

Minutes of the Meeting of 7th July 1989.

About 65 members were present with Geoff in the chair

1. Minutes of the last meeting taken by Geoff were read by him.

2. Last Weeks Runs.

2.1 Summer Handicap: 54 members finished with many PBs.

Lisa Scoby was 1st Adrian Copley 5th

overall Adrian Copley was 1st. Bridget King 2nd.

Graham Goodenough knocked 2 mins off his previous walking time.

a new walker Peter Buckenham completed the course in 20.40 (walking)

Roger thanked all helpers and said some runners didn't understand the funnel system.

2.2 Club Triathlon attracted 28 entries the highest in its 5 years.

It was dominated by outside entries. The first Jogger came 5th. Andrew Johns was 7th.

There were (unusually) 3 lady entries

The fastest swimming time was 7 mins by Warren

2.3. Newmarket 10K 6 Joggers entered. Bernie Myers in club colours was 8th or 9th. Less than 1 minute behind the winner. Phil Cooper was just behind Dave Wright.

2.4 Penine Marathon - completed by Nobby Newell in 3.40 (his 16th this year)

2.5. Superstars Event. A small number of Joggers took part. Geoff gave a description of the event which he said was good entertainment.

Geoff thought we should do circuit training as clubs.

3. Athletics Weekly stewed Dave Lacy as 17th Vet in the country with Henry Emmerton at 26th

4. Runs this Week

4.1 Hadleigh Relay - meet Arena 10.30 or go to Solar Car Park Halstead
Junior race start 10.0am main event 12.15. Dave will form teams on the day.

4.2 Kelvedon Half Marathon and 6 1/2 mile starts 2.0pm

4.3. Tuesday next. Chantry Park 2 mile race starts 7.30pm

5. Dave Lewis won everything at his firms sports day

6. Certificates have been received for Lowestoft 10K by Martin Bishop & Jo Norris

7. New Members: Dave welcomed more new members and said we must beat the Athletic Club.

8. Kiddies Fun Run - Sporting Us
Winners were Lindsay White, Charlotte Goff, Dan King, Dominic King
9. Runner of the Month: Although a number of trophies were won especially by Dean Marshall, on the whole the ladies were best and the Runner of the Month is Bridget King.
10. Return of Absent Friends (Temporarily). Geoff welcomed Ian and Hudgie and their families
11. Christmas Charity Fun Run
The Committee had discussed this recently because the 10 mile was attracting a diminishing field (last year 400) and the cost of providing medals or mugs to all finishers, because of uncertainty of numbers was worrying. It had been suggested that the 10 mile should be run as a road race with trophies only for winners. The 5 mile fun run would continue as previously.
Alan Smith felt that even less would enter the 10 mile if there were no medals/mugs and would probably join the fun run and he said the 10 mile course was not flat enough for a proper athletic race.
Melvyn suggested discontinuing medals but no other changes.
Steve King wanted a proper time clock which Geoff said could be bought for £50.
Cathy suggested more emphasis to a Team Prize. Jerry suggested making medals optional.
A proposal was put to the meeting "That the 10 mile race should continue but with no medals to finishers. The fun run would be unchanged."
There were 32 votes for and 11 against so the motion was carried.
12. Club Awards
10K. Dean Marshall: Diamond, Mick Bond: Gold, Roger Hanks: Silver, Kim Grant: Bronze.
Stratford 5: Paul Sprague: Bronze, Dave Lacy: Diamond, Brian Bedford: Gold,
Helen Clarke: Silver; Jim Clarke: Bronze, Bob White: Bronze
Sonia Barnett: Silver. Beogina Clarke: Bronze

Minutes of the Meeting of 14th July 1989.

About 40 members were present with Dave in the chair, many members being absent on the Pwgeot Talbot Games outing.

1. Minutes of the last meeting were read.

2. Matters Arising.

2.1 It was brought to notice that Roy Moore had returned after 4 weeks absence which should result in livelier meetings in future.

2.2. Roy said why not write letters to local firms asking for Trophies to be provided for the Christmas Run.

3. Last Weeks Runs.

3.1. ~~Birmingham~~ ^{Dorset} Marathon Nutty completed his 17th this year in 3 hrs 13 mins. and would be running Hereford 50 this week end.

3.2 Halstead Relays: CJC entered 7 Teams (Total of 22) and won. with Paul Willis, Dean Marshall, Fran Quinn and Steve Adley.

Dave said it was a good effort by all CJC entrants.

Junior Race. Helen Clarke was first girl in the 2 mile and Zoey Marlin 1st in the 1 mile.

3.3. Kellvedon 1/2 M and Fun Run. The run was badly organised as usual, this year resulting in runners on the same race having staggered starts.

Dean Marshall won the ~~half marathon~~ ^{six and a half mile.} with Gary Silks on 2nd.

There were 6 Colchester Joggers in the first 10 places, and CJC won first team.

In the Half Marathon Dave Lacey was 2nd (for the 16th time) in 1 hr 13 mins the winners time being 1:08.

Other results were Bridget King 1:37. Keith Morgan 1:31.

3.4 Ipswich Chantry Park Races. Bob White was 3rd vet.

4. Biatlon Last Wednesday - won by Andrew Johns.

5. Good News? The Turtons are coming back from Australia in September.

6. Runs This Week. There is a Cambridge half marathon and a Kettlebaston 10 but no entries for these races are allowed on the day.

A Club Training race will leave the Arena at 10:30 for the 10 mile course.

7. Open Track Meeting at Northgate Stadium 26th July - entries to Dave Lewis.

8. Relief Photographs: Roy Moore will take photos next week of missing persons.

9. Club Cricket Match a Fun Day - Gt Horkeley Aug 12th 12.00: Margaret wants names of people who will supply food.

10. Sports Gear. Dawn said Colchester Sports has lots of green gear. Phil posed in some fancy shorts.

meeting closed 7.40pm

of questions about it.

The Hague 10 mile was mentioned.

Geoff said Phil Cooper is a Turkey or was that is in Turkey?

Geoff hardly said anything tonight but whose complaining?

As the meeting came to a close at 19.44 (verified by Alan Smith) there were several late runs by people trying to get their names into the minutes. Most notably Dave Lewis, Roger Hanks, Alan Smith and Sheila Bond.

The End.

As a final note I'd like to take this opportunity to say what a pleasure it was to do the minutes over the last two weeks. It's now back to Pete Thomas to try and match up to my incredible journal banter, wit and charm that I enthused into the minutes - good luck to him.

Yours in a minefield Kim Grant - Ipswich Taffa, life member.
PS. What's black and white and eats like a horse?

A zebra.

START HERE!!

Totally Inresponsible Minutes of Meeting 4-8-89

Quiet please because here comes the minutes. I said QUIET! That includes you rabble at the back! Right here goes.

The story so far:

Geoff, shunned by David, had decided to get his own back by going on a cycling weekend with Peter. This left David all alone at the front of the room facing the assembled congregation by himself. The absence of Pete Thomas allowed Kim Grant - Ipswich Taffa, life member, the honour of taking the minutes once again. The story continues.....

David read last weeks minutes when things got underway at 19.20. There was then a delay in proceedings for the tumultuous applause and cheering to die down whilst Kim ~~Grant~~ was carried around the room to cries of "He's a jolly good fellow". Let's face it last weeks minutes were brilliant. The likes of which will never be seen again. Shame.

Back to reality now.

Dave told everyone about Nieth Morgan (Basil) being involved in a serious car accident. He's in Broomfield hospital, go see him if you can. The club has sent a card.

The Arena has asked us to stop berracading off the bar with our kit bags.

Last weeks Runs.

Rogers handicap has now had 99 runners. Cathy Bishop was said

HINTS ON HOW TO READ OUT THESE MINUTES ARE WRITTEN DOWN THE SIDE HERE

Totally Irresponsible Minutes Of Meeting 4-8-89

SHOUT Quiet please because here comes the minutes. I said QUIET!! That includes you rabble at the back. Right, here goes.

RONNIE BARKER VOICE

By the way, for those of you that have problems hearing, the minutes have been typed out this week.

The story so far.....

MAGIC ROUNDABOUT STYLE

Geoff, shunned by David, had decided to get his own back by going on a cycling weekend with Peter. This left Dave all alone at the front of the room facing the assembled congregation by himself. The absence of Pete Thomas allowed Kim Grant - Ipswich Jaffa, life member, the honour of taking the minutes once more. The story continues.....

