

Minutes of the Meeting of 6th January 1989

Over 60 members were present and Geoff was in the chair.

Minutes of last weeks meeting (taken by Rachael) were read

1. Last Weeks Runs.

1.1. New Years Day Handicaps. The event was a great success thanks to Sheila and Roger Hanks. There were 50 runners and walkers, Roy represented the Club with the walkers. Dave Lacy established a course record at 15mins 9secs and there were PBs by Paul Newell and Kim Grant.

1.2. Marconi Half Marathon. Dave Lacy achieved a gold standard in 1hr 13mins 30secs and came 4th overall. He was too young to be first vet.

There were some good performances including Sonia Barnett 1hr 43m 42s and Gary Silkston 1hr 20mins 20secs.

In the short race Richard Knights achieved 30mins 31secs for the 4.4 miles and Bob Kimber Rachael and Nicola performed well.

Geoff lost his belt with Kim Grant.

1.3. Wymondham 10K. Cathy and Martin Bishop appeared in the green. In her first race as a vet Cathy's time was 41m 30s and Martin's 37m 11s - a PB.

1.4 Bungay 10. Cathy and Martin again represented CJC and Cathy was first lady and Martin overall 13th.

1.5 Cranleigh 10k S

1.6 Northampton 10. Bernie Myers appeared for the Club.

2. Track. Dave Lewis was pleased to report an excellent turn out of over 40 runners and some good performances.

Helen Clark is still top of the handicap.

3. Runs Tomorrow (Saturday)

3.1 Essex Cross Country League at the University Men race commences 1.30 and CJC can run as guests. The junior race is at 12.00.

3.2. Cross Country Training. Roger will lead a run through the woods leaving the Arches at 1.0 pm

4 Sunday Runs. Training runs of various distances will leave

The Area at 10.30. There are 10K and 3K runs at Epping

5. Todays Runner League - the next event is at Hylands Park - leave The Area at 9.15am.
6. Beccles 10 2nd January. Dave is taking names and a coach is to be arranged.
7. Wymondham 20 is on 19th March - Dave has forms.
8. Late Christmas Card. Geoff received a card from Dave Heather's young French girl friend. She has invited the Club to visit her in Southern France.
9. Committee Meeting. A committee meeting was arranged at short notice last Tuesday. Main points summarised by Geoff were:
 - 9.1. Fun Run. The business was complete but the actual profit was not yet known. Results to be supplied by the photographer are still awaited.
 - 9.2. New Years Day Fun Run raised £50 for Charles Palmer Trust.
 - 9.3. Accounts. There is £536.94 in the current account and £300 in the Building Society.
 - 9.4. Year's Program of Events - is on the Notice Board.
 - 9.5. Newsletter. The editor has received no contributions so issued will be deferred to February.
 - 9.6. Ladies Capt'. Sheila has asked for a Vets Race and a Ladies Race and a Junior Race to be organised.
 - 9.7. Memberships. New Cards now being printed will be issued for renewals and new members from January. An information pack will be issued to new members.
 - 9.8. Kit. No news on sponsorship money.
 - 9.9. New Ventures. Rogers proposes a "Hare and Hounds" and a 5 day Marathon.
 - 9.8. Club Name Change - to be discussed later.
 - 9.9. Yearly Program. A Committee Meeting is to be held on Tuesday week to draw up a program.
10. Club Name. Dave Wright had suggested at the Committee Meeting that the name should be changed to encourage faster runners who might be discouraged by the word Joggers. He had suggested and Runners between Joggers and Club. The proposal was voted out at the Committee Meeting by 10 votes to 2.

The subject was thrown open to discussion. Steve Woolcock asked what were the objections to the change and Geoff said "Tradition". Steve then suggested adding AAC. Dennis said if the name was changed he would leave. Dave Lacy said runners would join on the Club's record not CJC's name. Martin jokingly suggest we join up with Colchester Athletic. Alan Smith asked Dave Wright who was wearing a dinner suit if that was the new uniform for the new image. Dave made no comment.

Comparing CJC with other Clubs said Tibliss was all at the top and a little at the bottom whereas CJC was all in the middle (It is understood this was not a reference to any one member).

Margaret wanted no action taken as she didn't want to go downhill anymore since she had gone downhill already. Geoff suggested the subject should be raised at the AGM. Dave W proposed a motion "That inclusion of Runners in the Club Title should be raised at the AGM. The motion was seconded but defeated on a vote. There were 12 votes for and many against.

11. Canterbury 10m. 29th January. Dave would like some entrants for this to support Mike Grattan.

12. Raffle Thanks to Dave Lacy raised £12.

The raffle next week will be for a spot prize given by Pricefords which is a sports bag.

13. Press Report's. Dave Wright has arranged with The County Standard for preparation of a photo file of each CJC runner. The date for the photographer's visit will be announced.

14. COBRA Sale. Dave W said some Reebok Racing Shoes were available for £22 with the Club discount.

15. Mens Changing. Men will now use the door at the bottom of the stairs.

16. Cockermouth 4 day visit by the Club. The cost will be £77. Margaret is starting a savings fund.

17. Trampoline Demonstration was to be given after one meeting.

The formal meeting ended at 8.00pm and most members except Dave W stayed for the talk and demonstration.

Minutes of the Meeting of 13th January 1989

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read

2. Matters arising

Roy complained of lack of notice for the bouncy castle - Dave apologised
Alan Smith said the changing facilities were disgraceful
Geoff said the money raised on New Years day was £25 not £50.

3. Last Weeks runs

Fat Ass 50. 4 members started 1 finished.

The Winner took 9 hours. Only 12 out of 25 starters completed the race
Nuttly took 13 hours 40 mins. Non finishers included Steve George
and Ray Willer.

Jo complained that her husband was out all night with no back up.

Epping 3+10 Helen Clark was 1st under 16.

Essex Cross Country. In a field of 160 men Richard Game came 9th
Mick Bond 17th and Dave Lewis 8th.

Cathy Bishop lost her shoe and lost her way but still came 7th
in the Ladies race.

4 Next weeks runs

Sunday Todays Runners Cross Country at Highlands Park. 2 lap course
spikes should be worn. Leave the Arena at 9.15 for a 11.0 am start.

Beeches 10 & Fun Run Sunday Week - still places available
Coach Leaves 8.0am. 48 entries for CJC in the 10 mile so far.

Next Saturday Bury Cross Country.
and 10 pin bowling in the evening.

5 Track. In two weeks time 12 members of the newly formed
Maldon Running Club will visit the track (on Thursday)

Track Fees: Members were asked by Geoff to pay 50p on entry.

6. Photo file for each running member. The photographer will visit the
track on a Thursday at a date to be announced

7. Cumbrian Marathon. will be on the first Saturday in October.
Only 20 places are available at the hotel so early booking is advised

The meeting ended at 7.55pm

Minutes of the Meeting of 20th January 1989.

About 60 members were present with Geoff in the chair.

1. Minutes of the last meeting were read

2. Matters arising.

3. Last Week's Runs.

3.1 Springfield Cross Country. CJC moved up to 2nd place but Dave said the result was a puzzle and might have been due to other clubs enjoying Christmas.

Dave Lacy was 5th and Steve Adleigh 20th. Mario flew straight in from Milan, ran with a broken toe and came 22nd.

Congratulations were given to Russell Goodrich (who should have been beaten by Andrew Johns) Ray Harding (who should have been beaten by Peter Thomas) and the ladies who finished 3rd. The men were overall second.

3.2 10 mile Walking Race. Roger was 12th and Lance 25th both in the top half of the field. The winner ran it in 69 mins.

3.3. Lance entered a Police Smile Cross Country but came way down.

4. Next Weeks Runs.

4.1. Beccles 10 mile and Fun Run. Numbers for most entries have been lost in the post but new ones will be provided on Sunday. Dave will collect £1.50 from each runner on the coach which will leave at 8.00am from the Arena.

Dave said the run organiser had never known a coach come to Beccles (except a stage coach) especially for a run. He would be expecting at our arrival.

4.2. Bury Cross Country. No one knows where the run is but it is believed to be starting at 1.30pm so prospective entries should arrive at the Arena at 11.30am for a mystery tour.

4.3. ~~H~~ Essex Cross Country. Helen Clark is to represent NE Essex in the Essex Championships.

5. Mervyn Smith has become a Grandad somewhat late in life.

6. Bury 20 - is now full. Successful entrants should be received running numbers in the next few days.

7. Today's Runner Best Club Competition. Ipswich Jaffa wrote to Today's Runner Co say they were the best club so they got the award CJC did not know of the existence of the event.
8. Ice Skating. A visit to the Chelmsford Riverside Complex has been arranged for 21st February.
9. New Membership Cards. are now available and will be issued. They will use a numbering system which Geoff does not understand.
10. Fun Run Results. A survey was carried out to find the origin of runners to see how best to advertise the event in future. There were 402 entries of which 203 were from N. Essex 87 from Suffolk 28 from S. Essex 42 from Hertfordshire 16 from Norfolk 7 from London 4 from Cambridgeshire the rest being single entries. The conclusion is that paid advertisements are non productive. hence suggested it would be better to send packs of forms to surrounding running clubs.
11. Charles Palmer Trust - cheque of proceeds of Fun Run to be handed over next week.
12. Program of Events for 1989. Following the Committee Meeting to draw up a calendar of events proposed for 1989. A copy of the program for members consideration and comment is on the notice board. Geoff said it would not expect much alteration. Highlights were:
- (i) Easter - Charity Event - to be determined nearer the time.
 - (ii) May - Ladies 10K - This was Sheila's idea. Phil is seeking the cooperation of Alison Turnbull Editor of "Running Magazine" to obtain a sponsor. Running Magazine might agree to some advertising to encourage women runners.
 - (iii) Swimming Night: Geoff is making enquiries about hire of Sudbury
 - (iv) June - Festival of Sport : A possibility is a Junior Fun Run pool.
 - (v) Club Triathlon: To be held in July.
 - (vi) Pequot / Talbot Games: a Club visit to Crystal Palace for this open event is planned. Bob Kimber says the event is open to people with talent but he didn't say what talent. Early booking will be essential!
 - (vii) Cycling Weekend in Isle of Wight to be a leisure event.
 - (viii) Camping. Weekend August 12th has been suggested to coincide with Lowestoft Carnival and Fun Run
 - (ix) Childrens Sports Day and Adult Cricket Saturday afternoon 2nd Sept
 - (x) Fenland 50 and Cumbrian Marathon.
 - (xi) CJC / Jaffa Track Event - as last year.

