

Minutes of the Meeting held at 7pm on 3rd January 1982
at the Arena.

1. Chris Downs was in the chair.
2. 35 + 13 junior members were present.
3. The previous minutes were read and as one pointed out the omission that Richard Knights had been awarded the Junior Jogger of the Year Award to add to the family trophy cabinet.
4. Previous Events.
 - ↳ b. Chelmsford 29th Dec. Usual 3 laps event with no toilets and the runners having to limbo dance under the start line to avoid being garrotted. Koral won the U16 ladies event.
 - a. Witham 26th Dec. 5 miles in cold and atrocious weather for the lucky few who took part.
 - c. Crystal Palace (date unknown) Ted & Cheryl successfully covered 6km.
 - d. Steve Woodcock did not have any runs over the Christmas period.
 - e. The New Year Eve New Party had ^{almost} been a Joggers only event but that did not prevent some members enjoying the event. Dave Wright and Phil Knights won prizes.

5. Bowls. - Saturday night. 8pm Walton.
6. The Tiptree Challenge. Peter Berlett has arranged a relay event against Tiptree to be run around Abbey Fields around about 9th March. Teams will be selected at random. Volunteers names on the board please.
7. The VC outlined the European event for 1986. It is to be unless someone comes up with sensible idea a run along the Zuider Zee Dam which is only 80 miles long with a water stop for end to end. Charles Palmer Trust has a connection with Delft which may be incorporated and the event could happen the last week in May.
8. The Club is entering 2 teams in the Claudius Trophy which starts on 23 Jan.
9. Undeterred by the large number of barns being burnt down in Essex D Hurdge suggested a bannance in the arena.
- 9a. Chris had some photographs of S. alpha Fox and wanted to know what to do with them.
10. Two touching ceremonies then followed:
The first was the presentation of miniature Jewish Tokens to those who ran in the Club 10 Mile Run on 8th Dec or helped on 15th.
The second was the Lance Williams versus Geoff Gibbins Middles trophy which consisted of lots of pennies.

For the record Geoff beat Lance.

11. The Chairman, in a thought provoking speech, looked forward to a successful year and hoped that as the Club grew in size ^{we} more members would take an active part in running the Club. Ideas are welcome from all at meetings and for the shier members suggestions, ideas or comments preferably constructive, non libelous and physically possible could be tucked in a receptacle for the club's pigeon hole.
12. As there was no organized run at the weekend several members agreed to meet at the door on Sunday for a gentle 20 mile jog and cycle.

Minutes of the Meeting held at 7pm on 10th January 1986¹⁴¹
at the Arena.

1. Chris Dawns was in the chair
2. 42 Males and 11 Junior members were present.
3. The minutes of the previous meeting were read.
4. The Sunday run had been over 18 miles which was enjoyed by those who enjoy 18 mile runs on cold January Sunday mornings.
5. The Bowling Evening organized by John Blundell was enjoyed by 39 members Dawn won the ladies' prize to continue the Knights' winning streak and Lincoln the men's. John was given a vote of thanks for his efforts.
6. Future runs. Coaches have been organized to Reading and Norfolk as last year the Norfolk bus will now be shut to both finishes to collect the weary runners. The Bury St Edmunds 20 was the next run.
7. The Tiptree Challenge. The Club would present the trophy which would be a hard back job. Tiptree have raised 5 teams.
8. The first David Hedges Memorial (Trial) Barn Dance will be held if Dave Williams can find a cheap caller/singer and music.
9. The Continental Trip. The 1st Annual CTC Zwider Zee Run will take place around 19th April if a reconnaissance visit goes to plan the cost will be ~£40 if 10 runners can be found.

10. ¹⁴² The 1st Annual Chris Dams Beard Renewal is still scheduled for 1st April. Samantha Fox's photographs were being ~~also~~ raffled. £139 had already been promised to denude Chris' face.
11. The 2nd Annual CTC Camping Holiday is scheduled for 8-11th August.
12. Dave Wright was given a vote & thanks for his work on the 1985 Scrapbooks
13. The Sunday Morning Run will be held on Sunday Morning.

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Minutes of the Meeting Held at 7 pm on 31st January 1985 at the Arena.

1. Chris Downes was in the chair
2. 41 Members and 12 Junior Members were present.
3. The minutes of the previous meeting, which had been beautifully typed by Rachel Wilkins, were read.
4. The Badminton and associated activities of the 25th had been much appreciated by all who attended and Dave Wright was given a vote of thanks for his usual excellent organization.
In a touching ceremony trophies for the event were given to the winners Bill Thompson and Georgina Clark and the runners up Roy Moore and Rachel Wilkins (at this point the room was ^{organised} ~~organised~~ these were matches until the arena out was free a Friday Night.
The room was unusually quiet - Roy's absence may have caused this.)
Suggested to organise badminton more regularly were put forward but it was left to members to decide.
5. The presentation of the proceeds of the Fun Run to David Heather had been seen in the Gazette and Standard. It was remarked there was also coverage in the E.A.D.T.
6. The Christmas Dinner & Dance. If the Club were prepared to hold the event before June or after February 87 the Christmas D&D could be held at the Officers' Club otherwise the place was fully booked. After much discussion George agreed to check on the Embassy, have on mobile caterers and Club on Clifton and a bus. If mobile caterers were suitable, Stannaway village hall was suggested as a venue. After a ^{narrow} vote November was

selected as being the favourite month (Voting was October 1 vote. December 1 vote. November the most).

It was decided that the event would be a dinner and dance NOT the Christmas function which could be held in addition.

7. The Contrail Trip. A reconnaissance in force (about 10 in a minibus) is planning to visit the Zuider Zee on the weekend 1/2 March. Following disputes about the length of the feature. The event itself is planned for the last weekend in May.

8. The Club now has an account with the Colchester Building Society and will shortly close the old account with the Western.

9. The First Annual Tuxedo Challenge. 35 volunteers which make up 7 teams of 5 have now given their names. Reserves are now required.

10. The First Annual Sports Day and Barbecue is to occur on 23 August at Hamilton Lodge.

11. The Second Annual Camping Holiday and Rovers Championships will occur on or about 8 August.

12. The VC organised a collection for Jackie Buford who is not leaving the club to join the police.

13. Future events:

- a. Basketball. Saturday 7pm. Those attending are asked to bring to coloured tops.
- b. The Banday Run will occur - Sunday at 10.30. Hence was worried about getting lost. Suggestions that if lost he should ask a policeman for directions were not deemed to be helpful.
- c. Cross Country, with the demise of the local league hence volunteered to organise an event for the club. Some members showed an interest.

Minutes of the Meeting Held on 7th February 1986 at 7.15 at the Arena

1. Chris Davies was in the Chair (though his thoughts were elsewhere)
2. 32 Members and 10 Junior Members were present.
3. The minutes of the previous meeting were read.
4. Previous Events.

a. Basketball (1st Feb) Dave Wright organised a 4x4 men's team competition won by "Gibb's Monkeys". As usual all enjoyed Dave's excellent organisation.

b. Bandory Run (2nd Feb) Some members ran the Bandory Run, some more than others, Lance did not get lost. The world record for the Colchester Bandory Run now stands at 2 hrs 21 minutes.

c. Claudius Trophy (6th Feb) Despite the hastily organised team to take part in the hastily disorganised competition the Club's Team won. A second team is to be organised so that the Club can be winner and runner up in the competition.

5. The Annual Dinner and Dance. Lance, Clem and George were all due to report on their activities of the previous week. Lance had not done anything, Clem had not done anything, and George was not at the meeting.

6. The Club has received a formal letter of thanks from the Charles Blunt Trust for the proceeds of the Christmas Run.
7. The 1st Annual Zunder Zee Run. The clam has shrunk since the Vice Chairman first measured it. It is now confirmed by several maps and Karl Newell that it is 15 miles long. The race on 1/2 March is still on to find a demanding course in the area. David Weather has contacted Piet de Radd a Dutchman who lives in Holland.
8. First Annual Tuxtree Challenge. Teams are now on the board. To ensure fair play were selected their teams for the runner they supplied and vice versa.
9. Third Annual Gochernuth Trip. The Social Secretary in conjunction with British Telecom has found a different hotel - The Trout which is centrally placed, has lots of bathrooms and fishing. The cost of the weekend's accommodation will be £64. The position on family rooms was not clear.
10. On Wed 5th, Chris, Fay, Peter and Vall with John Ekins of French Kiss visited Hamilton Lodge. The Club's name is on plaques on 2 doors and John Ekins was 'suitably impressed'.
11. Future Events.
 - a. Lance and Steve are going on a long run.
 - b. David, Mr Fun, Hudgill suggested meeting at Essex University on Sunday for a snowball fight and snow-fun filled activities.

Minutes of the Meeting held on 14th February
at 7pm in the Arena

1. Chris Dawns was in the chair.

2. 45 Members and 9 Junior Members were present.

3. The minutes of the previous meeting were read.

4. Previous events: The David Hudgell Winter Fun Event.

All who attended thoroughly enjoyed the event except possibly the lady to whom Mr Hudgell threw snowballs and also Clare who had bonuses on her bum 5 days after the event.

5. The Annual Dinner Dance. Have reported that Cost Caters will provide any menu anywhere at £6-8 per head they will also organize and supply a bar.

The choice of venue was then discussed. The Root Hall costs £150 plus extras such as use of the lights.

Clare reported that the hotel at Clacton can only cater for 55 maximum and is therefore too small.

Have agreed to investigate the Royal London Club. Phil Knight was to learn the secret handshake and check out the Masonic Hall.

Bob and Roy Moore agreed to jointly investigate Premier's Club.