EXCITEDLY

Dave read last weeks minutes when things got under way at 19:20. There was then a delay in proceedings for the tumultuous applause and cheering to die down whilst Kim was chaired around the room to cries of 'For he's a jolly good fellow'. Let's face it, last weeks minutes were brilliant. The likes of which may never be seen again. Shame. Okay, back to reality.

SADLY

Dave told everyone about Kieth Morgan (Basil) being involved in a rather serious car accident. He's in Broomfield hospital, go see him if you can. The club has sent a card.

INDIFFERENT

The arena has asked us to stop barracading off the bar with our kit bags.

Last Weeks Runs

COULD BE MADE MORE INTERESTING BY SWAPPING THE WORD 'BUMS' FOR 'RUNS' TRY IT AND THEN APOLOGISE SAYING YOU NEVER WERE VERY GOOD AT READING RUSSIAN

NORMAL JOKE BUT KEEP POINTING AT PEOPLE IN A RANDOM FASHION

Rogers Handicap has now had 99 runners. Cathy Bishop was said to have been the only virgin in the race but this fact was disputed by Martin. Gary Silkstone was allowed to come out and play by his Mum and ran the fastest. There were 13 pb's.

GESTICULATE WILDLY AND WALK AROUND THE ROOM LIKE ADOLF HITLER

The Clacton 11 and 7 actually turned out to be 10.5 and 4.5 or thereabouts. Dave said the race was good but the organisation was crappy. Dave Lacy won the long race but didn't get the winning trophy. Other Joggers that won trophies but didn't get them were Bob White and Terry Jarvis.

SAY THIS LINE FROM THE BACK OF THE ROOM, POSSIBLY WHILST LYING DOWN AND IN A VERY DEEP VOICE

Dave Clements then awarded Dave Lacy a special trophy to make up for the fact that he never got one.

GO BACK TO TABLE

HIGH PITCHED SQUEAKY VOICE

Cathy and Martin ran at Beccles. Pete Thomas was not seen at Beccles.

WITH CHINESE ACCENT

Joggers Relay Thing IE. LOGGERSLEWAY LING

NORMAL VOICE BUT STAND UP AND WAGGLE YOUR BOTTOM

SHOUT AT TOP OF VOICE

Dave Lewis was thanked for doing an excellent job of sorting out the teams and also getting the times. Well most of them, see the results. Dave Wright did not speak to the Gnome. (IPSWICH JAFFA WON FIRST PLACE.) Joggers were second. Bridget King ran brilliantly. There was probably a lot more said but I was listening and forgot to take notes.

EMPHASIS NO

AS YOU LIKE. POSSIBILITIES INCLUDE; BONNY HOPPING, SHOOTING IT THROUGH THE OOR WPRODUSE POINTING TO YOUR BOTTOM WHILST READING.

Ipswich Jaffa are threatening to beat us again at the Fenland Relays and the 4k Track Challenge thingy. Shouldn't be too difficult. (Sorry everyone).

TO BE SAID STOOD UP ON THE TABLE LIKE CAESAR ADDRESSING A CROWD DAWN wanted people to order their track suits.

GET DOWN AGAIN

OROBROSLY

Dave had got a letter from someone wanting a job of running Joggers for 15 thousand a year.

SAID WITH A LOOK OF DISBELIEF

Dave also promised he was getting the Runner of the Month awards tomorrow (last Saturday). He then read out a list of all the contenders. We all know who won but I'll leave that for Pete to write down in a moment.

This Weeks Runs - Not going to tell you!

REPLY

Other matters seemed to go on a bit tonight. All sorts of things were talked about but my mind started to drift off.

DREAMY PAUSE THEN CONTINUE WITH OF IRRITATION

Dave also promised he was getting the Runner of the Month awards tomorrow. (last Saturday). He then read out a list of all the contenders. We all know who won but I'll leave that for Pete to write down in a moment.

QUICKLY
This Weeks Runs - Not going to tell you!

DREAMILY

Other matters seemed to go on a bit tonight about but my mind started to drift off to being on a hot golden sandy beach on a deserted tropical island with a beautiful woman. Dragging myself away from this idyllic situation I managed to catch a few of the things that were mentioned.

DREAMY PAUSE THEN CONTINUE WITH A H OF IRRITATION

WITH A FRENCH ACCENT
Dave Lewis (One week Dave Lewis wont be mentioned in the minutes but I wouldn't bet on it) said that Roy Moore had donated a couple of 'hot' stopwatches to the club.

NORMAL Cathy Bishop rang someone up last week.

TITTER Roy Moore is taking even more photo's of people.

NORMAL Margaret said something about the cricket but I've no idea what. I'm not even sure Margaret knew what she was saying. Sorry Margaret.

LAUGH OUT LOUD Sharon and Rachel ran for Colchester Athletic Club. **COULD GO REALLY OVER THE TOP USE WITH APOLOGUES. IF KNEEL AT HER SIDE**

DREAMY Quiz night, memberships overdue, Cumbrian marathon etc. etc.. The list just goes on and on. Still that's your lot from me. No more of all this nonsense. Next week it's back to Pete Thomas and his more accurate minutes. **SPIT VEHEMENTLY** **BEG FOR FORGIVENESS**

MOUNTING EXCITEMENT

For those that are interested, signed copies of these minutes will be available later in the bar, if you get my drift. **NOD AND WINK.**

GETTING LOUDER AND MORE WILD BY THE SECOND
The meeting will now get completely out of hand as you all give me my well deserved standing ovation. Yes I can hear the screams and hysterical shouting already. What a glorious moment this is for you all. Okay, roll the cameras. Action.

UNCONTROLABLE CRYING
Love and kisses

MORE INSANE GESTICULATING

STAND UP HERE
Kim Grant

↑ Ipswich Jaffa - Life member etc. etc.

MAKE SURE THEY HEAR THIS BIT

Beat that Pete if you can.

SIT DOWN AND AWAIT OVERWHELMING OVATION.
MAKE MORE DRAMATIC BY THROWING THE MINUTES IN THE AIR AND CRYING UNCONTROLABLE TEARS OF SOY. GO AMONG THE MEMBERS AND SHAKE THEIR HANDS (USE BOTH HANDS) LIKE AT THE END OF A GOSPEL MEETING.
BE PREPARED TO BE OFFERED GIFTS OF THANKS AND WANTING TO BE TOUCHED BY PEOPLE

to be the only virgin in the race but this fact was disputed by Martin Bishop. Gary Silkestone was allowed to play by his Mum and ran the fastest. There were 13 PB's

The Clacton 11 and 7 actually turned out to be 10.5 and 4.5! Dave said the race was good but the organisation was crappy. Dave Lacey won the long race but didn't get the winning Trophy. Other people that won trophies but didn't get one were Bob White and Terry Jarvis.

Dave Clements then awarded Dave Lacey a Trophy to make up for the fact that he didn't get his just award. Cathy and Martin Bishop ran at Beccles. Pete Thomas was not spotted at Beccles.

Track Relays

Dave Lewis was thanked for doing an excellent job of sorting out teams and getting the times. Dave Wright didn't speak to the Gnome. Ipswich Taffa won first place. Joggers were second. Bridgette King ran brilliantly.

Ipswich Taffa are threatening to beat us again at the Fenland 50 and ~~the~~ the 4K track challenge thing.

Dawn wanted people to order their track suits.

Dave Wright had got a letter from someone wanting a job of running the Joggers for 15K a year.

Dave also promised he was getting the Runner of the Month awards tomorrow (last Saturday)

He then read out all the contenders. We all know who won but I'll leave that for Pete to write down in a minute.

This weeks runs. Not going to tell you!

Other matters seemed to go on a bit tonight. All sorts of things were talked about but I started running out of enthusiasm for taking the minutes. However here's some things that were mentioned.

Dave Lewis said that Roy Moore had presented a couple of 'hot' stopwatches to the club. One week Dave Lewis won't be mentioned in the minutes, but don't bet on it.

Cathy Bishop rang someone up.

Roy Moore is taking even more photos of people.

Margaret said something about the cricket but we no idea what. I'm not even sure Margaret knew what she was saying. Sorry Margaret!

Sharon and Rachel ran for Colchester Athletic Club.

Quiz nights. Memberships overdue. Cumbria medals etc etc. Doesn't it go on. SKill that's your lot. No more from me. You can now all give me a standing ovation. Love and kisses Kim Grant - Ipswich Taffa etc etc

Beat that Pete if you can

Minutes of The Meeting of 12th August 1989

About 55 members were present with Geoff in the Chair.