(xii) Fun Run Sunday 10th December.

(xiii) Annual Dinner Saturday 18th November - Geoff suggested the venue should be "Ladies Choice"

The whole 1989 program will be finalised next Friday.

13. Cumbrian Marathon Weekend (Race 7th Oct) Lance has opened a bank account to accept savings towards the cost.

14. Photographs: Barry now has photographs ordered by members.

15. Bob Kimber Trophy. This is an award dreamed up by Paul Barrett Barry Bartlett and Bob Kimber to ensure that members responsible for foul ups are publically humiliated and recognised.

Runners up for the award described by Paul and Barry were:

Geoff being seen stealing wheels off cars

Jim Clark - Tried to get his picture in every local newspaper and on run programs.

Jerry Everett. Missed the baggage bus for the Great North Run and carried his baggage for the 13 miles.

Bob Kimber. Went on a training run at the end of his road into the fields and got lost.

Peter Thomas. Turned up at the Friday meeting without pen or pencil and had to borrow a pen from the audience to write minutes.

Paul Snook: On the Belgian Cycle Ride tried out every toilet on the route.

Bul Winners were

3rd Place: Nutty Newell who helped some runners on the South Downs to take a short cut which turned out to be a 6 mile detour and was sent a "Thank you" letter for his trouble. Paul was awarded a certificate and a special priority application form to join Team 88.

2nd Place Dave Wright who entered a 6 mile race and completed 13 miles. He was awarded a certificate and a Team 88 privilege application form.

Winner of the award was Tim Carter. because he took a short cut on the club Beathanon. He also had false Marathon Certificates and medals made up to convince Bob Kimber of his marathon performance.

He was presented with a plate decorated with a picture of Bob Kimber.

Paul Barrett then read out Tim Carter's biography

14. Flumathon February 11th - Roger wants 3 more entrants

15. New Social Activity: Margaret will organise a Cheese and Wine Party in the early Spring. Lance will organise the bar. The function will be at St. Hilda's Village Hall. Profits will go to Hamilton Lodge.

Minutes of the Meeting of 27th February

January

About 50 members were present with Geoff in the chair.

1. Minutes of the last meeting were read and there were no matters arising

2. Last Weeks Runs

2.1. Essex Ladies Cross Country - Helen Clark was 2nd in the NE Essex

2.2 Norfolk/Suffolk ^{Ladies} Cross Country at Bury. It was a 9,400 [Team] metre race with 85 entries. Geoff said the standard was so high that he only came 70th.

2.3. Beccles 10.

CJC entry was $\frac{1}{3}$ of the total. Mick Bond was the winner in 52 mins 40secs. Dave Lacy was 1st Vet 8th overall in 55m 54secs.

1st Lady Vet in 69mins 50secs was Cathy Bishop

3rd Lady Vet in 80.06 was Sonia Barnett.

3rd Lady overall was Sheila Bond in 70mins 23secs.

Richard Knights gave a good performance in the Fun Run as 1st Junior in 17mins 02.

Steve Adleigh achieved 1 hr 12secs.

Helen Clark was first junior girl but received no prize.

Dave thought it was a well organised race. (Letter)

There were 4 CJC Gold awards in the race

Peter Thomas, Roger Hanks, Dave Lacy & Steve Adleigh.

Alan Smith had a PB as the first ambulance case.

Geoff thanked Dave on behalf of the members for organising the trip to the race.

2.4. Fourth Walking Handicap. 3 joggers entered.

Roy Moore who was 3rd achieved 16mins 58secs.

Steve King was 5th. was last.

The winner completed in 13 mins 30secs.

3. Races This week.

3.1. Cross Country arranged by Police at University 4½ miles start 10.30am entry £1.

3.2 Canterbury 10. Some members are going in cars Melvyn Smith has a spare seat in his car.

3.3. Next Weekend Wiltshire Cross Country
4½ miles 70% road

4. Awards - Next Week Runner of the month for Nov/Dec/Jan will be presented

5. Ice Skating - a list is on the Notice Board

6. Track next Thurs. 4K men and 3K Ladies and Juniors Winter Handicaps
7. Dan's Marathon 24 hr being organised by Dave Simpson Good Friday
proceeds to Hamilton Lodge
8. Rutland Min Marathon. Club wants as many entries as possible - Dave
has entry forms
9. Arena Matters: Geoff has confirmed that the old showers can
still be used. The Committee Room will be used as a children's room.
10. Bowling - last Saturday night was a good fun evening which about 50
CJCs attended. Winners were Dawn Knights and Roy Moore.
11. First Aid. Dawn is arranging courses for public first aiders.
She would like 2 more people
12. Program - to be finalised at a Committee Meeting on Tuesday
Highlights for members views are:-
Camping Date - to be rearranged
Cheese and Wine - booked for 11th March
GT Bentley Fun Run. Only one this year in Sept.
Ladies 10K George says 14th May not suitable for University
- could be Sunday either side or a different venue on the
date programmed.
Cricket - date to be confirmed.
13. GT North Run - George will take names for forms.
(27th Feb)
Annual Dinner - various venues and menus are being investigated
14. Kit Dawn now has mesh vests
15. Fun Run Cheque presentation
Lance was sick so Geoff handed over the cheque for
£725 to Dr Hall. Dr Hall said some £16,000 in
total had now been contributed by CJCs
- * The meeting ended at 8.10 pm

Minutes of the Meeting of 3rd February 1989

About 60 members were present with Geoff in the chair.

1. Minutes of the last meeting were read - no matters arising

2. Last Weeks Runs

2.1. Police Cross Country. 10 CJC ladies entered and took 1st, 2nd, 3rd and 5th Positions. The men came 3rd with Kevin Jolly 5th, Richard Goff 8th and Dave Wright 15th. Colchester and Tendring AC. Full results are on the notice board

2.2. Canterbury 10. Tim Carter, Terry Jarvis, Melvyn Smith and Nutty Newell took part. Tim Carter achieved a double PB by completing the run in 64 mins and passing his driving test. Nutty did 11secs. The winner completed in 49 mins and 160 runners finished in under 1hr including 10 women.

2.3. Appledore Marathon (Holland) Steve Woolcock entered and finished in 4 hrs 18 mins. He said the run was very well organised and he found the cold tea at drink stations especially welcome.

3. Results Book. Jerry is working hard to produce a book of last years results and is listing the best Marathons and half marathons

4. Next Cross Country on Sunday at Wilham - meet at the Arena 9.30 am. Dave wants a good turnout.

5. Track 4K men and 3K women and juniors. There were 45 runners, 20 of whom improved on their previous performance. Neil Fairbairn had improved consistently over the series. Helen Clark was well at the top of the handicap.

6. Visit to Portman Rd Ipswich FC. A Club visit has been arranged for Monday 13th March at 7.30pm. A list is on the board and members should enter their names quickly as the party is restricted.

7. Ice Skating. Members are reminded to enter their names on the list if interested.

8. Round Mersia Training Run. Roger is organising this for next Sunday and has invited all participants to lunch at his house afterwards. Meet at the Arena at 10.00am for a 10.30 start.

9. Press Coverage. The Club has done well this week. John Hedgehog produced a good article on walk racing.
10. Standard Awards. Dave announced that he now had the cloth badges and would present the awards.
- Award winners were: 1st race Half Marathon at Chelmsford
Gold Standard. Dave Lacy
- Silver - Garry Silksdon, Graham Goodenough, Sonia Barnett
Martin Bishop, Cuthy Bishop
- Bronze Dave Lewis, Nelly Newell, Kim Grant, Geoff
Tim Carter, Lance and Terry Jarvis

The next race for awards was the Beccles 10

Gold Awards Dave Lacy, Roger Hanks Peter Thomas and
Mick Bond.

Silver - Steve Adleigh Graham Goodenough, Phil Cooper
and Brian Bedford.

Bronze Awards: Kim Grant Paul Newell Carl Booth
Andrew Johns Russel Goodrich Steve Woolcock
Paul Barnett Tim Carter Geoff Gibbons
Eddie Goodrich Paul Snook Phil Knights
Lance Williams Melvyn Smith Ray Harding
Roy Moore Terry Jarvis Jim Clark
George Bennington Bridget King Emma Hanks
Sonia Barnett Sheila Bond

Dave explained that Juniors would be awarded on the Track performance.

11. Runner of the month Nov/Dec and Jan. Winners were:-
November: Richard Goff. December: Mario and Sheila Bond
January: Russel Goodrich also Georgina Clark and Richard Knights
12. Letters: A letter of thanks has been received from Charles Palmer Trust. Collier Catchpole have sent a cheque for £350.
11. Ten Pin Bowling. John Blundell was thanked for this event.
12. Programme 1989: has been finalised to June and will be in the newsletter.
The Easter Charity Event will be Darts on Friday from 6.0 to 6.0 and a run or walk around the borough boundary.

Swimming Night is now 4th May and the Ladies 10K is 21st May. Kiddies Fun Run for Festival of Sport. The arrangements are up to us. Secretary will be investigating interest in the event via schools. Camping Weekend is now to be Whitsun.

