

at 7pm at The Arena.

- 1 Chris Davis was in the Chair
2. All Seniors + 15 Juniors were present
3. The minutes of the previous meeting were read.
4. Previous events:

Lots of people had run in lots of races at lots of places including Gary in Israel. Ann Charlotte & Richard Goff ended the year well with more trophies as did Carl Gladding. Other people even watched Colchester claimed.

The weather was a factor first for most people but the good weather and nice pies made up for it.

Socially the New Year's Eve party was enjoyed by most but Fay complained that she had only seen Dave Wright's new underwear 3 times.

- 5 Club Photo. Copies of the club photograph with prices are on the notice board and an order will be made up after 2-3 weeks.

6. In a touching speech which somehow involved Italian sailors and kangaroos in Gucchi Blayes the Club wished Griff Gibbons well for his trip to Australia. He has threatened to return. During his absence Dave Wright will be responsible for not getting a snow day.

212

7 Before he returns there will be several events
including:

Chelmsford on Sunday 4th.

X-C League on Sunday 11th

Bowling - Saturday 17th

X-C Relay - Sunday 18th

8. Kars for Fun. The event cost approximately £2150 to ~~get~~ stage which leaves over £1300 for Hamble Lodge but the expenses include £300 to various other charters.

Assistance is required in photocopying result sheets.

Minutes of the Meeting held at 7pm on 9th
January 1987

1. Chris Davies was in the chair
2. 54 senior & 14 junior members were present
3. The minutes of the previous meeting were read
4. Previous events:
 - a. Chelmsford. Richard Goff was 1st boy in his 1st $\frac{1}{2}$ marathon completed in '1 hr 30''. Ann Goff was 4th lady.
 - b. The Marshal's run in December - it raised £12 and the money was used to buy a present for Helen Rose
 - c. The Fun Run. Barring any late legal action against the Club the run raised £1312.55 for Merith Hodge in addition to around £300 for St Johns and other smaller ~~l~~ donations.
- d. 1986. This event has been immortalized by Ted in the club scrap book. His efforts are much appreciated and he was given a vote of thanks.
- e. Eric Steven & Graham were welcomed to the Club
- f. Future Events:
 - a. Snow Running Gear. Under new management CTK's new manager Norman Marshall has selected ¹⁹⁸⁷ matching snow gear for this summer deliveries are promised

Note the last number who looked after clothing eventually left not only the country but this continent + hemisphere.

b. Rows. Halstead - Winter League Sunday 11th
Lunch 22nd Feb ~~Bernie or Janey~~
→ coach

Cockermouth 2-5 Oct Dave Wright has organized accommodation at the same rates as last year and schemes such as dragging a Ryers bed for 26 miles around the Lake District were discussed.

Denmark - Copenhagen North - 16 May
- Bernie's idea.

c. No Penny. - Zoo Break. Tues 1) 3 have - 21 March - 8 hours to get away from Colchester Zoo dressed as animals - Dave Wright wants names.

Hudge - Hudge spoke. His latest idea is a children's variety show at the end of the year

Power Toy. Dave Wright has written to the Guinness Book 2) Records for details of the current world record.

Minutes of the Meeting Held at Fp on 16th January 1987²¹⁵
at Fp.

- 1 Chris Davies was in the chair
- 2 Eventually 31 senior and 9 junior members braved the cold to attend.
3. The minutes of the previous meeting were not read as they were snowed in at Forder Heath.
4. Previous bus. - Halstead. Dave Wright, looking ad sounding like someone near to death instead of the athlete at the peak of physical fitness we know and love, reported that, yet again, the Club had won the winter league race this time by 19 points. The coffee was so cold that the runners felt sorry for the marshals. This received a vote of thanks.
5. Grays met a higher class of runner at the Eastern Counties XC and did not win.
6. Future Events.

Runs. Grays XC cancelled
→ Hastings 1/2 M 15 Mar.
Rudby 1/2
Lincoln 22 Feb

Bullied Water 16.8 m 12 Apr

Abida 4 May instead of Norfolk

216 Social Events - Bowls off in ages later

Arena Sports Day 23 Feb 2x3m + m

Claudine Trophy 2 Teams required

Woods Day 26th Feb See Nicle:

Watty League Day date is not yet fixed.

The World Record Powers Toy - Easter weekend

discussion raged on the subject the only decision made was that the event will last 48 hrs and take place in the Arena. 17-18 April.

The firm in Birmingham had agreed to provide several machines and the Committee book 2) hours confirmed that there was no existing record - therefore we should produce our own rules and subject the their agreement our record might ^{well} be recognized.

Even though - small number of numbers were present several family groups appeared and it was pleasant to hear the friendly banter as Rachel to have to shut up moaning.

January 1987 at the Arena

1 Chis Dawson was in the chair

2. 43 Senior and 15 junior members were present

3. The minutes of the previous 2 meetings were read

4. Previous events

Bus 'o'

Social 'o'

5. News from overseas. G Gibbons our globe trotting vice chairman sent 2 postcards from Los Angeles and Mexico.

6. Taxis had been requested for the Claudius Trophy and the Arena Sports Day. The response had been positively overwhelming with a grand total of 0 volunteers. After much discussion Dave Wright who was not there was volunteered and Richard Bartlett and Ian Stevens offered to help him. Ray More threatened not to attend so Dennis Taylor, and George Bennington and Peter Bartlett (who also was not present) agreed to ~~not~~ come from the second van. The lists for the Claudius Trophy man on the board only another 78 names are required.

7. The Secretary revealed the large club photo and has closed the list for the wanting copies.

8. Dennis Taylor did not get his picture in Today's

Runns but Helen & Jim Clarke did.

9. Dave Wright who had arrived at this stage
and Roy Moore both said they had not bought the
Summer running strip but promised to get them
soon (Where have we heard that before?).

10. New Members. Chois welcomed several newcomers and
explained how to run and drink.

11. Chois also announced another new arrival - that was
a son to Eddie & Kathleen Dyer.

12 Future Events.

a. Runs. Ruth had 16.8 miles run also has an event
for children.

George Bennington will arrange entries in the
Great North Run on 26 June.

The secretary was asked not to mention the
Beccles 10.

b. Other Events. Dave Wright is taking entries for the 2x3
person teams for the Zoo Dash on 21 March.

Nicki is taking entries for the Woods Run on
26 Feb.

There are various events including a Quiz
at St Botolph's during the week 23-29 Feb.

13. Dennis was told to shut up during the evening.

30th - No winter - Seeby absent

6th

Seeby arrived late

By that time lots of people had arrived the meeting was about over but

This handed over a cheque for £1,307.55 (+ some £80 - total) to Hamill Lodge. The Lodge was represented by David Fletcher, by - Simonds, Shatto & Jackie. The Kinicles represented the Gazette and Raven Headland Boys' Homes. Those present represented the Club.

Mr Rennicles after advertising the Gazette for while answered some questions and eventually hence William said that he thought the Gazette was a good newspaper. Guess who's photo was in the Gazette twice this week?

Minutes of the Meeting held at 7pm
on 13th February 1987 at the Haven.

1. Chris Downs was - the chair
2. 46 Senior + 12 Junior members were present.
3. The partial minutes of the previous meeting were read.
4. Previous runs:
There were none but hence Williams Walked or should it be plodded for the local constabulary and got his picture in the paper.
5. The Club has received a letter of thanks from David Heather on behalf of Hamilton Lodge.
6. Missing for the meeting were the Gladdings in Malta
7. Camping. Hodge has checked out 2 sites one nice but expensive and one not so expensive. He will continue as the Joggis' answer to Alan Walker to travel the globe to find other sites. - But should be back to report next week.
8. Future Events.

Sunday - Springfield

26th Feb - Quiz Night Nicki & still looking²²¹
for some adults in the Club.

28th March - Bowling John will be putting up a
list.

27-28 (possibly 29th) June - South Downs 80. Steve
Woolcock offered entry forms but was not called in
the rush.

? Chair said ~~formal~~ to Any Wednesday to Sharyn who
is leaving for Berlin.

222 Minutes of the Meeting held at 7 p.m.
20th February 1987 at the Arena.

1. Chair was in the chair
2. The Secretary forgot to count how many people were present
3. The minutes of the previous meeting were read
4. Runs.
 - a. Malta Col was the youngest runner in the Malta $\frac{1}{2}$ marathon and recorded 1hr 41 mins and appeared in the Times (of Malta) and on the TV.
 - b. Today's runners League. 53 runners took part and over a tough course beat ~~the~~ Springfield over their own ground by 63 points. The west saw the return of Chris Downs to peak form and David Fletcher joined us for the 1st time.
 - c. Chelmsford 10 or so miles was not well organized despite this Rambo beat the how for the first time recording 59' 26"
5. Our owing Vice Chairman has sent the club two more cards and our ^{more in the} post office ~~are~~ by now has intercepted other mail showing that he is enjoying himself.
6. Camping - Hudge found the smallest campsite in East

England has failed to telephone the Huddlesham wet site. The date of the holiday has yet to be fixed.

George also is planning the CTC Tour de France from 7-14 August bed & breakfasting at unbelievably low prices.

The Roller Toy is now on for 72 hours. From Friday 17th April until ^{Monday} 19th April (Easter Weekend) Names on the board please

last week a new member was lost during a run, Ray Bennington claimed he knew of other instances of new members being lost during runs. Members were asked to ensure that this does not reoccur.

Trips. Wiclow 1/2 April
London May
Taunton Day June
Photos of the Opera November

Names on the board.

Names also for Bowring - 28th March. Those not bowring were asked to attend a charity disco in the Civil Service Club for the Baby Heartbeat Appeal.

Chris Davis was to return the Scaly Banner after the meeting. It was agreed that if he were taken hostage he looks enough like Terry Waite to get himself out of trouble.

Minutes of the Meeting held at 7.30pm at the Arena
on 27th February 1987

1. Chris Davies was in the chair
2. The minutes of the previous meeting were read
3. 46 Senior & 12 Junior members were present
4. Runs - Bury 20, as usual with this event, the Club's star athletes had problems. Peter Dunn did something to save the Club's honour by finish 45th in a time of 2hrs 3¹/₂. Many others had problems, Ted Williams and Tony both completed their first go in 2h 43' and 2h 54' respectively. Dave Wright's appearance was expected by the organisers and so no ambulances were available.
5. In which 8¹/₃ this was accurately described by Roy Moore as being flat and tatty. A well organised event except for a crowded start and James recorded 51¹/₂ due to one of his team mates knocking him over.
6. Quizes. In the Sports Quiz our team was knocked out because they won in the heats.
7. In the GK quiz the junior team did well and due to Robin one of the other teams beat the other by some points.
8. There is a football quiz at the Arena coming. Ian is organizing the team.
9. Burning Goss. Those who thought Geoff Gibbons was a good salesman were taken aback by Dave Wright's display of RayTrade

He can now tell the difference between ladies and g-t's starts even when they are not being worn. 225 waves and selling skills. He was later seen in the car discussing the legality of trading from a suitcase without a licence.

A discussion between Roy Moore and himself followed in which Roy argued that the strip Dave was selling, although it was the Club's summer strip, was not Sub 4's summer strip on the grounds that Sub 4 did not make a winter strip. He also pointed out that Sub 4 make a mesh vest which is more summery than the Club's summer strip but is also, not Sub 4's summer strip for the seasons outlined earlier.