1. Minutes of the last meeting published by Kim were read and acted by yours truly
2. Last Week's Runs.
Marathons. Nobby Newell ran Bognor Regis in 3 hrs 51 mins and was 4th overall then did Basildon in 4 hrs 29 mins. Paul's comments were that there were no water stops it was too hot and he's not going again. Terry completed the race in 3 hrs 37 mins. Only 4 people completed in under 3 hours. The winning time was 2 hrs 47 mins.
Terry Jarvis ran the half marathon.
3. Runs This week.
 - 3.1. Lowestoft 10K starts at 2.0pm - same day entries must be before 1.0pm - meet Arena 11.30am (Bob White's definitely going).
Dennis is planning to mix it with the Majorettes.
 - 3.2. Open Track Meeting at Ipswich Stadium on Sunday. Dave doesn't know if we can enter.
 - 3.3. Club Training Run (otherwise known as a race) will start from the Arena at 10.30am on Sunday.
4. Saturday Cricket Match and Sports Day - assemble 1.0pm for 2-Quas Kart
Childrens Sports will be during the Cricket and the barbeque will follow the match.
Margaret said she knows we are not cricketers but she doesn't want any black trousers - players should wear white or light things.
5. Felixstowe 5K next Wed. week. Dave wants entrants to fill in the forms he has and hand over £1.50 tonight.
6. Colchester Joggers Relay. Thanks to Kim Grant comprehensive results have been completed and a copy will go to all clubs.
7. September Engagements.
Geoff announced that both Hyde Park and Fenland 50 coaches will cost £4 per person.
He asked members to provide Dawn with Tombola prizes for the Hamilton Lodge Fete ASAP.
8. Joggers Cycling Weekend. Geoff reported that all went well and an enjoyable time was had by all 4 participants.

9. Christmas Run Entry Forms. Geoff had circulated a proforma entry form and sought members approval on 3 points

(1) 10:30am start: Doug said it was a good idea and no-one objected so it was considered agreed

(2) Medals for Fun Run finishers only if they entered before the day to keep costs down:

This attracted a little more interest. Roy Moore said Colchester Half Marathon had cheap grotty medals so why couldn't we?

Dave Lacey said he knew a man who would supply medals "Sale or Return."

Roy asked how many entered the Fun Run last year and Geoff said 180. It was agreed that all Fun Run finishers should have medals and Dave Lacey would arrange supply by "sale or return."

(3) £3 entry fee. Dawn asked about family entry. Dave said this was impractical. A £3 fee was agreed

10. Wounded Member. Keith Morgan is now at home nursing his injuries with his wife who was also injured. Even the dog was involved
Keith (or Basil) would welcome visitors to 3 Pyfleet Close Fingringhoe

11. Club Awards.

Bentley 10K: Gold: Richard Garne. Silver: Andrew Johns Graham Goodenough

Bronze Derek Randall Tim Carter Keil Morgan

Silver: Barry Bartlett Bob White

Bronze: Terry Jarvis Jerry Everett Russell Goodridge
Paul Snook.

Shrimplin 10K: Silver: Paul Bartlett. Bronze: Jerry Madden

Woodbridge 10K: Diamond: Dave Lacey. Brian Bedford Gold.

Newmarket 10K: Gold for Bernie Myers and Phil Cooper.

Kelvedon Half Marathon: Phil Cooper: Silver

Jaffa 10 mile: ~~Bronze~~ Diamond: Dave Lacey

Jaffa 10 Mile: Diamond: Peter Thomas.

12. Runner of Month awards are now available and past winners invited to collect. Roy Moore collected his after 3 months wait.

13. Next Biathlon Wednesday next. 5 mile run 15 mile cycle 2-8m run.

The meeting ended at 7.55pm

Minutes of the Meeting of 18th August 1989

About 60 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.
2. Matters Arising: Dave Lacey had seen our Christmas run advertised in a magazine for £4. Geoff said this would be put right later.
3. Last Week's Runs.
 - 3.1. Lowestoft 10K. Bob White completed the run in 47mins and was 4th vet out of 22 vets over 50.
 - 3.2. Ipswich Stadium Meeting; Paul Willis was 2nd in the 800m and 1st in the 400m. Sharon was 4th in the Long Jump.
 - 3.3. Biathlon last Wednesday. Mick Bond won followed by Lance Wells Warren Mason and Andrew Johns.
 - 3.4. Track Walk. Steve King is one point clear with one race to go. Pete Harding was 1st man home with Richard Knight's 2nd.
4. Cricket and Sports Day. Dave said it was a lucky result for the over 40s and as he didn't want to give any details he left the results behind on the field. However Roy said the vets won by 214 runs to 109 and this was not disputed. Thanks were expressed to Margaret and the ladies for the food and Lance for the pitch.
5. Quiz Night: next Saturday (tomorrow week) at 7.30.
6. Fenland 50. Members should enter their names on the coach list. Gf Bentley have booked 10 seats so numbers may be tight. Dave says we are definitely going to win this year. Team entries must be in by next week.
7. Track Meeting Sunday. Dave asked for a good turn out. Roger needed some timekeepers.
8. Rounders. 10 members are required to play in a team after the Track Meeting.
9. Coach Lists for Sunday Times and Crystal Palace are on the notice board.
10. Sudbury Swimming Pool is to be booked again for a family evening.
11. Summer Handicaps. The penultimate race is next Friday.
12. Open Track Meeting and Walk - on Bank Holiday Monday.

13. War Games at Layer: Gary Silkston wants to play and his mum says it's all right.
14. Arena Carparking: Geoff has been advised of a clamp down (especially wheels) on improper parking. Geoff said it was OK to park if you used the Toilets.
15. News letter - will be published after the AGM - members contributions are urgently needed.
16. Charles Palmer Trust: has written thanking Dawn for the Tombola and suggesting use of Fun Run Funds to purchase a fountain for the greenhouse. Geoff will negotiate with the Fun Run Funds caretaker. The Hamilton Lodge fete is on 9th Sept and will feature a Driving Skill competition and a Barbershop Group.
17. AGM - Election of Officers: Geoff has written a circular letter to all members asking them to attend. He has put a list of Committee posts on the board for members to insert nominations.
18. Felixstowe SK next Wednesday. Cars will leave the Arena at 6.05pm
- The Meeting ended at 7.45pm

Minutes of the Meeting of 25th August 1989.

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read - no matters arising.
2. Last Week's Runs
 - 2.1. Track Meeting: Roger reported a total of 53 competitors compared to 35 last year. There were 6 best performances especially Tim Carter who was outstanding in the 400m and Andrew Johns. Steve Woolcock entered every event and won the Trophy. Overall standards were excellent and it bodes well for the future. Only two complaints were: not enough events for juniors and pacing - which will not be permitted in future. Dave thanked Roger and family for the organisation and congratulated Steve.
 - 2.2. Harlow 10K and 5K. Bob White entered both events and was said to have completed the 5K in 27 mins and the 10K in 46 mins (faster in 10K)
 - 2.3. Lincoln 10K. Jerry and Nicky got very hot in this race and found it very crowded (Did they want to be alone?)
 - 2.4. Felixstowe 5K. Dave said it was a good night out and a good race. Richard Garne was 6th in 16 mins 2 secs with first class performances by Mick Bond and Gary Silkston. Jerry Madden was 2nd vet and 20th overall

Colchester Joggers Ladies won the team prize but it was later transferred to Ipswich Jaffa who said their ~~women~~ ^{ladies} were better ~~looking~~ performers. Tim Carter completed in 18 mins 14secs and was close to Dave Wright (sexist remark)

3. Runs For Coming Week. West Mersea 1/2 Marathon and 5m. Arena 8.30 for 10 start
Crystal Palace Coach leaving at 7.0am - will leave
Crystal Palace at 5.0pm. Sheila said wear swimsuits and bring food.
4. Quiz Night at the Arena will start at 7.30pm Saturday.
5. Ipswich Jaffa Race Wed. 13th Sept. Every member was urged to attend.
6. Georgina Clarke was GO this week - no secrets in this club.
7. Rogers Handicap - after the meeting - he said "Be careful in the wet".
8. Cross Country Meeting - taking place next Wednesday - all 9 clubs attending.
9. Selection of Medals for our Run. Geoff had a display and invited members commats. The same company could make us a banner for Hyde Park etc.
10. Rogers Majority. Roger has run and logged 20,000 miles over the last 10 years. He will supply a bottle of wine to anyone who can prove that they have exceeded this achievement.
11. Joggers Jacket Tops - Dawn is preparing an order for these and wants at least 6 of the large size to keep the price down.