Annual Dinner will be 18th November at the Arena.

George has been approached by a young lady whose neighbours have a tent and she invited anyone else who is interested to get in touch with her.

First Triathlon of the year is at Luton on May. Roger has the forms. It comprises 800m swim (in a pool) a 13 mile cycle and a 5 mile cross country.

The meeting ended at 7.55pm

Matters of business of the 10th F.R.B. 89.
Appear 50 members present. Soff Loas is the Chair.

1) LAST WEEKS RACES.

Half Marathon Cross Country, A large Conchesire team day. Race won by Mick Board. TEAM RESULTS were; MEN CANT 3rd, LADIES CANT 2nd. COMBINED RESULTS were Spennymoor 1st, Halshead 2nd, Conchesire 3rd, and so on.

SIEVR Woocock was at horfield and confessed to a time of 1.44 for the half marathon.

Lock took part in a park Cross Country at Maidshead and did, by his own admission, badly.

2) THIS WEEKS RACES.

Good luck was offered to those 7 members who were going to Nottingham for the Sherriff's Way.

A Suffolk and Norfolk Cross Country is to be held at Fritton on Sunday afternoon.

Social fun on Messia Island on Sunday morning. Catering, 10s 4/-, shirt and tie included.

A team of 10 is to compete in the Ocean 'formation' at the Kingfisher Rock Saboty.

GENERAL MATTERS

Worthing Council has been informed that the Ipswich 'Pierrot' Spiers is shortly to begin on Monday 27 Feb. It looks like the Chob here first & teams.

The Chob for the North Cross Country at Hawstead has been arranged to take no more of the road-hang section. Most of the course will still be on roads so therefore Spiers are not suitable.

SOCIAL EVENTS

By a vote it was decided that tickets for the Chob ought to cost 1/- each - including Bus fee. The half hour. Numbers are offered by the end of March.

Tickets, 1/- each to be issued for a chob owing to see the 'Phantom of the Opera'. Tickets would be in the region of £18.50.

Minutes of the Meeting of 17th February 1989.

(About 60 members with Geoff in the chair)

1. Minutes of the last meeting were read by Geoff who recorded them.

2. Matters arising: Members were reminded to bring baby photos to the cheese and wine evening.

3. Last Weeks Runs:

3.1. Essex League Cross Country Felstowe. In a very high class running field Richard Game came 13th and Mario 80th.

3.2. Mersea Island Training Run: about 15 members took part including Graham Goddenough who sustained a painful injury. After being left in the toilets at Cooper's beach he was later collected and returned home in anything but mint condition.

3.3. Norfolk / Suffolk League Cross Country at Felstowe: The only Club member entered was Jerry and he was wearing the wrong kit.

3.4 Sheriffs Way. Two Club teams competed in this 52 mile madness. Lances team completed the course in 14 hrs 37 mins against a winning time of 12 hrs 50 mins. Roy Moore's team also gave an excellent performance although Roy again said he wouldn't attempt it again.

4. Sudbury Flathlon: CJC's Team came 2nd completing the course in only 4 mins more than the winning time of 846 mins. Dave congratulated all 10 team members on their performance and recorded with regret that the winning team was led by Mavis of Tip Tree, one of Dave's "hate women".

5. Parloffs at Northgate Track: These start on 27th February and Dave has posted lists of 2 Ladies and 4 men's teams on the notice board. Juniors can be included in Ladies teams. Team Captains have been noted and they are responsible for deciding which 4 members will run in each week's Parloff and collect the £1 entrance fee from each member. Monies are payable to Dave who says he is Captain of everything.

6. Future Biathalons. Andrew Johns has produced a preliminary programme for these starting in May, and this is on the Notice Board.

7. Halshead Cross Country. ~~on~~ Sunday leaving Arora 9.30 am. There will be some road and plenty of mud. Dave desperately wants a Club win.

8. Ice Skating. Some places are still available for next Tuesday evening. Members interested should see Dave Simpson.

9. Purgeot / Talbot Games. Will members please put names on the list on the notice board ASAP.

10. Sudbury Pool Swimming Evening. Geoff has booked the pool as programmed. Charges will be £1.50 adults and 50p children. Members are encouraged to give maximum support so that the hire charge can be covered.

11. Re-joined Family. Dave reported that the Goff family has re-joined the Club and he hoped that they would be made welcome by all members.

12. Round the World Runner. A letter has been received from the Mayor asking for runners to accompany who is come to Colchester from London on and leaving Colchester for Felixstowe on as part of his "round the world run". A list will be put on the board for interested members to insert their names. The Secretary will write to the Mayor accepting the invitation.

13. Showers: Lance asked what was to happen about the showers under the stairs which are often cold and we were not always made welcome in the other shower rooms. Dave said he has been on a training course in shower operation so showers should now be hot. Geoff asked members to report difficulties.

14. Easter Dan's Marathon. Dave Simpson wants names ASAP.

15. Easter Monday boundary walk/run - will be in 4 sections so entrants can run for one section or more.

16. Phantom of the Opera (outing). Names must be available by 2nd March.

17. Sudbury 7 on Good Friday. Bob Kimber pointed out that it will cost £2 to enter in advance and £4 on the day.

18. Bob White has gone to hospital again. The Secretary will provide cards next week for members signature ended 7.55pm

Minutes of the Meeting held on 24th February 1989

About 60 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.

2. Matters Arising: Lance saw Bob White walking down the street and others saw Graham Goodenough.

3. Last Week's Runs

3.1. Halstead Cross Country. 46 runners entered and a good result was achieved despite absence of the super-stars.

Steve Adley was 17th, Phil Robinson 27th, Jo Norris 37th. Emma Hanks was first for the ladies, then Charlotte Goff-Bridget was 2nd.

Andrew Johns was in the scorers for the first time. Kim Grant was 48th. The Club came 3rd overall. (see letter to Today's Runner on Notice Board)

The last run in the series is at Tiptree next week. (5th March)

3.2. Southall Half Marathon. Steve Woolcock, who appears in runs at some odd places complete the run in 1hr 40mins despite the effects of the curry served at drink stations.

3.3 Walking Race: The first 5 finishers included 4 joggers. Steve King was the winner with a PB, Geoff was 3rd followed by Roger Hanks and Lance. Steve achieved his PB despite stopping to tie his shoelaces.

Roger Hanks is way in front in the series with 71 points

4. This Week's Runs: The only one known is the "big one" - the Bury 20 which starts at 10.0am (meet Area 8.15am)

The usual pre-race crop of spare numbers are available to any takers. It was suggested that Tim Carter should run as Clem.

5. Northgate Track Parloffs. will start a week later than advertised on 6th March.

6. 4x1 Event at Colchester Track - will be on 16th March. All 6 Today's Runner League Clubs will take part plus GT Bentley, Maldon and Ipswich Jaffa.

7. 5K and 3K Track Winter Series: This Thursday will be the last race.

8. Comic Relief Night will be Friday 10th March. The event will be a fixed handicap around Abbey Fields with compulsory red noses (50p each) and optional fancy dress.

9. Buxford Triathlon. 30th April. Roger gave details of 1000m swim(pool) 12 miles cycle and 7 mile Run. Fee £10.

10. Sudbury 7, Good Friday 24th March. Dave will collect forms with the £2 fee for a block entry. He wants good support from members.

11. Ice Skating. Geoff thanked Dave Simpson for organising the evening which was great fun for everyone.

12. Cheese and Wine: Lance now has the tickets. He is looking for 80 people.

13. General Portfolio: Geoff has been approached by this company of financial consultants who are seeking a deal with the Club. In exchange for a list of members and permission to approach individuals, the company will pay commission.

A vote was taken which indicated members were strongly against any deal.

14. Camping Holiday. Names were needed for the list on the Notice Board.

15. Rollers Skating: The Secretary asked for a show of hands for interest in hiring the Triangle Skating Rink in Colchester for a club evening. There being sufficient interest the Secretary will make enquiries and report back.

The meeting ended at 7.55 pm

Minutes of Meeting Held on 3rd March 89.

1) Previous Meeting. Minutes were READ.

2) Last Workers Fund.

Very Po. Obviously a hard back book made more demanding by a strong hand. Good crop with lots of both all acquired items worth. Special thanks to DAVE Lewis who was 1st man home for the crop, sympathies to P. CROB who did not finish. No sympathy at all for DAVE Wright.

Details of last workers track HF will be available next week.

3) THIS WEEKS NEWS.

THE LAST Cross Country
IN THE TODAY'S RUMBLE Series will BE HELD
ON SUNDAY AT 11 o'clock AT UPRIVER JAM
factory.

THE FIRST MEETING OF THE SWIMMING RELAYS IS
TODAY HELD AS MONDAY EVENINGS: LADIES
A&B TEAMS AND MEN'S A&B TEAMS ARE INVOLVED

4) NEWS OF THE MATCH.

BEST OF LUCK.

SURE ADVICE IS THE

5) THE BOB WALK.

THE CLUB WAS SOLEMN TO
HEAR THAT BOB HAS TO REPORT TO HOSPITAL FOR
ANOTHER OPERATION. WE HOPE HE WILL SUCCESS
AND A SPEEDY RECOVERY.

6) CLUB MAGAZINE.

AN EARLY COPY FOR THE
PREMIER, FIRST COVER WAS RECEIVED FROM
RAY HARDING. ALSO MEMBERS ARE INVITED
TO ONE OF A SUITABLE CLUB MEETING.

7) LETTERS RECEIVED.

1) FROM A LADY RUNNER FROM
THE HARLEIGH HARRIS CLUB THANKING 2
UNKNOWN C.S.C MEMBERS FOR THEIR HELP
AND ENCOURAGEMENT DURING THE BOPY RD.

from THE PHOTOGRAPHER FOR THE function held,
WOT ONCE PRAISED THE CLUB AND ITS HANDLING
OF THE FIRST BOB ALSO ASKED IF HE COULD
COVER THE EVENT NEXT YEAR. HE ALSO ENCLOSED
£25.00 AS COMMISSION WHICH HAS GOED TO
THE CHARITY ACCOUNT.

