

Minutes of the Meeting of 5th January 1990

About 65 members were present with Geoff in the Chair.

1. Minutes: In the Secretary's absence none were taken.

2. Last Week's Runs:

2.1. Nosgarlan (Midnight) Run: was described by Dave Wright as an absolute disaster because of 1500 entrants only 50 passed the finishing line, the others having been stopped short.

Geoff regarded the event as definitely a "one off" for the Club.

Richard Gairni who was 54th having completed the 6K course in 17 mins 58

The 1st 100 men and the 1st 50 women were presented with vests. Fran and Cathy won vests. Melvyn Smith was said to have caused a lot of trouble.

2.2. New Year's Day Handicap: Around 20 people entered and 5 PBs were achieved. Dave Wright who was said to be very much under the weather was 3 mins slower than usual and Bob Calthorpe who had no excuse was 2 mins slower. Dave thanked Roger for organising the event.

3. This Week's Runs: Run of the week is the Halstead Cross Country. Dave asked for a high turnout as there was a chance we could win. The course was expected to be very muddy and spikes were advisable despite 100m of road. Group departure from the Arena would be 9.45 am.

4. Monday Parcours: Ladies would run at 7.15 and men at 7.40 pm next Monday.

5. Two Meetings had been planned for Next Week.

Tuesday at 8.00am: A meeting for all ladies at which Dave hoped to sort the Wednesday - : Committee Meeting. ladies out. (who better)

6. Track Meetings would resume on Thursday. Parents were asked to bring games for children.

7. Dave Clem has some spare badges available free

8. Runner of the Month Award was presented to Russel Goodridge

9. Dean Marshal was welcomed back after fighting for his country in N.I.

10. London Marathon Draw for 2 club places:

Rejection Slips had been produced by: Barry Smith, Phil Knights, Tony Chatfield, Ray Harding, Steve King, Fran Quinn, Jerry Eventt, Brian Bedford, Geoff Gibbons, Jim Clarke, Roy Bennington, Kim Scott.

Winners were: Jerry Eventt and Barry Smith.

11. Showers - Continuing Saga:

Geoff had received a letter from Mark Lloyd which didn't admit any fault on the part of The Arena and outlined an arrangement inferior to that offered before Christmas. It was that members should continue to use the showers under the stars but if they were full or not working members should seek permission to use the showers at the other end.

Alan Smith suggested that either 1. The Arena should be made to pay Terry Price for the use of the showers or the Club should go elsewhere.

- Montacute Sports Centre was suggested as a possibility.

Roger Hunks said we were back where we were 6 months ago. There was often no hot water especially for runners who got back later on a Friday. He said The Arena were not doing their best.

Phil Cooper suggested that The Arena staff should be asked to seek Terry's position to use his showers. Phil said he was prepared to walk into the bar with a towel round his waist to ask for action.

Geoff was against taking any action but he agreed to Roger's suggestion that The arrangements proposed by The Arena should be tried for one night only

Alan Smith suggested we should withhold money from The Arena until satisfactory shower facilities were available. Mick Bond said the Club was being taken for a ride by The Arena and that we deserved better facilities. Roy Moore said he didn't understand how it was practically possible to improve the showers under the stars.

Dave Wright promised we would make a decision next Friday.

12. Club Photo: orders were still being taken

13. Filmathon at Sudbury. Roger wanted names for entries soon. He noted 'Ohw! Flat' the event clashed with Essex Road Relays on 27th February.

14. The meeting ended at 7.49pm

Minutes of the Meeting of 12th January 1990

About 70 members were present with Geoff in the chair

1. Minutes of the last meeting were read

2. Matters Arising 2.1. After Eric not Jim Clarke had produced London marathon rejection slips.

2.2. In the New Year Handicap. Bob Calthorpe was 2 mins faster and Dave Wright 13 mins slower

3. Last Weeks Runs.

3.1. Today's Runner League Cross Country: There were 238 runners which is the largest turnout so far. There were 55 Colchester Joggers, 20 more than last time

There were 2 new scorers Alan Barnard 34th and Dean Marshall 23rd Jo Norris was 38th, Colin Foster 60th and Graham Goodenough 72nd There were 7 women runners compared to 3 last time. Emma Hanks appeared for the first time.

Dave said the performance of all members was excellent.

When George said there weren't enough goody bags Cathy Bishop said she noted that some runners were supplying goody bags to non-runners. Halesowen Runners Club was sorry for shortages.