4 Company. The date for the holiday is the weekend of 1st/2nd August at Rendlesham Forest

5 Dave Heather has arranged a tour of Ipswich FC's grounds and facilities including the showers followed by a talk by the Club's physiotherapist on sports injuries. The trip is arranged for Thursday 26th March from 7.30 to 9.30. One lady member agreed to go, only if the football team was in the shower at the time. It would be unkind of me to say that her name was Dawn.

6 The Club Photo has been framed and will now be hung.

7 Coach Trips. "The booking list is somewhat chaotic said Bearded Chis Downs in tones which turned the so far

226 light hearted proceedings into a more serious affair.
All those including those who had booked, unbooked,
rebooked and so on were to use the new blank
sheet one and once only. Chris also warned that
those who wrote a 1 after their name to indicate
that only one person was travelling would be
charged for 2 places. In future if you only want
one place write your name, if you want more
(not Roy Moore) write a plus sign and the number of
extra seats required.

10. The Club has received a postcard from Sheryn.

11. forthcoming Events

Sunday 1st Mar - Tiptree - final round of the
winter league. Dave Wright wants
maximum attendance to win and

eat all Tiptree's food.
Followed by a photo of the Club's Lada Run.

Wed 4th Mar ~ Committee Meeting 8pm prompt
Sunday 5th Mar - Football v Snooker team.
Sat 21st Mar - Winter League Disco and presentation

of trophy

Sat 28th Mar - Bowling

Minutes of the Meeting held at 7pm on 6th
March 1987 at the Arong.

- 1 Chris Downs was in the chair.
- 2 Approximately 46 Senior and 10 Junior members squeezed into a small room.
- 3 The minutes of the last meeting were read, at great length.
- 4 Previous Runs: Tiptree.

58 members had "run" the conditions had been somewhat damp but outstanding performances ~~by~~ were given by Charlotte Goff in the mud and blood section and Chris Downs in the swimming section. Despite these individual attempts to grab glory the club won the day's run by 49 points and so the league. By adding up numbers in different ways Dave Wright calculates that Bernie Myers was the 1st man, Rambo and possibly Dave Cole were best veterans; there was no doubt that the Goff family did well him being the best lady junior or senior and Richard best junior boy. (a late bid by Mum Goff to share in the glory was foiled by there being no lady vets section!) As a result of these efforts Keith Nelson has been coaxed by Dave Wright to appear at the disco on 21st to

present the league trophy and medals to all.

Despite being obviously outclassed the other 5 clubs went to be beaten again and a relay event will involve the top 10 men and 4 ladies on 2nd.

5. The minutes of the committee meeting were read out including the date and time of the next meeting for the benefit of those who had not been informed of the last meeting. A copy of the minutes is on the notice board.

6. Carnival. In addition to the ideas of Christmas and Martians, Ian Stevens suggested "The old woman who lived in a shoe". Members were asked to think of other ideas for the 13th March.

7. Chris asked for help for Hamilton Lodge Fete on 26th September, he made thinly veiled threats about what he would do if no one offered.

8. Mudge will think about the dinner. John Blundell has booked the University Conference Centre for 7th November.

9. About this point in the meeting Lance Williams was noticed to be awake.

10. Competitions to be judged on 13th March:

a. A poster for the power job

b. A design and logo for the Club badge and car stickers.

11. Chois reminded members to check the list for heading if they wished to go.
12. Football versus Snook's II. Sunday 8th the team had 2 balls but no referee.
13. The Huddell Section:
 - a. Hudge is to order 51 tickets for the 'Phantom of the Opera' for a Saturday in October and then a coach will be arranged.
 - b. Hudge then suggested a Topical and Conversational Evening, as no one knew what that meant it was agreed to have one.
14. Dave Wright's Fashion Section. Dave has ordered some more sweatshirts and hooded sweatshirts.
15. Coming events:
Roding Valley Benfleet 14 Mile Relay (which no one knows about)
- The secretary is in Germany but is available for the relay on the 21st.

Minutes of the Meeting held on 20th March at 7pm

1. Chris Davies was in the chair
2. 40 members and 10 junior members were present
3. Rachel forgot the minutes of the last meeting so there weren't any.
4. Previous runs

Clacton. From a highly competitive team of 76, trophies were collected by Col, Bob (Vet), Helen and Clem just for being old and being there. The race was good but sparsely attended.

Hastings. 2,700 ran over lots of hills notable successes were Rambo 29th (possibly 1st Vet), John Twiston (hr 18') and Robin and Sally and 1st and 2nd Phil Knights had those colour photos on the front page of the local paper.

St Edmunds. A windy and, as always, hilly run.

Pbs were recorded by Bob White and Barry Bertlett Thomas and Kelvin(?) on their first ½ marathon - the 3rd

6. Gibbs ad Sharyn have set cards.
7. New Tag. Rose now re signed.
8. Ipswich Town. The visit was enjoyed by all.
9. Chris ad Dave have bought out the Hi-Tee organisers
ad now the club owns such desirable items as
 - sludge hand, several thousand Hi-Tee numbers and
a megaphone. A storeroom is now required.
10. The Triathlon is scheduled for 13 June.
11. The bowls night has been arranged by John B
for 8pm on 28th.
12. There will be a meeting for the South Downs
long distance idiots after this meeting

school term.

Ipswich - Just to give complete local coverage

Georg and Helen travelled to Ipswich (and van).

5. The Presentation Disco. Keith Nelson will not be there, there will be no medals, there will be no trophies but Dave Wright claims the event will be a success.
6. The cross country relay, Witham and Harwich cannot attend but everybody else should at 11pm on Sunday.
7. Power Jogg. The world record attempt is definitely on for 17-19th April 7pm - 7pm sponsorship form next week
8. Ipswich Town. The trip arranged by David Huddell will take place on Thursday 26th.
9. Huddell has had some thoughts for the 2d May, - clue - it may have something to do with a discussion night.

Minutes of the Meeting held on 27th November at 7pm.

1. Chris Towns was in the chair
2. 50 senior members were present as were lots of juniors who wouldn't sit still to be counted.
3. The minutes of the previous meeting were read.
4. Previous runs (and discos).
 - a. Disco - No prizes, no editor - enjoyed by all.
 - b. Relay. On a cold day everyone, especially the marshals did well. Tiptoe beat us into 2nd place.
In a touching ceremony Dave ~~Long~~ Wright presented medals for conspicuous effort during the League including 'Marshal of the Year' - Ian Stevens.
 - c. Linton. Charlotte, Ann, and Carl picked up trophies.
 - d. John Blundell did not cheat at Swanley.
 - e. Easter Vets. Cle was the 1st over 70 (and last)
 - f. Northampton 10. Dave Soper recorded 69'28"
 - g. The Lewis's sale of books raised £10.06 for Maitton Lodge

Minutes of Meeting 3rd April 1987.

- 1/ Minutes of last meeting were read.
- 2/ Runs in the previous weekend - Brian Bedford went and ran at the Haag in Holland, with about 5-6000 other runners, and produced a 1hr 26.1½ marathon. Not so far away Carl Gladding was first boy home at Walton in a vast field of 19 runners. Most of the club runners went to the T.L.A fun run, in which John Turton was 4th home in the 10 mile race, Richard Goff was 1st boy/man home in the 2½ race. With Thomas Rooney not far behind in 4th position. Victoria Wilson was 2nd lady, in same race, with Clery Williams 3rd. Richard Haskell was 3rd in the 5 mile race. Rambo once again excelled himself in Devon by producing a 1hr 20:56 1½ marathon, coming 10th & 2nd Vet out of 200 runners.
- 3/ Forthcoming Runs - Reading - The coach will leave the Arena at 6:30 am so it can meet Tuptree outside the co-op at 7:00am.
Rutland - There was a number for the 17 mile race "going spare" and Carol Stevens' number in the fun run, as she has decided to give up gracefully.
- 4/ The Vice-Chairman sent another postcard, this time there was a little bit more on it.
- 5/ Paper Jog - A lot more people were needed to make the World Record attempt happen. So the Chairman promised that after the meeting he would gently persuade 14 other runners to take part. There also has been two time sections allotted to the Juniors. Sat pm & maybe Sun.
- 6/ Nikki had produced a membership list which was distributed amongst the members present.
- 7/ The club received a letter asking whether the club would like to join the Hash League. A Hash is a run, similar to a paper chase (but you ^{can} use ~~pets~~ flour instead of paper). You lay down false trails, over cross country cause, roads, etc., so the trailenders are given a chance to catch up. There is no actual

winner and at the end everybody gets drunk.

- 5) David Hudgen took the floor and told the club that the Phantom of the Opera is booked up until early 1988, so he will try and get tickets for Tim. Also D.H wanted a panel for the discussion evening.
- 9) 10 Pin Bowling - Once again everybody enjoyed themselves and Dawn & Lance won.
- 10) Paul Barnett & Barry Bartleet then took the floor and presented Battling Bob with a T-shirt to wear in the London Marathon.
- 11) Committee Meeting to be held on Wednesday 8th April 1987 at 8:15 pm.

Rachel Williams.

Minutes of the Meeting 10-4-87.

- 1/ Minutes of the last meeting were read.
- 2/ David introduced a French jogger to the club, but had difficulty in pronouncing her name.
- 3/ Runs during previous weekend - Reading - Two coaches were filled and everyone agreed it was an enjoyable day out. The Juniors did well in their run, with Helen & Carl coming high up in the field. The half marathon once again was well organised, and a couple of female members of the club finished their first $\frac{1}{2}$ marathon. It was also noted that David Wright was beaten on the line by Brian Bedford, & Rambo did a 1h14 mins.
- 4/ Clacton Fun Run - C. Goff was first girl under 14, and T. Toomey was 3rd man home, after running from Colchester to take part.
- 5/ Jerry Everett went to Wolverhampton and did the marathon in 3:00:35.
- 6/ The club received entry forms for a fun run with a difference it entails ^{a team of 3} running 3 miles in fancy dress, stopping at 10 pubs where you must drink $\frac{1}{2}$ pint of beer pushing a wheelbarrow. Children can also enter but they must drink orange instead. Names to D. Wright.
- 7/ The club was reminded that the carnival was on July 26th so start making costumes for the Inter-Balancie Water Stop.
- 8/ Rabbit Race July 19th 1987. There are 4 classes ① Open class - anything goes. ② Ladies only ③ Services only ④ Speed class.
- 9/ Rutland coach will leave the Arena at 6:45 am prompt.
- 10/ Paper Jog - The jogging machine being picked up ^{during} next week, still need a few more names on list.
- 11/ D. Hurdell asked the children taking part in their Variety show, whether they could come to rehearsals on Saturday 9th May and on the first Saturday of every month thereafter, at about 6:30 pm.

- 10) Dave Hudgell has organised with Hedingham Coaches a trip up to London to go & see "TIME" on Saturday 30th May 1987, £22.35 includes ticket etc. Coach leaves at 4.30 and arrives back at 12.30 - 1.
- 11) At the recent committee meeting an idea was suggested for improving club funds by running a 100 club. Which means paying 50p/£1.00 per week and once a month a prize will be given worth £50 - £150 depending on the amount of people taking part and the rest goes into club funds.
- 12) Forthcoming events -
a) Coach for London Marathon on May 10th, which is also the Arenas Junior Jog.
b) Jog in Open day 11-4-87, discount on most sports wear.
- 13) No meeting will be held 17-4-87.

Rachel Williams.