8) COMMITTEE MEETING.

A BRIEF TWO-DAY.
OF WHAT HAPPENED LAST TUESDAY EVENINGS
WAS GIVEN, AS -

Agreement of work discussed for the March
of members of RVCOS.

Agreement of work outlined for the Ladies RC.
The Club is to enter its BANDAGE into our
TAN GRANDS IN FEST.

The Club will assist the C.P. Post in their
FLAG DAY in town.

It was agreed to sponsor 2 Club members
in receiving their ST. JOHN'S AMBULANCE
Qualification.

Minutes of the Meeting of 10th March 1989.

About 65 members were present despite absences to the football match.
Geoff was in the chair.

1. Minutes of last meeting which had been taken by Geoff were read

by him.

2. Matters Arising: Bob Kimber censured the chairman for not wearing a red nose (he didn't notice I wasn't wearing one either)

3. Last Week's Runs.

3.1. Tiptree Cross Country. Again there was a good club turn out of 50 runners. Halsall won and are League winners.

There were good efforts by Richard Goff and Roger Hanks as well as Terry Everett and Paul Barrett who also appeared in the scorers for the first time. Several members complained about not being mentioned. Lance wished it to be known that he had moved up 40 places.

Dave Clemence and David Heale (sic) completed and took 1 hr 25 mins.

CJC Ladies nearly won - they needed one more finisher.

Bridget King had turned out for all the runs

Overall champion of the series was Richard Goff with Steve Adley 1st man. Roger Hanks 1st over 40, Graham Goodenough 1st over 45 and Terry Jarvis 1st over 50.

1st lady was Bridget King, 1st Jnr lady Helen Clark and 1st lady vet Georgina Clark.

3.2. Roding Valley Half Marathon; Richard Game came 8th in 1 hr 11 mins and won £30.

3.3 Ipswich Paraffins. Joggers A & B teams were 1st and 2nd last Monday, the A team being well ahead.

The ladies teams were 2nd and 3rd being beaten by Ipswich ladies hockey team. Michelle Jarvis ran for Felixstowe who were short of a runner.

Next Mondays race starts at 7.40 (Arena 6-15) and Dave wants good spectator support.

4. 4K/3K Track Event on Thursday Next: Secretary has written to all 5 today's Runner League Clubs + Ipswich Jaffa and G.C. Bentley inviting them to send runners.

Dave wants as many Club members as possible to help with the organisation.

Races will be Ladies and Junior 3K (run together) Men over 18 mins and Men under 18 mins. £1 per entry.

5. Essex/Suffolk Border Races - Marathon $\frac{1}{2}$ marathon, $\frac{1}{2}$ marathon relay and fun run on Sunday. Meet Arena 11.30, 1st race 1.0pm.

6. Rutland 16 on Sunday week. The coach will depart from the Arena at 7.30am. (At least one number is available)

7. Ipswich Jaffa British Veterans Race 28th May - entry must be in advance. Bob Kimber has the forms.

8. Future Cross Country Arrangements. Dave Wright sought the views of members reading for the Today's Runner League meeting on 22nd March. Questions posed were:

- (i) Are there too many races?
- (ii) Should 2 leagues be created to include other interested clubs?
- (iii) Do we need a different scoring system?
- (iv) Should there be a separate Ladies race - $\frac{2}{3}$ of the men's distance.

Roy asked Dave why he got bored with events after 2 years. He wanted the arrangements to continue as before.

Lance wanted 2 separate leagues serving Suffolk and Essex Clubs.

Dave wanted an integrated league with clubs possibly running in 6 races out of a total of 12.

A revised scoring system counting 10 men (instead of 8) and 4 ladies (instead of 2).

Malin Bishop suggested allocating clubs to races using a ballot.

George said it was fine William staged a proper cross country.

9. Newsletter Covers. Two ideas had been put forward by members.

10. Ipswich Football Club visit - Geoff reminded members that the visit clashed with the Parcours and those involved should make suitable arrangements.

11. Dan's Marathon - at least 10 more names were needed.

12. Cheese and Wine Saturday. Members were reminded to come and bring baby photos. Murgatroyd would like prizes for the raffles.

13 Arena Facilities. A question to Geoff by Lance about Arena showers sparked off a heated discussion. Geoff stated the position that our first use of showers should be using the cupboard under the stairs and if these were full or not working we could use those attached to the gym but should ask first as a matter of courtesy. Roy objected to this on the grounds that we had paid for facilities and had a right to them. Lance said we were the only Arena members out of a total of 800 who were

being treated badly and felt a protest should be made. Geoff said he had previously spoken to John Lloyd on this subject and the arrangements previously outlined had been agreed. Geoff said that he felt we were receiving good value for money considering the free and frequent use we made of the facilities for the modest fee of £10 per member per year. Further argument followed and Geoff promised to have John Lloyd appear at a meeting to explain the situation.

The meeting then abruptly ended at 8.17 pm without covering all the business on the agenda when Roy and George in their anxiety to run in the handicap race persuaded other members that they should "get on with the race."

Minutes of the Meeting of 17th March 1989.

About 70 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.
2. Matters Arising. In explanation Roy said he was annoyed at being kicked out of the showers. Geoff said a letter was circulating among members which hopefully clarified the position.
3. Last Week's Runs.
 - 3.1. Friday's Comic Relief Handicap - 2 laps of the Abbey Fields. run in red noses and fancy dress. 37 runners took part (Mario missed it) and 11 achieved PBs. The event raised £21 for comic relief Chanks to Roger's Efforts. Rogers method of calculating the handicap remains a closely guarded secret but winners were declared as.
1st. Steve Lyon 2nd Georgina Clark 3rd Richard Knights. There was 30 secs silence for Tim Carter who didn't achieve a PB.
 - 3.2. Monday's Par lauffs. The 2nd Team home was the Joggers 'B' who did very well. Joggers 'D' also did well. Dave would like more spectator support.
 - 3.3. Sunday's Sandon School Race. Richard Hasketh, Tim Clarke and Keith Morgan took part as well as Helen Clarke who was the first woman under 16.
 - 3.4. Ann and Charlotte Geoff won a race at Lynton in Cambridgeshire
 - 3.5. Essex Suffolk Border Run. Marathon times achieved were Jerry 3 hrs 17, Steve Woolcock 3 hrs 42, Paul Newell 3 hrs 48. Nicky Michelle and Sharon won the ladies 1^h M relay and the Joggers Men's first team of Geoff Dr John Km Grant and won the 1st Mens team

3.6 Thursday's 4Km Track Event.

Ipswich Jaffa won 3 races Joggers won 2.

1st in the Ladies race was Fran Quinn in 15 mins 38 with Bridget King 3rd.

In the mens B Steve Woolcock achieved 15 mins 01 but was 3rd.

Steve Lyon achieved 15 mins 12

In the mens A Richard Game was first in 12 mins 43secs with Gary Silksdon 2nd in 13 mins 27secs

Rutland

4 Next Weeks Runs. The coach leaves the Arena at 7.30. Children travel free. There are 2 spare numbers.

4.2 Sudbury 7 on Good Friday. Starts 10.0am meet Arena 8.30am.

5. Tiptree Cross Country - Results are on the Notice Board.

6. Next Wednesday is the last of the Walk Races.

7. Date for Diaries: There will be a biology lecture on 21st April not about the birds and bees which most Joggers seem to know about but carbo loading for runners.

8. Wednesday next Cross Country Meeting of Today's Runner League Reps.

9. Cheese and Wine last Saturday. Geoff said it was a great success. Special Thanks were due to the Williams, Joy White, Steve King as impresario as well as all other helpers.

The function made £155 which will be donated to charity.

10. A letter of thanks for the £21 comic relief fund contribution was received from Bob Calthorpe.

Tony Knight's collected a further £19 in a bucket for Comic Relief.

11. Social Visit to Ipswich Football Club. 25 members had a very enjoyable evening. The Secretary has written a letter of thanks to the Lady owner.

12. K.T. Dawn has some CJC hats at £3 including badge.

13. Photo Frame. Steve King is now in charge of this and all joggers should hand their photos to him for display.

14 Darts Marathon. There are still only 14 names - at least 6 more are needed.

15. Colchester Boundary Walk/Run on Easter Monday will start from Lea Valley Bottles at 11.0am. There will be no changing facilities.

16 Track will be open as usual on Thursday

The meeting ended at 8.05pm

Minutes of the Meeting of 24th March 1989

About 50 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.

2. Matters arising none.

3. Last Week's Runs.

3.1. Brentwood Half Marathon. Brian Bedford was one of 21000 runners and he completed in 1hr 31mins.

3.2. Rutland 16½. The Club's first Trophy in this race was won by Mick Bond who came 13th in a time of 1hr 34mins. A number of joggers achieved PBs including Steve Adley, Fran Quinn, Dave Wright, Pete Thomas, Geoff Gibbons, Roy Moore with the help of Sheila Bond, Steve King and Phil Knights.

Steve Woolcock did worse than the previous year so Dave said.

3.3. Northgate Stadium Par lauffs. The Ladies Team were brilliant but Dave said the men's team were rubbish (This was the A team who came last). There will be no Par lauffs on Easter Monday.

3.4. Wednesday Walk Race. Roger Hanks was congratulated upon being the Winter League winner. Paul Snook presented the trophy to Roger.

3.5 Sudbury 7. The Club turned out 30 runners for the race. The winner completed in 35mins 05 and Richard Game in 5th place completed in 36mins 49 with Gary Sillston not far behind. Andrew Johns' time was 42.51 and Kim Grant 42.52. Tim Carter's time was 44.53. Phil Knights also did well. Peter Thomas won the first over 50 trophy in 45.25.