3.2. Norfolk/Suffolk League Cross Country: Helen Clarke came 6th.

4. This Weeks Runs: There were no known local runs but there would be a 16 mile training run from the Arena at 10.30 on Sunday.

5. Bury 10 Run: Dave said there were 1000 entries so far and the ceiling was 1500.

6. Parlays at Ipswich. The Ladies won the league. Men and Vets did well but overall results not known.

7. Ladies Meeting: Dave said how much he enjoyed the meeting. They talked about the present and the future.

The Ladies 10K would be staged as last year with a 5K as well and a 10K Vets race at the same time.

Beginner Ladies Evenings would be held in the summer on the first Friday in each month.

A Ladies Vice Capt' was proposed and Nicky Everett was elected. Ladies Track Capt' is Rachael Williams

Notes of the meeting were on the notice board

George as a vet objected to being discussed at the Ladies meeting.

8. Best Runs of the Year: Jerry Everett wants forms completed this week.

9. Club Standards: The 5 mile standards were again to be revised because the speed per mile was slower than longer distances. Track standards are soon to be introduced.

10. Rutland 16 $\frac{1}{4}$ and 4 mile will be on 8th April. Bob Kimber has the forms.

11. Committee Meeting: - Geoff gave a summary

11.1. Full Program of running and social events is soon to be completed within 3 weeks. A run or Holland or France will be included.

11.2. Newsletter to be out on 1st March subject to contributions.

11.3. New Membership System had been proposed by Roger whereby all renewals were at one time in the year. Overall advantages would be money in hand for the Club and more clout with the Arena.

11.4. Club Finances: We have £1266 in the current account with £266 committed and £380 on deposit.

A further £500 of current account will be transferred to deposit.

11.5 Showers: Other possible venues for the Club were discussed but no conclusion was reached. It was decided to consider withholding funds to put pressure on the Arena if necessary.

11.6. Awards: It was decided only to recognise proven distances.

11.7. Track Activities: Competition was considered beyond us but open meetings would be arranged.

Braintree Athletic Club will take on board any members who want to compete in track events.

11.8. London Coach: There will be one only this year.

11.9. Rutland Coach will be run - Bob Kimber will take names for both.

12.10. Membership: Laraine was experiencing delays in Arena processing of subscriptions.

Doug White asked if the showers situation had been talked over formally with the Arena. He said the only appeared to be informal negotiations by Dave and Geoff.

Phil Cooper said the Arena had neither given dates for completion of remedial work nor accepted responsibility.

Geoff confirmed that this was so.

12. Member's Wedding: Dave Clem is getting married tomorrow Sat 13th to Amalia. Geoff wished him the best on behalf of the Club and presented a bottle of champagne with a signed card. Clem made a short speech thanking the Club.

13. Blotter or the frame are needed by Steve King.

14. South Downs 80: Bob Kimber has forms.

ended 8-0pm

Minutes of the Meeting of 19th January 1990

About 60 members were present with Geoff in the chair.

1. Minutes of last meeting: The Secretary apologised for the meeting for forgetting the minute book

2. Last Week's Runs:

Southern Counties Cross Country: Paul Spouge, who was not running for us, came 104th which, as Dave said, shows the high standards involved

3. This Week's Runs:

3.1 Today's Runner League Cross Country at Highlands Park - meet at the Arena at 9.30am for a run start of 11.00am. A good turnout was required. Roy Moore was worried because Dave didn't say we were going to win.

3.2. Essex League Sunday at Gilbald School starting 1.55pm. A team of six will go from Springfield straight to the run.

4. Ladies 10K & 5K and Vets. 10K: Dave has set a date for this at 29th April. Although he regretted this was the week after the London Marathon, he said it was the only available free date. Entry forms will be available in the next week or two.

5. Roadwalk on this Sunday: starts at 11.00am Lance had details.

6. Essex Road Relays 17th February at Chelmsford: Dave has named the whole Club and there was a list on the board. Members should let Dave know if they want to participate. George was unhappy because his name wasn't on the list but he wouldn't be available anyway.

7. Rutland 16½: A list for the coach was on the board.

8. Tiptree Road Runners Quiz at Tiptree Sports Centre 26th January: Tiptree had asked the Club to provide a team of 3 - volunteers were sought.