234. Minutes of the Meeting Held on 24th April at H...
at the Arena.

1. Chris Davies was in the chair
2. 32 senior and 8 junior members could be seen in the cramped surroundings
3. The minutes of the previous meeting were read.
4. Previous runs.
 - a. Rutland. Dave Wright told the meeting that the 16 mile event was very well organised and enjoyable but there were no drinks at the Fun Run.
 - b. Rotterdam. Despite intense heat Richard Bartlett finished - 8 minutes after Kendal.
 - c. Yeldam 10km. Carl and Ken picked up trophies
 - d. Sudbury. Worse than usual, Bob White won the 1st but didn't receive the prize.
5. Power Jog. Chris reported that since the event finished all had gone well, first to that, apart from spending a week on the phone to news papers, finding a replacement machine when the first one broke and getting a new belt for the Tony's machine, the event had caused him no trouble.

Chris received a well earned vote of thanks for his efforts and for telling fibs to the newspapers. The new belt cost

£50 which will be raised in Baffles ad sponsorship money is required as soon as possible.

Five Sevens. Some sponsorship money is outstanding.

Hudgell Section. Money for Time and race names are required next week.

Cayg. Judge again believes he has found a site this time at Kissing Land for £6 per tent with swimming pools etc. Dates w/e. 1-2 August.

The Hudgell Gang Show. Next rehearsal 25th April.

Discussions Evening. The panel of experts was still short of names. If no volunteers experts will be selected on the

1st May at 7.30

Time TBC 10th May. Those not attending Landa are asked to marshal the run instead of paying for electricity.

Brian Moore was welcomed back from police training

236 Minutes of the Meeting Held at Fpx. on 1 May 1987

1. Chris Davis was in the chair.

2. 52 Senior & 11 Junior crossed into the room.

3. The minutes of the previous meeting were read.

4. Previous events

a. Horwich 1/2 & 1/4 Marathon.

Dave Lacey in a PB of 1hr 12' 55" was 3rd in the 1½
An Goff was 1st U15 lady
John Trott on opted for the short course and could only manage
4th place
Lance also opted for the short course his excuses were:

a. He had a bad foot, which he demonstrated.

Those who were close at the time can vouch for
the fact that his foot was bad; whether it was
worse than usual is not known.

b. (his second excuse) was that he had to go to
work

Others fared better and Ian Alderton and Malcolm Gladding
achieved PBs

b. Holmes Village This was hot hilly and well marshalled.

c. Tim Tooley, the people's champion, received a well
earned round of applause for pointing out to the Sandbury
organisers how bad their Good Friday run was (see last
week's minutes).

At this point it was discovered that the large box

the comet covered by a blanket was a piano. It was
missed. Had the pianist arrived moments early he could have
accompanied dance in his bare footed dance routine.

The Bludgell Section:

- a. The discussion night is on Saturday 2nd
- b. The camp site is booked for 1-2 August
- c. The Bludgell Gang Show - The rehearsal went well. Bludge now
proposes to move into the open air and parents are asked to
help by being there when wanted and not when not wanted
(this is a brief version) what (I think Dave said).

Help is also required in the form of material for costumes to
Jill and scenery making - names to Richard Bartlewell.

Korrelspandance:

- a. A letter has been received from the Posturpedic people
inviting our return to Cockermouth.
- b. Geoff sent a card from Singapore with original wording
and threatening to return soon.
- c. St John's Ambulance Brigade have asked for a collection
to be made. Chris, using all his skills as a specialist in
HGVs, managed to construct the cardboard collecting box - the
shape of an ambulance. - It should now be on the bar.
- = Cornwall. Ian Willison has a friend. He (the friend) is
willing to defy death (carnival committee permitting) to follow

our float in the carnival procession on July 25th with a
nocturne (at a safe height) -

8. David Fleath brought in copies of the Health Lodge Newsletter
which had much about the Toggers in it. It also
had a superb photograph on the front page, unfortunately
the effect was ruined by the fact that those shown
in the photograph were the Club's runners in the Lada
Marathon. There are no prizes for guessing who took
q. the photograph - (Blur Sec)!

9. More marshals are required for the Area Kids' run on
10th.

10 Future Events.

a. More Gaol trips - including 27 Sep Robin Hood M+LH
and Feland Relay.
names on the board please

b. Assault Course Race 31 May - George to fix.

c. London - probably a ban start -

d. This (last) weekend - Witham, Halstead, Tendring, Maffield
and Felixstowe.

e. Committee Meeting 6 May - At this point i worthy
the minutes the secretary remembered he'd forgotten to go
to the committee meeting and had to leave the meeting back
to the Chairman.

Minutes of the Meeting held at 7pm on 8th May 239
at the Arena.

- 1 Chris Downs was in the chair
2. 46 Senior and 10 junior members were present
3. The minutes of the previous meeting were read.
4. Previous Events

a. The discussion evening - all 13 people present discussed things and enjoyed it.

b. Witham John Tuxton and Richard Haskell were photographed together having been 1st & 2nd in the 3 mile event. Helen won the U13

c. Hatfield Rambo did not win a prize for being 2nd man and 1st vet. Dave Wright thought driving round the course was dangerous and all in all the event was not recommended.

d. Hatfield Beverell 5 mile. Rambo again did not win a prize for being first.

e. Maldon. Lots of wins Carl and Helen were 1st U12 and Kendal 2nd U15

f. ~~Turton~~ Sweeney. Carl and Charlotte 1st U13 and Bob White had a good run.

g. Star Event - Alborough Cross Country Marathon Tim Toomey in his first marathon won in a PB

of 3hrs 31mins despite the marquee being blown down at the start and walking the last 4½ miles.

5. The Huddell Section. In Hudge's absence, Dave Wright said there were 3 or 4 place on the Time trip
6. Chris has received a plea from the new organiser of the Colchester Marathon for entries. There is no involvement with Colchester AC!
7. Kids Run The Sporting U's are not organizing a run this year & so the Joggers are on 5th July. Chris is negotiating a route with the HJD police. Ian is chief marshal
8. Griff is organizing teams for the Sudbury Wheelbarrow race on 25 May.
9. In case you did not hear the last item. Griff has returned from Australia.
10. 72 Hour Jog - Sponsorship money to Chris as soon as possible.
11. Clem pointed out that we were not getting publicity for all our good results. After some discussion Dave Wright agreed to help assemble results as George was unable to do so on his own.
12. Those going to London should meet at 5.45. Those marshalling the Arena run should meet at 12.30.

Minutes at the meeting 15-5-87.

- 1) Minutes of last meeting were read & Chris Dawns was in the chair.
- 2) Run previous weekend - London Marathon - about 15 members actually took part in the event, with R. Willett, B. Bedford & George Bennington achieving P.B. Many runners completed their first marathons in respectable times. Bob Kinkor won the £5.00 bet by beating Steve Woolcock, who unfortunately suffered from bowel disorders. Jo Woolcock & Faydawns were spotted at about 7 miles chatting up a BBC Cameraman, and waving a banner. Amsterdam - D. Hudgeon & C. Lee went and ran the 1½ marathon, they enjoyed it, but decided they wouldn't do it again. Arena Junior Jog - Once again the children excelled themselves and won most of the prizes. Anne Goff was 1st, Helen Clarke 2nd, Charlotte Hobbs 3rd, Helen Stevens 1st, Toni Knights 3rd in their age groups.
- 3) Runs during forthcoming weekend - Sunday Essex/Suffolk 1½ Marathon & 6½ miles at Brantham, start was either 10.00am or 10.30 am. Finton & Walton 1½ marathon, 5 miles & 2 miles, Coggeshall 1½ marathon and 5 miles.
- 4) Jerry had some information on a 4 runners relay race at Tollesbury along the sea wall on Saturday 30th May 1987.
- 5) Dawn required final names and sop's for the wheelbarrow push on Bank Holiday Monday 25th May 1987 at Sudbury.
- 6) Saturday 29th August 1987 is the clubs Sports Day & Barbeque at Hamilton Lodge, date has to confirmed. The day will be very similar to last year, by having silly games etc, and cooking your own food on a big BBQ.
- 7) For the Benefit of Geobb the club was reminded of the theme for the carnival which is an "Inter-Galactic Water-Stop" which basically means dressing up as green marshals. As the carnival is approaching fast it was advised to start making costumes.
- 8) Chris met with the Military Police to discuss the childrens fun run on July 5th. The run will take place around Circular Road and where the roadblocks are, they have promised that all debris & machinery will be moved out of the way. Ian Stevens requires names for Marshals. Ken Pinnacles has also promised publicity

in the papers. It was also suggested that leaflets etc. be sent out to local schools.

- 9) Chris asked whether all the sponsor money for the Power Jog could be handed in at the next meeting. To date about £200.00 has been collected.
- 10) Jill asked for names for the team events at Langham on 24th May for the 1½ & 6 miles event, and also at Great Bentley on 31st May 1987. As Peter Bartlett is at the present time busy with other commitments, Peter Thomas will now be organising all team events entries.
- 11) Triathlon - provisionally booked for 13 June 1987, the pool has not as yet been booked. There were other suggestions that a Biathlon be organised for those who cannot swim, or a relay triathlon where 1 swims, 1 runs & 1 cycles.
- 12) Results of the previous weekends runs were put in the Evening Gazette & E. Anglian Daily Times, but the space in which they printed them was not very impressive.
- 13) Dave Huddell still holds a few tickets for Tunc, also he wants the children for a rehearsal on 23rd May at the Arena.

Rodger Willis

Minutes of the Meeting 22-5-87.

- 1) Minutes of last meeting were read. Chris Dawns was in the chair.
- 2) Runs previous weekend @ Brantham - John Turton was 1st in 7 mile race, Kenda was 1st female & 1st girl in 7 mile race. Dave Lacy came 2nd in the 1½ marathon, only being beaten by Abbott Ssekes. @ Billericay - Helen Clarke came 2nd.
- 3) Frinton & Walton Fun Run - Although the club won most of the prizes, it was agreed that the race organisation was disastrous. THERE WERE reports of the lead car waiting for the lead runner in a lay-by, and at the end finishers were coming in from 3 directions. However, Carl Booth was 1st under 18 boy, Anne Goff was 1st under 18 girl Charlotte Goff was 1st under 11 girl, & Con Gladding was 1st Under-11 boy in the 5½ mile race. Lance & Steve ran to Frinton from Colchester at 6:00 am in the morning, then ran the 1½ marathon in 2:35.
- 4) Coggeshall - Paul Barrett ran the 12 mile race in 1:10 and came 10th.
- 5) Jersey ran in a race on Sunday morning, where instead of receiving a medal at the finish, they provided the finishers with a breakfast.
- 6) Fenland 50 Coach Trip - a list is to be put onto the notice board for names of people wishing to go and those wishing to take part in the race. Peter Barrett will be organising this event, send names to him.
- 7) Phil sent another postcard from a far away place, & it was decided after some discussion that he was in Germany.
- 8) Wheelbarrow push at Sudbury - Bank Holiday Monday - 40 teams have entered, and the club have entered about 7. Arrive at Quay Theatre by 11:30 for judging. Race to start at 1 minute intervals at 12:30 pm.
- 9) Runs during forthcoming weekend - East London 1½ marathon and Longham Fun Run, start at 11:00,
- 10) Dave Hudgeon needed a few more people to make the numbers up for the trip to see Tint in Sat. 30th May, otherwise those who are going will have to pay an extra £3.00, much to Ray's annoyance. Chickens rehearsal 6:30 pm at the Arena on 23-5-87.
- 11) Ian Stevens asked whether anybody was interested in a 5-a-side football match on July 23rd at the Sporting U's.

