

Friday 1st July 1983. 19.12 hrs.

- 1). The meeting was chaired by Dennis Taylor.
- 2). The meeting was attended by 15 members.
- 3). The previous meetings minutes were read out + agreed.
- 4). Matters arising: - ~~two~~ members from the Club (Chris Coslett: ~~etc etc~~; Fay Rooney) handed over £500. to the Old Heath Community Assoc. on 27/6/83 (proceeds from May Fun Run).
- 5). Geoff Gibbins brought a sample vest to show members. Green with white piping, these will have the sponsors name + logo on the front + Colchester Joggers Club on the back in white writing. A vote was taken on the colour + agreed. Shorts + socks can be purchased to match.
- 6). Bar-B-Q held at Hamilton Lodge, Lt. Bromley on 25/6/83. Comments made were as follows: - no control over access; bar prices too high; bar closed too early (N.B. licences for outside bars usually to 11.45pm.); many people didn't get any food at all, while others had 2 or 3 Pots; (it was suggested that the tickets should have been handed over before getting any food); also portions should have been more equal; Bar ran out of beer; lack of supervision of patients; lack into possibility of re-imbursement guests who didn't get any food, part of the cost of tickets. The Barman had £60. of spirits stolen while he was packing up. It was suggested we offer him £25. from Club funds as compensation. A vote was taken + carried, but after further discussion certain ~~matters~~ came to light that may reverse this. Apart from the foregoing the舞会 was good.
- 7). Carnival float - meeting will be held on Wednesday 6/7/83

for all those interested at 7.00. in the Bar.

8). Report from Mike Turner:

Stowmarket + Colchester United Sporting Youth proposing to hold a Childrens Fun Run (if permission obtained from Council). Sunday 11th September in afternoon. 3 + 5 mile courses. Advice, assistance + helpers needed.

9). Members attended meeting with Stowmarket re: run.

Everything running smoothly. EADT will publish entry forms.

10). Other events:-

16/7/83 → marathon to co-incide with Stowmarket carnival. Mike Turner will get entry forms for next week.

10/7/83. Woodbridge Tolly Cobbold 10 km.

Cambridge → marathon 17/7/83. (entries closed?).

11). Items to be discussed at A.G.M.

More publicity for new members, etc.

Donation of a trophy to Stowmarket.

FRIDAY 8th July

19.15hrs

- ① The meeting was chaired by Mr. D. TAYLOR.
- ② The meeting was attended by 21 members.
- ③ The previous meetings minutes were read out and agreed upon.
- ④ The Layer Road under 125 funrun will be over two courses or three - five miles with trophy's for both groups. Everything is well underway with no foreseeable problems.
- ⑤ As stated in the last minutes the donation of £25 to the Barmen at the Barbecue was re discussed and it was decided that the donation would not be paid until the matter is raised at the AGM when more members will be present to air their views.
- ⑥ The refund of £1 to guests who did not receive food will also be discussed at the AGM.
- ⑦ A group of members will be meeting Barretts regarding sponsorship for our December run on Friday 15 July.

FRIDAY 15th July 19.14 hrs

- ① The meeting was chaired by Terry Wheat.
- ② The meeting was attended by 23 members
- ③ The previous meetings minutes were read out and agreed upon
- ④ A short report was given on the Childrens Fun Run progress by Mike Turner.
- ⑤ A group of five club members (Mike Turner, Terry Wheat, Dave Wheat, Dave Clevers, Chris Daws) attended a meeting with Barnetts on Friday afternoon, with the aim of trying to ~~get~~ ^{obtain} some form of sponsorship out of them for the Christmas Fun Run. The meeting went very well and we just have to wait for there board decision which we will have before our A.G.M. on August 5th, but we feel confident of getting some form of sponsorship it's just a case of how much and what.
- ⑥ A short report on the Stowmarket run was given and the membership were informed that entry forms are now available.
- ⑦ The members were informed that four club members had entered a raft in this years raft race and they would like as much ~~support~~ support on the day as possible 31st July.