9. Saturday 20th January 6.30pm to 8.30pm Old Time Music Hall at Old Hough Shielhead Housing Unit: David Hunter wanted a stooge for a comedy act. Dave Wright had been asked after a policeman had refused and he didn't want to do it either. All members were invited to the show.

10. Arena Personality of the Year and other awards: Dinner tickets for this event were £12 and a party from the Club was needed - details were on the notice board.
- In answer to a member's question about how award nominees would be persuaded to go Geoff said he and Dave would have to think about it.
11. Arena Membership Cards which had been obtained only by Laraine's persistence were issued to members concerned.
12. Braintree Athletic Club. Paul Willis had application forms for members ~~wanted~~ wishing to compete in track events.
13. Badwater 146 mile event (involving a 6000 ft climb): George wanted some members to join him in competing in this event which is staged in California.
Alan Smith (who usually appears in the minutes) was surprised how low George would stoop to get into the minutes.
14. Circuit Training Tuesday Night: Roger said the session was to be taken by the "Karate Lady" which obviously means something special to do here.

The meeting ended at 7.35

Minutes of the Meeting of 26th January 1990

About 55 members were present with Roger (in Geoff's absence) in the chair.

1. Minutes of the last meeting were read - no matters arising.
2. Last Week's Runs.
 - 2.1. Today's Runner Cross Country at Springfield: The Club finished 2nd, at least 5 points clear of Halstead in 3rd place. Not all of our top runners were present but we had 8 men in the first 35. Springfield men were shown ahead of us in the results because Paul Barnett was shown as a guest runner. In fact we were level with Springfield. There were some good performances by members, especially the ladies included Linda Gaine 32nd and Joy White 43rd. Cathy Bishop was overall 1st lady but was not running for us. Dave said it was a good turn out by the club and he hoped for a similar turn out at the last league cross country at Brightlingsea.
 - 2.2. Essex League Cross Country: Dave said it was necessary to enter a team last Sunday to maintain our league position. 8 members went from Springfield to the Essex League race. An example of the high standard was

that Dean Marshall came 59th. The Club achieved 9th position. Paul Willis is now team captain of the Essex League squad.

2.3. Race Walk: Lance and Graham Goodenough entered and did well.

This Week: There are no local runs so there will be a Club Training run on Sunday morning leaving the Arena at 10:30am.

- 3 Hastings Half Marathon 11th March: Tiptree Club have some spare seats on a coach to this event and invite CSC members to go.
4. Track: a few members turned up but with the high winds the groundsman suggested it was too dangerous due to flying objects on the track.
5. Last Saturday's Essex Schools Cross Country: Stuart Priestly was 13th (set against Carl Gladding being 31st); Helen Clarke was 26th and Paul Parsons 32nd.
6. Essex Final at Brentwood - previously cancelled will now be on 11th March.
7. Cambridge Iron Man Event June 3rd: Will consist of a 13 mile run, a 112 mile cycle and a 13 mile run - some members may be interested.
8. List of Runs up to July 1990: Bob Kimber has prepared a comprehensive list which is with the printers - copies will be issued to all members.
9. Police 10K race at Basildon on 25th March: Lance invited members to enter for this event proceeds of which will go towards a memorial to commemorate all police killed on duty during the last 150 years.
10. Rutland and London Coach Lists: Dave urged interested members to add their names.
11. Runner of the Month: based on Cross Country performances there was a tie between Ray Harding and Alan Barnard who both received awards.
12. London Marathon Photo Call: a photo of all members participating will be taken immediately prior to the next cross country race.
13. Parloff Trophies will be presented Monday 29th Jan at 7:30pm at Ipswich.
14. Cross Country League Tables will be posted on the notice board next week.
15. Phil Cooper's Special Handicaps Awards for all who have beaten Dave Wright were presented to: Dave Wright, David Heather, Ann Morgan, Dennis Taylor, Michelle Jarvis, John Blondell, Tristan Copley, Terry Jarvis, Roy Moore, Peter Goff, Phil Knights, Bob Cattlemole, Ray Harding, Chris Holmes, Phil Cooper, Steve King, Brian Bedford, Adrian Copley, Keith Morgan, Lance W, Adrian Copley, Eddie Goodman, Jerry Ewell, Roger Hankes, Graham Goodenough, Dave Lewis, Richard Garne.

Minutes of the Meeting of 2nd Feb 1990.

About 55 members present with Roger in the chair.