- 9) Triathlon - The date has been set for July 18th, and the pool has been booked from 6.30pm, which means as usual there will be time for a family swim afterwards. A small fee will be charged for all those taking part in the Triathlon & swim to cover the expenses. The event needs 20-30 people, so it was agreed that all members in the club get first choice, & the club will then ask members of other local running clubs if they would like join. The start will be at 4.00pm.
- 10) Chris reminded everybody that he wanted all the Power Jog sponsor money in after the meeting.
- 11) Sports Day - The date has been confirmed for August 29th at Hamilton Lodge. General format as last year.
- 12) Annual dinner - 7th November at the University. Anybody wishing to help organise or give suggestions to see Geddb. It was agreed to book Gravel & Pitt. It was also suggested that the dinner should start earlier at about 7 o'clock.
- 13) Peter Thomas wanted names for teams at Langham.
- 14) Dave promised to bring in the pantomime to read next week.

Rodger Williams

Minutes of the Meeting held at 7pm on 29th May 1987
at the arena.

1. Chris Downs was in the chair
2. 49 Senior and 11 Junior members were present.
3. The minutes of the previous meeting were read
4. Previous events.
 - a. East London In a field estimated by various members to have been $3\frac{1}{2}$ thousand, $4\frac{1}{2}$ thousand or 24, Dave Lacy was placed 23rd overall and 1st Vet.
 - b. Langham Best results were Graham Goodwyn 1st Vet (5th overall), both team trophies, Helen Clark was 1st Junior + Senior Lady. Bernie Ryers was 3rd and a gentleman called Cole 6th. Geraldine Russell completed her 1st $\frac{1}{2}$ marathon.
 - c. Not to be outdone Clem received a medal, certificate and badge for running the St Neots $\frac{1}{2}$ Marathon.
 - d. Wheelbarrow push. The Club visited ~~Sudbury~~^{Sudbury} in strength and produced 1st of the competitors. Trophies included, 1st Facy

dress and 1st in the race, although their race tactics
were disputed and as they were the winners they
drank all the ladies' orange juice. The juniors won
their event and the ladies were 2nd. The men also
won the 2nd and 3rd team prizes. Dawn was congratulated
on organising the meet for the Club, but there was no
truth in the rumour that Ipswich ^{Town}, went her as manager.

Triathlon. 18th July. The meet will again be run backwards
starting at 4pm and finishing in the pool which is booked for

6-E. Names on the board please, Geoff wants 30 names
and will invite members of other clubs to make up the numbers.

2 Annual Diners. Unfortunately, as Geoff revealed
who he was, Gravel and Bit have turned down our kind
invitation to attend our dinner again. Geoff is now
open to suggestions.

7. Dave Wright announced that the 1986 results book
was now available.

8. Huddell did not say anything.
9. Kudel made ~~Buy~~ a multi-colored birthday cake.
10. The coronet was again discussed with no obvious outcome except that Green Tights worn over various parts of the body seem like a good idea.
11. Dave Wright read his party piece - again!

Minutes of the Meeting Held at Ton on 5th June 1982
at the Drama.

1. Chris Davies was in the chair
2. 37 Senior & 4 Junior members scattered themselves around the room to try to make it look full.
3. The minutes of the previous meeting were read.
4. Previous events:
 - a. Tollesbury. This was a run with a difference. Runners ran the wrong way and still won. The Club won the team trophy.
 - b. Great Bentley. The usual high standard of organization and lack of toilets. Ann and Carl won their age group in the 5 miles. Charlotte won the fancy dress.
 - c. "Time". A good time was had by all. Hedge invented a new game called find the 36th ticket which brightened up the bus journey. The Vice Chairman in a typical joggers' selfless action volunteered

to be the 36th person and was finally rewarded for his public spirit. A vote of thanks was given to Eddie for manning the event. The party retired at 1.45.

d. At this point Dave Williams arrived and took up the story. He was on the "Time" trip but managed to arrive in Barking by 8.10 for the Metropolitan Police 34th Pudding Walking race. He produced a string of trophies and medals for him, the first voice and being in the winning team.

e. If Dave had not interrupted the news of Jogging events at this stage, Bill Thompson would have been able to tell the Club about his 10 mile PB ~~at~~ at Gt Baddow which was a good event.

f. Triathlon^{18th July} Goff is still looking for names and has 7 outsiders lined up already to add spice to the competition. Names - the board please.

g. The Dines. Goff is still open to offers as to what

to organise. Space is limited so dancing on a large scale is not possible. Ideas to Geoff

7. Alan Superstar. Mass apathy gripped the Club when volunteers were asked for. Some thought it was a sports quiz.

8. Geoff, noticing that Dave Wright was away, tried to muscle in on the clothing market again offering his well known line in tee shirts (all sizes).

9. Shagn appeared and complained that no one had written to her, then left for Mayara.

10. Roy More agreed to build a float for the carnival. Balloons?

11. Next week the much delayed log competition will happen.

Sykes

Minutes of the Meeting held on 12th June at 7.15 at
the Swan.

1. Chris Downs was in the chair
2. The Secretary forgot to count those present but there were lots more than the previous week.
3. The minutes of the previous meeting were read.
4. Previous Events:
 - a. From the distant past the team trophy for the Brentwood $\frac{1}{2}$ Marathon appeared.
 - b. The trophy and individual inscribed key rings also appeared, this time from ~~the~~ Today's Runner for the Winter League.
 - c. Basildon. The Club entered 5 teams in the relay on Friday 5th. One of the teams won (I think).
 - d. Norwich. This was a good $\frac{1}{2}$ marathon with a kids run as opposed to:
 - e. Colchester. Many complaints included:

Too narrow a start.

Starting the children's race at the same time as the adults' race and them not separating the two events properly.

Poor water stops.

Poor medals

Badly marshalled

Despite the TTA's event not catering for under 13's one 12 year old ran 30 miles.

Despite all this:

Victoria Wilson won the girls minithon.

Rambo was 1st vet in the $\frac{1}{2}$ marathon.

Bill produced a PB - again! as did Geraldine Russell and John Blundell.

Jerry asked for written comments on the race to be passed to the organisers.

5. Triathlon 18th July. Geoff now has 25 visitors entered for the event which means it should be a good event. Marshalls are needed - see Chris.

6. Chris is trying to organise a fleet of buses to take at least 200 Club members to the South Downs 50 mile run.

7. Dave Wright, who had spent a week under a sun

- lamps somewhere, announced the "runner of the Month" award. This will be awarded on the "first Friday" of each month. It was then explained to Roy that the award would be for the previous month not the forthcoming month, as even Dave has not got crystal balls. The awards will be for effort not just results so Bill's PBs will not necessarily guarantee him a prize. The first award will be in July.
8. The Garrison has at last agreed to the use of the area for the Children's Run on 5th July. Help is now needed - names on the board please.
9. In the absence of any local runs (except for the 4 or 5 known to members) there was to be a Club run from the Arena at 10.30 Sunday.

Minutes of the Meeting

19th June 1987.

- 1) Minutes of the last meeting were not read. Chris Daws was in the chair.
- 2) Runs previous weekends:-
 - a) High Easter - Carl & Matthew Blodding ~~as~~ once again did well, however John Tuxton only managed 4th in the 5 mile race in 29 mins.
 - b) Mendlesham - Charlotte Goff was first under 10 and overall winner in the 2 mile race. In the 6 mile race Richard Hadden was 2nd and Tim Toomey was 3rd, Anne Goff was 1st lady and they won the team prize.
- 3) Runs forthcoming weekend:
 - a) Colchester Athletic
 - b) Great North Run.
 - c) Buy 10
 - d) Chelmsford 1½ marathon
 - e) Hatfield Heath Fun Run
 - f) Geddb & Ray are attempting to swim 1000 metres, cycle 30.5 miles & run 7.5 miles in the Jordans Triathlon.
- 4) Peter Goff compiled a book of results from the clubs runs during 1986. They are on sale for £1.00, 50p of which is going to club funds.
- 5) Childrens Fun Run - entry forms have been printed by Peter Goff, & they will be distributed to the local schools. Members were asked to take forms. It was mentioned that children under 8 would like to run the 2.8 miles instead of the 1.4 miles, so it was agreed that the younger runners do either, but the older runners must only do the 2.8 miles.

- 6) After popular request Dave has organised a Biathlon league to take place over the next few months. Each race will be of different cycling & running distances, and there will be a prize for the overall winner.
- 7) Christmas Fun Run - Beagle homes have once again agreed to sponsor the fun run. Chris is arranging to meet them at their Head Office for the presentation of the cheque.
- 8) Logo competition - This was won by Richard Knights and his hedgehog, but as this would prove to be too difficult to print, the runner-up logo will be used. The hedgehog will be used as the club mascot.
- 9) Since June 1st the club has started issuing green Joggers Club membership cards, as memberships are renewed. These cards are valid at the Arena reception so there will be no excuse for not paying to go on the weights etc.
- 10) Ted Kindley donated a football signed by all the Col. Utd football players, to be raffled at the Hamilton Ledge Fete in September.
- 11) There will be a cricket match at G.H.C. between the Veterans and the Under 10's. Date yet to be fixed and ladies will be asked to donate sandwiches etc. for the teas.
- 12) Nicola & Richard invited the club to their Evening Wedding reception at Severalls Social Club on July 14th. 1987.

Minutes of the meeting

26th June 1987.

- 1) Minutes of the last meeting were produced but not read, Geddb was in the chair & Chris arrived later.
- 2) Previous weeks runs:
 - a) Great North Run was enjoyed by everyone who took part, The Junior race the day before was enjoyed thoroughly, Can ran the Smile cause in 32 mins, 10,000 people came and saw the children finish at the Stadium.
 - b) Colchester Athletic Club run: Peter Geddb was 42nd out of 51 people, it was a very competitive race.
 - c) Jordans Triathlon: All finished the grueling course. Ray finished in 3.00 hrs, Geddb 3.03 hrs, Tony and Jackie 3.45 hrs. Dave went along as official photographer and took some disastrous photographs, half of which Geddb threw away.
 - d) Bury 10: John Trotter decided that it was another competitive race and wouldn't run it again.
- 3) Club Triathlon: List of final names going up on the notice-board, there will be a lot of people competing so marshalls are required. Names to be given to Peter Bartlett or Chris. If you do help you can have a free buffet, which will be served at the Arena, after the family swim.
- 4) Carnival: Geddb asked the club whether they were happy with the marshall theme, as he wasn't encouraged by the response he was getting. Wishing then he hadn't said it, it was suggested that the carnival be abandoned this year, but it was decided that the club would still take part. Ray was open to any ideas for the float.

- 5) Runs in forthcoming weekend : Essex Suffak Boarder Run, at Gt Comard, North Downs 30K Cross Country; and 80 Miles South Downs (80 milers asked to meet at the Arena at 5:30).
- 6) Nicola & Richards Wedding invitation was read out for the Evening reception, which is at Severalis Social Club, on Saturday 4th July 1987.
- 7) A.G.M. to be held on 7th August 1987, so nominations to be considered for next week.

Minutes of Meeting

3-7-87

1) Minutes of last meeting were read.

2) Runs Previous weekend

Essex Suttkuk Boarder Run - Dave Lacy 1st veteran and 2nd man home in the Half Marathon. John Tutton 1st man home in the 5 mile race.

Jappa 10 Series: Charlotte Gobt was 1st girl under 11. Carl Gladding was 1st boy under 11, Anne Gobt was 2nd girl under 16, Matthew Gladding won a trophy at his spots day.