4. Next Week's Main Event: Reading Half Marathon. The coach will leave the Arena at 6.30am sharp. A spare number is available.

5. London Marathon Transport. Friday was the last chance to add names. The double decker which has been booked will then be full.

6. Club motto. There were 3 proposals by David Heulter.

"In Fitness Fun", "Feet First", "Miles Matter" which were greeted with the usual apathy.

7. Sunday Training Run - probably 10 miles - will leave the Arena 10.30am

8. Monday Boundary Run. will now start from the Shrub End Centre where parking will be available.

9. Cross Country Meeting 26th April. Dave detailed the points on

which the Club must vote. Voting will be next week.

Lance was concerned that other Clubs wanting to enter the League were not AAAs affiliates. Dave said that this had been a misunderstanding and the League was not run under AAAs rules.

In answer to a question from Roy Dave said the other Clubs were willing to allow the additional 3 clubs in. Dave thought it would probably become one league with each club attending 6 races.

10. Ladies 10K Race to come. This had received good press coverage.

11. Coaches: - had been booked for (i) Jaffa 5, 10 and 15 mile and (ii) Cambridge half and mini marathon 16th July.

Steve King said he wanted to know the cost of a coach in advance but Dave said this was not possible because it depended on how many paying passengers there were (children were free). He did say that Reading would be £6. The Rutland coach was a loss leader.

11. The Showers Saga. Terry Price had apologised to the club for his staff being ignorant of the arrangements and said it would be OK in future.

Alan Smith said he was harassed last week, ~~and~~ A suggestion that this was in fact by one of the attractive young Arena ladies was denied.

The meeting ended at 7.55 pm

12. Bob White: was doing well but feeling tender. He was grateful for the flowers etc Geoff reported. He hoped to see us all soon.

13. New Member?: Jackie Banford had given birth to a boy Christopher Tilson Sunday. Rachael has organised flowers but would like contributions in the hall.

14. Darts Marathon: John Lloyd had invited the event to be in the bar. Times of play were on the Notice Board.

15. Monday Morning's Boundary Run. Geoff said this was a training and social run for Club members. A map was on the wall. The distance was divided into 3 3/4 m. sections and members should state at the start how many sections they intended to do. Cost was £1 per section - up to 4 sections.

16. Carnival. Some members are proposing an entry.

17. Committee meeting will be on Wednesday week.

18. Track Suits. Secretary has invited a rep from a company called St Clair next Friday at 8.00 am to demonstrate their wares.

19. Paraffins. Captains should pay their £6 to Jo

20. Margaret said her Thursday Sea club had bought a Dictaphone for the Club / Lance said it could be used by Secretary to get the minutes accurate.

5. Ipswich Parcours. The Mens "A" team won last Monday with The Jugglers" B" team 2nd. (The "B" team is leading overall with 96 points)
6. Mick Bond was 39th in the 20 mile national championships with a time of 1 hr 56mins.
7. Runner of the Month Award. Dave said there were many contenders but one particular runner had achieved a number of PBs and put in some good London Marathon Training. It was Roy Moore. Roy was uncharacteristically speechless.
8. Sunday Thetford 10 mile - starts at 2.30 - entries on the day must be in by 1.30.
9. Next Sunday Thomas Land Audsley 10m S and Fun Run - a good turn out by the Club is needed.
10. Club Standards for the Half Marathon - were presented by Dave.
Diamond Awards: Dean Marshall and Peter Thomas.
Silver Awards: Paul Barnett.
Bronze Awards: George Bennington, Bridget King, Russell Goodridge, Phil Knight's, Ray Harding, Jim Clarke, Dave Simpson, Barry Bartlett, John Blundell, Keith Morgan, Geoff Gibbons, Doug White, Sharon Ford, Steve Woolcock.
All these were achieved at Reading.
In the Essex and Suffolk Half Marathon Bronze Awards were won by Roy Moore, Mike Bugg, Eddie Goodrich, Steve Lyon, John Tucker.
In the Brentwood Half Marathon Brian Bedford won a Silver.
Other Half Marathon Awards were: Gary Siskin: Gold, Dave Wright: Silver, Andrew Johns, Nicky Beards and Rachael Williams: Bronze.
11. (20 mile Awards for Bury had been ordered but were not yet available)
Kim Grant won a Silver for the Marathon and Roger Hanks an award for the Winter Walking Series.
For Bungay Half Marathon Cathy Bishop won a Gold and Martin: Silver.
12. Peugeot Talbot Games: Interested Members should enter names on the list.
13. London Marathon Bus - will leave at 6.0am on 23rd April.
14. Norfolk Coach - has been cancelled as only 10 interested

14. Part's Awards. Paul Simpson had kindly arranged these and presented them to

Dawn Knight's for the highest score with 3 darts by a lady.

Dave Simpson by a man

Runner up Phil. Knights.

Dave Simpson - highest individual score.

George Bennington runner up.

Geoff Gibbins and Dave Simpson were highest scoring partners

Roy Bennington and Tim Carter were runners up.

15. Good News: Jo Woolcock gave birth to a baby boy Leo on Thursday. The Club is sending flowers - contributions reqd. and signatures on the card. A letter was received from Jackie and Tony thanking us for our good wishes.

16. Bad News: Clem fell off his bike and cracked two ribs so is confined to home.

17. Grand National Sweepstake - Roy Moore is running one at £1 a go.

18. Programme Change : The Cricket is now on 12th August. It includes a barbecue, kids and adult's sports.

19. Committee Meeting last Wednesday. Geoff gave a resume' of the discussion - The full minutes were on the Notice Board.

On the subject of the Newsletter Jerry Everett wanted a more frequent issue than half yearly.

Martin Bishop said 'Halstead's Newsletter was free due to sponsorship by Bairstow and Eves.'

Geoff asked for a show of hands for members prepared to place a definite order for a truck suit as per the sample. Only about 20 hands showed which was insufficient. A further enquiry is to be pursued with a local company.

On the subject of Coach losses Geoff said that in future if members had put their names down for a coach they would have to pay 1½ full fare whether able to travel or not.

There was no discussion on other items from the Committee Meeting Minutes.

The Meeting ended at 8.08.

MINUTES OF 14TH MARCH 89

ABOUT 65 MEMBERS were present with Geoff in the chair.

1/ Minutes of the last meeting were read

2/ Last weeks runs,

BRECKNALL 10 ; DEAN MARSHALL RAN 52.40 TO FINISH 5TH, THE 3RD FASTEST 10 MILE EVER RUN IN THE CLUB Rambo still holds the record. This was the last time the Brecknall 10 will be held on this course, due to the fact that a motorway is being built through the forest.

3/ PAIRAVFS - The ladies Hockey team (Ipswich) unbeaten up to now, were firmly put in to their place by the C.J.C ladies B team, who beat them in a thrilling race which saw the ladies A team a narrow behind. The club chairman Mr Geoff Gibbins took all the credit for this victory, saying that it was his handling of the B team that had brought about this unlikely victory.

4/ Roy Moore awarded the Grand National Sweepstake to Phil Cooper who although not present sent a postcard claiming his prize.

5/ George Bennington awarded track achievement awards to deserving Juniors. even Toni Knights won something, but this was just to keep her quiet.

6/ This Sunday (16th) all members are required to run in the T.L.A run at Monkwick. victory is required at all costs. (10.30 start)

7/ Dave Heather has invited the club over to Hamilton Lodge to see the Greenhouse on Tuesday 25th April.

8/ The meeting finished early (^{7.40}) to allow Martin Sellars a Biology lecture at the University of Essex to give a talk on Carbohydrates and how your body is effected by running.

MR Bernie Myers road running Secretary of Col Athletic gave an introduction to Mr Sellars Background as a Mountain Marathon runner.

FOOTNOTE. Mr Dave cleaners has been forced to give up running on the advice of his doctor. Geoff Gibbins thanked Dave for his tremendous contribution to road running and round of applause. He is now on free fall paragliding.

Minutes of The Meeting 21st April 1989

About 60 members were present with Geoff in the chair.

1. Minutes of the last meeting, recorded by Dave were read by him.

2. Last Week's Runs.

2.1. Boston Marathon was completed by Carl Murdoch in 2 hrs 57 mins 8 secs.. Carl has reached the grand old age of 40 and the day's temperature was 80°.

2.2. Stowmarket 10K. Nicky and Jerry ran together, although Nicky said she didn't ask him to and both received a mug. Nicky said it was very hilly and there was a headwind.

2.3. Duchy of Cornwall Marathon. Nutty did this in 3 hrs something.

2.4. South Woodham Ferrers 5 mile. Jim Clark completed in 31 mins 34, Alan Gough was 2nd girl and Helen Clark 3rd girl.

2.5 Thomas Laud Audsley attracted 57 entries from CJC.

In the 10 mile Dean Marshall was first in 52 mins 29 secs and Dave Lacy 4th in 56 mins. Steve Adley was 7th in 59 mins 29 secs. Geoff was DNF.

For the ladies Sharon Ford completed in 81 mins 43 and Sonia in 81 mins 53.

In the 5 mile Richard Gairne was 3rd in 25 mins 48, Gary Selkirk 5th and the first lady was Fran Quinn in 31 mins 42. Bridget King was 4th. Cathy Bishop did very well and several men achieved PBs.

In the 2½ mile there was a good junior turn out. Ben Adley was 2nd.

3. London Marathon Coaches - leave 6.00am cost £4 adults children free.

4. Next Week 30th April - the recommended run is the Harwich ½ marathon incorporating a 10K. There is also a 2.7m fun run.

Other runs are: Round Mersea Island and the Norfolk Marathon.

On Monday 2nd May there is GT Horsham 3 or 6 (start Half Past 8.00am) Maldon 7 and 2 and the Hatfield Peverel 5.