1. Minutes of the last meeting were read - no matters arising.
2. Last Week's Runs. Chris Akehurst ran Canterbury 10 - big field
3. Ladies in Ipswich Parkoffs: The ladies won a trophy for winning the league and a second trophy in their section.
4. Track Walk Thursday had only 4 entrants - Dave Buckenhaw won + Ray Harding 2nd.
5. List of Runs: Thanks due to Bob Kimber for the list issued to members. Two items had been omitted
10th Feb - Essex League & country
18th Feb Norfolk/Suffolk League & country
6. Triathlon: Roger wanted more entrants for two teams. Last year
Feb 17th The team achieved 900 slides in one hour.
20-4-00
7. London Marathon: All CJC entrants were to be photographed prior to the cross country on 11th February.
8. Club Triathlon June 2nd } Volunteers required to organise
9. Ladies 10 & 5K Vets 10K } these events
10. Other Triathalons for forthcoming
May 8th LUTON 800m swim 13 mile cycle 5 mile run
.. 7th BOXFORD 1000 25 6.
11. Ipswich Ladies Hockey Team Track Event Sunday 4th March
Teams of 12 would run 800m sprints.
12. Change of Club Name - Dennis Taylor proposed that in Dave and Geoff's absence the club name be changed to Colchester Runner Bears. It was seconded but the constitution requires we discuss it at a future meeting.

The meeting ended at 7.35pm

Minutes of the Meeting of 9th February 1990

About 55 members were present with Roger in the chair.

No minutes taken

Minutes of the Meeting of 16th February 1990

About 60 members were present with Geoff returned to the chair

1. Minutes: There were no minutes from the last meeting which had finished when the Secretary arrived

2. Last Week's Runs:

- 2.1. Cross Country at Brightlingsea - last in Today's Runners series.

The Club finished 2nd, 6 points behind Ipswich Jaffa and 6 in front of Halstead.

8 ladies turned out. Dean Marshall came 16th and all clubmembers did well.

Dave Wright said an average of 260 runners turned out for each race. He felt that the league went well although there was some dissatisfaction by the smaller clubs with the domination of Colchester Juggers and Jaffa.

Champions in our internal cross country league were

Div. 1. Paul Willis Div 2 Paul Barrett Div 3: Russel Goodridge

Div. 4. Jo Norris and Brian Bedford. Div 5: Ray Harding

Div. 6 Melvyn Smith and Steve King. Div 7 Dennis Taylor

In the Ladies: Cathie Bishop and Fion Quinn tied for Div 1.

Linda Gairie won Div. 2.

- 2.2. Essex League Cross Country: The Club finished in the first 10.

- 2.3. Castlemain 15m: Dave Lacy was 1st Vet and 40th overall in 1:30:33.

The run involved going over the sea wall and jumping over pipes.

- 2.4. Police Eastern Counties Vets: Lance's Team won

3. Next Events Tomorrow is the Sheriff's Way and the Flamborough at Sudbury

Roger said there were 2 teams for the Flamborough 1 senior and 1 junior.

Essex Road Relays will take place at Melbourne Chelmsford on Saturday

There would be 3 teams. Entrants should be at the Aren by 12:30pm

Dean Marshall would not be present as he was wanted by the Army

4. Sunday's Events:

Felixstowe Cross Country - Norfolk Suffolk League starts 2-10am
Club Training Run leaves the Aren at 10:30am

5. Essex/Suffolk Border Run: Martin wants a team of Vets for the half marathon relay.

11th March. There is also a female race - about for boys

6. Easter Weekend: It was planned to repeat last year's events of a 12 hour darts match starting 7.00pm Good Friday and a 16½ mile Colchester boundary run on the Monday (proceeds to Hamilton Lodge)
7. Track: About 12 runners from Braintree AC are now coming on Thursdays. Any member who wants to join Braintree AC to compete in track events in Div 2 should see Paul Willis.
8. Ipswich Ladies Hockey Team Marathon Relay at Northgate March 4th - Team entries are needed - each team member to run 800m.
9. Showers: Geoff noted with delight that work had started. He will check on availability.
10. Run Programme: Geoff said Charles were close to Bob Kimber.
11. Colchester Half Marathon: John Hedgehog has asked for the Club's help at the finish line.
12. Club Photo: Barry had all photos ordered.
13. Buoy 20 next Sunday night: Mick Bond and Geoff have spare numbers

The meeting ended at 7.52 pm

Minutes of the Meeting of 23rd February 1995

About 60 members were present with Geoff in the chair.