6. Cockermouth. The Social Secretary announced that 20 places were booked at the Trout and children are half price. Dogs are negotiable. 1- view of the cost members could contribute

- periodically to a club account to pay for the weeked
7. Holland More volunteers are required for the recee. trip on 1.2.11 Nov.
8. Ian Willson has donated his organ which is quite big to the Charles Palmer Trust
9. The Chairman then dominated the meeting for a while:
 Firstly, ^{with Fay,} to thank members of the club for their presents and presence at their nuptials. ~~Fay added his thanks~~
 Secondly, as it was 14 February, he presented Nicki Lancaster with a red rose from a secret admirer from the Bartlett section of the club.
10. The VC then asserted his presence by announcing that Steve had had the runs again, this time with lace from Bury to Colchester.
11. He continued by giving details of the 2 Club Teams in the Claudius Trophy; one is blue the other red. The red team, which includes no less a person than the VC, won a ~~by~~ match on the exciting and nailbiting toss of a coin.
12. Heaping to his feet he present Jacqui with a small present prior to her not leaving the club to join the Suffolk Constabulary.
13. There then followed a discussion on the shortfalls of the dome it was decided that: The shower room should be improved by a. Cleaning it b. Putting up more hooks and/or baskets on the wall

A Suggestion's Box was also suggested as was the need for an AGM. Chris stoutly volunteered to tackle the Arena Management on these matters.

- 14 As there was no running event or snowball fight organised for the weekend a club run was to take place from the Arena at 10.30 on Sunday.

Minutes of the Meeting held at 7p on 21st February at the Arena

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1. Chris Dawns was in the chair
2. 40 members and 14 junior members were present including Bernard Ryan, Lisa Seabrook, Brian Rowe, Joyce Ponder & Terry Woolf
3. The minutes of the previous meeting were read.
4. The Dinner & Dance

The Royal London Club cost about £50 ^{for the hall} and provides a bar and a disco if necessary.

The Masonic Hall charges £10 per hour for the room plus £5 per meal.

Paxman's Club had not been visited by Ray as if it had Ray was not available for comment.

It was decided that Lance would write to the Royal London to ask for their club on 16th November with the 7th as an alternative. The club committee was due to meet on 24th Feb.

5. The First Annual Lawrence Williams Cross Country Event, which has almost completed negotiations for Woddy Ridge. There will be a 3 mile course which can be run once or twice. The event will occur at 10.30 on Sunday 30 March (Easter Sunday).
6. The VC announced that the Garrison Truck was available for hire for a Saturday Sports Day at some time in the future.

7. The Arena. The Chairman had tackled the management who

agreed to try and improve the cleanliness of the showers and erect more hooks. The possibility of more baskets and lockers would be investigated. The suggestions box would be reinstalled and remain so long as the suggestion did not suggest that the suggestions box be removed, as happen the last time it was made available.

8. Prompted by a letter from Otto in Wetzlar for details of the Christmas Pen it was decided that the 1986 Pen would take place on 14th December using basically the same arrangements as 1985.

9. Prompted by a green balloon, ideas for the Carnival were discussed. Suggestions included Martians, a green West Indian Band (with skel drums), Corners, Rovers Beams, and Nagas and a Conga. The Secretary reminded the meeting that the theme should allow the junior members to take an active part and that a vehicle ~~like~~ like as the car last year was ~~part~~ one of the reasons for our success. It was agreed to continue discussion later.

10. Peter Williams brought up a) the World Trike Championships
b) the World Lead Shooting Championships

11. Dave Wright agreed to contact the organisers of the Bay 20 in view of the weather.

Minutes of the Meeting held at 7p on 28th February 1986 in the Arena. 153

1. Chris Duns was in the Chair.
2. 40 members and 8 junior members were present.
3. The minutes of the previous meeting were read.
4. The Song 20. Some members did very well. Bernie 2 hrs 8 and Roko 2 hrs 9 respectively. Some did not do so well; Dave Wright tried with Lance Williams to get the best treatment from St John's Ambulance Brigade. Lance gave a graphic description of being decended upon by a lady in cloak whilst lashed to a stretcher. Peter Thomas and all the other runners proposed a vote of thanks to the hardy supporters.
5. The Claudius Trophy. The A Team which became the Red Team which was called the White Team on 27th beat the Motorcycle Club by 19 to 10.
6. As agreed at the previous meeting, Chris had spoken to the Arena management; as a result the building is now being rebuilt to the Toggors' specifications. Specific improvements planned include - more baskets, hooks and seats in the showers, and a modified toilet.
7. The Carnival. The date of the event is 26th July and discussion continued on the theme of this year's entry, Mai

contenders were multihheaded dragons with at least 3 people knowing where they were going (an improvement on most other Toggis' activities) and Martins.

There will be a vote on the 7th on the theme.

8. The Tipton Challenge. 9th March. Peter Bertlett is looking for assistance on the day.

9. Cumbria. Dave Wright saw water deposits of \$ per head.

10. In a touching little ceremony the Vice Chairman gave Roy Beamington a present for his very limited involvement in having a baby.

11. To the embarrassment of Fay the Club discussed the facts surrounding Chris having it off on 14th March. Fay did say that she liked the one he had and will miss it until he grows another one.

12. Kendal was thanked for doing the raffle.

13. Wicked cuts. Ted was travelling to Birkbeard & single badly uphold the honour of the club and 8 assorted members were visiting Holland to uphold a few beers.

Minutes of the Meeting held on 7th March 1986 at 7pm
in the Arena

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1. Chris Downs was in the chair

2. 39 members and 9 junior members were present

3. The minutes of the previous meeting were read

4. Previous runs

a. Baskham,sted. Ted Williams reported about hills in the Baskhamsted area had grown since 1955 and hence he had expressed his time by 6 1/2 hours.

b. Meanwhile the Gladdings and Ti Toomey just happened to be in Devon where Carl won the -dev 11 4 1/2 run at Ilfracombe and they then moved on to Broughton to run in a 5 mile event

c. Meanwhile the Alpine section of the Club was sledging at the University and those interested in Arctic exploring travelled to Holland which they and a party of Japanese guests found after a colourful trip. The Zindogee is 18 miles long and can be run in either direction to suit the prevailing wind conditions. A route of about 26 miles and one of 40 miles were identified together with an interesting feature on the Zindogee itself. Dave Wright has full details and other recreational facilities in the area. A camp site was found at the start as

¹⁵⁶
finish depending on the wind and the rescue party can
confirm that the streets of Amsterdam are not paved with
gold. Fay commemorated the trip with a note.

The actual run is planned for Saturday 31st May
travelling overnight Thursday/Friday 29/30th and returning
on Sunday 1st June.

6. The 1st Annual Tynore Challenge. All is arranged for
a 10km start on Sunday 7th.

7. The potential Florence Nightingales in the club will
have their abilities tested in the near future.

8. The Diner Dancer. Not only have most members
of the Club been reported as events for the London
Nathan this year they have also been reported by
the Royal London Social Club despite gallant efforts by
Lance Williams. John Blundell agreed to "try the University".

9. The Carnival. In addition to the exciting ideas already
around George Bannister suggest "Jogging through the Ages",
David Hudgeell brought up nursery rhymes, but no
prizes are awarded for guessing the suggested Rainbow Bear.

The only 1st prize was	Lower Beam scored	7 votes	Sept points
	Parties	18 votes	Dix-hait parts
	Nursery Rhymes	2 votes	Den parts
	and Dragons/Centipedes	0 votes	Zulu part

Considering at least 485 members were present and received

Bartlett acted at least 3 times apathy was judged

to have won and the whole procedure would be repeated when someone had a better idea.

It was decided that whatever the theme the dress would be green & white.

The Chairman pointed out that a vehicle could be made available if required.

10. There is a danger that the next race may happen this year (but that's what was said last year!).

11. On behalf of Jennifer Benington who was unable to speak for herself, for one reason, Ray thanked the Club for the present. (see last week's minutes para 10).

12. Chris is having it off with the Colchester Carnival Queen at 7pm on 14th.

Minutes of the Meeting Held at 7pm on 21 March 1985¹⁵⁹
at the Arena.

1. Chris Downs was in the chair
2. 37 members + 14 junior members were present.
3. The minutes of the meeting, kindly produced by Miss Williams, were read.
4. Previous bus.
 - a. Puckridge $\frac{1}{2}$ marathon. The hills on the Puckridge run have not shrunk since the 1985 run and the club turned out in force to be met by the Kent Park Trotters in even more force.
 - b. Bernie and Dave Simpson(?) travelled to Northampton for the 10 mile event and recorded 62 minutes.
5. A large number of club members have passed the 1st Aid Exam and are now fully qualified in open heart surgery tracheotomies and midwifery should those skills prove necessary.
6. The Hamilton Lodge Garden Party has been moved to 14th June so as not to clash with the Triathlon on the 21st.
7. The Second Annual Lance Withers Memorial Triathlon and Wayne Tether Temple Life Saving Event is now definitely on with a similar format to last year. The VC is now accepting entries at £5 each and can cater for up to 30

8. ¹⁶⁰Future Events.

- a. Coaches are now booked for Reading & Norfolk.
- b. Names for Lincoln 10 on 5 about 14 July on the notice board, a coach will be arranged if there is sufficient interest.
- c. Richard Bartlett suggested more joint trips with Typhre and Roy Bennington suggested the same with Tardis & Co. Both were to ~~offer~~ places on any trips that had room.

Foot Anemol

- d. Sports Day & Barbecue. Fay agreed to organize the children's events.

- e. A disco was suggested in night time - ideas such as wet t-shirts & shorts.
9. The Vice Chairman gave firm assurances that he would not produce any SWEATSHIRTS at all and promised to provide Tee Shirts before Easter.

10. News. 2. Chris's Beard removal raised around £200 and Fay thanked Club Members for their efforts. He also got before and after photos in the Gazette.

- b. Clem was not outdone with 1/2 page in the

EAT.

11. Forthcoming events

- a. Claudius Trophy - the white team are due to meet the Netball Club and were instructed to win.
- b. Sudbury 7 on Good Friday

c. Lewford on Sunday.

d. Good Friday Meeting social only.