The meeting ended at 7.45pm

Minutes of The Meeting of 1st September 1989

About 70 members were present with Geoff in the chair.

1. Minutes of the last meeting were read - no matters arising
2. Last Week's Runs.
 - 2.1. Summer Handicap. Roger revealed that 106 different competitors had taken part in the four races, 53 in the last one. There were lots of PBs and he would be looking for runners hiding around corners.
 - 2.2. Billericay Half Marathon: Dave Lacy was 2nd overall and 1st Vet in a time of 1-11.45 - a new Club record
Nicky nee Beards now Everett won a Trophy
 - 2.3. Mersea Half Marathon. Dave Lacy was 4th overall and 1st Vet in the 12. The Club won the team prize with Paul Spurge Roger Hanks Paul Barrett P Thomas Ken Grant & Randall
Mersea 5.4 mile. Gary Silkston won and CTC won the team prize
 - 2.4. Crystal Palace 10K. Richard Gaine won, Charlotte Goff was 1st under 44, and Mick Bond was 4th. Fran Quinn was 2nd lady with a new Club record
 - 2.5. One Hour Walk. Roger Hanks and Steve King exceeded 6 miles in 1 hr. Richard Knights won the novice event.
 - 2.6. Bruce Willis did well in the 800m Open Track Meeting at Ipswich.
3. Quiz Night last Saturday was well supported and a great success
4. Keith and Ann Morgan were welcomed back.
5. Fenland 50 Next Sunday 10th Sept. The coach will leave at 7.30 pm. There are two spare team places
6. Ipswich 4K 13th Sept. Dave said a coach would be hired
7. Cross Country Meeting last Wednesday 30th August. The secretary said the minutes were on the notice board. Members had been issued with a program of all winter runs. Jerry Everett pointed out that the Essex Championships were on the Saturday before the Club Christmas run.
8. Sunday Runs; The Ipswich Half Marathon was on and there would be training runs from the Arena and a mock 1/2 M from Woods Centre, both at 10.30
9. Runner of the Month: Dave said he had 4 contenders who were all to receive the award: Richard Gaine, Jerry Madden Gary Silkston and Rachael Williams
Steve King received an award for Race Walkers

10. Vets Races at Kings Lynn Sept 3rd: some members had entered
11. Weekend Marathon Runners are Nobby Newell at Ipswich and Jerry Everett at Liverpool.

The weekly meeting then closed and the AGM commenced

Colchester Joggers AGM

1. Members Comments. Geoff asked for members comments on the past year. He said he felt the year had gone well from an organisational viewpoint and in the latter part some excellent running results had been achieved. He also thought that joining the AAAs had done us no harm and had proved worth while.
Ray Harding said he and George Berrington had benefited by obtaining Club places in the London Marathon
Roy Moore had observed that the Club was now more friendly having got rid of bad influences
Geoff continued by saying that although there had been some minor problems with the Arena on the whole the Club benefited considerably from attachment to the Arena. He said local Clubs now acted more collectively, there were good relations all round and Colchester Joggers was looked upon with respect. When Geoff invited criticisms Roy said he might have said something but had previously been gassed by Geoff.
Geoff thanked those who had remained loyal to the Club and welcomed all the new members.
He then gave some statistics.

Number of Members Sept last year 177. Present Membership 207

Financial Situation: Current Account £709.34

Building Society £313.00

Ready Access Account £369.

Petty Cash £34.00

In addition £300 from the Fun Run Account had been passed to Hamilton Lodge

2. Election of Officers. Geoff thanked all members of the last committee for their contributions to the Club and dealt with the incoming committee posts in turn.
President: Phil Cooper felt unable to continue, Dave Clemence was nominated and accepted
Chairman: Since no one else had come forward Geoff would continue
Vice Chairman: Dave who had served for 2 years had another role to place. Roger Harkes was nominated and accepted

sections of road the aim would be to have as much cross country as possible. With as the main offenders last year were pairing with Tiptree for a run at Tiptree.

- 9 Juniors at Fenland. Geoff appealed for loan of Tops for juniors at the race.
10. Track-Juniors: Sabena wanted to know what problem had arisen. Mick Bond said there had been difficulties with supervision and it had now been agreed that parents will assist on a rota basis. Parents will only be involved about once in 10 weeks.
11. Cocker mouth Weekend. The Trout Hotel is now under new ownership, the former owners having returned to Italy. Dave Wright has confirmed the bookings but he would like confirmation from members still planning to go. Dave Lacy had found a 1 1/2 mile run which would be a substitute for the Cumbrian Marathon.

The meeting ended at 7:54 pm

Minutes of the Meeting of 15th September 1989.

About 70 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 Fenland 50: Our 'A' team were 2nd, Ipswich Jaffa being winners. After an unsuccessful attempt to avoid mentioning the Vets Team who were 2nd CTC team and 2nd overall Dave was forced to admit they did well. The Ladies team came 4th in the ladies race. Dave said everyone did well and thanked all who took part. Roy Moore proposed ~~then~~ a vote of thanks to Lance and Margaret for the use of their tent and for the cups of tea and coffee which some privileged members received. Paul Spouge, who hates Trophies and medals has donated his Trophy to the Club for use as a Club Trophy for the Fenland 50.
 - Ray Willett attempted the 50 mile race but completed 30 miles.
 - 2.2 Ipswich 4x4 Track Race: CTC did well in the over/5 mins race and there were notable performances by Paul Snook who achieved 14 mins 14 secs and Jerry Everett who was 3rd with Paul King 4th. In the ladies race Bridget King made a new Club record in 15 mins 3 secs. and Cathy Bishop 15.15 a new record for lady vets. In the fast race Robert Malseed equalled the Club record and Jerry Madden created a new vets record of 13.21. All the boys did well with Paul Parsons 2nd in 14.13. Helen Clark achieved 15.35 and the Goff girls came in together in 17 mins. Dave said well done.

3. Future Races. Dave said as there had been frequent races recently there would be no club pressure for members to race until the cross country season started.
4. Essex League: Dave drew attention to the letter which the Secretary had received in answer to his application to join. The letter was on the notice board.
5. Essex Cross Country Championships: details on the notice board.
6. Club Standards: These have been changed because some were too high notably the 4K and 5 mile for men and all ladies standards.
7. Assistant Club Coach. Paul Barrett has now earned this official title. More members were needed to become coaches.
8. Gymnasium Training: This was planned for a Tuesday evening but Roger has failed to find an available gym. Doug is trying at the Garrison.
9. Committee Meeting on Wednesday: Geoff asked members for Agenda items.
10. Hamilton Lodge: Dave Heather was grateful for the attendance of CJC members. Despite bad weather and non-attendance of 3 planned entertainers £1500 was collected. Geoff won the "Trees" competition. Winners of the driving competition for CJC in reverse order were 5th Geoff 4th Steve King 3rd Phil Knight's 2nd Dave Wright. These were all presented with a mysterious white balloon shaped object and a ^{small} glass dish. The exact purpose of these was unknown. Dawn was 1st for CJC and overall winner of the competition of 80 entrants. She received a rally jacket. Steve King had raised £100 from sponsorship for the South Downs 80 and £280 had been contributed from the Clubs Fun Run Fund for a fountain for the greenhouse.
11. Next Week's Runs: There is a 10 mile and 4x2 at Tiptree on Sunday commencing 10.30 (Arena 9.15) and a 10K at Chelmsford on Sunday afternoon.
12. Club Awards for Fenland SD.
Richard Gairn, Paul Spauge and Mick Bond: Diamond. Colin Thackwell and Gerry Madden: Gold
Andrew Johns and Paul Barrett: Silver. Richard Jeffries, Martin Longhurst, Paul King
Derek Randal Steve King & Barry Bartlett: Bronze
Ladies winners were: Sonia Barnett Bridget King and Cathy Bishop all Silver.
Shrimpling 10K: Silver awards winners were Sonia Barnett and Lance Holtram.
Crystal Palace 10K: Paul King Geoff Gibbins and Ray Harding won Bronze awards
Awards for 12-17 year olds based on track performance will count from next week.

Club Jacket Order: Dawn needs the money next week.

Meeting ended 7.5pm

Minutes of the Meeting of 22nd September 1989

About 80 members were present with Geoff in the Chair.

1. Minutes of the Last Meeting were read - no matters arising

2. Last Week's Runs.

2.1 Tiptree 10 & 4.2. Dave Lucy was 2nd overall and first Vet in the 10 mile in 54 mins. 40. Jerry Everett did his fastest 10 yet at 65 mins.