1. Minutes of the Last Meeting: were read.
2. Matters Arising: Roy Moore offered the use of his house as a starting point for the Easter Boundary run.
3. Last Week's Runs:
 - 3.1. Essex Road Relays - 3 teams were entered. Out of a total of 42 teams the A Team came 13th; the B Team 25th and the C Team 35th. Richard Gaines completed the 3¾ mile circuit in 18 mins despite back trouble. The Club did well despite stiff opposition - Colchester AC finished 9th.
 - 3.2. Sheriff's Way: The two teams finished in 15 hrs 20 mins and 15 hrs 23 mins respectively. George pulled out at 33 miles and said: Never again!

2. Flumathon: Roger reported that both junior and senior teams did well the juniors coming 8th overall out of 24 teams - this included Bob Kimber. He said the A Team would have won but they only managed 819 drops compared to 835 last year.
3. Norfolk/Suffolk League Cross Country: Helen Clark was 1st girl and 2nd girl overall. Melvyn Smith recommended the series for youngsters.
6. Walk Race at the Track 2nd Feb: Ray Harding won.
7. Dean Marshall came 2nd in the Army Eastern District Run at Bassingbourn.
8. Next Week's Runs: Candidates for the Bury 20 were to meet at 8:15 at the Arena. Dave said he hoped for some supporters to the Club's runners. There would be a Club Training run from the Arena at 10:30am on Sunday.
9. Hastings ½ Marathon: Tiptree wanted confirmation of the number of coach seats required. The run was on the same day as the Essex/Suffolk border run in which the club hoped to enter teams.
10. London Marathon coach: There were only 6 seats left so members should enter their names quickly as no further transport would be hired.
11. Sudbury Fun Run on Good Friday: Dave said forms were available from the Nationwide Building Society in Sudbury and asked if anyone could collect some. Receiving no offers he said he would ring and ask for some to be sent.
12. President's Birthday: Dave Clem will be 75 next Wednesday 28th Feb.
13. Club Track Jackets: Dawn wants to place another order and requires minimum orders of 6 in any one size.
14. Showers: Geoff said as these were now completely blocked off so water was at the other end would have to be used.
15. Mersea Half Marathon: The organisers have asked for the Club's assistance at the finish line. In return we will take 1/3 of the profits - which were £1500 last year. Roy Moore proposed we should accept, Dave Clem seconded and there was a unanimous vote in favour. It was also proposed by Roy, seconded by Dennis Dant that the proceeds should go to Charles Palmer Trust.
16. Club Triathlon: will be organised by Jenny.
17. Club Camp will be at Kessingland May 26th - names to Dawn
18. Essex 20m Championships 3rd March - those interested should add their names to the list on the board.

Minutes of the Meeting of 2nd March 1990

About 70 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.

2. Matters Arising: Showers: Alan Smith suggested an award to the Arena for starting on the showers. At the present rate of progress he said he expected a completion date of September 1993.

3 Last Week's Runs.

3.1. Bury 20: The club runners were 14 in a field of 1100. Dave Hacy completed the course in 1hr 59:24 and came 22nd overall. Only 28 runners completed the course in under 2 hrs. and there were 5 relays in front of Dave. Brian Bedford achieved an over 50s club record in 2 hrs 18:51. Jerry Everett completed in 2 hrs 16:04 with Paul Bonell close behind in 2:16:26. There were several other good performances on a difficult course in very windy conditions.

3.2 National Cross Country Championships: Paul Spowage was 3501st and Bernie 740th. Which shows the high standards of the race.

Both Bury 20 and National Championships (Cross Country) provided an opportunity for a CJC victory over Ipswich Jaffa.

3.3. East Grinstead Cross Country. Chris Akehurst represented the Club in this race which was a very tough one, including wading through a stream 2ft deep.

3.4 Essex League Walk. Graham Goodenough completed in 105 mins.

3.5. Last Weeks Walk: Ray Harding won the 3000 metres race with Steve King 3rd and Roger Hanks 4th. Dave said Ray Harding was under pressure to win the series for the Club.

4. Next Weeks Runs: There is a Dunmow 5 which can be entered on the day or Sunday. The race starts at 11.0am.

The Northgate Marathon Relay on Sunday starts at 10.0am. The club has a team of 8 but up to 12 members can be entered. Adrian Copley will take names of interested members.

A Training run would start at 10.30am from the Arena.