~~e.~~

Minutes of the Meeting held at 7pm on 4th April
1986 at the Arena.

1. Chris Downs was in the chair.
2. 42 Members and 11 Junior Members were present.
3. The minutes of the previous meeting were read.
4. Previous Events.
 - a. Good Friday Sudbury Run. - Skilful planning by the Social Secretary ensured that the Club's runners arrived at exactly the right moment for the start, less charitable members of the club started vicious rumours that he had thought the race started $\frac{1}{2}$ hour later.
 - b. Lamsford - In addition to the Bartlett section getting their photographs in the paper, Richard Haskell won the fancy dress prize and Kendall the under 16's ladies. The event was very well organized.
 - c. Robin travelled to Tunbridge Wells for a $\frac{1}{2}$ marathon and for his trouble was greeted by a very large bill and a good medal.
 - d. The White Team succeeded in helping the Basketball Team beat them in the Claudius Trophy. Various reasons were given for the loss including being too casual and George Bennington.

5. Christmas Run. As a result of a committee meeting, it has been decided that the Run, scheduled for the 14 Dec, will be the same format as last year. The Army has agreed to our use of Cavalry Barracks. It is hoped that the EADT will promote the event this year and advertising will start at the Gloucester Marathon in June.

6. The Second Annual CTC/NEETA disco will take place on 20th June. After much discussion and lots of suggestions, some of which the Arena management would not allow voting took place of the remaining themes as follows..

When the Boat went down.	3 points	Trois points	Trois Punkt.
Transvestite	0 points	Bin de point	Zilch.
Midsummer Madness	1		
Beachwars	1		
Bad Taste	25		
Runner Beans (suggested by Jim)	9	(all under the age of 16)	
Abstentions	2.		

7. Dave Wright is taking names for the Tentad 50 relay event on 14 Sept. last year's event was very successful and a coach will be arranged this year if there is sufficient interest.

8. George Bennington did not know very much about an event in Warwick Felixstowe.

9. St John's Youth Club are organizing a meet on 5 May.
10. The Reading coach, despite some William's protests, will leave at 6.30 cost £4/£2.
11. Dave Wright is reorganizing the quiz for 10 May and wants hotel deposits for Cumbria. He has also organized a rounders match against the Netball Club on 13 April. The official William's Rules will apply.
12. Clem announced that he ^{hoped to} ~~was~~ being sponsored by Ladbroke's to tour Canada on the pretext of taking part in the World Vets Meeting.
13. The Hudgell Section:
 - a. Mrs Hudgell suggested that non-runners could accompany the juniors on their Friday run on bikes.
 - b. Mr Hudgell suggested a car boot sale after much discussion about whose ~~car~~ boot would be sold a vote showed 18 in favour of organizing one. Charina to check with John Lloyd.
14. The VC suggested that:
 - a. Members should buy the tee shirts which he now has
 - b. The Club should organize training sessions on Friday nights for those interested. Several members were interested and some volunteered to organize sessions on a rota basis Club members would be free to join in or not as they would wish them. That discussion was adjourned to the bar.

Minutes of the Meeting held at 7p. on 11th April 1986
at the Arena

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1. Chris Dawns was in the chair
2. Lots of people were there who kept moving ~~away~~ about but the secretary counted 51 seniors and 12 junior members.
3. The minutes of the previous meeting were read.
4. Previous runs:
 - a. Harwich. Kendal won the ladies under 15 and ran his first $\frac{1}{2}$ in 1.30
 - b. Reading was the normal well organized event, the medal was good Dennis finished - in 2.15. Daveburg and Ted Williams recorded PBs
 - c. Helen and La Clark ran at S. Woodham Farmers and enjoyed it.
 - d. Bernie, despite all the advice he received from Club members for which he thanked them, completed his first marathon at Wolverhampton in 3.01.
5. As a result of several members putting their names down to travel to Reading and not turning up. the Club lost money on the bus. It was therefore decided that some form of payment should be made by those putting their names down and not turning up.
6. Sarah refused to buy everybody drinks despite just having had her 9th birthday.

7. ¹⁶⁶ The VC said that the idea of training sessions on Fridays for those interested would go ahead. The organization to be worked out soon. He was very much in favour of training as he had achieved a PB due to training on his new subbed.

8. Future Events

a. Sunday 12th London 10.30

b. Rotterdam 19th April. Definitely on details later.

c. London - 24th Green v. M/C

d. Felixstowe - George Benington had details of the Felixstowe events for 5th May. which include lots of different runs for juniors.

e. Charter for - 29th May - 1 June due to the help of David Weather and Piet de Raad (of which more later) the Chairman had been in contact with the ^{dutch} jogging club in the Hague who wished to join in the Zuider Zee run.

f. Car boot sale an organizer is required and John Lloyd is checking to see if the Arena car park can be used for the event.

9. David Weather and Piet de Raad then took the floor and, by way of thanks to the Club for raising over £5K, told everyone about Salborne Court where the Club is the majority share holder.

10. Alan only got £100 for Good but still intends to send the cover.

Minutes of the Meeting held at 7pm on 18 April 1986
at the Annex

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1 Chris Downs was in the chair (eventually).

2 34 members and 14 juniors were present.

3 The minutes of the previous meeting were read.

4 Previous events.

a. Rounders. Hudgell cheated, Sharon was carried off, the result was a draw - another success for the Joggers!

b. Opening of Selborne Court. The members of the Club who attended were made aware of how much Hamilton Lodge thanks of the Joggers' Club. No one was left in any doubt as to who had raised most money for the new lodge.

The Chairman took the opportunity to try to get French Kier to sponsor the Christmas Run and things look promising.

5 Celebrations. It turned out that it was John Blundell's birthday which had been celebrated on the radio. Other anniversaries were: Dave Wright's Birthday, Ray Willett's latest daughter (3 weeks previously) and Murphy the Dog.

6 Caning events

a. Rotterdam - 9 (younger) members are running at Rotterdam (Chris is taking the tablets prior to the crossing)

b. London - several (older) members are running including John Blundell as a greenfly.

¹⁶⁸
c. Netball Club Disco - Friday 25th. personally recommended
by the Vice Chairman.

d. Quiz Night - 10 May names to Dave Wright

e. Triathlon - 21~~st~~ June names to Geoff Gibbins

f. Next Weekend - Hadleigh and Danbury Park.

7. The First Annual Car Boot Sale. Opinion is moving in
favour of a car boot sale at Hamilton Lodge on the
day of their fête.

8. Christopher Lee and family were welcomed to the club.

MINUTES OF THE MEETING 25th APRIL 1986

Minutes of the last meeting were read.

Runs last weekend - The London Marathon, Dave "Rambo" Lacey took the floor and gave an account of his first marathon which he ran in 2 hours 55 mins and three mars bars. Brian Bedford 3 hours 22 mins and Roy Bennington 3 hours 24 mins. Jill handed in the full list of results.

Rotterdam - Geoff said that they all enjoyed trip and run, and they were very impressed on the way the Dutch organised the event. Paul N. ran it in 3 hours 21 mins, David, Bill, Paul B ran it in about 3 hours 31 mins. Geoff was a bit slower as he has to encourage a dutch girl around the course, so he finished in 3 hours 41 mins, Bob Kimber ran it in just over 4 hours. Bill showed his medal off and Kendell showed hers for the 15 K race, which she and Richard took part in.

Clem told the club when he is going to Australia, and he came to be on the front of the Yellow Advertiser. He also had the results for the Reading Half Marathon.

All the arrangements for the end of the year dinner/dance are being organised and Geoff went to the Police Station to see Gravel and Pit, and thinks that they might be a good choice and he would recommend them for the dinner. Most members agreed with the idea.

Hadleigh Fun Run 10:00am Sunday, medals for all finishers, also 5 mile run. Junior Jog at the Arena. No one knew much about Danbury Park.

While in Holland Chris met the man in Holland about the Zuider Zee trip, and he is going to bring a few club members down to run the dam aswell. He also mentioned that his club fun run is on the same Saturday as the Colchester Fun Run. Also they are coming over for the Club's Christmas Fun Run.

On Wednesday saw the first of the exercise class, guided by Sharon, who kept them at it for a good half an hour. It was agreed that it was a good idea and should be continued.

Chris said he had made enquires about going to London Zoo, for adults it is £5.25 and children £3.25 includes the coach fare. Need about 30-40 members to go. Also suggested to go to Covert Gardens, any suggestions for the trip are welcomed.

George suggested that the club should go to Pleasurewood Hill Park, but it was decided that it could be expensive.

George and Peter brought up the idea of sending brochures of activities about Colchester to other clubs etc., when sending back entry forms. Peter bringing more details next week

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Contd.....

Grent Bentley 12.7 and 5 mile run on June 1st.

David H asked about car boot sale at Hanilton Lodge on the open day.

George can get two BBQ's for the club's use.

Steve and Lance ran 45 miles, on Sunday, from Newmarket to home in 8 hours and went through the marathon distance in just over 4 hours.

Claudius Trophy to be held 8th May 1986, as Joanna Bennington is going into hospital and is unable to come next Thursday. The final is between the JOGGERS V'S JOGGERS.

There was nothing from the floor.

Minutes of the last meeting were read.

Runs Last weekend - Junior Jog at the Arena, most of the runners went the wrong way as Marshalling wasn't very good. However Helen was the 2nd girl home and Carl was the 3rd boy.

Kendall went to Birmingham and was the first lady and girl home, has yet to receive her trophy as they left before the presentation.

Norfolk Full and Half Marathon on Sunday, coach will leave the Arena at 8:30, to arrive in good time before the race begins. The cost of hire of the coach is £120.00 and the fare will be decided by how many people go, there are still places left on the coach.

Runs over the Bank Holiday weekend are Witham 13.3 and 3 mile run, Halstead 6.5 Fun Run, Maldon, Woodbridge and a Mini Run at St Johns.

A list is being put on the board for the coach to Lincoln, and there are more entry forms.