In the 4.2 mile Bridgette King was 1st lady, Helen Clarke 2nd and Charlotte Goff 3rd. There was a very good effort by all ladies including Sabene Joyce and Georgina.

2.2. Chelmsford Bob White represented the Club and gave out our run forms

2.3. Essex League Final: Paul Spodge came 10th.

2.4. West Lindsey Lincs. 1/2 marathon: Colin Thackwell came 11th overall, 1st Vet in 1 hr 22 mins.

2.5. Orienteering in the Castle Park. George and Victoria Bennington took part. George said it was a pretty laid back event which suited him very well.

2.6. 5 mile somewhere in Surrey: Steve Woolcock who entered in a field of 400 said it was a road race which became a cross country. Steve didn't get in the first 300.

2.7. Lance completed a half marathon in just under 3 hours in full riot gear.

2.8. Triathlon at Ipswich: 800m swim 16 mile cycle and 5 mile swim Cathy Bishop was first novice home. Roger Hanks achieved 1.32 overall.

3. Next Week's Runs.

3.1 Birmingham Marathon: Jerry Everett and John Blundell are involved
Cathy Bishop and Nicky Everett are doing 10 miles.

Nutty Newell will be running a marathon at Nottingham

3.2. Hyde Park Nat. Fun Run is the main club event on Sunday
A double deck is to leave at 7.30am from the Arena.

3.3. Halstead Empire Run for those not at Hyde Park starts at 2.30pm

4. Gymnasium Training has been arranged for Tuesday evenings at Highwoods Gilbert School Hall starting next Tuesday. The session will be strictly for one hour from 6.30pm so members are advised to be early. Roger, who is in charge has arranged some VIP guest presenters.

5. Midnight Run in Mid Glamorgan Dec 30th - on Saturday midnight 6000 metres distance. Brian Bedford said a minibus will leave on Saturday at noon and return on Sunday morning. Members are invited to take part. Brian will bring entry forms next week

6. Cross Country Season: The 1st race is CFC's at University 19th Nov. Dave wants 65 ^{CSC} runners in every race in the series.

7. Informal Outing to Lake District: George and Roy have two spare seats in the car for a 4 day trip, and invite hardy members to join them.

8. Committee Meeting: Geoff gave a resume of matters discussed

8.1 Coaches: children are now to be charged £1 (after Hyde Park Trip)

8.2 Kit: As we cannot display the name we wouldn't expect sponsorship as previously. Geoff was instead seeking their sponsorship to our fun run.

Dawn must have the money for the jackets now so that they can be ordered.

8.3. Dinner: Beef will be the main course.

8.4. Arena: The Club has been invited to nominate a Club Sportsman of the Year Sports woman of the year, Personality of the Year and Team of the year, awards to be presented to winners at a special Arena dinner. The Committee has agreed nominations and Secretary is writing to the Arena advising the nominations

8.5. Newsletter: Master Pages are now with Geoff ready for the printers. Delivery to members will be in about 2 weeks

8.6. Track: More efficient use of the Track was proposed: Mick Bond will deal.

9. Track Tuck Shop: Geoff said profits were being used to buy items for the Club. He was sharply corrected by Lance who pointed out that it was Margaret's money, not the Clubs, to spend as she chose. He reported that Margaret had already purchased a water boiler, water container, a folding table a stop watch and a tape recorder. She proposed to purchase 2 further stop watches.

10. Fun Run: The possibility of using the Track as a venue for our Christmas run was now being considered. Dave Wright is to see the Army on Monday.

11. New Runs Registrar. Sheila Henkes has kindly agreed to take this on.

12. Cross Country: Dave explained Club plans for taking part in 3 league. He has provided an explanation on the notice board.

13. Colchester A.C. Dave said dialogue between the two clubs was proceeding but nothing concrete had emerged.

14. Sudbury Biathlon: This will take place as last year except that the cycling course has been shortened by 3 miles. Lance will take names and fees. This race is to be counted in the CTC Biathlon series.

15. Ipswich 4K Awards were presented: Gold to:

Gold to: Lance W, Paul Snook, Paul King, Derek Randall, Steve Woolcock, Rachael W

Silver to: Helen Clarke, Nicky Everett, Simon Barnett, Charlotte and Geoff

Bronze to: Steve King, Chris Akehurst, Jim Clarke, Adrian Copley, Roy Moore, Nobby Clark
meetings ended Tony Chatfield, Matthew Brady, Richard K. Spencer-Priestly, Paul Shortall, Eddie Goodman
8.03. Emma Hanks, Joy White, Marlon Ferganini

Minutes of the Meeting of 29th September 1989

About 60 members were present with Geoff in the Chair.

1. Minutes of the last meeting were read - Matters Arising Geoff said that the charge for children would not necessarily be £1.
2. Last Week's Runs
 - 2.1 Birmingham Centenary Marathon. John Blundell completed in 4hrs 15mins and Jerry Eveitt completed his 63rd marathon in 3hrs 23mins. The 10mile was completed in 72mins by Cathy and 68mins by Martin Bishop. Nicky completed in 78mins 40. Martin had to wait an hour for the bus.
 - 2.2. At Nottingham Marathon, Nutty was on the road for over 5 hours.
 - 2.3. In the Evening Gazette Cup 800m Truck Race: Marco won the cup which Roger Hanks had won in 1987.
 - 2.4. Hyde Park National Fun Run. The club enjoyed a good and successful day and all runners did well. Dave Clemme and Bob Kimber who had not run for some time joined in their races. Paul King, who was arrested by a Policewoman for indecency was presented with a memento award by an anonymous donor.
3. Raffle Prize: Paul King presented a pink elephant which he had won to the club for use as a raffle prize at the dinner.
4. Summer Handicap: after the meeting: many PB's expected
5. Glamorgan Midnight Run: Brian Bedford has forms
6. Langham Fun Run: Jim Clarke will collect ~~and~~ completed forms
7. Runs this weekend are Harwich 10K and Stour Valley Run
8. Dedham Fun Run: Geoff said this was particularly suitable for children with many prizes for them.
9. Colchester Joggers Christmas Fun Run. The latest position following Dave's meeting with the Army was that the Truck could not be used as a venue. Geoff, who has been talking to Roland Hill who he says is a friend of his (news to me). Roland Hill suggested Monkwick School and the Athletic Club's course for our run which would mean a two lap course for 10 miles. Following a short discussion and show of hands members voted for a 10mile course of one lap from Monkwick School. Roger and Geoff would investigate and talk to the Monkwick Manager and report back next week.

10. Vet's Rep. Mick Bond pointed out that this post had been agreed and should now be filled. Nominees were Martin Bishop and Steve King who were both seconded. Martin Bishop was elected.
 11. Chelmsford Classic Half Marathon. Mick advised members against entering this race which has been modelled on previous Kelvedon races.
 12. Kit - Club Jacket's Order: Geoff said members were under an obligation to pay up this week.
 13. Photograph Frames. Steve King pleaded for some new material as he already has many photos of Dave Wright.
 14. Gym Training: Roger reported a small band of attenders. He advised interested members to enrol quickly as there would be a ceiling on participants.
 15. Ladies National Championships. Sheila Bond said closing dates were close and urged ladies to complete entry forms which Sheila has.
 16. The Handicap was to start at 8.15. The meeting ended 7.55pm.
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Minutes of the Meeting of 5th October 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. Sleaford Half Marathon was completed by Ray Harding in 1hr 35 and Pete Harding was 5th in the 3 mile race.
 - 2.2. Stour Valley 15K: Dave Lacey won by a lot, in fact he was at home thro' his second bottle of Guinness before the second runner came in. He won a solid gold Trophy for his pains.
Paul Parsons was 1st boy in the 8Km, Charlotte Goff was 1st lady and Martin Bishop 1st vet. Geoff said it was a good FUN run.
 - 2.3. Harwich 10K. Peter Thomas won the over 50 prize, Tony Chatfield got a PB. Joy White ran very well and Steve Woolcock finished.
 - 2.4. Essex Championships - 10K. Paul Sponge won the Essex medal, the only man to do so. He was 6th overall with a time of 31.15.
- 3.5. Run this week: Dedam 5 & 2 1/2. 10.30am start here 9.15.
4. Next week. GT Bentley 10 & 5 mile. Southend 10K Classic.