FRIDAY 22nd July 19.12 hrs

- ① The meeting was chaired by Chris Downs
- ② The meeting was attended by 17 members
- ③ The previous meetings minutes were read out and agreed upon
- ④ All those members who turned up at Fay's to produce some carnival float decorations on Wednesday were thanked. ~~for their effort~~. It was decided to go straight to Cowies to decorate the lorry straight after Friday's meeting at the sports centre, instead of going for a run and if anyone is interested some preliminary work will be done on Thursday evening

A leaflet was handed round to the members which is going to be photo-copied and handed out from the float during the procession

- ⑤ The A.G.M Voting lists have been made up and copied so you should be receiving them over the next few days. Please bring them to the A.G.M before meeting or post them to Sue Spink to arrive no later than the 5th Aug.

- ⑥ The members were informed that due to work pressures Chris Coslett would no longer be attending the meetings.

- ⑦ £122 profit was made from our Bon-bon stall after all the bills were paid

- ⑧ The club has just over £300 to donate to charities of our choice, £ which is the money from the May Fun Run. This matter will be left to the AGM.
- ⑨ A report on the Cambridge run was given by those members who took part.
- ⑩ A report was given on the Stowmarket run by Mike Turner.
- ⑪ Geff brought in a sample running vest complete with C.J.C on the back with the sponsors name Collier & Catchpole on the front. Vote of thanks was given to Geff for his work in this matter.
- ⑫ It was suggested that Ken Runcles of the Evening Gazette was informed when runs were coming up locally for him to print in his column and to say that forms are available from the club.
- ⑬ Roger Jaggard suggested the club should enter the Peking peoples run but no club members seemed to agree with him

FRIDAY 29th July 19.04 hrs

- ① The meeting was chaired by Chris Downs
- ② The meeting was attended by 15 members
- ③ The previous meetings minutes were read out and agreed upon
- ④ The meeting was kept very short on purpose due to the fact that some of the members were going to Covier to decorate the carnival float. AFTER THE MEETING The main topics for the meeting were the carnival float and Sundays raft race.

It was decided to spend £15 on hire of P.A.

Friday 5th August.

19.10 hrs.

- ① The meeting was chaired by Chris Downs.
- ② The meeting was attended by approx 25 members.
- ③ The previous minutes were read and agreed upon.
- ④ The first item on the very full agenda was the carnival float. Everyone who attended both the preparation and the procession seemed to enjoy themselves, as well as giving the club a lot of very loud publicity. All were thanked for their tremendous efforts in putting together a successful float at such short notice.
- ⑤ Dorothy gave a treasurers report. The club has a balance of £509.49p to carry forward into our second. Statement of accounts is available for club members to examine.
- ⑥ On the day of the carnival Sue sensibly left Colchester and headed for Kings Lynn and purchased a video of the Sandringham run. One or two members are on this tape and anyone interested should contact Sue.
- ⑦ The outgoing officers thanked everyone for their support and wished their successors every success in the future.
- ⑧ The first item raised from the 1st July meeting was whether to compensate the barbecue barmen for his £60 loss of drink. It was discussed in depth and unanimously voted against.
- ⑨ The second item from the 1st July concerned refunds to guests not receiving food. This request was withdrawn by Dennis Taylor - the member originally requesting it - as too long a period of time had elapsed.
- ⑩ Publicity and aims for the club for the next year produced a lengthy discussion and a number of ideas. i.e. a

three monthly 'what's on' calendar to help accustomise new members; John Taylor to enquire into the possibility of having a gym and instructor for fitness training; a positive effort to be made to be friendly and helpful to new members on their first night; and to have posters and leaflets made to hand out at other runs. With eye catching slogans suggested. It was also suggested to try and purchase club cloth badges to give to new members as they join.

- (1) After a long discussion it was voted unanimously to purchase the remaining running vests left at Harpers, to clear our debt and keep the club's good name. These are to be offered to members at a reduced price yet to be decided.
- (2) It was agreed by all present to purchase a stop watch to time ourselves at runs.

- (3) The new committee was elected as follows.

chairman	-	Chris Downs.
vice chairman	-	Terry Wheat, Mike Turner.
secretary	-	Carol Mee.
Treasurer	-	Dave Wheat.
committee	-	Geoff Gibbons Paula Fincham Fay Rooney Dave Wright Dennis Taylor Ken Randall

- (4) Barretts have given us a firm commitment of £500 with the possibility of more. They will do the promotion work of the event and the club to organise the run.
- (5) The club has been offered a column in the Evening Gazette and possibly the Standard. Mike Turner will be writing

the column but the club membership wishes to edit the article before it is submitted to the paper.