Claudius Trophy on Thursday, Greens V's Whites. The Greens have to win and the Whites have to draw to win the final. Start is at 8:00pm. Roy suggested having a referee but it was decided the we are friendly club a wouldn't disagree.

Wednesday night committee meeting to be held at 8:30pm.

On Saturday 10th May, Dave has organised a quiz night, the start will be at 8:00pm and food will be arranged.

Geoff asked for names for the Triathlon, as there are only 6 weeks to it, the club can handle up to 30 competitors, and this year Wayne has decided ^{not} ~~the~~ to take part.

List to be put on the board for the names of who wish to go to the Hamilton Lodge Garden Party on June 14th, which also happens to be Bernies and Phils birthday.

Last Sunday was Ian Stevens birthday, and his cub group the Mile End Cubs won there football league, in which his son scored two of the goals. Geoff remembers when he was in the Mile End cubs many years ago.

Wednesday saw the continuation of the exercise class, anybody interested to meet outside after the meeting.

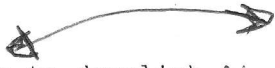
Geoff needs names of the travellers and runners who intend to go the Zuider Zee on May 29th, so he can contact Mr Tonn and confirm arrangements.

During the week George put a column into the Evening paper which said alot about the club, Dave asked for a copy for the scrap book.

Gravel and Pit have agreed to entertain us for the Dinner/Dance.

Roy asked to be reminded what the theme was for the Carnival, and was a vehicle required as he and George are prepared to build one, it is to be decided what to make.

The flag come into question again, and it was said to be with Peter Bartlett, Dave nominated Steve to carry it with him when he runs the Norfolk Marathon on Sunday.

Dave Lacy donated a bag of sweets for the children to demolish.  ~~AND~~ SOME ADULTS

Geoff once again tried to persuade the club to buy his "inexpensive" T - Shirts.

Nothing from the floor.

Minutes of the Meeting held at 7pm on 9th May 1986¹⁶⁹
at the Arena

1. Chris Downs was in the chair
2. 34 members and 14 junior members were present
3. The minutes of the previous meeting were read.
4. Previous runs.
 - a. Norfolk despite poor conditions Peter Down in his first marathon recorded 2h58' and was 12th. Steve Jones was not available for comment but the rest of the Club was impressed. Dave Lewis and hence Williams^{also} completed their first marathon and Phil Wright recorded a PB.
 - b. Witham. As usual the junior members did well, Carl and Randal winning their sections additionally Richard Haskell recorded one of the first senior wins of the year.
 - c. Halstead. Richard Haskell did not ^{wish to} record anything about this run.
 - d. Malden. The juniors beat the seniors again with Randal and Helen Cook coming 1st and 5th in a very large field. The seniors replied with a 2nd for Shura and 5th for J. Hudgell Esq.
 - e. Other Sporting events.
 - i. Steve Woolcock and Rachel Williams played football during the meeting there was no decisive winner.

ii ~~In the first~~ Whilst Wankley saw a all Hoveyside FA Cup Final similar scenes were witnessed at the all Juggers Claudius Trophy play off. The teams were so evenly matched that the greens had to rely on Lance and Steve to loose the trophy for them in a thrilling and hotly disputed pools doubles. They were later rewarded with appropriate lollypops from the Chairman.

Dennis (PO Driver of the Year(?)) was amused by this and the rest of the meeting continued despite his laughter.

5. The Second Annual Lance Williams and Wayne Tether Teple Memorial Triathlon is nearing. Names to the VC. (21st June)

6. Club Funds stood as at 7th May at £610-29.

7. First Annual Zinder Zee Run. So far 12½ people are travelling to Holland on 29th May for 3 days by minibus and sea.

There is room for more. Accommodation will be in luxury tents.

8. Committee Minutes. The Chairman outlined the results of the meeting - 7th.

a. Coaches. Cost all those whose names are on the list will pay. Senior members 1 share and 11-16 ½ share of the cost and 11 free.

b. In order to improve appearances the club is to get some of Lance Williams' cheap headed note paper.

c. Honorary members. The committee recommended that the

Club have honorary membership. This will be awarded to those outside the club with whom the club would like to be associated in a permanent way. It was proposed that 2 honorary members be ~~also~~ selected initially and then, if necessary, a further one could be added at each AGM up to a maximum of 5 at any one time.

Discussion on this matter followed but eventually only 2 names remained those of David Heather ^{Chairman} of Hamilton Lodge Tutors and Walter Freeman venerable sportsman, keen supporter of the Club and part of the Bartlett mafia.

9. The First Annual Dinner Dance (8th Nov) to be held at the University the cost is expected to be ~£15 but that includes a choice of 2 menus (one food, one vegetarian), entertainment by Greville and Pat plus if nobody can stop him Hurdge.
10. After discussion Peter Bartlett agreed to produce a club banner for use on Club Trips.
11. Car Boot Sale. David Heather is asking ^{the} permission of his committee.
12. David Hurdge on behalf of Rachel Williams said that she wanted to say the exercises were too strenuous. She said she didn't and he said she did. Eventually it was decided that an alternative exercise group would start for those with an aversion to masochism. The object being to improve the fitness of this group until they were silly enough to join the other group.

As those wishing to take part in the new group were most of the lady members of the Club a queue of volunteer instructors quickly formed.

13. Future Events.

Sat 10th.	Quiz Night		
Sun 11th	North Walsham		
14 June	Triathlon.	Good Party	New List
21 June	Charles Palmer	Party 1	- - -
20th	Bad Taste Disco		
27 June	Send out 35 letters		See in Stevens
13 July	Lincoln		News on list.
N. date yet	Linda Zoo		- - -
	Tiptree Football		

Minutes of the Meeting held at 7pm on 16th May 1986¹⁷³ at the Arena.

1. Chris Downs was in the chair.
2. 37 members and 4 junior members were present.
3. The minutes of the previous meeting were read.
4. Previous news:
 - a. North Weald - True to form gales and freezing conditions prevailed on the airfield. This year an additional attraction was water stops without:
 - a. People to serve the water
 - b. Water.
 - b. Sawston. Helen Clark was 1st U16 lady.
 - c. Post Office Driver of the Year. Denis was 2nd in his class.
5. Quiz Night. The usual successful social event standard was maintained by Dave Wright who earned a well earned round of applause when he appeared (casually dressed). Despite his normal ability in "arranging" competitions, the Vice Chairman's team could only manage 2nd place.
6. Tug of War. Garry was given total responsibility for the club's tug of war team for the 28th June. Volunteers came forward readily, including Hudgell who

¹⁷⁴
later informed everyone that he and his dog were going into hospital for an operation on his leg. There will be a trial pull after the meeting on 23 May (whether it is a pull of a rope or Hudgell's leg is to be decided later!)

7. Future Events

- | | |
|-------------|---------------------------------------------------------------|
| Sunday 18th | - Bournemouth & Stamford-le-hope |
| Sat 24th | - Rounders versus netball team - 3pm |
| Sunday 25th | - East London $\frac{1}{2}$
Race against time - Malden 4pm |
| Friday 14 | or |
| Monday 26th | - Langham - (the Secretary could have recovered by then). |
| June 14 | - Charles Palmer Garden Party |
| June 21 | - Triathlon |
| June 20 | - Bad Taste Disco |
- Special Event - Wednesday not sure whether it is 21st or 28th May
Hudgell's cartledge is being adjusted.

Minutes of the Meeting - 23.5.84

Minutes of the last meeting were read.

Runs the previous weekend. Brantham Dave Lacy came 3rd, Sharon 1st lady, and Kendall was the 1st under 17 girl.

Helen and her dad went to Hassingbroke to do a 4 mile race.

The Gladding clan went to Ilfracombe, where Carl set a course record over 5½ miles which he completed in 33 mins.

John Blundell went to Kent to run a half marathon, which started from a boarding school, and he didn't win any prizes.

The carnival car was taken to a school for the handicapped in Ipswich, which was appreciated by all the staff, and Roy appreciated it because, he can now get his car in the garage.

Runs for Sport Aid event on Sunday - Tiptree (start from Thurstable school) meet at the Arena at 3.00pm arrangement for transport to Tiptree will be made on Sunday. Also a run in Colchester Castle Park. (T-shirts for sale in reception for £5.00).

Anybody can join the run from Tiptree, George saw Tracey and she needs someone to man the waterstops. There are sponsor forms for anyone who was interested.. Club members asked to give donations if they were running.

Also a run at Lloyds, London Press, Sheepen Road.

On Sunday also the East London run, a few club members going.

The club have decided, to go to London Zoo, on the 3rd August, Fay will get definite prices, however she reckons it will cost about £5.00.

On Saturday afternoon Rounders against the Netball Team to start at 3.00pm.

David Hudgell went to hospital on Tuesday, is said to be out and off his crutches, also said to have gone back to work, (the hospital told him 2 weeks).

Monday - Fun Run at Langham, six mile race has team, half marathon needs one, so the club can regain the trophies.

People going to Zuider Zee to have meeting, afterwards to discuss arrangements.

Jill volunteered to take next weeks meeting.

Jerry brought the rope for the tug of war, team to meet outside the Civil Service Club.

Letter from Arena stating that they didn't want bags etc. left on the landing or anywhere else.

There was nothing from the floor.

Minutes of the Meeting 30/5/86

Minutes of the last meeting were read.

Runs the previous weekend:

Sunday.

SPORTS AID: Tiptree to Colchester. Club felt there was not enough response from Tiptree. Apparently Tiptree didn't know about it and did their own run. Tracy's schoolfriends let her down by not turning up. Roy Moore thanked everyone involved for the waterstops. About £130-£180 was raised.

CASTLE PARK: Cheryl ran there and enjoyed herself.

EAST LONDON: Very hot. Traffic only stopped at one lane. Rest of the run was through traffic fumes. Rambo P.B. 1hr 16 mins.

Monday.