5 Future Events. The Essex/Suffolk border run is on March 11th and the Bilsdon 10K on 18th March. On March 25th is the Clacton 6 and Police 10K at Basildon. On April 1st there will be an open track meeting at Ipswich (Paul Willis has the details).

6. Arena Personality of the Year Dinner is on 10th March starting at 7.00 for 7.30 - lounge suits to be worn - tickets are £12.

7. CJC Runner of the month: Brian Bedford.

8. Margaret has donated £100 from track refreshments which is to be used to buy a Timing Watch for the Club.

The meeting ended at 7.45pm

Minutes of the Meeting of 9th March 1990

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.

2. Matters Arising: Lance said the Police run started at 12.00. will be

3. Last Week's Runs

3.1 Northgate Stadium - Ladies Hackney Club Marathon Relay:

11 Club members took part and the Club came 2nd. The 'winners' Ipswich Harriers completed in 2 hrs, 7 mins but completed 2 laps less. Dave will try to retrieve the prize. Dave thought that Ipswich Jaffa and Ipswich Harriers were involved in a conspiracy against CQC.

3.2 Dunmow 5: John Turton came 10th in 27 mins. Bob White and Cathy Bishop also took part.

3.3 Roding Valley Half Marathon: Chris Jones completed in 1hr 36mins, Steve King in 1hr 31mins and Colin Thackwell (name unknown) 1:22

3.4 Southern Counties 10 mile Walking Championships: A total of 17 entered. There were 4 juniors. Roger completed in 89 mins.

4. Future Events:

4.1 NE Essex Walking Race. Thundersley 1st April for schools.

4.2 Essex/Suffolk Border Run - Marathon, Half Marathon and Relay Races start at 11.00am. Members meet at the Arens 9.30. Dave wants good support for the event.

4.3 Billericay 10K Sunday 11th March - entries are now closed.

4.4 LT. Clacton 6 } 18th March
Basildon 10K

4.5 Open Track Meeting at Northgate Stadium. April 1st - all distances 100-3000m.

4.6 Coop 5-4 this year will be on 24th June

4.7 Trialhalton 2nd June. Jerry Everett would like to start taking names.

4.8 Sudbury 7th Good Friday - forms are now available

5. Today's Runner League - End of Season Meeting: To be held shortly.

Dave sought members views on arrangements for next year.

Jerry Everett suggested 2 divisions (details will be in the Newsletter)

Roger suggested a different scoring system where more people count.

Some thought six races were too many. Geoff said that it was important to have real competition within any new arrangements. George wanted to see all runners in club colours.

Some members felt that a finishing drink for runners was important but goody bags caused a great deal of waste and some back feeling when some didn't receive them. Jerry thought goody bags kept everyone together.

Ray Harding commented on the boring nature of the Brightlingsea race. Dave thought that all this year's courses were good. He also commented that Ipswich Jaffa put everything into the Today's Runner League whereas CJC spread themselves over 3 leagues. Paul Willis felt we should stick to one league next year.

6. 5K Road Race on a Wednesday evening in summer starting at 6.30. Dave was organising this event with Felixstowe or Ipswich.
7. Essex 20 mile Championships 31st March: 14 names were on the list and this was a last chance to enter.
8. Kelvedon Half Marathon: It was noted that this was ^{on} the same day as the Rutland 16½.

The meeting closed at 7.50pm

Minutes of the Meeting of 16 March 1990.

- About 60 members present with Geoff in the chair.
1. Minutes of the last meeting were read.
 2. Matters Arising: Roger said 50 people were in the race walk and 17 disqualified.
 3. Last Week's Runs.
 - 3.1. Essex and Suffolk Border Run. C.J.C. ~~had~~ Veteran relay team won, beating the C.J.C. mens A team. The Vets were Roger Hanks, Garry Madden, and Martin Bishop. There were 4 teams in the relay - all from CJC. In the 5 Marathon a mystery man from CJC came 4th in a time of 1.27.54 - he was described as a dark haired Scotoman, possibly answering to the name of Ian. Kevin Newman came 6th, Brian Bedford was 1st over 50 in a time of 1.30.19, Adrian Copley 1.34 and Nigel Masters doing his first run for the club in 1.43 (we think). We had 2 runners in the Marathon; Garry Everett having a good run with a time of 3.16 and John Egerton finishing in about 4.16. Geoff was the first man home for the club in the 4 mile Fun Run clocking 24.08. The first lady was Nicola Everett 25.59, 2nd was Charlotte Goff and Liz Cudmore was 1st Vet. Some of the other runners were Tom Cudmore, Bill Beards, Michelle, Russell Hanks and Dennis. It was a hard course but a good run. One complaint came from Roy regarding the water stations.
 - 3.2. Brentwood 10K. Chris Akhurst completed in 41.36 and Bob White in 50. Bob said they got a medal and "certificate". There were only 60 runners in the race, there should have been 200.