- ⑩ A financial report was given on the May 1st fun Run and members informed that we have £310.47 to give to our choice of charities. These will be:-

Coates Hutton appeal (Special Bed)

Spina Bifida association.

Project Horizon.

Minibus Appeal (severalls)

Donyland Lodge children home, on fun run route

Friday 12th August, 1983. 19:10 hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 16 members.
3. The previous meeting's minutes were read out + agreed.
4. May Fun Run beneficiaries:- Coates Hutton appeal (special bed); Spina Bifida Association; Project Horizon; minibus appeal (Severalls). It was also agreed to donate to the Donyland Lodge Childrens Home (on route of run). They take in children from extremely disturbed backgrounds, not an official charity but are entirely funded by donations from the State. They have recently started teaching on the premises + any donations would be used to help purchase headphones for children that are not able to attend school.
The money will be divided equally between the aforementioned + will be approximately £62. each.
5. Running vests ordered by the Club from Harpers. Chris Downs collected + paid for the remainder. (5 no. H2"; 4 no. H0"; 5 no. 36" ladies). £53-55 paid by Club. Decided to sell them to members for £2-50 each.
6. Trophy for Showmarket - to be donated to the winning team (so we might win it ourselves). Catalogue + price list were circulated amongst members but no decision as to what trophy was made.
7. Subscriptions - Yearly membership fee is due now - please pay at the latest by end of August. (to Sec.) It was voted + agreed that non-running members pay £2.00 yearly membership + 50p. weekly subs.

8. Insurance - last year it cost £85. to insure 50 members. This year it will cost £95. to cover up to 100 members. Voted + agreed to go ahead with this.
9. Hire of meeting room - runs out in September. £1.50 per night. As no reduction in rates is available voted + agreed to book it for a further 6 months.
10. Chris Downs (Chairman) gave advance apologies for absence from next week's meeting as he will be on holiday.

Friday 19th August 1983.

19.10 Ros

1. The meeting was chaired by Terry Wheat.
2. The meeting was attended by 18 members.
3. The previous meetings minutes were read out + agreed.
4. Team trophy won jointly with Colchester A.C. - it was decided to write to Colchester A.C. + ask for the return of the trophy as they have held it for more than six months.
5. Trophy for Stowmarket - voted + agreed on catalogue no. 8/243 with wording to read : - "Donated by Colchester Joggers. Winning Team".
This will cost £3.44 + 34 letters @ 3p + VAT which adds up to £16.74.
6. Advertising campaign - slogans etc. for posters + car stickers. As all but one member forgot to bring their ideas to today's meeting, the deadline was extended to next week's meeting.
7. Charity football final - Acorn ^{Village Trust} at Mistley. Advertise club in programme. Cost £10.00 for full page. Sell approx. 1000 copies. All members present felt this was a good idea. Terry Wheat will bring sample programme to next week's meeting.
8. The raffle will be brought back into action, ^{later} when (hopefully) more members attend the meetings.
9. Forthcoming events - Roggershall Fun Run on 2/10/83. It's $\frac{1}{2}$ miles or $\frac{1}{2}$ marathon (for those who are not going to Nottingham).

Friday 26th August, 1983.

19:15 hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 14 members.
3. The previous meetings minutes were read out + agreed.
4. Advertising campaign - as everybody had once again forgotten it was decided to vote on the one's we already had. The one that proved most popular was "Colchester Joggers Club do it on foot". This to be printed on a foot-shaped car sticker. Terry Wheat to go ahead with this.
5. It was proposed + passed that the Club purchases 12 more running vests, identical to the ones donated by Collier + Patchpole. Geoff Gibbins to deal with this. It has not yet been decided whether these vests will be distributed free to members or whether a nominal charge will be made.
6. Letters received + read out from Severalls Minibus Appeal Fund + Donyland Lodge, thanking us for our donations.
7. Report given on Kelvedon 10k marathon - where we had our first individual trophy winner - Diane Smith who was third lady home.
8. Report given on trip to Crystal Palace which was enjoyed by all who went.
9. Dennis Taylor proposed + it was passed that we have interclub trophies, for eg. most improved runner, male + female; etc. It was thought that the best time to present these would be at the A.G.M.

Friday 2nd September, 1983.