5. Summer Handicaps start next Friday.

6. Today's Runner Meeting - next Wednesday 26th April.

7. Hillsborough Disaster: Dave Simpson wants sponsors for his run from Colchester F.C. to Ipswich F.C. on Saturday.

George proposed that tonight's subscriptions should go to the fund and this was agreed.

8. Mervyn Smith is running a "guess Barry's London Marathon time" competition for charity.

9. Phantom of the Opera Tickets - our application has been refused
10. Hamilton Lodge. Members are invited by Dave Heulher to visit the greenhouse - meet there 7.30pm - refreshments will be provided.
11. Press Entries: Thanks to Bob Kimber for his excellent presentations were given.
12. Club Motto. There were some excellent entries for this including Dave Clemm's "Nothing without labour"
Dave Lewis' "Find a way or make one"
Phil Coopers "Green and best"
and Tim Carvers: If you can't win steal".
All except the last were offered in Latin.
Green and Best or in Latin: "VIRIDISQUE OPTIMUS" was voted best.
13. Photos: Steve Kim's wants more variety
14. Parlaoffs last Monday. Mens "A" Team won. Dave Lewis, Martin Bishop, Jo Norris & Paul Barrett.
The B Team did well.

The meeting ended at 7.56 pm

Minutes of The Meeting of 28th April 1989.

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read - no matters arising.

2. Last weeks runs.

2.1. Ipswich 4. Kim Grant came 9th in 25mins 50secs.

Nicola was 1st lady in 29mins 54secs

2.2. London Marathon. The Club fielded 23 runners in this event and results were good all round including

Dave Laey's magnificent achievement of 2hrs 29mins 33secs.

Paul Barrett

3 hrs 15mins 20secs

Peter Thomas

3 hrs 22mins 22secs

Fran Quinn

3 hrs 26mins

Keith Morgan

3 hrs 34mins

Full results were on the notice board

Mick Bond although not running for green achieved 2hrs 30.

3. Ipswich Parcours now completed with results as follows:-
Colchester Joggers Mens 'B' team was 4th and the mens 'A' fifth.
Colchester Joggers Mens C was 8th and Colchester Joggers Mens 'D'
would have been 10th had they not been disqualified in the last race
for running a mixed team because they were short of 2 numbers for the whole series.

4. This Weeks Runs.

Sunday. Harwich $\frac{1}{2}$ M & 2.7 mile starts 10.0am - leave Arena 8.30am
Waltham $\frac{1}{2}$ M and 3 mile. Norfolk Marathon and Round Mersea
Island Run starts 10.0am at the "Victory" pub.
Monday. Maldon 7.5 and 2 mile starts 2.30pm - meet Arena 12.30pm
Hatfield Peverel 5 2.0pm start. GT Horkestone 6 mile and 3 mile
2.0pm

5. Future Event - Hadleigh Hares Road Relay 25th June

6. Cross Country Meeting. - full results are on the notice board but can
be summarised: 9 clubs in one league in 6 races.

Scoring to be on finishing positions, men and ladies separately.
Points arising were: Steve King said others would be willing to help with
catering. Margaret wants Clubs to advise numbers in advance of runs.

7. Purgeot Talbot Games: Bob Kimber must have names tonight.

8. Melvyn Smith's "Guess Barry's Marathon Time" competition was won by
Geoff. He asked for the bottle of whiskey to be raffled next week.

9. Jogger's Camp. Laraine needs the money next week

10. Dave Simpson's Hillsborough Charity Run - raised £307.

11. Hamilton Lodge Visit on Tuesday. Geoff said it was a very pleasant
and instructive evening and thanked David Heatter. He said flower
pots were needed - would members bring them next week.

12. Race Walk 3K would be held on Monday as part of an Athletic Meeting.

13. Summer Handicaps. Roger explained and said the race would start at 8.10

The meeting ended at 7.55pm.

Minutes of the Meeting of 5th May.

About 55 members were present with Dave Wright in the chair.

1. Minutes of the last meeting were read - no matters arising

2. Last Week's Runs.

2.1. Summer Handicap.

Roger reported that 54 runners started and 52 finished, 10 more than previously. 25 runners achieved PBs - full results on notice board.

2.2. Harwich 2.7m. Tim Carter was 5th in 19 mins 46 by cutting thro' the beach huts. Trophies were won by Bob White - first over 50 and Graham Goodenough - first over 40.

Rachael was first lady in 21 mins 56.

2.3. Harwich Half Marathon.

Andrew Johns won in 1hr 28mins 24secs.

Phil King achieved 1.30.15. Kim Grant 1.30. Bent Weedon 1:36:45
Terry Jarvis 1:38, Steve King 1:39:47. Lance and Steve W DNF.

2.4. Maldon. Jim Clarke, Bob White and Helen Clarke entered.

Helen was 1st lady and won a medal and £5 which she spent on TIPPIX.

2.5. Canvey Island. Brian Bedford, the only CJC representative said it was supposed to be a 10K road race but only 1 mile was on road and the rest was on unmade track which was dangerous and only wide enough for two runners.

2.6. Richmond Park 14. Dean Marshal won in 1hr 17. He said it was hard.

2.7. Norfolk Marathon. CJC entrants were Martin Bishop, Nelly Newell, Roy Bennington, Jerry Everitt and Tony Spriggett who raised at least £350 for charity.

2.8. GT Horsham 5½. Dean won in 29 mins, Kim Grant, Lance Williams and Phil King did well.

GT Horsham 3. Colin Thackwell entered and many of the babes turned out including David Hensher. Anna Gough was lost on the course.

2.9. Witton Half Marathon. Richard Game came 3rd in 1hr 12 mins.

2.10. Hatfield Funday 5. Richard Game won in 26 mins 03.

2.11. Boxford Triathlon. Roger reported a disaster for the team because 1 member was also qualified for saving 6 miles on a shortcut (This was Jim McDonald.). Roger completed in 2 hrs 28

2.12. 3K Walk Race. Roger was 7th and Graham Goodenough in his first walk race came 12th.

2.13. Watford Junior Fun Run. Ben Adley came 7th in 18 mins 32.

3. Track Time Trials - Dave Lewis said the time trials went well but next time he wanted more timekeepers

4. Runs This week.

The only run known is at Chelmer Village comprising a $\frac{1}{2}$ M 10K and 3 mile starting at 1.0pm - leaving the Arena at 11.30.

5. Football Match. Dave has arranged a match between CJC and Frinton Judges Barristers and Solicitors. Volunteers for the team were needed.

6. New Members - a number had turned up - members should make them welcome.

7. Ladies 10K Race. A meeting is to be held on Tuesday next and interested parties have been invited.

8. Photos. Steve King wants some London Marathon photos.

9. Runner of the Month. Dave said amongst many good results, especially Dean Marshall but he had won a number of trophies. Runners up were Keith Morgan and Peter Thomas but runner of the month was Ryan Quinn.

10. CJC Awards - would be made next week

11. Swimming Evening Sudbury Pool 13th May. Roger urged as many as possible to attend

12. Colchester Grammar School 2 mile run at University on Sunday Week - starts at 11.0am.

13. Round World Runner. The Secretary said he must have 8 names tonight to accompany the runner and attend the Mayor's reception.

14. Sweat Shirts with Hoods. George held up a rather outsize garment which he said was good value at £9.99. Dawn will take orders. Members were invited by George to feel his garment.

15. Raffle for a bottle of whisky - won by Helen Clarke

The Meeting ended at 7.45pm.

Minutes of the Meeting of 12th May 1989.

About 50 members were present with Dave Wright in the chair.

1. Minutes of the last meeting were read.

2. Matters Arising.

- 2.1 Andrew Johns modestly said he was the first in the Club at the Harwich Half Marathon not first overall.
- 2.2 Steve King pointed out that Dan King did very well at the weekend.
- 2.3. Roy Moore objected to the size of George's garment.
- 2.4. Alan Smith claimed he was the only club member who completed the full 6 miles at GT Horkestone.

3. Football last Sunday. CJC versus Frinton Judges Barristers and Solicitors. Dave Wright claimed that our loss by 11 goals: 1 was due to bad luck. Phil King scored the only CJC goal.

4. Last Week's Runs

- 4.1 Chelmer Half Marathon. Mick Bond won in 1hr 16mins and Sheila won for the ladies in 1hr 26mins. Jerry achieved 1hr 29mins. Nicky and Bob White represented us in the 10K.
- 4.2 Track Events at Basildon: Richard Gaine completed the 800m in 2min 10sec and Gary S. Kelson 1500m in 4mins 20secs.
- 4.3. Luton Triathlon. Roger said the rules changed every year and there was a great deal of misunderstanding about them. His reward for a supreme effort was a mini boater hat.
- 4.4. Mile Walk Race at the Truck last evening. There were 18 entries including Margaret and Lorraine. It was a handicap race and all beat Steve Woolcock. Steve King was 3rd and there was a good performance by Richard Knight.

5. Ipswich Parcours Awards. Our Ladies team was 2nd overall but 1st running club. Medals were presented to the team of Rachael, Helen Clarke, Georgina Clark, Emma Hanks, Bridget King and Cathy Bishop.

6. Swimming. Roger reminded members that as many as possible should attend Sudbury Pool on Saturday night from 7.0 - 9.0pm Adults £1.50 children 75p.

7. This week's Runs

- 7.1 Frinton Half Marathon 5 mile and 2 mile. 10.30am start 9.15 from Arena.
- 7.2 University ~ Colchester Grammar School 2 mile. start 10.30 en route £1.50
- 7.3. Wednesday 1st Club Baalhalon 5 mile run 15mile cycle starts 6.30pm

8. GT North Run. Haleshead have some spare coach seats. Travel will be

on Saturday staying overnight at Newcastle Polytechnic.