- 3.3. Hastings 5 Marathon. We only had one member running who was John Tutton, he said it was a good run but he suffered with the wind.
- 3.4. Portsmouth 5 Marathon. Here too only one of our members ran. John Blundell was our man. He reported that there were 3½ thousand runners and it was a flat course. His time was 1.46 which he said was 'stun'ish but this was due to him having to sign so many autographs. Dave asked if he'd won anything, yes was the answer and he held it aloft and got a round of applause.
4. This weeks runs.
- 4.1. Wymondham 20.
- 4.2. Bideford 10K - you'd have to crawl to get in the race - on Dave's advice don't go.
- 4.3. Brentwood 5 Marathon.
5. Next weeks runs.
- 5.1. Clopton.
- 5.2. Basildon 10K - everyone must run in one or both - Dave's orders.
6. Sudbury 20 awards will be given next week.
- 6.1. Border run Awards for 5 Marathon are: Kevin Neeman - Gold; Brian Bedford - Gold; Alan Bernard - Silver; Paul Parsons - Bronze, this was his 1st 5M and his time was 1.36.17; Nigel Hatters - Bronze and Peter Geff - Bronze.
7. Wilson Marriage will ring Dave regarding hiring hall for next dinner.
8. A list of AAA track officials will be put on the notice board so you can all see the enemies.
- 8.1. Essex Track Championships in May - details will be given to Paul Willis.
9. Track on Thursdays. Please remember to keep to the outer lanes for recovery, the inside lane is for effort. Also the grass in the middle is being seeded, keep off please. Bob Kimber is doing extremely well with the Turbo youngsters - thanks to him.
10. Circuit training is now over and the Rivers Tyre was the venue for a ~~first~~ drink to celebrate. About 20 CJC members took part over the weeks - thanks were given to Roger.
11. Arena membership. From 1st April the charges are to be increased.
12. Dates for the diary.
- 12.1. Gt. Horsham Fun run - Monday 7th May, 3 and 6 miles.
- 12.2. Annual Dinner - November 3rd.
- Meeting closed at 7.50

Minutes of the Meeting of 23rd March 1990

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read (These were kindly written by Sheila Banks. There were no matters arising.)
2. Last Week's Runs:^{2.1} A total of around 750 runners took part in the Brentford half marathon including Bob White who completed in 1:49. Arthur Coole, a new member, managed to finish. In the fun run in which both Dave Heale and George Clarke took part Helen Clark was 3rd female and 1st under 16.
2.2 Wymondham 20. Chris Holmes completed the course in 2 hrs 47 mins - a new club record. Colin Thackwell ran but didn't enjoy it - in fact he didn't want to discuss it.
- 2.3 National Walk Championships at Southend: Graham Goodenough was 91st and was the first ever CJC entrant in the event. The distance was 10 miles covered in 4 laps.
- 2.4 Lynton Cambridge 39. Charlotte Goff won a trophy.
- 2.5 Alan Smith said he was successful in being the first Englishman home in the Italian Alps Ski Slalom (distance unknown).
- 2.6 Thursday's Track Walks: CJC won the trophy thanks to Ray Harding. Richards Knights won the race. Thanks were due to John Hedgeshorn for organising the series.
3. Current Week's Runs: The two events were the Basildon 10K starting at 12-00 on Sunday and the ²⁵ Clacton 6. For the Clacton 6 members would meet at 9.30pm.
4. Essex 20 31st March: There were 15 entries from CJC including some spare places for late entries.
5. Open Track Event April 11th; Paul Willis was collecting entries.
6. Ipswich 5/10/15. The event had been organised for 27th May. Early entry was advised.
7. Dave Holden was welcomed back to the Club, being on holiday from university. He would run for the Club at 15 Clacton.
8. Halesowen Jog-on Open Day was on 7th April: There would be fitting sessions for shell suits and equipment available for accurate foot measurement.
9. Club Trial "haloo": Jenny Everett has found a sponsor for this event, who Colchester Mortgage Centre who will contribute £200. Geoff thought this would make the event a very de-luxe one. There was a limit of 40 entries.