19:15 Ross

- 1). The meeting was chaired by Chris Downs.
- 2). The meeting was attended by 15 members.
- 3). The previous meetings minutes were read out + agreed.
- 4). Two more Thank You letters have been received from Project Horizon + Myland Hospital Coats Hutton Appeal thanking the Club for their donations from the May Fun Run.
- 5). Treasurer — as Dave Wheat has injured his arm at the moment + doesn't feel he can carry out his duties at present, Dave Clemons is to temporarily take over as treasurer.
- 6). Coach trip to Windsor Half Marathon — 53 seater coach booked. leaves Sports Centre at 8:00 a.m. If coach is full up cost will be approximately £3.50 adults + £2.50 children.
- 7). Minibus to Nottingham — leave Sports Centre 11 - 11:30 a.m. No price yet but will be approx. £3.50. 12 or 13 seater.
- 8). Stowmarket run — only 45 entries so far + most of those are Club members. It was decided that in future the Club will only help + be associated with our own two local fun runs, so as not to lose the Club's good name + reputation.
- 9). Club stopwatch — John Taylor acquired one for the club at a cost of £12.00. Thank you John.

10. Report given on Mersea run which was well attended by Club members (26 runners).
11. Discussion on possibility of obtaining the facilities of a gymnasium one evening per week. for training. John Taylor looking into this.

Friday 9th September, 1983

19-15 Rs

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 16 members.
3. The previous meetings minutes were read out + agreed.
4. Thank You letter received from Spina Bifida Association for donation from May Fun Run. All the beneficiaries have now acknowledged their donations.
5. Minibus to Nottingham - price will be £14.50 per head.
6. Insurance - letter received from Brokers informing us the premium will now be £155 p.a. to cover up to 100 members. As the membership only stands at 25 members at present, it was voted + agreed to have cover for up to 50 members + increase this later on if required.
7. Treasurer report - at present the balance in the bank is £547.00 - all bills have now been paid.
8. Stowmarket Fun run - Chris Downs + Fay Rooney went to Stowmarket last Wednesday to help finalise details for the 18th. Entries have now started to pick up. Volunteers are required to help organise the finish funnels.
9. Childrens Fun Run - report given by Mike Turner + Chris Downs. Points raised were not enough adult supervision. Route was not really suitable

as in some places the route was inaccessible to vehicles, consequently if any child had suffered an injury in these places it would have been difficult to get medical aid.

10. Column for publication in paper - Mike Turner read out his ideas for the column. All members present agreed this was O.K. + Hopefully it will appear next week.
11. Report given on Ipswich marathon + Half marathon. Total of 1600 runners for both events.

Friday 16th September 1983.

115

19.20 hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 15 members.
3. Previous meetings minutes read out + agreed.
4. Chris Downs passed the Stowmarket trophy round for the members to look at, + pass comment on.
5. Preliminary ~~some~~ details received about the Health Education Council G.B. Fun Run. Further details will be sent later.
6. Details received about a Jogging Awards Scheme, supervised by the National Jogging Association.
7. First Aid Course - all interested persons to give names to Secretary ASAP. When the number of people is known - dates will be fixed.
8. Report given on Elmstead Market fun run.
9. December fun run - St. Johns Ambulance + the C.B. people have been booked in readiness. Possible slight alteration to the course to make it just over 10 miles, instead of just under. Final details to be sorted out with Barretts before any advertising is put in Running magazine.

Friday 23rd September, 1983

19.15 hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 15 members.
3. The previous meetings minutes were read out + agreed.
4. Report given on Stowmarket run, where we won the Team trophy. Chris Downs thanked all those who turned up to help on the day.
5. Xmas Fun Run - meeting arranged with Barretts at 3.00 p.m. Thursday. Reporter + photographer from Press will be there for the "Launch".
As many members as possible are asked to attend in full running gear to help carry out some silly stunt to advertise the run etc. After a lot of discussion it was thought that a dumper or a J.C.B. with Barretts name on it could perhaps be utilized.
6. Weekly subs - it was brought to the Committee's notice that the 50p weekly subs. may be a bit difficult to find for unemployed members. But after a good deal of discussion it was voted + agreed to leave them at 50p.
7. Campaign for new members. — we need ideas etc. for leaflets + posters. Leaflets could be put on the cars in the Sports Centre car park also on the cars at the runs we attend. Posters could be distributed to schools in the area.
Also put an advert in the free newspaper issued by the University. Members thought the idea of an Open Evening for potential

members to come along + see what we get up to was a good idea + it was decided to get something arranged for next Spring. We could get a film taken of a run that we competed in.