5. Sudbury Swimming Night: next Saturday.
6. Ipswich 4K results are now available
7. Sudbury Biatlon. Roy said entries would be on the day but required to know numbers in advance.
8. Clacton Classic 5. This is a new race with a measured course which, it is hoped will be an annual event. The date is 12th November.
9. Handicaps last week. Roger reported there were 12 PBs Nicky won. Overall winners of the series were 1st: Russell Goodridge 2nd: Bridget King 3rd Dave Wright 4th Paul Barrett. 5th Rachael Williams. Roger presented a bottle of wine to the first man and 1st lady. 120 runners had taken part over the series. Full results would be published.
10. Kit Tops: Geoff warned that tops not paid for at once would not be ordered.
11. Dinner: Dawn will take names for tickets - no deposit is required at this stage.
12. Newsletter: Geoff said this had been issued. He said whilst the quality of printing might not be first class printed costs had been halved compared to last time.
13. Christmas Fun Run: Roger, Dave and Geoff visited Monkwick Sports Centre and encountered a very helpful attitude. There will be ample parking, toilets showers, a covered area for late entries and the possibility of a bar and hot snacks all for a total cost of £20. Geoff said that a single lap 10 mile course was impractical because the Army had warned that access via the barracks could be cut off at short notice. A two lap course required only 12 marshals and therefore, subject to carpark duties prior to the race more Club members will be able to run. Geoff said he had more advance entries now than at 3 weeks before last year's race.
14. Awards: To Colin Thackwell for Grundsburgh half marathon: Gold.
Hyde Park: Kim Grant Brian Bedford & Sheila Bond: Silver. Graham Goodenough
Ray Harding, Sharon Ford, Elaine Fookes and Michelle Jarvis: Bronze (Georgina Clark)
Birmingham 10 mile: Colin Thackwell Gold
Harwich 10K: Pete Thomas: Diamond. Joy White, Paul Willis: Silver
Phil Knights, Tony Chatfield, Doug White, Steve Woolcock
Chris Alcott: Bronze.
15. Hamilton Lodge Street Collection: 11.0am to 2.0pm - 15 club collectors required.
16. Pantomime: George wants names - cost will be around £2.
17. Children's Christmas Party - details to be announced.

The meeting ended 7.50pm.

Minutes of the Meeting of 12th October 1989.

About 65 members were present with Geoff in the Chair

1. Minutes of the Last Meeting were read.
 - 1.2 Matters Arising: Steve Woolcock pointed out that in the Harwich 10K he not only FINISHED but finished in front of Lance.
2. Summer Handicap. Lady award winners Bridget King and Rachael Williams, absent last week, were presented with bottles of wine by Roger. Roger was given a round of applause for organising the Handicap and he thanked all his helpers.
3. Last Week's Runs:
 - 3.1. Dulwich 10K: Andrew Johns achieved a PB of 36mins 53secs. He said the course was once round the park and twice round the outside.
 - 3.2. Grassmere Fell Run. Several members who spent the weekend in Cokermonth at "The Trout" took part. Steve Woolcock, the first Colchester Joggers member to finish described the course as 1 1/2 miles uphill into the clouds and down again very rapidly surmounting a 6' dry stone wall on the way. He passed Dave Lacey who being a gentleman was helping the ladies over the wall. Steve finished in 2 1/2 mins against the winners time of 12 mins. He said it proved there were no mountain goats in the Club but was great fun. Steve King reported that despite the change of ownership the Trout seemed unchanged. Dave said it would be a good idea for the Club to enter the Cokermonth Olympics next year.
 - 3.3. Dedham 2 1/2 mile. Paul Parsons won in 12 mins 41secs then went on to Thundersky to win in the 5K. Charlotte Goff was 1st lady and 1st in her class in a time of 13 mins 52, Terry Stevens and Hayley Clarke were both first in their class. It was a good turn out by the Club. No mention was made of the 5 mile race held at the same time.
 - 3.4. Julie Rose 10K in Kent. Chris Aylet entered.
4. Runs This Week:
 - ① Norfolk Suffolk 1st Cross Country race at Bury on Saturday
 - ② Shri Chimney race 2 miles 8:30 start, entry £1 adults and 50p children and GI Bentley 10 & 5 mile on Sunday.The Langham 10K was on Sunday week.
5. Club Swimming Night at the Kingfisher pool Sudbury on Saturday 13th Oct.
6. Runner of the Month Award: This was presented to Michelle Jarvis who had put in a lot of effort.
7. Geoff reported that Carl Mordock completed the 53 miles London - Brighton race in 7 hrs 2 mins and was 2nd overall.

Minutes of the Meeting of 26th October.

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. Abingdon and Leeds Marathons - no information was available about these events and neither Nutty or Jerry Everett were available for comment.
 - 2.2. Langham 10K: over 40 Joggers took part with good results. 1st girl in the fun run was Helen Clarke and first boy Paul Parsons. 3rd lady was Bridgette King. Team prize in the 10K was won by Joggers: Robert Malseed Bruce Willis and Colin Thackwell. Jim Clark netted around 350 runners and made £1000 for the school.
 - 2.3. Sudbury Biathlon: Despite the hype about this event there were only 2 CTC entrants Richard Knights and Andrew Johns
 - 2.4. Walk Race 3Km at the Truck Thursday. Said said he came 8th when he was interrupted by hisses directed at Kim Grant who was resplendent in Taffa uniform
 - ~~2.5. Dave~~
3. Next Week's Runs
 - 3.1. Essex Cross Country League race at Thurrock - Peace the Arena at 10.30am
 - 3.2. Club Cross Country Training Run will start from the University Top car park at 10.30am
 - 3.3. Muddon 10K at Burnham on Crouch on Sunday starts 12.0pm
4. Ipswich Parloffs - start Monday week and continue for 4-5 weeks.
5. Bury 20. The course is to be changed and the ceiling for entries raised.
6. Dave Simpson ran 39.2 miles from Ipswich Dock to Brain Tree to raise money for the Royal Marine's Deaf Bombing Fund
7. Cheese and Wine Profits had been donated $\frac{1}{2}$ to Market Field and $\frac{1}{2}$ to Hamilton Lodge.
8. CLUB Name. Bruce Willis said he had talked to other members since last week and now suggested a title of Colchester Joggers and Running Club. In answer to Roy Moores "Why?" Dave Wright said Joggers had been replaced by runners and he himself had to press gang new top runners to join despite the Club name. Dave Lacy wanted us to stay Joggers saying he wouldn't have joined otherwise. John Blundell said successful Taffa didn't have running in the title. Bob Kimber

said there were better performing clubs than ours with Joggers in their title. Jim Clarke likes to see Colchester Joggers listed in running magazines with athletic clubs. - Dave Wright would like to see "Running" included.

Bruce said there were no joggers in the club now but Alan Smith said he and his cronies had joined because they're joggers. Ray Harding suggested JAGUARS as an acronym and Kim Grant predictably suggested "Colchester Juffa". Roy Moore asked what the Top Table thought and it became clear that Dave was in favour of a change and Geoff against. Dave was firmly convinced that new runners to the area were put off by Joggers and joined the Athletic Club instead where they became committed for 9 months. Alan Smith remarked that anybody who stuck with the AC was no good anyway. Steve King suggested that a change of printing could be optional but Geoff wanted us to stay one club. Geoff wanted a vote to test the general feeling but Roy Moore pointed out that the Club rules required 6 weeks notice then a postal vote. Roy was supported in this by Bob Kimber. Geoff however was very insistent on having an informal vote by show of hands. The result was 35 against a change 15 for and 8 abstentions. Roy was unhappy with the way the vote was conducted so Paul alias Bruce Willis withdrew his proposal.

9. Club Photo. Although all Club members knew that 10th November had been set aside for this none had thought to tell the photographer. Bamy Bartlett will make enquiries

10. Dinner: Dawn has 75 names - she wants money next week.

11. Dinner Activities: Steve King wants to have a present exchange where those attended draw a name out of a hat for whom they will buy a present at a set price.

Entertainment at the dinner is to be provided by Paul Willis, Bruce Willis and Dave Wright. It is hoped this won't deter members from going.

12. Dean Marshul who had returned to give birth was presented with a Teddy Bear for himself and a signed card for his wife Carol.

13. Square Dance. Margaret wants to organise one in Feb or March 1990 at Nayland village hall with a chicken and chips supper. She would need to guarantee 80-100 people and would like to know members feelings. A show of hands indicated good possible support.

The meeting ended 7.58 pm.

