he will still compete for us where he can. Dave Wright felt we had made a mark as a club and it was no longer necessary to consider a change of name.

Bob White was 1st O60 in the Stour Valley 8k at Sudbury.

Dave Lacy completed the Gt South Run, 10 mile in 56.06 for 3rd vet and 33rd overall to add to the Gt North and Gt Eastern runs that year, and was mentioned in the Athletics Weekley write up for the Gt South Run.

Roger Hanks won the first winter 3K race walk handicap at the Garrison Track.

Colchester Council failed to recognise the existence of our club in their Annual Town Directory which listed all the other sporting clubs in the area. The Council was notified so may be next year we will be included.

The Club affiliated to the Eastern Counties XC Assn so we are now eligible to enter regional and national champs. It was also felt that we are competent enough to compete in the North of the Thames XC Races.

One of the clubs longest serving members Dennis Taylor was now a father of a little girl Charlotte.

Tony Nixon managed to beat John Turton to win the Dedham Fun Run (5 miles), Tom Cudmore won the 2½ event with Haley Clarke 1st U8 girl and Victoria Goff 1st U6 girl.

Dean Marshall was 2nd in the Felixstowe ½ in 1.11.50 but was disqualified as he entered on the day.

Jerry Everett clocked another marathon at Abingdon, Oxfordshire in 3.34.

Brian Bedford and about 40 other runns turned up at Ipswich for a Sri Chinmoy race but the organisers didn't.

Several runners from the club took part in the first Norfolk and Suffolk XC race at Bury which was won by Halstead RR, few Norfolk clubs were actually present in a poorly supported race which saw Jerry Madden 1st vet.

330 did turnout at the Langham 10K with a large CJC presence. Dean Marshall won in 32.30, Dave Lacy 1st vet 33.15, Ken Walsh 1st O50, Bridget King 3rd lady, CJC 1st team, Geraldine Russell 1st Supervet.

A team of Dean Marshall, Gavin Harding, Lance Williams, Paul Barrett completed 20 laps at at the Ipswich Paarlaufs for 2nd place.

Jerry Everett set a new club 24hour record at Haringay running

432 laps of their New River stadium track (107 miles), 9th position. He was the only 1 of our 4 starters who got past 12 hours and had to put up with heavy rain for nearly half the race. Roger Hanks completed 238 laps (57miles), Ken Walsh 231 laps (57 miles), Dave Simpson 210 laps (52 miles).

In the 2nd Essex League XC held in Chantry Park, Ipswich, Suffolk! CJC improved to 2nd place with Dean Marshall 11th, Tony Seakins 13th, Paul Willis 15th, Paul Spowage 16th, Kevin Jolley 23rd, John Connolley 26th. Ladies took part and were 2nd team Fran Quinn 9th, Bridget King 11th, Cathy Bishop 15th, Lucy Evans 19th.

At the Harlow Marathon Chris Akehurst 3.16, Terry Jarvis 4.23, but Tony Chatfield failed to complete his first marathon with his legs giving out at 22 miles.

A vets team of Mel Smith, Pete Thomas, Martin Bishop and Colin Thackwell were 5th in their Paarlauf race in Ipswich.

Runner of the month for October John Connally.

NOVEMBER 1990

The annual club photo did not come out! Another attempt would be made in the Spring in better light.

Jerry Everett followed his 107 miles with another marathon the following week at Harrow in 3.20.

Sheffield member Carl Murdoch a vet ran 2.42 in the Chicago Marthon in America.

The vets were 3rd but the ladies won their race the latest in the Paarlaufs in Ipswich.

Mel Smith won at his first attempt at race walking in the monthly 3k handicap.

The Annual Dinner was a great succes. The awards went to

Runner of the year

Female

Achiever of the year

Roger Hanks

Club Personality

Most improved

Dave Clems book 'Clem' was launched at our Friday meeting. The book started out as a series of contributions to the Hamilton Lodge Newsletter. It took 4 years hard work to covert the articles into a book involving much editing, proofreading and research. The book told some remarkable stores of Clems life incorporating manu unusual incidents and showing that Clem had achieved a lot during his year. monies raised through the sale of the book were to be split between Hamilton lodge and the Far East Prisoners of War Association. A Mr Wilson from the Association, Dave Heather, Hamilton Lodge and Peter Clarke from Mersea Island Lions Club whos £300 went to getting the book off the ground were present at the launch.