South Downs 80 All but one of the six runners finished the grueling cause. Everybody enjoyed the race and said it was worth doing. The runners thanked Chris, Ray, Geoff and "the girls" for their help and back up. Ray & David finished the cause in 19'12 hrs. John Blundell 19hrs 58 mins, Paul Newell 21hrs 58 mins, George Bennington 24'12 hours.

North Downs 30K Cross Country. A very hot and hard cause and not a very good medal at the end. Children had a 3 mile fun run and Phil Knights was sick all the way home.

3) Childrens Fun Run - start at 2:30 all help to be there from 10 o'clock onwards, marshalls also required, 250 medals & trophies for finishers and winners.

4) Carnival - Carnival acceptance has been received for the ~~no~~ humorous section. George & Ray have great ideas for the float.

5) Geoff is selling all old stock, mainly childrens T-shirts, shorts, vests for £1.00 each. SEE Dave

for sweatshirts, shorts, summer vests etc.

- 5) A cricket match is to be held on Aug 22nd at Gt. Horncastle C.C. between the Veterans and the Under 40's. The cricket club has allowed the club to use their gear and tea will be provided. The game must be played seriously. Names to Geoff
- 7) Geoff has been in contact with Major Maratt from Colchester Garrison about using the Sports Track on a regular basis. The idea is such that the club will have the track one evening a week or fortnight names to be put on a list, but they must give a firm commitment.
- 8) The Arena has organised through out August, a series of Rounders matches to be played against other local clubs. Names of those wishing to take part to Geoff. Also on 27th September they are organising a Superstars competition. This will consist of 6 or 7 events, and hopefully 40 or more teams will be entered, 3 members to a team. The Arena have asked the club to help organise and marshall the running events.
- 9) Joggers of the Month medal this month went to John Blundell for his PB in the Col. Marathon and his excellent efforts in the South Downs 80.
- 9) Jenny suggested changing times & days for some of the inter-club events, so instead of weekends, maybe weekday evenings. The matter will be given some consideration.

- i) Ted asked for any photographs etc for the first half of the year; so he can start compiling the years scrapbook.
- ii) Last reminder that Richard & Nicolae's reception is at Severalls Social Club at 7.30 ~~pm~~ Saturday 4th July 1987.
- iii) As the AGM is approaching nominations for the "top table" and Committee were asked for. After a discussion of how one can nominate somebody else and how you cannot, the following nominations were put forward:

Chairman - Geddb Gibbins

Vice-Chairman - David Wright

Secretary - Phil Cooper

Assistant Secretary - Rachel Williams

Membership Secretary - Nicola Bartlett

Treasurer - Jill Bartlett

Social Secretary - This position not to be put forward this year.

Committee:

George Bennington, Roy Bennington, John Blundell,
Jim Clarke, Jerry Everett, Peter Gibb, David Hudgell

Dawn Knights, Ray Moore, Steve Woolcock,

Publicity: Fay Oans.

Geddb proposed that as Chris is standing down this year as chairman, the club would like to show its appreciation of all the hard work he has done and will continue to do for the club by making him President of the Club.

Minutes of meeting

10-7-87.

- 1) Minutes of last meeting were read.
- 2) Runs previous weekend:
 - a) Hattlesham Fun Run: Anne Gidds was 1st lady and 1st Junior girl.
 - b) Joggers Childrens Run: Charlotte Gidds was 1st girl in the 2.8 miles, Cat Gladding was 2nd boy, Mathew Gladding was 1st boy in the 7 and under, Helen Stevens was 1st girl. All runners enjoyed themselves and the club made a profit of £125.00.
 - c) Inter-firms run on Wednesday 8th July. Rambo was 1st in about 1hr 11 mins, Graham Goodenough was 4th, Eric Roberts 6th, Dave Lewis 7th and David Wright was 8th. The team prize was won by Trebar, who was Rambo, Eric and David Lewis.
- 3) Forthcoming events - Lincoln - coach to leave at 6.00am sight-seeing in afternoon.
- 4) Triathlon - Marshalls are needed on the course and help will be needed keeping check and times of those in the swimming pool. Free buffet to all those that help. Hence went to Headquarters, and asked about the laws of the Triathlon, only to find out ~~that~~ they are illegal, so he has registered the event as a time trial.
- 5) Rabb Race - George wasn't at the meeting, so the matter wasn't discussed.
- 6) Carnival - Ray had run out of wood, so Gidds said

he would help him to get some. Ray then asked if anybody could do some welding, so Dennis said that Chris would help him.

- 7) Ravers Team for the Arena challenge, 8 regular volunteers are needed. Superstars events - Gooth read out the list of events, which are as follows:
Run 100m, Run 1½ miles, Gym skills, basketball, Assault Course, Archery and penalty shooting.
- 8) Cricket - names to be put on notice board downstairs to be played Aug 22nd at St Hilda's C.C.
- 9) Sports Day at Hamilton Lodge will be held on Aug 29th 1987.
- 10) Richard & Nicola Bartlett thanked the club for turning up at their reception and for the present they received.
- 11) Money for the Paver Jig, has all been collected, and a cheque of £210.00 was presented to Jackie & Mayone from Hamilton Lodge. This money will help to go towards the greenhouse, which Chris will be opening at their Garden Fete on Sept 26th 1987.

Minutes of the Meeting

24-7-87

1. Minutes of the last meeting were not read. Gedde was in the chair.
2. Triathlon - Everybody agreed it was enjoyable and witham got their revenge by coming first and taking the 2nd and 3rd positions. Ray was first home for the club in 14th position, and both Tom Rooney and Can Booth finished the gruelling course. Dave Wright was spotted riding on a shopper bike about 3 miles from the Sports Centre, stopping all the traffic going round the roundabouts.
3. a) Runs previous weekend: Cambridge 1½ Marathon: Dave Lacy ran a P.B in 1hr 12 mins and was 3rd vet and 27th overall.
b) Epping / Ongar Police Fun Run: Helen Clarke was first junior girl in the 5 mile race.
c) District Athletics: Can Gladdings was 1st boy in the 300 metres.
d) Jerry & Nicky ran in a few races in Shettfield. They finished about 90th after taking a whole film of pictures.
- 4) Rabbit Race - Richard, Chris, Robin & Phil came 3rd out of the 30 rabbits entered. Revenge was sought, by throwing Dennis, and closely followed by Kendall in to the river.
- 5) Runs forthcoming: Tiptree Fun Run Sept. 6th, Great Bentley Relay race 21st August, teams of 3 required, 2 men and 1 lady. Hawich Run Sunday Sept 13th, Mesa Run August Bank Holiday Monday.
- 6) Biathlon start 10:00, a 7½ mile and 20 mile cycle for the

veterans and a 2.8 run and 7½ mile cycle for the virgins.

- 7) Fenland 50 - Peter Bartlett will be selecting the teams. There will be one elite team entered and all the rest will be pulled out at random from a bag, to make up the teams.
- 8) A Roll of Honour Trophy list is trying to be compiled, so all members who have won trophies, were asked to list them and pass them onto Rachael. Also Gedabb asked members to list all ^{the} club's properties which they have at home.
- 9) Sports Track: The application form will be returned to Mayor Moorat, and hopefully the club will be able to use the track on Thursday nights from 6.30 - 8.30 from the beginning of September.
- 10) Forthcoming Social Events:
 - a) Carnival: Help required at Raps for the moving of the float at 3.00pm, otherwise meet at the arena at 4.00pm.
 - b) Camping at Kessingland, from 31st - 2nd August.
 - c) Joggles Club Birthday celebration on 31st July 1987.
- 11) The raffle was won by Matthew Gladding and Graham Goodenough.
- 12). Dave Thudges Strawberry Competition - After a lot of tasting by Joyce, it was decided that Clowie Stevens cake was the winner.
- 13) Barry Bartlett was presented with his old school records from Wilson Marriage which George managed to retrieve.

Minutes of the Meeting Held at 7.15 on 31st July 1987 at the Arms

1. Chris Davis was in the chair.
2. The minutes of the previous meeting were read.
3. 32 Senior and 4 Junior members were present and lots were camping.

4. Previous Events.
a. Kettlebaston. Despite this highly popular run being well advertised, no one went. Dave Wright thought that this was a success.

b. Vets 1/2 Marathon, Wellingborough City. Some of the less junior members took part. David Cole, Bob, Clem, Peter and Tony attended.

c. Dartford 1/2. This was reported by [unclear] as being hilly twice.

d. Club Biathlon. Ray Willett won the senior event and everyone beat Dennis in the shorter event.

Social. e. Carnival. The Club because of its appearance

and attitude came 3rd in the Junior section. It was explained that there was no truth in the EADT story about a design fault in the float; the design fault was in Croft's lorry - it was too high off the ground. Despite having a non-floating float the usual good time was had by all at Donnyland Lodge Children's Home we are now the proud owners of a UFO. The event must have been successful as Fay was lost for words and could not produce an ode.

5. Dave Wright received a letter from the Chairman of Scrum Striders of Salisbury thanking the Club for our hospitality while he was in Colchester and inviting Club members to visit his club or even stay with them for local events.
6. Cambria. David Wright wants confirmation of names and numbers and Roy wants a night shot.
7. Ronders. After an exciting series of byes the Club has now reached the semi-final. The 23rd August is the day

on which we must try to continue our winning streak.

8. Fay is going to produce the first CJC Christmas Appeal ad. It is looking for contributions in the form of cartoons (some promised by Robin), stories, compromising photographs etc relating in some way to Club events or members.

to celebrate the Club's 5th Birthday

9. The meeting ended with a touch of nostalgia as a photo

of the Club when it was 4 weeks old was produced, extracts from old minutes were read, mainly relating to Dennis's medical problems and Chris produced a marvellous cake featuring a jogger who characterised all the best parts of the Club.

Minutes of the 5th AGM held on 7th August 1987 at 7.15
at the house.

1. Chris Downs was in the chair
2. 38 Senior and 11 Junior members were present
3. The minutes of the previous meeting were read.
4. Previous Events
 - a. The Camping Weekend. A good time was had by all as usual. Kedal tried some do-it-yourself brain surgery using a bicycle and Dennis, like some other postmen in the area, was victimised in his tent by a mixture of Toppers and ducks. Fudge was obviously not available for comfort - he was last seen heading for France on his bike with George and others.
- 5 Future Events.
 - c. This weekend. - highly not recommended as the Chelmsford 1/2 Marathon. Highly recommended is the 2nd Biathlon.