To encourage whole families to join it was suggested we have a special rate of membership for families.

8. Christmas Social - to be solely for club members + their immediate family. Trying to get a booking somewhere for Saturday 14th December. The idea of Fancy Dress seemed quite popular.
9. Sports Injuries Seminar to be held on 4-12-83 at the University. £2.00 per day. Further details available for those who are interested.
10. A day trip to France for club members is also in the process of being organised. Further details available next week.

(John Taylor took Team Trophy).

Friday 30th September, 1983.

19.20 P.M.

- 1). The meeting was chaired by Chris Downs.
- 2). The meeting was attended by 14 members (including one prospective new member).
- 3). The previous meetings minutes were read out + agreed.
- 4). Letter of thanks received from Friends of Stowmarket Social Education Centre thanking us for our help + support in making their run a success. They hope to have raised about £500. for their funds.
- 5). Meeting with Barratts last Thursday. Seven members attended + had their photo's taken in various poses (with a blank cheque) at Barratts offices. Full details of the run will appear in the papers next week + hopefully it will get a mention every week until the Big Day dawns. The actual cheque for £500. should be received within the next two weeks. It was agreed that we would use the surplus medals we have in stock if possible. Entry fees will be £2.50 for adults + £1.50 for children, students, etc. The 5 mile course is to be for children, novices + fancy dress entrants.
- 6). Final details on Nottingham - minibus leaves Sports Centre at 4-15 a.m at the latest + will leave Nottingham approximately 4-30 to 5.00 p.m. depending on when we all finish running + assuming we don't get lost. A spare running number is available if anyone interested.

7. Windsor coach will leave Sports Centre at 8.00 a.m. Still seats available.
8. St. Johns First Aid Course - this is an 8 week course, with 2 weeks revision & 2 weeks exams (1 week practical: 1 week theory). Cost will be approximately £10.
9. Xmas Social - members are to make enquiries as to what is available & how much it is going to cost. A figure of approx. £7.50 per head was thought to be O.K.
10. Treasurer's post on Committee - as Dave Wheat doesn't want to come back & carry out his duties, Dave Clements (who has been acting Treasurer) agreed to stand for the position. A vote was taken & this was unanimous. Welcome to the Committee, Dave.

Forthcoming events:

- 2-10-83. Poggershall $\frac{1}{2}$ marathon start 10.00 a.m.
9. 10-83. Windsor half start 1.00 p.m.
9. 10.83. Braintree 10 start 2.30 p.m.
- 16.10.83. Brightlingsea $6\frac{1}{2}$ miles.
- 6-11-83. Woods $\frac{1}{2}$ marathon start 10.30 a.m.
- 20-11-83. Bishops Stortford 10. start 11.00 a.m.
- 24-11-83. Gt. Bentley 12 miles start 10.30 a.m.
- 11-12-83 Club Fun Run.

Friday 4th October, 1983.

19:15hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 22 members (including 1 new member + 1 prospective member).
3. The previous meetings minutes were read out + agreed.
4. Baratto's (Essex) Hotel + Colchester Joggers Club Christmas Fun Run.
Entry forms for the event should appear in the paper next week.
5. Christmas Social - two venues were discussed.
The Cowdray Arms which had a few free nights left before Christmas. They could give a meal starting from £2.50 per head. They do not have a dance floor, but would hire one if required.
The Tudor Halt which can offer a good meal for £7.00 per head. They have room for dancing + we could have a disco or whatever entertainment we liked. The date put forward for this was 10th December, but after a considerable amount of discussion it was decided to ask the Tudor Halt if they had any other times available.
A vote was taken + passed in favour of holding this Social before Christmas.
It is booked for 3rd December (Saturday).
- b). Trip to France. A daytrip has been arranged to take place on 20th November. A 44 seater coach will leave Colchester Sports Centre at 6.30 a.m. approximately + take us to Le Touquet. It arrives back about midnight. The cost will be £17.50 per head.

4. A report on the Nottingham Marathon + Half-Marathon was given. Despite a few problems with the minibus etc. all those who entered were well-pleased with the framed sample of lace they received to commemorate this event. There were approximately 8,250 entrants.