HATFIELD BROAD OAK

The Bartlett family and Jon Westley went. It was very hot but they enjoyed the run with the exception of Peter who dropped out after 1 mile.

LANGHAM

Team prize for the short run and Carl Gladding 1st U15 boy. Matthew Gladding ran his first 6.5 run and did very well finishing in 56 mins. Graham Stevens also did well finishing just in front of Matthew. Unfortunately Steve Woolcock didn't finish the course having dropped out. Ian Stevens and Co. had a good picnic after.

Roy and George went to Long Melford and had a nice day - no running.

It was said that Tiptree Road Runners would like to join bands for some events with us i.e. coach trips to runs.

Halstead "JOG IN" shop will be stocking up in green shorts for anyone interested.

Jill reminded everyone about Carnival costumes for July 26 - coming up shortly.

Also the Garden Party at Hamilton Lodge. Last chance to put your name on the list.

Trip to London - arranged for August 3rd. No price yet - Fay to look into it for next week's meeting.

Bad Taste Disco coming up on June 20th.

Margaret brought a sponsor form in for those running along the Zuider Zee. All proceeds to go to Hamilton Lodge.

Tug of War - Last week only 5 people turned out. Jerry said that to be able to do this you need 2 things. (1) A rope and (2) 8 strong men. If he can't get more people interested it is not worth doing. He reminded that there might be 9 or 10 teams to pull in one afternoon. Date about 26th June. He will bring the rope next week.

Runs this weekend.

GREAT BENTLEY: Sunday 10.30. Dave Cole asked for a lift. All those going to meet at the Arena at 9.00. It was asked if there were any teams arranged. There is one team in the short run and one in the long run. After alot of controversy over the team in the short run it was suggested that at the next meeting a team captain be proposed. Dave Hudgell is having a picnic after the run if anyone is interested in joining him.

FROM THE FLOOR

Jim Clarke should be getting some entry forms for the Sunday Times National Fun Run on September 28.

Dawn asked if we had got any forms for our run - Jill will look into it.

Dave Hudgell reckons that the Car Boot Sale ought to be dropped, and reminded everyone about the camping holiday August 8th at Kelling Heath Park.

Jill welcomed new members and said to see Nicki for more details after the meeting.

Jill thanked everyone one for putting up with her and Nicki, and that the meeting should be back to normal next week.

34 Adult and 14 Junior members were present.

Minutes of the last Meeting

Minutes of the last meeting were read.

Chris discussed the matter that arose at the meeting the previous week about the team captain. He pointed out that since Martin Hopkinson left last September, he has tried on many occasions to appoint a new team captain, but little interest was shown. Steve said he'd take the position of team captain when Chris asked the members but Peter Bartlett's name was also put forward. It was finally decided that Peter Bartlett was to be the new team captain.

Runs the previous weekend, Great Bentley, the club won both team prizes. Sharon was the first lady.

Kendall received her trophies from Birmingham in the post.

Dave told the club of the Zuider Zee trip, although the Dutch people never turned up it was an enjoyable trip. To commemorate the trip Fay wrote one of her odes, and Chris received a trophy for the world record of crossing the dam. He drove 139 miles in 3 hours, and a total of 692 miles over the whole outing.

The carnival once again was discussed and Margaret suggested that we change the theme from Fairytales to Pirates as the costumes would be easier to make. Most people agreed with this idea, and Roy and George agreed to make a galleon. Fay's shop now stock make up and she can it cheaper than Colchester Joke Shop, so she is able to get some for anyone who is interested.

Bad Taste Disco on the 20th June at 8pm, tickets now available. On 14th June the Charles Palmer Trust have a marquee up and said the club can use it on the Friday or the Sunday evening.

The club received a letter from David Heather thanking the club for making him an honorary member of the Joggers.

Dawn brought in a bag of cheap socks for 60p per pair. Also she was thanked for the hard effort she put into the dressing of the teddy bear which is being given to a lady at Hamilton Lodge.

July 5th the club is invited to James' 21st Birthday party at the Arena for anyone interested.

The new members to the club were welcomed.

Nothing from the floor.

Minutes of the last Meeting

Minutes of the last meeting were read.

Runs previous weekend - Great Oakley 8 mile, although the weather was warm the club still came 2nd, 3rd, and 4th. All runners received a certificate.

Lance gave a full account of his run in the Isle of Skye, which he completed in 1 hour 40mins and he came 89th.

Everybody who attended the Garden Party seemed to enjoyed it and the photographs which were taken should soon be developed. It was proposed by a few club members to write a thank you letter.

Geoff donated an Owl for a club mascot, so anybody interested could dress it up.

Phil sent the club another postcard, this time it was from the depths of America.

The club also received an invitation to the evening reception of Sharyn and Brians wedding which is being held on 16th August at the Royal London. Also Tracey is getting married on the 9th August.

Runs in forthcoming weekend - Long Melford Mini Marathon at 12.30 also a Colchester Athletic event at Shrub End.

Tug of War is approaching at the club now has a team, however Wolfie has twisted his ankle in training so he is unable to help the team.

13th July Lincoln 10k, coach has been organised, might be able to go and see the Cathedral this year.

Triathlon at weekend, more people were still needed, start at 4.30 so competitors needed to be there at 4.00. The club can use the swimming pool from 6-9pm.

Steve and Lance are running the 80 miles South Down trek, and the still have places left on the mini-bus for anyone interested. They are camping out Friday night in Hampshire.

Mathews Gladdings.

Dave received a letter from Todays Runner asking whether the club would be interested in forming a winter league with other local running clubs. The idea is that each running club has a set 5 mile course and at each meeting they state 5 runners, who will members of the team, however everybody can run the race. The c

MINUTES OF MEETING 27th JUNE 1986

Minutes of last meeting were read.

Runs previous weekend, Long Melford, Dave Lacy came 2nd, also the club had 4th, 5th, and 7th positions. Kendall was first junior girl home, and Richard was beaten by nearly all the members of the club.

Jaffa run, Sarah was 2nd girl under 11 home.

Triathlon was a success, Steve beat Ray by a couple of minutes Jackie once again was the only female in it and she also beat Geoff. Roy suggested that in next years Triathlon to ask the Sports Centre whether the club could hire the pool first thing on a Saturday morning, and then run the Triathlon in the normal way. The matter will be looked in to.

Bad Taste Disco was a small financial success and the club made a small profit.

Marks Tey run on Sunday 29th was cancelled due to lack of numbers.

The Colchester U's need marshalls and waterstops for their fun run, and wonder whether the club could have one in the same place as last year.

Trip to London is on the 3rd August, the overall cost will be approximately £5.00 for adults, and under 5's go free.

12th July is the Hamilton Lodge annual fete, and have asked the club to organise a tombola stall, so any bottles etc. are welcome. Also Sharyn was asked whether should be prepared to give a 10 minute display of her warming up exercises.

Forthcoming runs, where teams are needed are Fenland 50, Lincoln, Kelvedon. If interested see Peter.

On Wednesday 2nd July Inter Firms run being held at Woods start in evening.

Thursday French Kier will be giving the club £500 for the fun run also they are helping with the printing of the numbers.

AGM is on the 1st August, so nominations for committee etc. should be thought about.

Nothing from the floor.

Minutes of the Party Held at 7^{pm} at the Home

175

on 4th July 1986

1. Chris Dams was in the chair
2. Lots of people who made lots of noise were in the room
3. The beautifully typed minutes, ^{of the previous meeting} courtesy of Rachel Williams, were read
4. Runs:
 - a. Sat. Club: - Carl Gladding ran the Clacton/Walk 14 mile in 1h 54' Malcolm also ran
 - b. ^{Sat} At Chatterbox the Junior members were two, one 1st & 3rd. Rachel, Richard, Charlotte & Paula in one team and Richard Helen Anne and Sarah in the other.
 - c. Sunday: Helen 1st 11~~10~~ and Karl 1st 11.6
 - d. Paula ran in the first meeting
 - e. Other events. Two teen consisting of aging parents were mixed up in the Sarside capitals.
 - f. In the 50 mile stroll the gallant 3 finished in 23 1/2 hrs thanks to a. the heat
b. Support from John, Jo and Margaret
- Very well organized. - Recommended.
5. In a touching ceremony Lance presented Steve with the trophy for winning the triathlon in a new world

Dennis as 1st reserve. Together they may win the speed event. (This may be connected with the raft race)

7. The Zoo trip on 3 August will be on if enough people confirm their attendance to Fay.
8. Roy needs some rope. Suggestions as to what he might do with it and other help on the float are required.
9. The minutes of the committee meeting held on 9th July were read and will be displayed on the notice board.
10. 3 letters had been received from the Charles Palmer trust, all better written than these minutes. Two were from residents and the third was to invite the Club to an Old Tyne Music Hall featuring the musical equipment (an organ) donated by the Wilbsons. Peter Bartlett is organizing the event on 25 July.
11. Hudge took the floor. This time to announce:
 - a. That the Club should do something for Ethiopia after some discussion it was decided to discuss more definite plans after the carnival.
 - b. That the Club should perform a pantomime. After

many side comments based on the theme that most things the Club organized were a pantomime, Hodge, is still thinking about it and will no doubt raise the matter again.

12. The coach for Lincoln had spare places and would leave at 6am on Sunday.

Minutes of last meeting were read.

Runs previous weekend - Lincoln, 25 members went by coach to the run and they also visited the Cathedral and Castle. Dave Lacy was first in for the club. Kelvedon Tim Tooney was first man home in the 6 mile race, Helen Clarke was first girl, Sharyn was second lady in the 13 mile race. The Goff children were 2nd and 3rd in the shorter race.

Hamilton Lodge Fete - Tombola made £79, total for fete was £430.00. The exercise class was a success with two patients joining in. David Heather sent a letter to thank the club for their help. Fay also donated £65.00 to H.L. which she collected from sponser ship from the Zuider Zee trip and the sale of her kittens.