- 2.4. Epping 10K. Dave Lacy was 1st Vet. and 16th overall in 33mins 05 a new Club record.
- B. Parlauffs. Last Mondays races were cancelled due to fog.
On Monday 20th the Ladies team will be running at 7.15 pm
4. League Cross Country at University: Dave said he wanted everyone to turn out. He said don't let anyone pass after the race starts
If there was any shortage of goody bags, CJC members were asked to hold back.
5. John Turton was welcomed back to the Club on return from Australia. Dave commented that although John used to be our number one runner he would probably not be in the top 50 now.
6. New Year's Eve Run: details are on the notice board
7. Boxing Day Run. Dave said we must beat the Athletic Club. If there was any doubt the result would be decided by a hand to hand fight between Dave Wright and Peter West.
8. Ten Pin Bowling: John Blundell has booked Ten Pin Bowling for Saturday 16th December. The first 42 names to be entered on the Notice Board will go.
9. Reading Half Marathon. Dave asked for an indication of support for this event now priced at £7. Only a few hands were raised.
10. Handicap Walks. Next Thursday will be the 2nd in the series.
11. Children in Need. George proposed a collection. He collected Roy Malwood from next door attired in his nightgown and a collection was taken.
12. Harlow Essex League Race - has been cancelled
13. Dinner. Members should arrive at 7.0 pm for 7.30 pm sit down
14. Kit. Dawn has nearly enough orders for another jacket order. She wants a few more orders now. Jackets from the previous order had been issued.

The meeting ended at 7.32

Minutes of the Meeting of 24th November 1989

About 60 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.
2. Matters Arising Graham Goodenough said he wasn't 1st over 45 at Clacton
3. Children in Need Collection. Roy said £62.80 had been collected and handed over
4. Cross Country League CJC Race: Dave said he had been convinced we had won but Ipswich Jaffa had 8 runners in the first 2x. CJC was only 50 odd points behind Jaffa. (Dave said if Robert Malsced hadn't dropped out we might well have won)
Colchester and Ipswich were well away from the other clubs but it had been proved that the scoring system did not favour the larger clubs.
Paul Spowage came 1st with a Jaffa man 2nd.
Dave said everyone had done well. He thanked Roger for organising it, Bob for scoring and all the morning helpers for laying out the course.
There was some confusion over "goody bags" when finishers did not pick them up immediately. On the whole things went well and Geoff presented a box of chocolates to Margaret for her organisation of the goody bags.
The next race is at Tiptree on 3rd Dec. [The race made a profit of £48] -first time ever.
5. ~~Next~~ Monday's Parlauffs. The ladies won again, completing 18 laps.
Next Monday men will run at 7.15 and Vets at 7.40.
6. Club Coach. Paul Barnett is going to the first part of his course at the weekend
7. Ten Pin Bowling: Some vacancies still exist
8. Reading Half Marathon. Members consensus is against a coach but one to Rutland 16 1/2 was proposed instead.
9. Beccles was proposed for a coach but Bob Kimber pointed out that it clashed with Chelmsford Cross Country.
10. Dinner. Geoff said a good time was had by all and most were satisfied with the food. Roy and George were pleased that an extra giant size plate of potatoes was put aside for them. The dinner made a profit of £88. Geoff proposed that this be put aside with the profit from the cross country and, if the Fun Run breaks even, be given to charity. Melvyn said the Cabaret was excellent with good performances by Paul and Bruce Willis and a good script by Dave Wright. Steve King was praised.

for his organisation of other events.

Regarding the profits Steve King asked if we could subsidise a coach Alan Smith proposed a donation to the injured soldiers fund - George seconded the motion and it was carried. It was finally agreed that £70 would be donated to the soldier's fund and the Secretary would forward a cheque with a suitable letter.

11. Walk Handicap (~~last~~ Thursday) ~~23rd~~ ^{20th} November. Richards Knight's won in 16 mins 52 secs. with Steve King, Roger Hanks and Burt Weeden doing well. John Hedge Thorn is to give a talk about walk racing next Friday.
12. Essex League: Roger Hanks finished 33rd overall.
13. Club Awards were presented by Dave Wright
To Nicola Everett a Silver for Leeds Half Marathon and Maldon 10K -
Pitsea 5: Silver for Paul Spowage, Chris Akehurst and Steve King
Clacton 5: Diamond: Roger Hanks, Colin Thackwell, Brian Bedford
Gold: Paul Willis, Alan Barnard, Dave Lewis, S. Parker, Matthew Brady
and Bob White ~~Silver~~: Eddie Goodman
Bronze: Roy Malseed, Jenny Goodenough, Eddie Biddle, Pete Harding
14. Kids Party: George asked the ladies to donate food as usual. The club would provide drinks. Each parent should bring a present for their child costing £3.
15. Essex League Race Saturday. Entrants should meet at 11:0a for a first race at 12:45.
16. Sunday's Runs. Hadleigh 10 (No entries on the day) and a club training run at 10:30 from the Arena.
17. Kim Grant thanked everyone for the cards.
18. November Memberships: Lorraine wanted them all back immediately.
19. Flumathon. 2 Teams are needed at Sudbury on 17th February. Interested members should see Roger or Dave.
20. Sheriffs Day. George has entry forms and any would be macochists should see him. The date will be approximately the 1st week in February.

The meeting ended 7:53 pm

Minutes of the Meeting of 1st December 1989

About 65 members were present with Geoff in the Chair

1. Minutes of the Last Meeting were read - no matters arising
2. Essex League: The Club is now 11th overall. Gerry Maddens late arrival prevented a better result
Richard Gurne was 19th in the senior race and Matthew Brady 21st out of 60 in the Colts race. Nicky was 33rd overall.
Colchester Athletic was said to have a lucky win.
3. Hadleigh 10. A group of vets entered this race and Dave Lacy was 1st over 45 in 56 mins 59secs. Brian Bedford and Pete Thomas won Veteran standards awards.
4. Parlauffs. The mens team was 1st and the vets team 3rd.
All teams will be out next Monday.
5. Walk Handicap. Richard Knights has an article in the local paper about his success
6. Tipfree Cross Country on Sunday. Dave said it was vital that there should be a good turn out and particularly important to have all the women there. Race starts at 11.0 and departure from the Arena is at 9.30.
7. Essex Championship is next Saturday.
8. CTC Christmas Run Sunday 10th Dec. Because only a few run marshals are needed this year most members who wish to run will be able to enter.
9. New Year's Eve Disco. will be on the Sunday and will be in fancy dress as usual. The Arena are selling tickets at £2 and these are in great demand.
10. Midnight Run in Wales: A minibus has been booked and numbers will be limited to 14. Cost will be about £15 per person
11. Hamilton Lodge Carol Service, Wed 13th Dec will this year be in the main hall. Numbers must this year be limited. A list will be circulated.
12. Christmas Fun Run Arrangements. Geoff reported 300 entrants to date. Programmes were available and would be distributed at Tipfree. Two types of marshals will be required: running and non-running.

13. Track: Young children are now kept inside. Allison has asked members to provide games.

14. Runner of the Month was Paul alias Bruce Willis.

15. Parlawfts. The races which were cancelled due to fog will now be on 18th December.

There being no further business the meeting ended at 7.39.

John Hedge (Thoms) talk on race walking followed.

Main points were:

1. From now on Colchester Joggers entrants would score as Colchester Joggers. John assured would be entrants that they would not be out classed.
2. John has a list of forthcoming walk events and he would like CJC to support all of these.
3. Collective travel arrangements will be made for some events
4. Events can be entered simply by phoning John.
5. He would like to see a CJC team entry in future
6. Lists were distributed for events with distances from 3km to 50km
7. John had a limited number of pamphlets covering the technical side of walking which were available to interested members

Geoff thanked John for an interesting talk.

Minutes of the Meeting of 8th December 1989

About 65 members were present. Geoff apologised on behalf of the Arena for a shortage of chairs

1. Minutes of the last meeting were read

2. Matters Arising Roy objected to "Runner of the Month" and said it should be "Jogger"

3. Last Weeks Runs:

3.1. Norfolk Suffolk League Cross Country: Ladies did well and Helen Clarke was 3rd overall.

3.2. Tipree Todays Runner League Cross Country. Dave said that with one more "top" runner we would have beaten Ipswich Jaffa. As it was we were 27 points behind

The Ladies did very well. Richard Game won the race. Dave thanked

Club

all 50 odd runners who took part.

3.3 St Albans Marathon: Jerry Everett achieved 3 hrs 13 min 35 secs, exactly the same time as the Leeds Marathon.

3.4 Ramsdauffs at Ipswich. The ladies team comprising Rachael, Nicky and Lorna won their race, the mens team quarrelled on the track and the vets showing true team spirit, came 3rd.
Next Monday both ^{the} mens and ladies team are involved.