Forthcoming events:-

- 16-10-83 Brightlingsea 6½ mile fun run.
- 6-11-83 Woods' 2½ marathon + fun run.
- 20-11-83 Bishops Stortford 10 mile road race.
- 24-11-83 Gt. Bentley 12 + 4 mile fun runs.
- 11-12-83 Club fun run

(Dave Cole taken team trophy).

Friday 14th October 1983.

19:12 hrs

- 1). The meeting was chaired by Chris Downe.
 - 2). The meeting was attended by 20 members (including 1 prospective member).
 - 3). The previous meetings minutes were read + agreed.
 - 4). Christmas fun run - after a further meeting with Barratts they have decided to donate the £500 towards the cost of the run, + not to have anything to do with the publicity or organisation of the run. They will be happy as long as they get their name mentioned.
 - 5). Report given on Windsor Half marathon. Enjoyed by all who participated.
 - 6). It was decided that for any future coach trips all members etc. will be required to pay £1.00 for every seat when booked, forfeiting this if they drop out.
- sp*
- 7/8 The raffle was brought back into being tonight. The tickets will be sold over a two week period to boost club funds.

Friday 21st October, 1983.

19.25 hrs

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 19 members.
3. The previous meetings minutes were read & agreed.
4. Christmas Fun Run - 150 entry forms have been sent out to 10 local clubs.
200 entry forms will be sent out with the Gt. Bentley fun run nos. Entry form should appear in the paper early next week.
Letters of confirmation of bookings have been received from the C.B., St. Johns & Marks Tey Radio Services.
We have permission to use the Maltsters toilets & possibly the Rising Sun's.
Despite numerous attempts by Chris Downs to contact Mr. People of Baratto's about the change so far he has been unsuccessful. Trying again on Monday morning.
5. Old Heath Community Association - Frank Holden was told by the Club's ex-chairman that the proceeds from the Christmas Fun Run were going to them. He was put in the picture as to the correct facts of the matter.
The Association propose to hold a fun run on May 6th 1984 & will go ahead with or without our help. There was considerable discussion on whether the Association should benefit from our May fun run again or not.
It was decided to shelve a decision on this for two weeks to enable members to give it more consideration.

Friday 28th October, 1983.

19.12 hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 18 members.
3. The previous meeting's minutes were read + agreed.
4. Christmas Fun Run — after more phone calls to Barretts the cheque for £500. has now been received.
To date there have been 3 entry forms returned.
Check on cost of clock hire, also look into possibility of getting a sponsor for this.
Members were asked to try + obtain sponsors for trophies.
No registration on the day, but we will take late entries.
5. First Aid Course — starts on Thursday Nov. 3rd, arrive between 6.30 + 6.45 on first night to register. Normal start time will be 7.00.
Course lasts 6 weeks, exam. on first Thursday in January (5th). Costs £10.
Held at St. John's H.Q. Greenstead Road.
6. Running vests — these are now in the process of being printed.
These will be Club property + loaned to members, + therefore must be given back when leaving the Club.
Can be purchased at full price if desired.

Friday 4th November, 1983.

19.13 hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 20 members.
3. The previous meetings minutes were read out + agreed.
4. Christmas Fun Run - running clock can be hired for £50. Decided to go ahead + book this. Using up the remainder of last year's medals + purchasing new centres for them - the cost to the Club for 1000 centres + 400 medals will be £510, which is a considerable saving on last year's costs.
Entries are coming in at the rate of five a day, at present we have about 50.
Details should appear in the diary sections of Running Magazine + Running Review.
It was decided not to make any alterations to the route, but tell all competitors at the start the exact length of the run.
Letter sent to Sainsbury's seeking sponsorship.

5. Dave Heather of the Charles Palmer Trust attended the meeting. He informed the members that the roof was being put on the new building + also that his Committee suggested that one of the rooms be called the Colchester Joggers Room, in recognition of the support we are giving them. This was agreed by all present to be a very nice gesture.

They have been chosen as one of twenty charities in the country to be sponsored by the Leeds Building Society on a

sporting nature. The Trust will be forwarding the Club's name as their choice + further details will be arranged later.