The trip to London Zoo was cancelled due to lack of numbers, but it might be arranged at a later date.

Carnival - Roy and George are making the galleon, they asked for help during the following week.

Sunday 27th Raft Race arrive about 11 o'clock for practice, paddles to be donated by John Blundell.

Tracey invited the club to her wedding reception which is to be held at the Arena on 9th August.

AGM was discussed and it was decided that committee members who wish to stay on the committee should be voted on block, and nominations can be put forward for the vacant positions.

Geoff is trying to organise a new club strip, David Hudgell said that he didn't like running in a vest with Collier & Catchpole on, so could the name be removed. It was decided that as Collier & Catchpole had been sponsoring the club for a long while, to keep the names on the shirts, and for those who don't wish to have the name put on their vests to pay a little extra.

Football at the University, Joggers beat the University 15-7 and there is to be a rematch on Tuesday 22nd.

Sharyn will not be able to take the exercise class next Friday so Jonathon has volunteered his services.

John Blundell has an application form to enter the television show The Price is Right, a list for names will go on the notice board.

Runs in forthcoming weekend, Kettlebaston and Cambridge.

Committee meeting next Wednesday.

MINUTES OF LAST MEETING

Minutes of last meeting were read.

Runs previous weekend - Lincoln, a coach of 25 members went to the run also they visited the Cathedral and the Castle. Dave Lacy was first -

Minutes of Last Meeting 25th July 1986

Minutes of last meeting were read.

Runs previous weekend - Kettlebaston, the organiser as usual was pleased to see the club, despite the fuss Sharyn was second lady. Jerry did a fell race in Derbyshire, he came 70th out of 80 people.

Runs in forthcoming weekend - Woodford 40, Great South Run, Ipswich, and a 5 mile race at Epping.

Carnival - Chris was trying to get some last minute business, in selling his swords etc., volunteers were needed to lift the float on to the lorry after the meeting. Roy was a bit disappointed with the lack of help him and George received. Finishing touches to be made to the float Saturday morning. All members to meet at the Arena by 4 o'clock, so we can get the float near the front of the procession. Phil Cooper required people to blow up 500 balloons and to put string onto them.

Sunday Raft Race - Raft will be there at about 11.30 so they can have a practice, the race starts at 1.45.

Names of Committee members were read out.

AGM all nominations for committee have been accepted, the club will be voting for all 6 positions of the committee. AGM on Friday 1st August 1986.

Minutes of the Meeting held at the Arena on 1st August 1986 at 7pm. 181

1. Chris Downes was in the chair

2. 50 Members + 16 Juniors were present

3. The minutes of the previous ~~meeting~~ ^{meeting} were read.

4. Previous events:

a. Paul and the Clarks visited Epping. Paul complained about hills but Helen was 1st Junior Girl.

b. Carnival. Despite the shortsighted judges not awarding the Club a trophy a good time was had by all. The Vice Chairman waxed eloquent about the Club's performance and was almost as convincing as Dave Wright's claiming that the CTC was the World's largest Jogging Club. A presentation was made to Roy for his efforts on the float.

c. The Left Race. Chris, Phil, Roy and Geoff discovered that Jason's Big One was fast but would not go in a straight line. They yet again recorded a personal best and Colchester was rewarded with a rare view of the Chairman's backside going through a tyre.

d. Hamilton Lodge. An Old Thyne Music Hall to celebrate a successful organ transplant was enjoyed by Geoff and other Club members who attended. Again Hamilton Lodge put our donations to very good use.

5. ¹⁸² Coming events. a. Clacta 3 August 1030.

b. Sunday 17th August Triangular match versus the Netball Team and Marks and Spencer's. The Club will organize the Randos other competitions will be football and netball.

c. Camping 8th-9th. Hudge will provide maps and Dave Wright will cycle on Saturday 9th.

d. Sports Day. 23rd August. Geoff outlined the day's events which are planned to start at 2 pm with a Dream Mile and degenerate from there culminating in a spectacular firework display.

Volunteers are needed for the various races and competition. Roy Bennington is providing Music.

6. Carl Gladding was congratulated on going to Malta.

7. Geoff shot himself in the foot by saying how bad the present strip was and then tried to sell it. He also suggested a new purpose built strip. Discussion followed and will be taken up again on the 15 August.

8. Hudge suggested a trip to Barlogne and agreed to cost the trip.

1. There being no other nominations the following were elected without a vote:

Chairman	Chris Daves
Vice Chair	Geoff Gibbins.
Treasurer	Bill Bartlett
Secretary	Phil Cooper
Assistant Secretary	Rachel Williams.
Membership Secretary	Nicky Lancaster
Social Secretary	Dave Wright
Press Secretary	George Bennington.

After a vote the committee elected was:

Brian Bedford, Roy Bennington, John Blundell
Dawn Knights, Ray Moore, Lance Williams.

2. The Chairman thanked all those who had served on the committee last year or who had helped in any way in the Club organization.
3. The Club's finances stood at £301.80 but many of the Club's 140 members were still owing membership fees and deposits on such events as the dinner dance had been paid out.

8th August, 1882.

Geoff Gibbs in the chair

No minutes taken.

Nothing happened.

Minutes of the Meeting Held on 15th August 1986

185

at 8pm in the Arena.

1. Chair Downs was in the chair

2. 40 Males + 18 junior members were present

3. The minutes of the 1st August meeting, and AGM were read.

4. Various events:

a. Camping. A fun filled week and weekend was had by all. The high spots of the event were some fancy football by a highly placed member of the club which resulted in

- i. The Club being banned from playing football
- ii. The culprit not be offered a place with any 1st Division team - not even Colchester United for that matter.

The other notable event was a well deserved victory for the men in the trivial pursuits competition.

b. The Toward's Triathlon. Geoff found that after swimming half the lake that the ladies in yellow preferred to push him aside rather than jog alongside him as usual. Ray Willett finished in 3 hrs and Geoff in ~ 3 hrs 20

c. Gerry reported on a more hazardous trip to Moscow and Leningrad where, waded on by Russian soldiers every 10 yards he completed the Moscow marathon in

3hrs 27. Despite tempting offers for his shoes and jeans he returned fully clothed with a Russian goody bag including a tee shirt with an indecipherable message.

5. The Fire Swim. George is to try to arrange for 6 teams to enter at the same time thus filling the pool with Juggers. Plans to have the water coloured green for that how are in the making.

6. Car Stickers. At a price of 60p, a majority of those present thought they might buy one if it looked like Clem's chest. The secretary will proceed with acquiring them.

7. The Anna Fete. Sept 7th. Despite many other runs on the day it was decided that the Club would run a tombola stall to benefit Club funds. The Chairman will mastermind the event and the majority of members volunteered to produce prizes. A Club advertisement would be a major feature of the stall as would keep those absent.

8. Future Events

a. Earls Colne. 6½ mile at 2.30 Sat. + Sharon's wedding

b. Sday. Hitted ½

3 way competition vs. the rethall team and Boots.

c. 23rd. Sports Day. The Chairman again outlined some events which may or may not take place in an

also yet to be determined. Members + friends are welcome; bring your own food for the barbecue and drink. In case Hodge missed it last week, the Gate Day is to be held at Hamilton Lodge starting at 2pm.

Minutes of the Meeting held on 22nd August 1966 at 7p - at the Arena

1. Chris Dawns was in the chair
2. 45 Senior and 20 Junior members were present
3. The minutes of the previous meeting were read
4. Previous events:

a. Ewels Colne: An unusually organized event featuring goats and a musical toilet. Ann Goff was 1st Under 14 girl, Charlotte Goff 2nd under 14 girl. Kendal was second under 18 and Richard Haskell was 3rd man.

b. Ipswich: Both Carl Gidding and Paul Barrett recorded PB's of 1hr 34' and 1hr 26' respectively.

c. Walton: Carl won his age group.

d. The remaining events of last weekend were slightly disorganized mainly due to the Vice Chairman who got the team to the Bury sports event 1 hour late, several members of the Club to someone's wedding and some no one's reception. A vote of no compitance was narrowly avoided after Geoff's admission that no one is perfect.

5. Forthcoming events:

a. Boheque at 2p - on Saturday 23rd

b. Mersea $\frac{1}{2}$ at 10am on 25th.

c. Sunday 7th September Tombola - prizes ~~are~~ required now to Chris

d. Thursday 2nd Oct Police sports events a ~~team~~ of 4 is required, names to Chris.

e. Fire Swim ^{15th Nov} 6 teams have been entered hence 36 swimmers and 6 in swimming team captains are required Names to George.

f. After a heart rending explanation of family life in Great Thoresby from Lance Williams the members of the Club are watching the divorce column in the local paper under the heading "Unreasonable behaviour".

The Williams family recorded a 21st Birthday, a 2nd Wedding Anniversary and a number of ~~GLF~~ results.

g. Hodge reported that day trips to Boulogne were available on Tues 13 or 20th November for £16 per adult and £14 for children over 5. Names to Hodge.

h. Ray "Iron Man" Willett is organizing Triathlon training for next year's Jordan's event. Names to Ray.

i. Dave Wright then controversially modelled some new swimming gear costing £8.40 per set. Most people there said they would order a set in the right colour. Dave is having a set made up in the correct colour and size.

Minutes of the Meeting, Held on 29th August 1988

at 7pm at the house.

1. Chris Dennis was in the chair

2. 43 Senior and 21 junior members were present

3. The minutes of previous meeting were read.

4. Previous events:

a. The Fun Day. Apart from Geoff's close encounters of the painful kind with Dennis' welly a good time was had by all. Dennis returned to form and henceforth sweeties will be offered to him every time he wins. Geoff, Fay and Jane Wright were thanked for this superb organization.

b. Messen. A senior member at last won a event with Dwy having been 1st Vet. Kudal, Ann and Charlotte Goff and Col as usual won trophies. And Bob Kells beat Geoff.