4. Clacton Pier race on Sunday will start at 10.30am. The actual distance is not known but will be at least 7 miles

~~Next Leeds run:~~

5. Cross Country Handicap results were on the notice board.
Russel Goodridge was 9th overall.

6. Saturday 9th December: Essex Championship Cross Country at Hamhault Forest. About 15 were going - departure time would be 10.15.

7. Boxing Day Run - Dave said that we could and should beat the Colchester Athletic Club

8. Joggers Christmas Run Sunday 10th December.

Geoff said all the organisation had been set up. He would be asking some members to marshal but all others were encouraged to run. Stella Hanks had few entries from the Club and would like to process them tonight.

Geoff displayed the medals for the fun run and described the prizes for the 10 mile race. Presentations would be made in the sports hall.

David Healter had contributed engraved glasses, 3 for the ladies and six for the men, as spot prizes. Cobra Sports had contributed 20 tee-shirts.

9. New Years Eve Arena Disco: Nicky reported that all tickets were sold.

10. Bob Kimber Award. Members had been anxiously looking forward to this prestigious award ceremony staged by Paul Barrett and Barry Bartlett.

First some subsidiary awards were made prior to the main and much sought after Bob Kimber award

David Wright for trying so hard not to get an award was presented with a copy of Rudyard Kiplings poem with the title of Dave's favourite word "IF".

Jerry Everett who had an argument with a golf ball at the Essex Cross Country at Leigh on Sea was presented with a golf ball.

Peter Thomas was presented with an Oscar for his lousy acting out of Ron Grant's minutes.

Bob Kimber, who had trouble with navigation, was presented with a map.

Dave Clemence, who was advised medically to give up running, ran at Hyde Park and was awarded a hook to make sure he hung up his shoes.

Robert Bruce Willis - ~~stand~~ who was lost beaten by Tim Carter was presented with just the stand of a Trophy.

The excitement of members he mounted as Barry Bartlett in a dull unemotional voice introduced the main award.

2nd Runner up was Michelle Jarvis for finishing the Harwich 10K in an ambulance

1st Runner up was Roger Hanks who in the course of an event got mixed up with the "red light" district at Portman Rd Ipswich

Outright winner was Peter Thomas for turning up at Beccles 10 mile with 2 left shoes and having to borrow running shoes from a lady. Peter Thomas thanked members who helped him to get the award

The meeting ended at 7.48

Minutes of the Meeting of 15th December 1989

About 60 members were present with Geoff in the chair.

1. Minutes of the last meeting were read - Matters arising: Jerry Everett said he NEARLY had an argument with a golf ball

2. Raffle Prize: Geoff announced that 2 tee-shirts had been left over from the run and would be offered as raffle prizes

3. Track and Field Events. Dave had been to a meeting on the previous night about the possibility of the Club competing in part of the Essex League for track and field events. He had distributed questionnaires to all members present and asked for immediate completion. If members were in favour we would need to enter the League within the next 4 weeks

4. Last Week's Runs

4.1. Essex League Cross Country: The Club came 14th out of 29 teams

As usual we only needed one more top jogger to beat the Athletic Club which was a mere 14 points ahead.

Dave said it was a very hard cross country and we did well to get Paul Spowage in 25th place Richard Garne in 34th and Roger Hanks in 136th place.

4.2 Colchester Joggers 10 & 5 mile

10 Mile: Mick Bond was 3rd in 53 mins 48 secs. Dave Lacy was 1st Vet and 7th overall in 55 mins 48 secs. and Gerry Madden finished in 59 mins 30 secs. Colchester Joggers was 1st Team with Mick Bond, Ken Walsh and Gerry Madden.

Steve King achieved a PB of 63 mins.

5 mile: Bridget achieved a Club record of 31 mins 30

Paul Parsons was 1st Junior in 29 mins 13 secs. Charlotte Goff also won a junior prize.

5. This Weeks Runs.

Parlauffs at Ipswich. Men and Vets Teams would be competing. Ladies with 87 points were clear with the lead by 7 points. Vets were 2nd in the League

6. Ten Pin Bowling was booked for Saturday and there were some vacancies

7. Best Events of the Year: Jerry Everett had again organised this and would be asking members for their views.

8. Carol Service at Hamilton Lodge - had gone well

9. Joggers 10 & 5 mile Runs. Geoff said this had been a success both in organisation and financially. Despite the absence of a sponsor the Club would be handing over £800 to Hamilton Lodge which members agreed could be sent without ceremony. Geoff said the venue was more difficult to administer than Cavalry Barracks and he was grateful to all helpers for a smooth organisation with special thanks to Sheila Hanks for administering the financial and other arrangements.

Bob White reported some complaints about absence of finishing medals in the 10 mile. Roy felt there should have been better directing at the 5/10 mile changeover points where there was danger from vehicles and Jerry Everett felt sorry for two ladies who finished last when there were no spectators.

10. Kids Party. George thanked all helpers and said it went well and the cost to the Club was less than £50. He admonished some of the adults who he said made more noise than the children. The Junior Jogger of the Year award was presented to Helen Clarke.

11. Club Standard Awards were presented by Dave
 - For Hadleigh 10
 - To Brian Bedford: Gold
 - Bob White: Bronze
 - Colchester Joggers 10 mile.
 - To Steve King, Chris Alcehurst and Liz Cudmore: Silver
 - To Peter Goff and Tony Sprungell: Bronze
 - Colchester Joggers 5 mile
 - To Bridget King: Diamond.
 - " Keith Morgan: Silver
 - " Nicola Everett and Charlotte Goff ~~= Gold~~ ~~Linda Gaine~~ and
Chris Holmes: Gold
 - To Linda Gaine Joy White and Geraldine Russell: Silver.
12. Circuit Training: would be at 6.30 next Tuesday
13. Track: would only be closed for Christmas week
14. Club Photo: was now available for orders.

The meeting ended at 7.50 pm

Minutes of the Meeting of 22nd December 1989

About 60 members were present with Roger in the chair
(in Geoff's absence)

1. Roy Moore complained of the late start of the meeting and Dave apologised saying it was entirely her fault.
2. Minutes of the last meeting were read - no matters arising.
- 3.3.1. Cross Country League - Today's Runner Race at Ipswich.
The men lost to Jaffa by 90 points (which Dave said wasn't much). There were not enough ladies for a full team but Fran Quinn and Chris Holmes kept the Joggers side in the competition. The club finished 2nd but Dave said we could have been first if..... Dave thought the organisation could have been better. Roy Moore said he was worried because Kim was absent from the run.
- 3.2. Essex League Race (Sunday pm). The club came higher than previously (16th Dave thought). Russel did especially well. On this occasion we beat the Athletic Club.

- 3.3. East Bergholt Pudding Run: Dave Lacy came 2nd. He was beaten by a GT. Bentley Jogger.
- 3.4. Monday's Parlauffs: Paul King was left standing by the side of the road (fully clothed) so there were only 3 men in the team. They still came second.
4. 10 pin Bowling: A good time was had by all. Roy Moore won over Geoff for the men and Cathy (Aussie) Turton won for the ladies.
5. Pantomime Visit: George said the turn out of 58 was the best ever. Dave enjoyed one of the King boys being sick down his neck.
6. Arena Showers: Dave said that Geoff had spent some time trying to sort this out with the Arena and now something was to be done about it. The present small shower room is to be completely re-furbished starting next week. John Lloyd had admitted it was his fault for not acting earlier. Whilst the small room was being dealt with Terry Price had agreed that we could use his showers. Alan Smith said it was disgraceful that we nearly came to blows before some action was taken.
7. Track: There would be no track meeting during Christmas week but members were invited to meet at the Arena at 7.0pm for a run.
8. Sunday Training Run - would start from the Arena at 11.0am.
9. New Year's Day Handicap: would take place. The bar would be open.
10. Boxing Day Runners v Riders: The first 6 in each team would score. Start would be at 11.0am and as many joggers as possible were needed.
11. Meetings: There would be a Ladies meeting (all CTC ladies) on 9th Jan. and a Committee meeting on 10th Jan, both at 8.0pm at the Arena.
12. Christmas Eve: There would be carols in the bar as usual.
13. Halstead Cross Country - Today's Runners League: There would be a short stretch of road this year but spikes could be worn.
14. Hamilton Lodge: A letter had been received thanking CTC for the £800.
15. London Marathon - a good percentage of CTC entries were successful. The draw for the 2 club places would be after Christmas. Ended 7.50pm.