9. Ipswich Jaffa 5, 10 & 15. 2 weeks on Sunday. Entries must be made immediately
10. Jog-In at Halesowen: will be holding an open day on Saturday 20th May 9.0am to 5.0pm. A representative of the Triathlon Association will be present.
11. Ladies 10K 21st May. All ladies are asked to enter. About 15 marshals will be required.
(Baddow 10 mile is on the same day)
12. Colchester 5½ mile road race 11th June 11.0am - a good entry from CJC is wanted.
13. Club Standard Awards were presented by Dave Clemence. (Junior awards were to be presented next week by Uncle George)
13.1 London Marathon.
Diamond Award. Dave Lacy and Peter Thomas
Silver " : Paul Barrett, Fran Quinn and Sheila Bond.
Bronze " : Ray Willer, Keith Morgan, Doug White, Peter Goff, Roy Moore, Ray Harding, Sharon Ford.
- 13.2. Norfolk Marathon. Bronze Awards to Tony Springett and Martin Longhurst.
- 13.3. Boston Marathon. Gold Award to Carl Murdoch
- 13.4. Shakespeare 10 mile. Bronze " to Paul Newell.
- 13.5. Bungay Marathon. Silver Award to Kim Grant and Bronze to Jerry Everett.
- 13.6. TLA 10 mile. Diamond Award to Dave Lacy. Gold to Steve Adley
Silver Award to Tony Springett, Jim McDonald, Terry Janvis
Bronze " Adrian Copley and Paul Lawrence
- 13.7. TLA 5 mile.
Gold Award to: Gary Siskton, Jo Norris, Lance Williams, Fran Quinn, Sheila Bond,
Silver " to: Dave Lewis, Russell Goodridge, Roy Moore, Ray Harding, Bridget King, Emma Hanks, Rachael Williams,
Bronze Award: Eddie Biddle, Elaine Fookes, Richard Knights, Doug White, Steve King, Keith Morgan.
- 13.8. Victoria Park 5. Diamond Award to Richard Gaine
- 13.9. Today's Runner 4K Track Event.
Gold Award to Richard Gaine.
Silver " to Mario, Gary Siskton, Roger Hanks, Paul Barrett, Fran Quinn and Peter Thomas
Bronze Award to: Bridget King, Rachael Williams, Helen Clark, Steve Woolcock, Kim Grant, Eddie Goodman, Geoff Gibbins, Phil Knights, Doug White and Jerry Everett.
- 13.10. Harwich Half Marathon. Silver to Terry Janvis
Bronze to Andrew Johns, Phil King, Bert Needham and Steve King.

Minutes of the Meeting of 26th May 1989

About 60 members were present with Geoff in fine form after his holiday back in the chair.

1. Minutes of the last meeting were read - no matters arising.

2. Last Week's Runs

2.1. Gt Baddow 10. Dave Lacy was 2nd overall and 1st Vet. He completed in under 55 mins and was one minute behind the winner. Gary Silkslon was 4th, only 1½ mins behind. Sonia did well but didn't quite beat Steve Woolcock - everyone else did.

2.2. Ladies 10K. A total of 50 entries was considered quite good especially as Halstead and Ipswich Jaffa were away on other important events. Of a total of 12 CJC ladies 4 were in the first 6 and they one the team prize. Sue Baker of Tiptree was overall winner in 40 mins 04.

Thanks were expressed to Margaret for good bags; Members who were Marshalls; Kim for the results Computer; the two Davids for presenting trophies and Bob Kimber for the excellent press entries.

3. This Week's Runs

3.1. Main Event Ipswich Jaffa 5/10 and 15. Leave Arena 9.15am.

3.2. 3000 metre Walk at the Track tomorrow 2.30pm start.

3.3.

4. Future Runs

Beccles 10K 30th July entry £2 - list for coach on notice board

Tattingstone 10 & 3 mile 10th June

Hadleigh Relay 25th June.

5. Summer Handicap (2nd in series) will start at 8.00pm. Roger gave a debriefing but still didn't explain the handicap system.

6. St John's Ambulance: Dawn and Loraine have qualified and are certified for 3 years

7. A Swiss Girl Athlete who is training for the Olympics requires accommodation with an athletic family from 4th - 25th July at £52.50 per week. Steve Woolcock seemed very enthusiastic and couldn't believe that any would actually be paid to look after her.

8. Track Infant Section. Thanks to Allison things are going well and some budding stars are about. Time Trials results are on the board. Haley Clark did particularly well.

9. Mascot Name: has been decided as Co Jo.
10. Festival of Sport Castle Park - Sunday week helpers are required for the CJC Kiddies Fun Run.
11. Colchester Half Marathon: Volunteers are needed for duties at the finishing line.
12. Club Triathlon July 1st. There has been a disappointing response from the Club and more places are to be offered outside. The list will be finalised next week. £2.50 deposits were now payable to the Secretary.
13. Club Kit. Geoff said that a cheaper solution to the track suit previously offered was a hooded top of good quality for around £10. He wanted a decision next week and a financial commitment from members.
14. Club Record Books were found behind the Arena bar - Dave Wright apologised to all those who had been accused of stealing them.
15. Track - Next Time Trials 8th June - Dave Lewis asked for stopwatches and said there would be a track organisation meeting afterwards.
16. Today's Runner Final. Halstead were short of good runners on the day and came 9th Overall.
17. Coop 5½ mile Run. 11th June. Bernie Myers was present and was taking late entries.

The meeting ended at 7.44pm

Minutes of the Meeting of 2nd June 1989

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read - Geoff said hooded tops weren't cheap.
2. Last Weeks Runs.
 - 2.1. Summer Handicaps. There were 63 starters and 59 finishers. 27 members had PBs and Roger said he planned to have Mr Bluest check that the course was in order. Commenting on the results Roger said even Dave Wright saved 20 seconds. Mick Bond, Dean Marshall and Gary Silksone established a new course record of 14.06 beating the old Athletic Club record. A Ladies record was set by Fran Quinn at 17.37. Steve Woolcock was said to be dead at 17 mins. Handicap winners were Adrian Copley (1st) Bridget King (2nd).
 - 2.2. Ipswich Jaff 5, 10 and 15 mile.
 - \$ Mile. attracted some high class runners and Gary Silksone did well to come 8th. Andrew Johns achieved 30mins 04secs. Graham Goodenough was 3rd over 45 and his wife Jenny 1st over 50.
 - 10 Mile. Dean Marshall was a clear winner - but was disqualified due to the intervention of a Mr Bluest who certainly did for CJC versus Colchester AC relations. (This has not happened in 5 years) Fran Quinn achieving 67.43 bettered the women's record by 2secs and was second overall. She also beat Peter Thomas by 9secs.
 - Good performances were given by Adrian Copley and Alan Smith. Jo Norris collected a painful injury.
 - 2.3. 15 Mile. Dave Lacy was 2nd overall and 1st Vet in 1:23:20 - a new club record. Derek Randall achieved 1:37.64 and Jerry 1:39. Sonia did well completing the course in 2 hours another women's record.
3. All in all it was a terrific day in spite of Mr Bluest.
4. Joggers Camp: Sean King at 16 months won the "Beautiful Baby Competition" and Tony Knight's was 3rd in the talent competition - 2 more club records.
5. Track. Roy Moore proposed a vote of thanks to his new coach Paul Bassett for achievement of PBs.
6. Hadleigh Relay - more entries were wanted.
7. Runs this week are: Kids Fun Run (Festival of Sport), Norwich City half marathon and Wivenhoe 1m race (11.00 start at the Water Tower). There will be Time Trials at the track next Thursday.

8. Runner of the Month.

Trophy Winners were: Helen Clark who won 6 trophies. Dean Marshall Dave Lacy and Fran Quinn.

Although Dave Lacy has already won twice before it was decided he deserved to be again "Runner of the Month" (awards next week)

9. Cross Country League Trophy, Georgina Clarke won as 1st Lady Vct in the Handicap.

10 Club Kit: Geoff again tried to persuade members that we should present a uniform tidy appearance in our pre and post run clothing. Roy modelled a dark green top with a hood which would pair with black bottoms. The top was priced at £10 + £2 printing and the bottoms £10. During a debate, where Lance and Dean Marshall got into some sort of argument and changed seats twice, 26 members voted for the kit and 2 against. Geoff said he wanted to collect the money next week and place a bulk order.

11. Ladies 10K. Sheila Bond received two letters one from Felixstowe Road Runners and one from Fourbanks saying how much they enjoyed the event and hoped it would be repeated.

12. Ray Willett who still remains a member has sent a letter enclosing £22 for Hamilton Lodge collected for the London Marathon

13. Clem's Health. - Unfortunately he had gone back to hospital but Dave said he had made a call to her and didn't seem too bad. (He is in Nayland Ward at the General Hospital where members might like to visit him).

14. Kiddies Fun Run: Colchester Festival of Sport. Geoff asked for helpers on Sunday. Schools were circulated and trophies have been purchased. It now depends on entries.

15. Joggers Awards.

Ladies 10K. Silver to: Fran Quinn Sheila Bond and Bridget King

Bronze to: Helen Clark, Emma Hanks, Ann Goff, Rachael Williams, Elaine Fooks, Georgina Clark and Geraldine Russell.

Mens 10K. Gold to Martin Bishop and Silver to Jo Norris.

Ipswich Jaffa Smile.

Gold to Roger Hanks and Graham Goodenough, Silver to Andrew Johns and Nicola Beards.

Ipswich Jaffa 10 mile.

Diamond for Peter Thomas, Silver for Fran Quinn, Bronze for Alan Smith

16. Walk Race at University June 10th needs Marshalls

17. Track Photographs. Steve King asked what was happening and Dave said he would sort it out.

Minutes of the Meeting of 9th June.

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.

2. Matters Arising: Steve King pointed out that his son's name was Shane not Sean. He said there had been no mention of the run along the beach.