5. The subject of the club staff was raised and then lowered. Geoff now has tee shirts & vests at £7 each.

6. Forth coming events.

Typhoon 7th

Tombola 7th - prizes started.

Field Relay 14th

7. In the absence of any major event in the area a club run will occur at 10.30 on Sunday.

Minutes of the Meeting held at 7pm in the Arena on 12th September 1986

1. Chris Downs was in the chair
2. 39 Senior and 24 Junior members were present
3. The Secretary grudgingly apologized for losing the previous week's minutes.

4. Previous ~~was~~ events

- a. Tiptree. In a well organized event in which the younger and less fit of the older members ran the short course the Club collected a sack of trophies. Kendall, Carl, Charlotte and Marcus won their age groups and Dave Lacey won the vets' prize for the short course and the Club won the team trophy thanks to late intervention by Peter Bartlett. Meanwhile the real men were running a grueling and testing 13.1 miles and, despite the attendance of athletics clubs, Peter Thomas won the vets prize.
- b. Hatfield Russell. Peter Thomas reported on a very fast 5 mile event in which he again won the vets' prize
- c. The really old members of the Club ran at Rochford which was well organized, as always, and recorded some good times

d. Ipswich Richard Haskell recorded 3 hours 12 minutes on an "off day"; Ray Willett also had an off day and didn't want his time recorded.

e. Arena Fun Day. Thanks to Chris' hard work and the generosity of Club members the tombola stall raised £53.89 and left a residue of raffle prizes for weeks to come. The Splat the Tigger also attracted interest and quite a few sadists. The Chairman, despite being heavily involved in the administration of the event, won the 'Heave a Stook' with an Arena World Record of 19½ feet. He thanked members for their help - in giving prizes and on the stalls, not in heaving the stook!

f. The minutes of the committee meeting were read out beautifully by the secretary and are now on display on the notice board (beautifully typed).

g. Fun Run.

a. The Chairman and John Blundell met the French Kiss representative who has changed his name to Beager Flames who promised more participation this year.

b. Poster Competition. The second annual Beager Flames' Poster Competition will be judged on 10th October by David Heather. Entries to be A4 size and include

all details of the event. A prize is to be awarded for the best entry.

7. Fire Swim. Team lists are on the notice board but George is sure someone will object.

8. Club Photo. The 1986 photo will take place on 17th October after the meeting. Club strip is available from G Gibbins Esquire.

9. Clem won the raffle again.

10. Future events. a. Kelvedon has not many entries for their run on 21st September.

b. Hudge isn't going to the Fenland Relay so the bus should leave on time at 6.50.

Minutes of the Meeting held at 7.15pm in the Arena on 19th September 1986.

1. Chris Downs was in the chair.
2. 34 Senior and 18 Junior members were present.
3. Previous Runs:

Martlesham

Carl Gladding and family and Clem went. Carl was 1st Boy (5th overall), Matthew finished in 48 mins and Clem completed 13 miles in 1 hr 51 mins 18 secs.

Fenland Relay

It was an enjoyable day, the weather was good and the coach was full. The winning team overall were the Stilton Striders who ran an average of 5.20 minute miles. The senior teams were about half way down the field. The U17 mixed team came fifth out of 10, the U13 girls' team were first, winning by 2 1/2 mins and the U13 boys' team were 2nd. Fay thanked Peter, Jill and Dawn for their hard work in producing an impressive list of times not only of the club's teams but every other team as well.

4. Social events:

Annual Xmas Dinner - To be held at the Wivenhoe Park Conference Centre, cost of £16. The evening will be a mixture of food, drink, dancing, speeches and entertainment by Gravel and Pitt and Club members themselves. The menu is yet to be decided on. Geoff is passing round a menu for those intending to go to read so that a choice can be decided on by the 10th October 1986. A deposit of £2 (non returnable) must be paid on 17th Oct. Anyone wishing to participate on the entertainment side are to see Dave Hudgell.

5. Police Quiz:

they Roy suggested that as we are doing the quiz on behalf of the Arena that very should contribute towards the £20 entry fee, and that the games sound interesting. Chris said that he would look into it.

6. Disco Sports on the Cowdray Centre have green and white Nike socks in stock.

7. Cockermouth 1 15 seater van has been booked.

8. Runs this weekend:

Kelvedon 12 and 6.5 miles - 2pm. Peter wants to see any runners for the teams.

9. Sunday Times - Hyde Park - 28th September.

Nicki Lankester

Minutes of Meeting held at 7:00pm at the Arena on Friday 26th September 1986

1. Chris was in the chair, Geoff was in Berlin and Phil was in N.W Europe.
2. Dave read the minutes of the last meeting.
3. Previous weeks' runs: Kelvedon Carl was 1st boy and Ann Goff was first girl in the 6 1/2 mile race. John Turton was 2nd man home and Richard Goff was 1st boy home in the 13 mile race. Also the club won the 1st team prize (this was achieved by being the only team entered).
Jerry went to Glasgow to do the marathon, which he completed in 3 hours 2 mins.
4. Carling Black Label are organizing a dart tournament through out the country. The Arena has asked the club to enter, so the last 16 in the clubs' darts tournament will compete in the event. An added bonus is that all competitors will receive Carling Black Label Dart Flights.
5. Entries for the London Marathon should be in by September 30th.
6. Cumbria - Friday 3rd October. All travellers must be at the Arena at 9:00am any problems see David or Chris.
7. Phil sent another postcard, this time from the depths of N.W Europe.
8. Runs in forthcoming weekend. Hyde Park - bus leaves Arena at 7:00am, Diss 15, Robin Hood Marathon, Holstead 3 1/2 and 6 1/2, Berlin Marathon, Norfolk 10 and Loughton 1 1/2 marathon.
9. Entries for the clubs Christmas Fun Run are already coming in. Official entry forms have now been printed, Chris is meeting with the East Anglian Daily Times to organise publicity.
10. Dinner Dance - Dave Hudgeu requires an deposits

as soon as possible. It was asked by a member whether children were allowed to attend the dinner dance, but it was agreed that the children have their own Christmas party and the D.D was for the adults.

11. Clem is off to Vancouver to run in The World Veterans Championships.

12. Chris had plastic covers for Arena membership cards.

Rachel Williams.

Minutes of meeting held 7.00pm
at Arena on 3.10.96.

1. Geoffrey in the chair, Chris in Cockermouth.
2. Roy read minutes.
3. Team entered Police pub games competition, won at the expense of hance and Police team.
4. Previous Weeks Runs.
Haltstead. Good well organised run but John Thurston sent wrong way. 1st Dave Hacey also 1st Vet. 2nd Richard Haskell 3rd John Thurston.
Wickford Ann Goff 1st under 11 Charlotte Goff 1st under 13.
Berlin. Very good run (Typical German efficiency) Well Recommended. Geoff 3.37.5 Bill Thompson 3.41 Brian Bedford 3.19.
Brussels Roger Jagard last recorded runner 4.59.03
Yarmouth Carl Gladding ran 10 miles in 1hr 10 mins
Hyde Park 2 golds 7 silver 9 bronze. Kendal & Helen both gold.
Ferland Relay. Results on notice board.
5. Cumbria Good wishes sent to all the runners.
6. Photograph for Club. Oct 17th
7. Dinner Dance Dave Hudgell still taking bookings.
8. Childrens Party Date Sat 13th Dec 3-5pm
Any ideas see George.
9. Fire Swim. The club has 6 teams entered in 6 lanes at 7.00pm on Nov 15th. A prize will be given for the best Fancy Dress. All the children should receive medals.
10. Runs this Weekend.
Worthingford 6-13 Sudbury 6½ Chedburgh 3-13.
11. Other Business
Roy Willett looking for team for St Albans Marathon.
Meeting finished 7.50 pm.

Minutes of the Meeting held at 7p - on 10th
October 1986

1. Chair James was in the Chair
2. 41 Markers + 18 Juniors were present
3. The minutes of the ^{previous} meeting were read.
4. Previous news.

Sunderman - Graham Stevens 1st boy - no trophy
Kendall 1st Girl 0/15

~~Nice~~ the test was a mess

Sudbury only 41 runs Ann Goff 1st Girl
Worthingford.

Dave Casey 1st Vet 2nd Overall

Geel 1st 0/11
Kendall 1st 0/15
Helen Clarke 1st 0/11

Bruce Barlett injured by shaking his head that
he had achieved a PB.

Poor water nice horses.

Cochranville. Good hotel Dave Wright excelled
himself and received a well earned vote of
thanks. The only trophy was an unofficial
long one the only runner did not finish

8th Nov 7.30 for 8

5. Dave Dave, Bruce Hudge and the VC will support
next week's entertainment is in the hands of Dave R
Shawby Hudge and already 60 are coming.

- 1. Photo next week
- 2. Poster competition next week
- 3. Monarto next week
- 4. Dart night next week
- 5. Bowling John Bindell will arrange in January.
- 6. To round off the evening Roy modelled a new strip at £17.00 a go and Fay revealed her Saga. J CTC and read a poem about Eckermunth.

Minutes of the Meeting held on 17th October 1982 at 7pm in the Arena.

1. Chris Downes was in the chair
2. 50 members and 20 junior members were present
3. The minutes of the previous meeting were read
4. Previous runs: Dedham: 67 runners turned out.

~~Dedham~~ Members picked up various trophies, Matthew and Carl Gladding and Sharon won their classes

There were no prizes for junior girls as we would have won those too! Other members managed the tortuous

cross country section of the 2½ mile course and even had time to pick flowers. Lance wished everyone

to know that he finished the course. - Ted ran 15 miles in the park and Clem was prevented from completing a marathon by paramedics.

5. Following the saga of the Cumbrian Marathon

Dave Wright received a broken sport prize and an offer of £50 for the borrowed provided they return next year.

6. The Club received a letter congratulating our team on winning the Police Trophy.

7. The Dinner Dance. Hudge and Geoff have things in hand and have ordered extra portions and larger than usual troughs for Ray. 60 have so far said they are going and there is room for 95

201
8. Darts. Dave Wright's next social success is planned for Saturday.