- b. 22nd August - Cricket match Veterans versus the rest at Great Horkesley. Names of players - the board names of those with, & help feed the players to Margaret Williams
- c. 23rd August - London.
- d. 13 September - Funeral delay - away this week to Til.
- e. As his final act as Chairman, Clive announced the Club's bank balance as being a healthy £720.31.
- f. Clive then received an inscribed silver tankard from the club with very few words from Dave Wright and a very handsome engraved glass tankard and card for all the residents of Hamilton Lodge.
- g. Dave Lewis chaired the previous week's meeting and brought in a birthday cake which was well received by all while the Hon Sec and Departing Chairman counted the votes for the 1987/88 committee.
- h. Committee Unopposed: Chairman - Geoff Gibbons
V-Chairman - Dave Wright
Secretary - Phil Cooper
Membership Sec - Nicky Bartlett

Elected:
 Assistant Sec - Rachel Williams
 Treasurer - Jill Bartlett
 Press Officer - Fay Davis
 George Sherman
 John Blodell
 June Clarke
 Jerry Everett
 Peter Goff
 Dawn Knights

Previous Runners:

a. Deal 2nd Aug. 6½ mile Ann Goff 1st V16 master cup
Richard - 3rd v.small shelf.

b. Clacton Comical V. good run enjoyed by all
Ann Goff 1st V16 / 2nd Lady
Carol Godding 2nd V16
Bonnie 3rd Then Paul G 3rd Vet

c. Basildon Cheryl 2nd V20
Col 2nd V15
Matthew 2nd V10

d. Basildon North - Glen Pw. sh 3' 33" (oldest run)

Walked a long way but completed a lap of honor. Brian ran the ~~the~~ 1½ M

Minutes of the Meeting held on 14th August at 7.15 pm.
in the Area

1. Geoff Gibbons was in the chair
2. 49 Senior, 12 Junior members were present
3. The minutes of the AGM were read
4. Brian has a report from the Chelmsford. As predicted by Dave Wright, the event was a disaster but even Dave could not guess how bad.

i. The lead car got lost
ii. May runners got lost
iii. Both runners were seen in various acts of merriment
iv. It rained and all the results were washed away

b. Howdlef. A low turnout. Dave ran.

c. Bathon. Another CRC success. Steve Woolcock was the major event and Richard B the star.

League partners have Ray Willett and Rachel Williams leading

5. Future events

a. Cricket 2nd August. Roy wanted to know what to wear; cricketing clothing was the answer. Margaret is offering to

all the players.

b. Spots Day 29th. The Chairwoman announced that the event would be the same as last year but different. George is to mastermind the event and Geoff is buying the stocks.

c. Fakal Day 14th Sept. The names for the coach were required. The club rule applies, that is to say, any member whose ~~name~~ name is on the board for ~~or~~ each seats on the 4th of Sept will be charged for the seats.

d. Area Superstars 27th Sep. 3 teams have already entered and the Club is organising the 1½ mile 100m runs.

It was decided not to run a stall at the event.

e. Hather Lodge 5th 26th Sep. Fay is looking for more prizes.

f. The TJC Track Club. Lots of people said lots of things. A bearded gentleman previously not seen on the floor had to be reminded how to raise points from the floor. He later told the Vice Chairman to

stuck his head in a bucket. The gentleman was later identified as a relative of Fay Downs. The committee discussed the incident after the meeting and would like to point out that behaviour of this type will not be tolerated and any further outburst in the future will result in the Membership Secretary having to play football with him.

On a more serious note, Gerry's ^{Hanij} schedule was welcomed. Over 40 members have indicated that they will pay the track boy to fund the use of the facilities for a 3 month trial period. Dave Wright will run the finances for the venture. It was unanimously decided that membership of the CJC Track Club was only open to members of Colchester Joggers' Club and that only those paying the subscription would be allowed to use the track and facilities. The subscription of £6 for 3 months is to be paid to Dave Wright by the end of

August.

7. The Children's Christmas Party. George suggested that a trip to the pantomime be held instead of the usual party. One of the older children, who is also a member of the Essex Constabulary, said he wanted both. Because of lack of time, the discussion was adjourned until the next meeting.

Minutes of the Meeting held at 7.15 pm on 21st August 1982
at the Arms

Goff Robbins was in the chair

35 Senior and 10 junior members were present lots were at Bentley.
One of the senior members was Denis who slept through most of the meeting.
The minutes of the previous meeting were read.

Previous runs

a. All Hallows. 10. Ronko was 10th overall and 2nd Vet
in 56' 17". The event was a good one. The lady mazingers
enjoyed it so much she fell off her chair.

b. Walton. Carl Gladding was 1st Junior.

c. Brath.bn. Steve and Richard won their events
which means that Rachel and Dave will lead the
leagues

d. Roy walked to Clacton.

Tidy runner of the Month. For reasons best known to
Dave Wright Hodge won the trophy.

Cambodia. Dave w has received a letter from the

Managing
Sloane Director of Shamblesland who has promised to support our efforts at the Sealy Marathon. Gay has had a phone call asking for the banner back.

7. The Cricket Match. Teams were selected and the meet was due to start at 2.30.
8. Sports Day. Location as last year. Volunteers are required to organize events details of the barbecue at the next meeting.
9. Rousaders. The Club is set to continue it winning streak in the semi finals on Sunday.
10. There will be a committee meeting on 26th August at 8.30.

Minutes of the Meeting Held on 28th August 1987

At 7.15 pm at the Avenue.

1. Geoff Gibbons was in the chair
2. The secretary was so interested in what was being said that he forgot to count those present.
3. The minutes of the previous meeting were read
4. Previous lens.
 - a. Lincoln ½ It rained, Roy winged and Rabbo recorded (hr 14')
 - b. Bentley relay. It was hot and, eventually, dark. John Tutton was in a team of under 20s which won.
 - c. Clem ran for his car from somewhere in America and got wet.
 - d. Taffa 10. Kendal won 1st in the 11-16 category
5. Other Events.
 - a. Rowers. Denis led his team magnificently to victory. He now has to repeat the performance on the

30th against the football team.

b. Cricket. The game was a total wash out, Margaret ad huc, who were thanked for their organisation, had to leave early because of flooding, the wob was drowned and Geoff therefore declared the event a success. Fay turned an ode which stretched the truth somewhat for instance she talked of 92 gentlemen in immaculate whites when those present knew there were players altogether.

c. The minutes of the Committee Meeting were read and then pinned on the notice board.

8. Points from the committee meeting.

a. The dinner. 7th Nov. Geoff has confirmed the bookings.

b. Fay hopes to advertise for ladies on the BBC Essex broadcast.

7. The lawn Jig. Some ill informed gentleman whose

parents were probably not married won't put the Jogger's record in the Guinness Book of Records.

8. Hamster Lodge Fete. 26 Sep. The Joggers are organizing the event. There is therefore a king grabbed by Dawn, Jill or Jonathan. Fay is starting to collect tombola prizes.

9. Track Club. The first meeting is on 3rd September.

10. Bratball. Dave has 10 places in a 20 mile bike ride and 4 mile run organized at ~~Halstead~~. Sidney

11. The Christmas Party / Party. A list is to be placed on the board for those to state their preference.

12. Fire Swap. It was decided because of the difficulty in collecting promised sponsorship that the Club would not enter teams next year.

13. Fay tried to sing Happy Birthday to Dawn twice

Minutes of the Meeting held on 4th September.

- 1 Geoff Gibbons was in the chair
2. The Secretary again forgot to count the house
3. The minutes of the previous meeting were read.
4. Events
a Chelster ? Club Terry had a stylish walk for a novice and Bernie recorded 9' 37" for 3000m.
- b Mersea The changed route suited some but not others
Ann Goff 1st U15 ad 1st Lady
Kev Stevens 1st U10
Graham Goodbough 1st Vet +40
Bob White 1st Vet +50
- c Billericay Ann and Charlotte Goff covered the table with trophies.
- d Sports Day - Another success for all but Kendal
Margaret & Lance did their Fancy & Technical Craddock act again and have at last got rid of the senseyars

Dave Lester and Walter Freeman presented a ^{against} trophy for the best Club run in the Winter League which was duly presented to Bernie.

5. Borders. The football team won with bad grace and apologized for it. Jo Woolcock was voted "man of the match"

5. The Frank Club. The first meeting was held successfully although it was noted that Richard Bartlett avoided the warm up session and Lance wished it to be recorded that he beat Dave Wright.

6. Federal Relay. While Choi is trying to fill a coach Peter is trying to empty it. It and all other cars will leave the Arena at 7 am on 13th.

7. Dave Cole had a problem.

8. Discussion ranged on the cost of children running in local events. Dave Wright agreed to raise the matter with the Winter League committee next but pointed

out that we have little influence on the club's pricing policy. It was suggested that those affected shall write to my agent

Minutes of the Meeting Held on 11th September 1987 at 7.15pm
at the Arena

1. Geoff Gibbons was in the chair
2. 54 senior and 16 junior members were present
3. The minutes of the previous meeting were read.
4. Previous events.

a. Tiptree 10 and 4 and a bit miles

5 mile Graham Goodenough 1st Vet
5 mile Ann Goff 1st Under 14 Girl
- Helen Stevens 1st Under 10 "
- Carl Gladding 1st Under 14 Boy
- Matthew Gladding, 1st Under 10 - ✓

b. Ipswich - Some runners went the wrong way.

c. Biathlon - Richard Bartlett and Steve Woolcock

won their events and now head their leagues.

The 2 members of another running club in town
did well in the run (7' 5" for a lap) but
tried to combine the cycling stage with horse
riding which was spectacularly unsuccessful.

d. Rockford - Clem and some of the other older boys ran under tough but well organized conditions.

e. Farry and Johnny Williams did so well selling passes that they made profit and bought the Club a starting pistol.

f. It's a Knock-Out. Geoff thanked supporters for turning up under less than ideal conditions to cheer them on to 7th place.

5. The Track Club. The Chairman made a presidential visit to the track on the 10th and thanked Jerry and Jonathan for their work. He had harsh words for those who made the track manager's job more difficult by not listening to his instructions.

6. Fenland 50. Chirs agreed to get everyone there who turned up by 7am on Sunday.

7. Superstars - 20th September The Club has 3 teams entered

under various names. Unfortunately Geoff has had to leave the "Big Boys" Team as he does not live up to the name. He will however be organizing the road tandem room event and would like help from the Club.

8. The Chairman suggested an Ironman 24 hour run in January around Abbey Fields. Several wings suggested making the event easier but Dave Wright wanted ~~it~~ it kept as a real challenge.

9. Club Photo - It will happen soon.

10. The Dinner Geoff is looking for entertainment.

11. Fay rang the radio to get some ladies.

12. Chris Deans asked for help at the Ham Ha Lodge fete and tankela prizes. Date is 26th September. David Heather and Fay are arranging publicity.

13. Names should be placed on the board by the 11th

October with numbers for the Christmas Party and/or Portavine.

Minutes of the Meeting held 18th Sept. '87.

1. Geoff Gibbins was in the chair.
2. The minutes of the previous meeting were read.
3. Runs the previous weekend:

FENLAND 50.

Again it was a well organised event, enjoyed by all.

Dave Wright thanked God Gnome and Ian Stevens & Peter Goff for their help, but special thanks must go to the coach driver who went everywhere else but the Fens.

Our elite team of : Graham, Bernie, Ray, John Turton & Rambo finished their runs in 4hrs 54 mins and came 10th overall.

Girls U13 & U17 both came 2nd & Boys U13 came 3rd.

P.B.'s were gained by - Malcolm, Roy & Richard Goff
HARWICH 10K: Bob White went

MAIDSTONE: Brian Bedford went. Very much like Reading with about 2000 runners.

CLEVELAND: Dave & Lindsey Simpson went. The water stops were disorganized. 4500 runners.

TRENT PARK: Ted & Cheryl went. Cheryl was 2nd lady. Lance took part in a run in Germany but unfortunately he came back.

4. Thursday was the 3rd Track Club. Geoff and Roy moore found it harder each week, but at least the mosquitoes were on form, even if Geoff and his new shoes weren't.
Attention was drawn to the rule that nobody should run in the inside lane and no bikes under the pavilion.

5. IRONMAN Competition.

Dave Wright + Geoff proposed to hold it during the week after Christmas, Roy suggested Easter. Someone suggested to use the track, Hudge said why not make it a steeple chase by having obstacles on the track.
It will be discussed further next week.