3. Last Week's Runs.

3.1. Mardstone Marathon. Steve Adley had completed his first marathon in 3 hrs 1 min, Paul Newell achieved 3^{hrs} 33 and Jerry Everett 3^{hrs} 32. Paul is to do his 12th marathon in 1989 next week at Blackpool.

3.2. Wivenhoe 1 Mile: Winner was Dean Marshall in 4 mins 9secs with Gary Silkstone 2nd in 4 mins 18secs. Rachael was 1st lady and beat Dave Wright in 5 mins 19secs. (Dave got lost along the 1 mile course.) Sharon was ambling along behind.

3.3. Colchester Fun Run in Festival of Sport. Due to lack of support by the Borough Council who had not advertised the festival the Fun Run attracted only 11 entrants. The Secretary read correspondence he had had with the Council Sports Officer who had made some feeble excuses for their inactivity. The Sports Officer had promised to refund £19 out of pocket expenses. Secretary assured Roy he would pursue the £19.

Jerry said the 5^{1/4} mile Coop run next week had been part of the Festival but had been moved because of lack of Council backing.

3.4. Colchester Joggers featured in the Fun Runs with Dan King winning the under 7 boys. Richard Knights being first boy and Helen Clark first girl in the 10-15 race.

3.4 Walking Race 20K. This was the only well supported event in the Festival. John Hedgeithorn said there had been a long history of friction between the Council and Athletics and the Walking Race was the only survivor. Two Colchester Joggers did well Graham Goodenough completing in 140mins and Nevil Ackland in 147mins.

3.5. Bungay Cycle Relay 4x 25 mile laps. Martin and Cathy Bishop took part. Cathy said it was very hard, very cold, very windy and very wet but very enjoyable.

4. This Weeks Runs: Colchester 5^{1/4} Mile Coop Race 11.00 start from Boadicea Way. Dave Wright was keen that the Club should do well against the Athletic Clubs and was confident that the Ladies Team would win.

5. Hoddleigh Hares Relay 26th June. Dave had put 8 teams together.

6. Club Awards. Diamond for Cathy Bishop in the TLA 5. Steve Adleigh in the Marathon. Gold for Martin Bishop in Lowestoft 10K. Silver for Andrew Johns in the Jaffa 5 and a Silver for Warren Mason in the 4K.

7. Superstars at The Arena. 2nd July. would comprise a 1500 metre run, a Gym Test, an Obstacle course, Basket Ball, a Penalty Shoot Out, a wildcard event and a 100 metre sprint. Entrants were needed. The Club won the Challenge Cup last year.
8. Clem was in the audience having escaped from hospital. He was welcomed back.
9. Emma Hanks had collected £209 sponsorship for her London Marathon which she had handed to Hamilton Lodge.
10. Family Fun Day at Crystal Palace on August Bank Holiday 28th August. Sheila Bond drew attention to this as a suitable Club Event. There would be 10K 5K and 3K races and entrants would be able to run on the famous track. Sheila would put the notice on the Board.
11. Hyde Park National Fun Run. 24th September. Jim Clarke would bring forms next week.
12. Swimming 1st July. Geoff pointed out that after the Triathlon the Swimming Pool was available for family swimming and he hoped members would make full use of it.
13. Colchester Half Marathon. Geoff would collect names next week for members to process run finishers and results.
14. Next Triathlon. Andrew Johns said this would be delayed by one week.
15. University Walk. 35K would start at 1.0pm - supporters were invited.
16. Fenland 50. Bob Kimber confirmed the date as 10th September. The meeting ended at 7.50pm.

Minutes of The Meeting of 16th June 1989.

About 70 members were present with Geoff in the chair. Dave Wright was absent.

1. Minutes of The last meeting were read - no matters arising.

2. Last Weeks Events

2.1. Walk Race last Saturday. Roger said it was a very enjoyable event to watch especially as Clem kept him entertained for over 4 hours with an unlimited fund of stories and non family jokes. Rogers wife has banned him from going with Clem again. Coming back to the race it was of 20 miles being 7 laps of the University and the winner finished in 2hrs 50 mins.

2.2 5 1/4 mile Coop Race: 55 Colchester Joggers entered in a total field of 135. The ^{ladies} ladies team was first ladies team and the men's team was 2nd. Fran Quinn was 1st lady Bridget King 3rd lady Dave Lucy 1st vet and Peter Thomas 1st over 50. Richard Knight was 1st boy under 16 and Helen Clark 1st girl under 16.

Lorraine said although the Juniors put their ages on the entry forms some were told on the day to remove numbers because they were too young. Following a discussion they were allowed to keep their numbers.

2.3. Handicap Walk Thursday Evening. Geoff won - he says his first win for some time. Peter Harding was 2nd and Steve Woolcock 3rd. Full results are on the Notice Board.

3. Colchester Half Marathon. Starts 11.30. Geoff suggested members assemble near the finish at 10.30 am. Club colours should be worn by all members. Steve Woolcock is to organise the results and processing of finishers. Helpers were needed and should offer themselves after the meeting.

4. Hyde Park National Fun Run. Jim Clarke has obtained the forms which members interested should complete at the end of the meeting at the back of the room.

5. London Marathon. Sharon Ford's Sponsorship. Sharon collected £205 which she had sent to Hamilton Lodge.

6. Triathlon July 1st. Geoff said this was now absolutely full. Helpers or spectators were welcome.

7. Cycling Weekend to Isle of Wight. This had now been arranged to be from Friday 4th August to Monday 7th August inclusive. It will comprise a train journey to South London then cycling to Portsmouth, staying overnight

and leaving by ferry to IOW on Saturday. Following two days on the Island the party would return to the mainland and cycle back to the station from where cycling started. A small party of members had been brought together. Any other members interested should see Geoff. Overall cost would be £100 approx.

8. A Happy Occasion was the joining in matrimony of Jerry and Nicky on Saturday (tomorrow). The Club wished them all the best. A hen night and a stag night had been held during the week. Whilst the ladies conducted themselves with decorum the men seemingly behaved in a generally disreputable manner but both celebrated the occasion with enthusiasm.

9. Two Visitors from Sheffield, Mr and Mrs Murdoch were welcomed to the meeting.

10. Open Track Meeting at Ipswich on 28th June. It will comprise a 10K for men and a 3K for women. Dave Lewis has details and since names must be in by next Wednesday he would need to know by Sunday at the latest.

11. Car Boot Sale at The Fun Run. Margaret is conducting a car boot sale on behalf of the W.I. from 8.30^{am} on Sunday and would appreciate contributions of any unwanted items.

12. Stratford St Mary Primary School 5 mile. starts at 2.0pm next Saturday. Joy White invited any participants back to her place for a barbecue afterwards. Joy will provide salad items and members should bring their own meat.

13. Children on Fridays. The small hall has been set aside for children of members on Friday evenings. Geoff asked parents to ensure that there was some control and not too much noise.

The meeting ended at 7.50pm

Mickeys of Abingdon held at the arena.
Friday 23rd Sept. at the arena.

To the disgrace of Mr. J. Hallas THE Mickeys were
made up by the chairman.

1) Last week's news.

Consett Half Marathon.

Dean Marshall 1st in 1:13.

Col Sappers 1st team Dean Marshall

Col Marshall.

Gary Silcock

Dave Height.

Paul Boek.

Local Heroes.

Paul Quinn 4th May. Bedford King. 6th May.

Threewell 10.

3rd lady Sheila Booz.

Bon 10 2nd May Gary Bishop.

Great North Run. Dave lady 1:13.

Jones Clark Best Athlete Langham School.

Andrew Jones. 1st home in yesterday's Diagonal.

2) This week's news.

Southwicks 80.

Streetford 80 - May 2.

Headlight relays.

Ipswich open road running on last night.

3) During THE Meeting Various Club Achievement
Awards were made.

4) The date of 20th October was confirmed and THE
Lutley Board has been prepared for THE
Trotting Championships.
Local Heroes is to organize THE afternoon.

- 5) A Supply of Costal CroB Crops has been found
any carfibility of Supply has been established
orders will be placed no Bricks of 10 or more.
as time proceeds.
- 6) A letter of thanks has been received from
some Headmen for the closs their Dency.
The Col Half Marion & H. G. Given Dency
the best wall. A sum of £5.00 was
inclosed.

A Carg was received from Maisie Lavers who is
now doing a lot of Speck to the Franklin
Isles.

Wards of Merit Head at the Aerodrome.
30th June

Best Workers.

1st Southdowns 80. This year it started a lo finishing
probably the best crop finished
so far, from the crop.

2nd Shafford Shirey.
3rd Sun.

Saturday.

1st Shafford a 114 finished.
1st 2nd Spennells.
3rd D. Lacy
3rd Lady H. Charl.

4th Huddington Islands. Very high Standard of competition
a few scores teams.
Best team 2nd D. Lacy, 3rd Quine,
1st Spennells.

5th Ipswich Tennis Club's Pastore Counties Championships
10000 mts 1st D. MARSHALL
2nd M. FOOD.
3rd 4000 mts 2nd f QUINE.

2) This weeks news.

Saturday. Club Training.

Sunday. Woodbridge 10.

Newmarket 10.

Deben Superstars.

3) TEAMS. Dave explained a new system for
organising teams.

4) John progress

- 9/4 Heslade Plays. 2. Kelvedon H.M.
- 14/4 Pegeot Talbot Games.
- 22nd Beccles 10.K.
- 30. Beccles. 10.M.S.

5) Committee Meeting
27th Sept. Brief. Lessons!

- 1) Newsletter.
- 2) Club 10P
- 3) Annual Dinner.
- 4) Cross Country.
- 5) Teach right Association.
- 6) Christmas tree proposals.

THE proposals for the last item received some opposition and it was agreed to discuss the matter next month.