9. Fun Run.

The entry forms are now almost right

The East Anglian Daily Times will publicize the event next Friday or Monday.

David Heather has present several glasses as spot prizes.

Chris unveiled the mementos which are based on genuine Italian marble at 82 p a throw.

10. The Cross Country League. The first event of the league will be played by the Juggers on Sunday 9 November at 11pm against Harwich, Halstead, Springfield and Tiptree. The course will be about 5 miles and the first 8 men and first 4 ladies and 9 will score for their team.

11. The Town is to attempt to stage some town centre races next year and have naturally turned to the Club for help. It was agreed to help organize such an event.

12. Runs. Burnham 30 miles and 101k.

13. Peter Bartlett is arranging a team for Woods in the End November.

Minutes of the Meeting, held on 24th October 1986

Chris ran the meeting and took the minutes:

Minutes of the Meeting Held on 31st October 1986²⁰³
at 7pm at the Arena

1. Chris Davies was in the chair
2. 49 members and 13 junior members were present
3. Chris composed and read the minutes of the previous meeting
4. Runs:

a. Old Heath Lots of members of the club ran and won lots of prizes. In the short run the club won the tea prize and

Dave Cole was 2nd man.
Bob White was 1st vet.
Charlotte Goff was 1st lady and girl
Helen Clark was 2nd lady
Cheryl Williams was 1st local

In the long run the club won the tea trophy and

John Twiston was 3rd Man.
Carl Coladige was 1st boy
Kendal Battell was 3rd lady & 1st Girl
Sharon Atkin was 2nd lady

Ted won the King
Dress

b. Brightley sea

Ann Goff was 3rd girl

c. Harlow Peter and Bob recorded PB's Steve had problems and John Blundell wishes he had not loaned him his number

d. Meanwhile in Dublin in a convent Bernie and Geoff good as being in retreat Geoff beat 4 hrs Bernie didn't in all a good weekend but not a good run.

5 ²⁰⁴ Dint & Dace Hudge has it all in hand but
doesn't have all the money in his hand. There will
be entertainment) internal and external argu.

6. Cross Country League. At 11.02 ^{on 9th November} the club will take
an Triplex, Halstead, Harwich & Springfield over a rugged
4 mile course around Abby Fields. Ian Stevens is in charge
of the course.

7. Woods is on on Sunday 2nd November.

MINUTES OF MEETING
14th NOVEMBER 1986

Minutes of last meeting were read.

Previous weekends runs - Southend 10K - Jerry gave his usual account of the event and showed everyone his medal which was a shower bag and a pair of socks.

The first run of the Winter League took place, as usual the best team won, and it was agreed to be another success, however, the food did come under some criticism, but as usual David took the blame. Peter thanked all the marshalls and competitors. Next run is at Harwich on the 30th November.

Dinner Dance - Everyone agreed that it was an enjoyable event, especially Geoff's recital of New York, New York. Geoff thanked Lance, John B, Shayrn and Mel for their help. It was requested that David reads his speech in a forthcoming meeting.

Peter and Jill Bartlett were awarded with their Club Person of the Year shield which was presented to them by Stuart, also Peter Thomas was once again congratulated on being Jogger of the Year.

Fun Run - The club received £500 from Beazer Homes, entry form and literature appeared in the Evening Gazette instead of the East Anglian Daily Times. Programmes are being collected so they can be now sent out. Roy Bennington can acquire 500 instant coffee and 380 instant chocolate drinks, but sugar is needed.

Fire Swim - asked to be at pool by 6.30, also to remember their sponsor forms.

Great Bentley run - meet at Arena at 9.00 race starts at 10.30am.

Alan Kaye and David Heather were presented with £300 each, which was the money raised from the 80 mile race across the South Downs. Both brought along some items which the money helped to buy.

Minutes of the Meeting held 21st November 1986²⁰⁵
At 7pm in the hall.

1. Chris Daines was in the chair
2. 41 members and 12 juniors were present
3. The minutes of the previous meeting were read.
4. Res:

Got Bentley. The green was so prominent that the page would be full of our results if I wrote them down.
The only question is how is the run so successful?

5. Five Swin.

A great success the exact number of lengths was in doubt but the pool was definitely green for me here. Money to team captains as soon as possible.

6. Towital Parents.

CTC has been invited to meet Billericay 18th in a test of nerves and knowledge on BAC Essex.

Minutes of the Meeting held on 28 November
at 7 p.m. at the Arena.

1. Chris Dawns was in the chair
2. 44 Seniors & 13 Junior Members were present
3. The minutes of the previous meeting were read
4. Previous events.

The Radio Show. Apart from Rambo's dubious answers to a certain question, the event was deemed a success. The other team obviously cheated. The Secretary (who is now where the Heidelburgers come from) moved Hamilton Lodge to Cot Bentley and kept calling the station Radio Essex but the BBC people seemed very helpful and George has, hopefully, made useful contacts.

5. Swimming. Kingwood have are organizing a Five Swim-type event in March. George is arranging.

6. The Secretary then gave a short run down on the details so far arranged for the Fun Run.

Basically marshals are needed in large numbers, please put your name on the list on the notice board. This is the only event of the year that we ask members not to run in, please help the club put on a good show. PS. Goff is

responsibly for the toilets.

The Christmas Party. Lance agreed to supply his amplifier and speakers but a record deck is required, please see George. Fay is producing some prizes from her stock and Rambo is, as usual, giving sweeties to little children. (No problem though, Essex Police will never catch him).

Dave Wright will again be sporting his deflated parrot at the New Year's Eve disco, he has some tickets left.

The Club has resited its notice board and the Secretary will soon (well relatively soon) produce the 1986 Club photo. Ray Willet winged about the 1985 photo.

Future Events

Sunday The Club is going to Harwich to win the second seat in the winter league; ~~at Harwich~~ get there early for the food. Today's Runner will be there.

Monday - Music Quiz at Woods - 2 teams are entered.

Next August - Hudge wants to get on his bike in France anyone with similar tendencies should see him. (very organized a best and worse event of the year poll - results later).

There were no minutes from the previous meeting.

Runs the previous weekend: St. Alban's Marathon Jerry finished in 3 hours 08 minutes, Ray in 3 hrs 30 mins and Phil who knocked $\frac{1}{2}$ an hour off his last marathon finished in 3 hrs 57 mins.

N.E. Essex School Cross Country: 7 juniors from the club took part - Helen Clarke (4th), Chris Rooney, Richard Knights, Anne Goff (7th), Kendall Bartlett (4th), Richard Goff (11th) and Thomas Rooney. Helen, Anne, Kendall and Richard Goff go through to the District Sports.
10 and 5 mile Club run: John Turton won in 58 mins in the 10 mile and Rambo won the 5 mile.

Runs this weekend: OURS!

Chris asked for volunteers for the marshalls as we are desperately short of them. Helpers should be at the Garrison by 10.30 on Sunday to help set up. Geoff predicted that the weather would be good, but warned that it would be cold. Chris had got the programmes (free of charge) with the list of runners, and publicity for the Charles Palmer Trust and ~~us~~ ^{it} was agreed that they would be sold for 10p. To date there were 612 runners.

Geoff asked for volunteers to give him a hand with his port-a-loos. He had 2 on the back of his truck and he couldn't get them off on his own. He said that they were empty. Chris said that the Army had told him that after the run the area used must be cleaner than when we arrived. So everyone after the run must help to clean up.

The Children's Christmas Party: 13th December at 3pm finishing at 6pm. All helpers to be there for 2.30.

The Arena Children's Christmas Party: 19th December for the U12's. Tickets available from downstairs were £1 and a present would be given to each child.

Sponsor money for the Fireswim: Could all money be handed in as soon as possible so that it could be cleared up before Christmas.

Triathlon: ~~Geoff~~ ^{Ray} thought that maybe the next triathlon could be slightly different. It could be held like a relay in that some people would like to take part and can't either swim, run that far or bike that far. So if the people wrote down on a piece of paper what event they would do and put in a hat and drawn out in teams. Those that want to do it individually can do so.

New Years Eve: Dave wants the money for the tickets a.s.a.p.

CJC Oscars: Jerry asked people who haven't seen them to fill them in.

Christmas Carol Service: Hamilton Lodge Tuesday 16th December. Be there at 7.45 for 8.00 service.

Scrap Books: Dave Wright wants all Press cuttings, photos etc that anybody has for the 1986 club scrap book.

Meeting finished: 7.40

Dave Wright then called everyone back in the room as he had forgotten to count them!

Adults: 64
Children: 13

Minutes of the last meeting of 1986 held on 19th December²⁰⁹
at 7pm at the house

Chris was in the chair

52 Senior + 10 junior members were present

The minutes of the previous meeting were read.

Previous Events

a. The Christmas Party: Enjoyed by all as ever.

Thanks were given to Uncle Ted for his presiding and other things. Helen Clarke was awarded the Junior Most Improved Jogger of the Year.

b. The Run. Despite lack of publicity for the actual run 99% of other things went well. Minor problems were noted such as Dawns little lumps but these should be wound out next year.

753 runners entered the event 628 finished.

Improvements for next year were discussed and as ever the entry fee was mentioned. The cake still makes £27 thanks were given for

Beiges were pleased with the event and have promised to sponsor next year's.

The Club received a Christmas card from Felixstowe RR and was mentioned in Today's News with the results of the first cross country run.

6 ²¹⁰ Pins. Steve Woolcock on somewhere for some other club and Terry was believed somewhere in the middle east Terry Wente has been injured.

8. Future Events

Sunday at the Arena.

Christmas Eve in the Bar
and Winter on Boxing Day.

7. The Carol Singing at Hamilton Lodge with
Cora and Pat went down well.

9. The year was ended by Fay with an ode
She stood up and recited it ever so good!

Here endeth 1986.