Clem said that CJC were held in great esteem by himself and he

greatly valued the friendship of the club. He wanted a CJC member to have the first of the 1000 printed copies. A free raffle was held and the youngest club member pulled out the name of Lorraine Harding.

The books were on sale at £5. Free copies were also given to Club Chairman Roger Hanks and the 2 guests present. Dave Lacy who was responsible for marketing and the financial arrangements hoped that Hamilton Lodge would benefit by £5000 once the books were sold.

66 CJC runners a new club record ran in the opening TR XC League fixture at Brightlingsea, on an out and back course long the seawall. In all 213 men and 74 ladies ran which was a new league record. Our ladies won and the men were 2nd. John Connelly our runners home in 12th, 14th of our ladies took part with Fran Quinn winning for the club. Dave Wright said he didn't enjoy it as his rival Dave Lewis beat him.

The club seemed to have lost interest in the Paarlaufs, in order to run a full competitive mens A team, 2 of the vets were transferred over leaving Roger Hanks to run as a solo vet team completed 14 laps in the 20 minutes.

Martin Bishop broke the 1 hour barrier for 10 miles for the 1st time in 59.53 at the Hague 10, Holland, Kevin Jolley ran 54.10.

The club achieved a notable result in its first attempt in the North of the Thames XC race, beaten only by Woodford Green and Hillingdon AC, many famous athletes were beaten. An excellent run by Dean Marshshall in 6th, Richard Gaine 16th, Tony Nixon who beat all the members of Ilford AC, Mel Smith, Roger Hanks and Colin Thackwell.

Only a few braved the 2nd Norfolk & Suffolk XC fixture, over the sand and dunes at Lowestoft. Jerry Maddes was 21st, Nicola Everett 12th and Cathy Bishop 1st lady vet.

Our ladies again won their race on the track in the Paarleufs at Ipswich. Nicola Everett, Michelle Jarvis, Anne and Charlotte Goff now can not be beaten. The boys were 4th.

Complaints again were put to the Arena about the mens showers. The proceeds of a Friday meeting that coincided with children in need day were donated to that cause £20.50.

Due a clash with the Hadleigh 10 (vets champs) we only fielded 3 runners in the Essex Vets XC Champs at Chigwell. Roger Hanks, Melvyn Smith and Les Mattison. Tony Nixon running for Ilford was 4th.

A good turnout at the Hadleigh 10, Peter Thomas was 2nd O60 winning at Eastern Counties silver medal. PBs for our ladies Nicola Everett, Donna Brooks, Donna Robertson. Dave Wright lost a £20 bet with Paul Willis for failing to break the hour by 43 seconds in 75th place. 57 men did break the hour on the hilly course including Dave Lacy.

The ladies maintained their 100% winning record in the Ipswich Paarlaufs. The men were 2nd and are 6th overall with the vets 9th.

DECEMBER 1990

Jerry Everett ran 3.11 in the hilly St Albans Marathon (his 78th). Nicola Everett was 6th in her Norfolk & Suffolk XC race at Chantry Park, Ipswich. Our mens team of Jerry Everett, Jerry Madden, Keith Morgan, Mel Smith were 6th.

In the NE Essex Schools XC at the University, both Charlotte Goff and Tom Cudmore won their respective age group races.

The 3rd Essex League race took place at Brentwood, our mens team were 4th in one of the strongest fields in that league for sometime. The womens team of Fran Quinn 21st, Donna Brooks 22nd and Nicola Everett 28th, Linda Gaine 37th were 2nd team. In junior age group races Paul Parsons was 16th, Russell Hanks 24th and Helen Clarke 19th.

The following day saw the 2nd TR XC race at Landseer Park, Ipswich, a snow covered course still saw a good CJC turnout. Fran Quinn again won the ladies race with Nicola Everett 10th (she has run in every xc race in every league so far this season). Jaffa again won with ourselves 2nd.

A good turnout again at the Hamilton Lodge Carol Service.

Clems book has now sold over the 300 breakeven point.

County XC Champs - Colchester for men, Brentwood for women.....

TRXC League at Colchester

Runners v Riders at Friday Woods

Former members Nicola and Richard Bartlett now have a little girl called Sophie.