- b). First Aid Course - this started yesterday + was attended by six club members, who all thoroughly enjoyed themselves.
- M). Reading are having another fun run next year on 25th March, as all that went to this year's run enjoyed it. A coach trip will be organised for next year.
- 8). Old Heath Community Association - referred from 21-10-83 meeting. After considerable discussion again it was decided to write to them + tell them we would not be benefitting their Association. We could only offer advice.
- 9). Extra Club Running Vests - as the ladies style are no longer made it was decided to get small men's instead.
- 10). Marie Williams who is a P.T. + physical education instructor has agreed to give us short lectures etc. on the technical side of running. To start off with she is trying to get a film on the importance of stretching + warming up before running, which is something we tend to neglect being too eager to get the run over + get some liquid refreshment in the bar.

(Dennis Taylor taken Team Trophy)

Friday 11th November, 1983

19.16 Ris

- 1). The meeting was chaired by Chris Downs.
- 2). The meeting was attended by 21 members + 1 prospective member.
- 3). The previous meetings minutes were read out + agreed.
- 4). Christmas Fun Run - when Chris Downs rang Evening Gazette to try + get them to donate a trophy. He got a very cool response from Monica Greenwood, because apparently the Team Trophy they donated to last years Christmas Fun Run has never been collected from them, despite their informing one of the committee members that it was ready. It was decided that this will be a perpetual trophy for the winning team.
The route has been cleared with the Police. John Blundell has managed to obtain offers of trophies from Buynps + Kendall Builders of Wivenhoe, so with the Evening Gazette one that makes three trophies to date. Collier + Patchpole are sponsoring the full cost of the clock.
There was considerable discussion on who we could get to start the run + present the prizes. Quite a few names were put forward but it was eventually decided to ask Dave Heather + Mr. Collier if they would like to.
- 5). Report on Woods run - very well organised. Lots of our own fun run entry forms were handed out.

b). Suggestion put forward to see if we can start + finish our next year's run from Severalls. The date set for this is 29th April, 1984. This was voted on + agreed.

7/4. Suggested that we write to John Mountford of the Weekend TV programme to get him to publicise the 21st Run jog around the clock.

Friday 18th November, 1983

19.13 hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by ¹⁹ ~~25~~ members + 6 possible members.
3. The previous meetings minutes were read + agreed.
4. Christmas Fun Run - entries now up to 184.
We have the use of the Rising Sun + Maltsters toilets. The Rising Sun is applying for a bar extension. An approach will be made to Barratts to see if we can get them interested in having a display of advertising at the Start/Finish area.
5. Finances - up to 31/10/83 the balance in the Bank was £1020, this includes the £500 from Barratts.
- b. Track suit badges - minimum order 100 will cost 88p each.
Members were asked to bring their ideas for design to the meeting next week.
4. A film + short talk on the importance of stretching + warming-up before a run was given by Marie, she will show us the correct way to stretch at a future meeting.

Friday 25th November, 1993

19.15 hrs

1. The meeting was chaired by Chris Downs
2. The meeting was attended by 14 members.
3. The previous meeting's minutes were read + agreed.
4. Arrangements for Fun Run progressing smoothly.
Fuel Injection are allowing us limited use of their workshops.
A video film is being made of the run, this will be available to the Club free of charge, the idea being that we book a hall or something + charge entrance fees.
Maps of the route should be available next week. Sponge points will be in same positions as previous runs.
5. Track suit badges - a number of designs were passed around the members for their comments. A vote was taken eventually + decided on the one with two large running feet in centre with Colchester Joggers Club around the perimeter.
6. Christmas Social - bookings still being taken. Meal starts at 8.30 p.m.
7. The more energetic members were put through their paces by Marie, showing us how to stretch + warm up correctly before a run.

Friday 2nd December, 1993.

19.21 hrs.

1. The meeting was chaired by Chris Downes.
2. The meeting was attended by 14 members.
3. The previous meetings minutes were read + agreed.
4. Christmas Fun Run - entries up to 11th.
Barattis hope to have some form of advertising + promotion in the Start/Finish area.
5. Report given on Lt. Bentley fun run - enjoyed by all those who participated. Marie Williams won a trophy in the 5 mile run for being the first lady.
6. Letter received from Charles Palmer Trust - one of their directors Dr. Hall will be delighted to start the run + present the trophies.
7. Volunteers are needed to marshall on Sunday, especially at Old Heath Road where runners must cross the road, if they don't they will be disqualified.
Also need volunteers for sponge points.
8. Track suit badges - after further discussion it was voted + agreed to use the original C.J.C. design.
9. Final details sorted out for the Dinner tomorrow night. (145 dinners booked including 8 steaks).
10. It was proposed + voted on by all members present to ask for Vice-Chairman, Mike

Turner's resignation from the Committee.
 A number of reasons were put forward to substantiate this proposal. Chris Downs will write & tell him the Club's feelings.