6. SUPERSTARS - 27th September - Sunday.

4 joggers teams have been entered and Geoff would like people to turn up + support.

7. COMMITTEE MEETING next Wednesday - 8:00pm.

8. On Monday, 1 junior Girls team + 1 junior boys team are competing in a paaluf at Ipswich track.

9. Geoff said as it's dark now in the evenings, would people run with the children to make it safer.

10. RUNS THIS WEEK.

Clem is in Glasgow running his 2nd marathon in a month.

Dave Wright mentioned that Runner of the Month for August was Clem.

Reading 10.

Great Dunmow to Saffron Walden - 13 miles
Run the World - estimated by Roy to be 27000 miles - he's run it twice.

2½ mile run from Portman Road, Ipswich at 12%
Linton, Cambridgeshire - 10 + 3 miles 10:30am
IPSWICH - 8:00am
MONKS ELEY - ½ marathon.

11. George & Ian have a list for Children's party or pantomime on the board.
12. HAMILTON LODGE FETE.
Fay wants things for the tombola. Dawn wants help with refreshments & ~~get~~ John wants Joggers to bring kit for the keep fit display.
Children are wanted to help run side-shows.
Fay asked people to come dressed in fancy dress ie, clown's gear & to wander around looking silly.
Fay had raffle tickets & wanted people to buy / sell them.
The September Newsheet is on the board.
13. Geoff has had a letter of confirmation for Wivenhoe Park for the Christmas Dinner.
He also had a letter from Charles Palmer thanking the Joggers for the donation made from the tomato throwing on Sports Day.
14. Fay found a sweatshirt left at Fenlands.
George tried to claim it, but couldn't get into it. Someone said it was Snookies.
15. Finally, Hudge said now the school holidays are over, perhaps they could start the rehearsals for the show again.

Notes of meeting, 2nd October.

- 1) THE CHAIRMEN HAD THE MEETING OF PREVIOUS MORNING
HE FORCED TO LEAVE THURSDAY DUE TO BOY
THERE WAS A FAIR TRADE AND NEVER THE LESS.

THE RACE.

- 2) SEVERAL ESTABLISHED MEMBERS OF THE C.R.B. VOLUNTEERED
WILL TO COMPETE IN THE MORNING RACES. BILL
THOMPSON EXPRESSED HIS COMPETITION'S SATISFACTION WITH
THE RACE. HIS OPINION WAS SHARED BY ALL OTHERS
CROWDED. ALL FINISHES BEING 2, AS USUAL, LOOKED
GOOD.

SEVERAL CHILDREN HAD SENT DOWN THE HORSES TO HUNTINGTON
FOR A 3¹/₂ & 6¹/₂ MILE RACE. ALL DID WELL, EXCEPTING
KATHIE, WHO WORE THE SHORTEST HORSE.

THE 'GOFFS' VISITED LOCAL OFFICES AND SAW THEM CANCELLED
TWO CUPS FOR BEING 1st GIVE A 3rd JUDGEMENT.

UNFORTUNATELY, THE 'GOFFS' WERE THE ONLY MEMBERS
OF THE C.R.B. TO ARRANGE THE HORSES FOR THE HORSE SHOW AT
HUNTINGTON. THEY DID NOT SPEND THEIR DAY IN OCCUP.

- 3) THE REPRESENTATIVES COMPETED, HAD SOOTEN HORSES,
HAD ALL THE ROAD HORSES, FOR ALL CANCELLED, A
GOOD DAY. DESPITE, WHICH SERVED AS A SABOTAGE, BY
THE GREENWOOD GARDENERS, THE GOALS THAT
WAS FORTUNATELY WELL MANAGED AT THIS, RECONSIDERED
BY MR MARK HANSON IN A LETTER OF HONOR.

ONE 3 TRAIL HORSES MAGNIFICENT. THE GIRLS HAD
BET CLOTHING.

- 4) ON SATURDAY AFTERNOON AND ASSISTED BY HIS
BOYFRIEND, THE FAIR AT HUNTINGTON WAS A RESounding
SUCCESS. THIS WAS ACHIEVED, IN PART, BY SOME
GOOD HORSES ON THE DAY BUT ALSO BY HORSES

of placards a protest has been made by the fate Committee.
The Trust sent a letter of thanks and David
Heather ^{was} presented personally his thanks & appreciation.
Money raised is around the £1,000 mark.

- 2) A High Power Meeting was held yesterday last,
at the arena, to formulate, with the other, cross
arrangements for this year's honours league.
No great changes have ^{been} made but the 'British Cross'
is also to stage a ^{the year} race, making it 6 meetings in all.
- 3) The chairman made passing reference to the
forthcoming Annual Dinner and also
suggested that as Steve Hancock is to take
charge of the Racers Committee, it is the
last chance officiate on any further decision.
- 4) THIS weeks news. A large party of Consett &
Sedgefield Harriers again moved north to add
their contribution to the Cumbrian Marathon.
It is hoped that parts of this goes ^{all} well.
There is also a race at Sedgefield at
Cherrywood.
- 5) The members have asked that, as they found
are no analysis for our finishers, all efforts
should be made to distribute these at any of
our local fairs.

Minutes of the Meeting held at 7.15pm on 9th October 1987
at the Swan.

Groff Gibbons was in the chair

47 Senior and 14 junior members were present.

The chairman read the minutes of the previous meeting.

Previous events:

Sudbury. In a well organized event where the marshals outnumbered the runners Charlotte was 1st U14 lady, Dave Lewis was 11th and Groff Gibbons was not last, but not far off.

Hainault 10 Km Helen was 1st Lady at a good run.

Molas 10 was off but that didn't prevent Bob White from having to race from it.

d. Cumbria. In the marathon Dave Lacy was 1st Vet and 6th overall in 2hrs 35'23". Eric Roberts was 1st Vet and 45 in 3hrs 1' and with Gary Dorell were the 2d Team.

Dave Wright as part of the St John's Centennial Celebrations rode in one of their ambulances. On the 1/2 Marathon course

The secretary turned over 2 pages by accident
mistake - please turn over to the next page.

have Willis broke the Club record } I know 40 minutes.

When not running the Club members attempted to destroy
a hotel by flood and generally ruin Seally Postergardics
event with the aid of Slunkeland.

Dave Wright was given a round } applause for being
mainly responsible for the event.

At the end of the meeting Dave read out a poem "what
he wrote" recording the most interesting highlights of the weekend.

5. Police Games Night. George Sumington is to organise at
least one team to represent the Arena, the Club or both.
on the 20th October.

6. The Club photograph will be taken by lots } people somewhere
in the Arena sometime before Dennis has to go to work.

7. The Dances. Geoff is taking bookings for next week.

8. The Chairman announced that one of the Club's honorary
members, Walter Freeman, had died, the Club was represented at
his cremation.

Minutes of the Meeting Held on 16th October at 7.15pm.

1. Geoff Gibbons was - the chair
2. At least 50 Senior and 14 junior members were present
3. The minutes of the previous meeting were read and George objected.
4. Previous lens:
 - a. Lincoln 10k. Apart from having to park in a corn field, having the start time put back, forward, back, forward and so on and a course wide enough for the 2300 runners to hold hands in pairs like a Sunday School trip the event was quite good. Dave Lucy met a female Rambo who became quite physical.
 - b. Felixstowe. This was an excellent run, well organized with a good medal and was recommended for next year.
 - c. There have been no reports from Athens

a. Dedham. 64 Club members took part in the Dedham $2\frac{1}{2}$ and 5 mile events. As usual all enjoyed it especially having to stand in a bog to register. Anne Goff, Charlotte Goff and Helen Clarke all won their classes and Margaret Williams and ? Goodenough completed their maiden runs.

e. George had completed the Glasgow University Marathon the previous week in 3 hours 57'

f. Rams brought in most of the granite from Cumbria.

r. The 24 Hour Ironman event. This will be held for 12 noon on Sunday 27th December until 12 noon on the 28th. 12 people expressed an interest in running. There was some discussion on whether money will be raised for charity, this will be decided later. Steve wanted an entry fee

to cover the administration. There will also
be an egg race from end Xmas Crackers relay runs
for non-hanmen.

6. Hamilton Lodge Xmas Do. The Club has been invited
again to the Lodge's Old Thyme evening on Tuesday
15th December.

7. Dave Heather and Bob White sent their thanks for
the Club's good wishes and will be back but not
running soon.

8. Dennis who arrived late for the photograph
wanted everyone to know that he'd had a bad night
with the wind.

9. The Annual Dinner. The list is now up on the
notice board. First choice is to club members but
guests will be allowed soon to make up the numbers.

10. Xmas Run Entries are coming in at a reasonable rate
and the advertisement is in Today's kennel.

1. Re Club Photograph. The photographs were taken by more members than were in the photo. Roy forgot his film, flash gun and also to wind on the camera.

Minutes of Meeting 23.10.87.

- 1) Minutes of last meeting were read.
- 2) Runs previous weekend: Maldon / Burnham on Crouch Fun Run, John Turton was 3rd man home in the 10K, Anne Gobb was 2nd under 17. Biathlon: Ray Moore was first home in the "Virgin" race and Kevin Norman was first home in the "Veteran" Race. Top of the League Table is Steve Wodcock and Rachael Williams.

Paul Newell returned from Athens after completing his fourth marathon in four weeks. David and Gedde gave him a standing ovation.

- 3) Runs in forthcoming weekend: Sudbury Biathlon 20 mile cycle and 4 mile run. Old Heath 8-9½ mile and 4½ mile fun run, start at 11 o'clock.
- 4) Games evening at Police Station, although the club team won Sevens outright they came third. The evening was enjoyed by all, and Richard Bartlett proved himself to be a "World Champion" at "Pass the Bottle Around The Body".
- 5) Jill handed out slips for "The Club Member of The Year." Please hand in to Jill by Friday 30th October 1987.
- 6) Annual Dinner Dance on 7th November 1987, 11 places still left. The chairman recommends that it

will be an eventful night.

- 7) The Clubs Membership as at 16th October 1987, stood at 140 members, 60 men, 18 ladies, 17 junior boys, 15 junior girls, 30 non-running members.
- 8) Fay produced the October Newsletter, and won a box of chocolates in the raffle along with Matthew Gladding.
- 9) Committee meeting to be held at the Arena at 8 o'clock on 28 October 1987.

Minutes of Meeting

27.10.87.

① Minutes of last meeting were read.

② Runs previous weekend:

Old Heath: This was described as a shambles, with the 5 milers running off with the 9 milers, whom they should have started 15 minutes later. John Tutton came first even though he came in fourth and Dave Lacy was 2nd man home and first vet, but another man received his prize. The Gobbs cleared up the trophies with Anne 1st in 8 mile run, Charlotte 1st girl in 5 mile run and Richard 1st boy under 16.

Harlaw: Nutty Newell finished his fifth marathon in 6 weeks, and Bob Kimber D.N.F.

Sudbury Biathlon: although Kevin was the second fastest runner, he was unable to come anywhere due to a puncture at about halfway. However Steve Woolcock, Lance Williams and Roy Moore were the first three home for the club and Carl Booth finished in 1hr 32 mins and was the youngest in the race.

Runs forthcoming weekend: Woodsills start at 10.30

③ Fay pointed out that the newspaper report in the Evening Gazette on Friday 27th Oct, was not the article which she originally sent in, and letters will be sent to the appropriate people.

④ A list was put on the notice board for the 24 hour Iron Man Race on Dec 28th - Dec 29th.