Friday 9th December, 1983

19-14 Rus.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 22 members.
3. The previous meetings minutes were read & agreed.
4. Christmas dinner was enjoyed by all who attended. Decided to make this an annual event, but start making arrangements early in the New Year. Letter to be written to Tudor Hall querying the service charge.
5. Column in Evening Gazette - Graham Davey is to write the monthly column for the paper, starting with the second week in January.
- b) Cheque for £25. received from Sainsbury in response to a begging letter we sent. This will help towards the cost of the trophies.

4. Fun Run - entrants up to 60 at present.
 Barratt's double booked so no representative
 will attend, they are sending balloons, hats
 etc. for us to give out.

Trophies have been donated by:

Messrs Kendall's: Rymp: Clerical Medical
 & General Life Assurance Co: Sainsbury:

Hamilton Lodge: Roman Trophies (3):

Evening Gazette (team trophy).

Letters of thanks to be sent to all the above.
 Video being filmed by DER TV rentals.

Dr. Hall to start the run & present trophies.

First three to qualify for the team prize.

React CB Folding Raffle - prizes to be

2 tickets to Mercury Theatre

2 tickets to Odeon.

2 tickets to Colchester United.

Half proceeds to them & half to us.

Friday 16th December, 1983.

19.20 Rs.

1. The meeting was chaired by Terry Wheat.
2. The meeting was attended by 18 members.
3. The previous meeting's minutes were read + agreed.
4. Fun Run - comments made as follows:-
 no water or orange available at finish for runners;
 running numbers would look better printed;
 maps could have been issued to runners + also
 a bit about the Club + an application form
 sent with their numbers; better toilet facilities next time;
 at the finish it was thought that writing the
 numbers down rather than handing out raffle
 tickets might have been a better idea;
 position the running clock over the finish line
 to enable the runners to check their times;
 Vote of thanks to Chris + Fay for all their
 hard work + stress in organising the run.
 Thank you both, + also all who helped out.
5. Decided by members present that a donation
 will be made towards the cost of Cowies
 (Chris' employers) phone bill + any other
 out of pocket expenses incurred.
6. Money paid into bank for fun run amounted
 to £2149-40 after expenses it is hoped that
 something in the region of £1500 can be
 handed over to the Charles Palmer Trust.

Friday 23rd December, 1983

- 1). The meeting was chaired by Chris Downs.
- 2). The meeting was attended by 11 members.
- 3). The previous meetings minutes were read + agreed.
- 4). The meeting took the form of a general discussion on a number of topics before we all adjourned to the bar, for a christmas drink.

Friday 30-12-83.

19.25 hrs.

- 1). The meeting was chaired by Chris Downs.
- 2). The meeting was attended by 15 members.
- 3). The previous meetings minutes were read + agreed.
- 4). Fun Run takings amounted to £2288-65.
Bills paid out £1000-19 leaving a balance of £1288-46 to be handed over to the Charles Palmer Trust. It is proposed to hand the money over in the room they are naming after the Club, on Monday 16th January if this is acceptable to everybody.
The video which was made of the run is in Graham Newey's possession. Suggested that we see it ourselves first before we charge people to come + watch it.
- 5). 24 Hour run - minibus being hired for Sunday 8th January - leave Sports Centre at 10.00 a.m.

The idea is to sort out the route. All those who wish to come give names to Secretary. 12 seats available. £2. each towards cost.

b). After further discussion it was decided to keep the Charles Palmer Trust as our main benefiting charity, although if we are lucky enough to stage our next run from Gomersals, we would have to make a contribution to them.

M). Club runners in London Marathon - Dave Heather + also the EAST want to know names + addresses of all those lucky enough to get accepted.

S). Letter received from Myland Hospital asking when we are going to see them. Secretary to sort out convenient date + time.

G). Dave Wright is compiling a scrapbook with photo's etc. of all the events + things the Club has participated in. If you have any thing that might be usefull, give it to Dave.