- ⑥ also a list has been put up for a Darts evening to be held on Nov 2nd. Please put names down in teams.
- ⑤ Runners of the last three months, were presented. ^{medals} Runner of the Month for August was Dave Clemens, who had typed a list of his achievements for the club to read. Runner of the Month for September was Nutty Paul Newell for his efforts in running four ~~three~~ marathons in four weeks. and, Runner of the Month for October was Dave Ramsay Lacy for his efforts in the Cumbrian Marathon and the Rockford 15 in which he didn't run.
- ⑥ Club photo: although Phil Coopers photo was not present, the ones which had been developed were to be judged after the meeting.
- ⑦ Dinner Dance: Most places taken and money to be paid to Geddb Gibbons in cheques, made out to the CJCCLUB, as he cannot be trusted with the cash. Margaret Williams is arranging seating ^{the club was asked} so, ~~please~~ see her after the meeting if ~~you~~ anybody especially wanted to sit with somebody else.
- ⑧ Anne Gibb and Kendall Bartlett were congratulated on their efforts in taking the exercise class at the Track Club.
- ⑨ Committee Meeting Minutes were read and discussed, and a copy will be placed on the notice

board in due course.

- ⑩ marshalls Run will be on the Sunday after the Clubs Christmas Fun Run, as there is a Cross Country Race on Dec 6th.
- ⑪ Raffle was won by Toni Knights and David Heather.

6-11-87.

Minutes of last Meeting

- 1) Minutes of last meeting were read.
- 2) Last weeks run: Ridge Runner 5K at Danbury, Helen Clark was first girl under 14. Woods Fun Run and Half Marathon: Anne Goff was 1st junior girl in the 11s Marathon in 1hr 36 mins. John Tunton was 7th and won the Vets prize as he ran under Dave Lacy's name. Also people were asked to write down their runs and times in the book at the door.
- 3) Fay told the club that she had apologised to the man at Sudbury Cycle Club about the newspaper report, and she said he was very understanding.
- 4) Geoff noted that the start time of the meetings were getting later, so he asked everybody, if possible, to be at the meeting by 7:15 pm.
- 5) Geoff stipulated that if club members ^{were} running for the club could they please wear club colours.
- 6) The photo has now been framed and will be hung on the wall with the others. After prints have been sent to Courier & Catchpole etc, firm orders will be taken for anybody wanting prints.
- 7) Fun Run: Chris has now received the running numbers and entries and coming in steadily.
- 8) The club received a letter from Shazyn, who has now completed the Berlin Marathon in 3hr 29min 56 secs. Letter to be put on notice board.
- 9) Dinner/Dance: Everything was already and members requested to be there between 7 and 7:30 pm.
- 10) David had received a letter from Athletics Weekly, asking the club to fill in a questionnaire

If the questionnaire is sent back, the club will automatically be put into a prize draw; and they also promise that if results are phoned through they will publish them in their magazine.

Minutes of the Meeting Held at 7.15 pm on 13th November
at the Area.

1. Geoff Cobbes was in the chair
2. 45 Senior ad 6 junior members were present; David Blatherstok made his apologies.
3. The minutes of the previous meeting were read.
4. Previous Runs.
 - a. Pittsea 5 miles. Every record a tie 31st and was 14th in an excellent meet with good medals and trophies; all for £1.50!
5. Charles Lucas schools cross country. Carl Booth won the race.
6. The Dinner. A vote of thanks was given to the organisers for yet another CJC social success. The highlight of the event was Dave Wright's skit with Bruce. Unfortunately Nutty Newell was absent from the dinner and received his trophy for the most noteworthy and nutty achievement of 1987; that was his 4 marathons in 5 weeks.
7. The Christmas Run. At last we have a start and finish

area; the Army has at last confirmed our booking of Cavalry Barracks for the 13th. Arrangements are well in hand the only outstanding problem, as always, is the toilets; suggestion that we remove the water stops in order to stop people wanting to use the toilets was rejected by a narrow majority.

7. Cumbrian Marathon. Dave Wright has received a thank you card from Sealy's managing director with a poem which we think invites us back next year. It is now on the notice board.

8. Social Events.

a. Dave Wright has organised a games night for Saturday 28th November. There will be darts, dominos, a quiz and a ~~table~~ game called stranded. One or two numbers did not understand the idea of a quiz so Dave had to explain that it involved people being asked questions which they were supposed to answer; If they answered correctly they may even score points. It would

seen that some members may well have difficulty with that part of the evening. "Stranded" was explained as being a table game where you don't have to take your clothes off (~~if you don't want unless you particularly want to~~).

9. Mr. Dave is looking for ideas for events to attend next year.

10. The Track Club. The present lease of the track ends in December. Garry is producing a questionnaire on the event so far which will also ask members if they ~~wish~~ wish to carry on with further sessions.

11. Bob White made a welcome return and promised to be back on the road in the New Year.

12. Chris has details of a "flourathon" at Sudbury ^{the number}.
each
a few of 10 ^{of steps}, have to climb 40ft, slide down a flume, avoid drowning in the pool at the bottom, on to the bottom of the slope and repeat the procedure ^{a further} 179 times.

as I know. This ~~is~~ is obviously an event in which non-cycling triathletes will succeed =. The event is scheduled for 6th February.

13. George is organizing a pool of events as last year.
14. Batory Bartlett and David Heather donated the raffle prizes which were won by undeserving people and the Chairman, Vice Chairman and Secretary were not even allowed to buy tickets.
15. Dave Williams has details of police spots events which club members may enter in plain clothes they include a 10 mile ~~flat~~ walk, $6\frac{1}{2}$ mile XC and a cycle, non-pool.

Minutes of the Meeting held at 7.15pm on 20th November
1987 at the Area

1. Geoff Gibbons was in the chair
2. 44 members and at least 2 junior members crowded into the room.
3. The minutes of the previous meeting were read.
4. Previews Run.
 - a. Ipswich 4 mile Nicola B was 1st lady and together with Jenny they then moved on to Gt Bentley.
 - b. Gt Bentley - The weather was not ideal. Ann Cooff was 1st girl under 14 and Rabo was 2d overall and got his name in the Daily Mail.
- There were lots of runners which was surprising given the conditions.
5. The minutes of the committee meeting held on 18th were read. A copy is now on the notice board.
6. Next year's meets. Dave Wright is still looking for more

events such as the Jersey Marathon which will cost around £88 or continental events closer to home, such as the Brussels 20K in March.

7. There were some spaces left to take part in Saturday's games night.
8. Fay has got Dave Wright's name in the paper; the article was described as being sickening.
9. Geoff asked that junior members do not run alone while there are not lights all the way around Abbey Fields.

Minutes of the Meeting Held at 7.15 on 17th December 2002

1. Geoff Gibbons was the chair.
2. 54 Senior and 12 Junior Members were present.
3. The minutes of the previous meeting were read.
4. Previous events:
 - a. St Albans Marathon Terry finished his 8th of the year and Alan Smith actually ran his first - a PB of 3:45'
 - b. Winter League. The Club were beaten by a set of singers. However we managed second and well set up.

The event was well organized by Halstead.
5. David Heather brought members a Christmas Card and the Lodge newsletter by way of thanks for the Club's efforts for the year. He also invited Members to the Lodge's Carol Concert on Tuesday 15th January.
6. Past Glories. A photo of when in his Army days, a strip in 1936 was displayed. Equally upsetting for members was a photo of Dave Wright and Dennis in their early days - the Doggers.
7. Geoff's list of recommended books is now on the board.

8. Club Shop Oliver and Catchpole have kindly donated £300 and the Club Person in charge of the Shop - Dennis now has a large stock in all sizes.
9. George sent a card from Spain but got here before it did and Sharyn sent one from both.
10. As Hodge had agreed to go as far away from Gloucester as possible (i.e. Scarborough) he was given a present and in return visited all ~~except~~ Richard Bartholtt & visit him & his family whenever they wished.
11. The Trush Club is starting another 3 month session. The Chairman censured Club members for not listening to Kendal in her lecture construction.
12. Ellis Booth of Club Trophy, Wiss and friends. Can all members inform Ellis of their impressive dongs so that she can record them in the Club's record for 1987.
13. Bill Thompson was voted November man of the month but didn't receive a prize.
14. Tony & Dennis won the raffle.

Minutes of the Meeting held at 7.15p on Friday 13th December 1987
at the Arena.

1. Geoff Gibbs was in the chair
2. 45 Senior and 10 Junior members were present.
3. The minutes of the previous meeting were read.
4. The Christmas Run.

The Club racers included:

5 mile	Charlotte Goff	2nd lady and 8th lady U11
	Helen Clark	4th lady and 1st lady U14
	Junior Team	Charlotte, Helen, Richard Knights and John Southgate

10 mile	Dave Lacey	2nd Man and 1st Vet (Male)
	Ane Goff	3rd lady and 1st lady U16
	Richard Goff	69th D. and 1st Man U16
	Senior Team	Davy Lacey, John Trotter, Cochie Bradbury & Roger Hawks

The meet was yet again deemed a success with only one noticeable error. About £1000 was raised of which

£300 goes to various charities such as St John's, leaving £1000. The Windsor School Staff raised £50. All who helped were thanked for their effort £600-700 for Hamster Lodge. A ^{work on} boat singled out for special thanks were Steve and Jo for the entries and the results

on the day but particularly Chris Davis who as Race Director, as usual, was blamed for the complete success of the whole event and was left to ^{fill} ~~the~~ toilets

5. Video. Throughout 1987 Jonathan Westley has been videoing Club activities; he now has this magnetic masterpiece available and will charge £10 per copy which will cover the cost of the tape plus £6 to Hailsham Lodge.

6. Social. Dave Lacey's drinks session was another Toggs' success story, ~~so~~ ^{that means that} we organise most of the Arena's large events, provide the bulk of the bar takings and attendants at discos and we can add supplying Arena members with drinks in the bar. The possibility of a ~~is~~ Toggs' management buyout of the Arena will be discussed at the next Committee Meeting.

7. Ban mania and Games Challenge. All is now arranged for these two events which will round off 1987.

projets will go to St John's.
8. The Marshalls' bus. The events will take place on Sunday
20th at 10.30.

9. Hamlin hedge Carol Night. David Fletcher thanked Club
Members for attending and those who did thoroughly enjoyed
the event.

10. Children's party. Another success which was enjoyed by
all. A vote of thanks was given to George for organizing
the event who in turn thanked Uncle Peter for the
games and Father Christmas for turning up.

11. bonanmia. The seats are booked for 14th January and
George needed the money by 29th Dec.

12. Hedge. Despite ^{having} left the Club, Hedge managed to
take up a large part of the proceedings by sending a long
letter which even when badly read by the Secretary
produced emotional responses such as the Chairman almost
crying. The letter is on the board.

13. The Club received Christmas Cards from Blundell Lodge,
Collett's Catchpole and Hyne & John ("The Management")
14. George received a reply for the Nottingham Run
by sending her entry form in his ^{reply}, s.a.e. ad, the Post Office
actually delivered it in time for Christmas. The Vice Chairman
~~whom~~ obviously pulled a few strings) to ~~ensure that~~
15. Club Awards. Dennis presented the Club's award for
the most improved Junior Jogger of 1987 to Col Booth.
The Vice Chairman yet again failed to award medals to
Natty Newell and Bill Thompson.
16. As a postscript to 1987 Fay produced "The
Joggers' Journal of '87" tastefully printed on green paper
and full of spicy stories, exciting spoty articles,
pictures, literary masterpieces of our time and definitely
more readable than Spy Catcher.