10. Newsletter - had now gone for printing and would be posted to members. Telephone numbers have been omitted from the names and addresses section because their inclusion would cause problems under the Data Protection Act.
11. Annual Dinner: The Arena had accepted our booking for 3rd November. The majority of members wanted the format to be meal then awards then dancing to a disco. Dave wanted to do his own cabaret but members were not quite sure about it. The dinner would run from 7.00 to midnight.
12. Essex Championships 19th and 20th May. These would take place in Colchester at Highwoods Centre. Entries should be made ASAP.

The meeting ended at 7.45pm

Minutes of the Meeting of 30th March 1990

About 60 members were present with Geoff in the chair.

1. Minutes of the last meeting were read. Matters arising: The list for Easter weekend starts is on the notice board. Dave was bitterly disappointed that Dave Holden didn't run at Clacton.
2. Last Week's Runs:
2.1 Dave reported that, at Clacton, CJC annihilated the opposition. He didn't say what opposition. We had 6 runners in the first 9 with Paul Spowage 1st and Dean Marshall 4th, John Turton 6th and Kevin Norman 9th. Paul Parsons was 1st under 16 boy in 36.42 and Helen Clark was 1st woman and 1st girl under 16. Phil Cooper was 2nd male vel' and Georgie Clarke 2nd woman vel'.
2.2 Basildon 10K. There was a small turnout by CJC of 8 runners on a cold windy but largely flat course. Ann Goff was 1st junior lady and yours truly had a PB of 41.37.
2.3 Maudslane Cross Country was finished by Lance in good weather
3. Forthcoming Runs:
3.1 Essex 20-mile Championships: There were 16 CJC entrants for the 3 lap course. The race start time is 2.00pm Saturday.
3.2 Open Track Meeting Northgate Stadium April 1st - 1st event 12.00.
3.3 On Sunday: Waltham Forest 10K and Sendon School Fun Run.
3.4 Rucklidge 16/16½ 8th April - coach leaves the Arena at 6.30am for a race start of 11.00am
4. Standard Awards: Dave said any member who has run 20 races can claim an award from Bob Kimber. He said 20-mile badges will be awarded next week. Cross Country trophies would be presented next week.
5. Triathlon 2nd June: Geoff urged members to enter before the list was closed.

6. School Championships Walk: The club wished good luck to Russel Hawks and Richard Knights.
7. Rachael's Coming of Age: Flowers, selected by Dawn, were presented to Rachael Coyleter with a card signed by members.
8. Date for Member's diaries; Halesowen Festival of Running 15th July: Dave said we must win this event.
The meeting ended at 7.45pm

Minutes of the Meeting of 6th April 1990.

About 70 members were present with Geoff in the chair: Apologies from David Heather

1. Minutes of the last meeting were read - no matters arising.
2. Last Week's Runs
 - 2.1. Essex 20 mile championships: Jerry Madden who has done little training and who Dave said was bandaged up like a mummy came 30th overall and was 6th Vet in a time of 2 hrs 6 mins 29 secs. Roger Blanks was 2nd in 2 hrs 9 mins 60 secs, Derek Randal achieved 2 hrs 23 mins, Chris Holmes achieved 2 hrs 39 (a new women's record for the Club). The over 60s club of Bob White and YI did well. Jerry Everett and Paul Barnett both had problems.
 - 2.2. Reading Half Marathon was attended by Jim Clarke. He reported a fine day, large crowds and bands playing for the 6,500 runners. There was a very close finish resulting in a dead heat for both 1st and 2nd places.
 - 2.3. Ipswich Open Track Meeting started at 10.30 on April 1st and went on all day. Paul Willis completed the 800m in 1 min 58 winning the event. Nicky Everett established a new women's record in the 800m in 2 mins 36. David Lewis performed well in 400m and 800m races. Charlotte Goff completed 1500m in 5:43. There were many other good performances by Colchester Joggers.
 - 2.4 Schools Walk Race: Russel Hawks came 2nd and Richard Knights 3rd in their classes.
 - 2.5 Swanley Half Marathon: Cathy Bishop completed in 1.29 and Martin in 1.20.
 - 2.6 Sandon School 5 mile was completed by Bob White in 36 mins.
 - 2.7. Cross Country Police Race Walk of 7 miles was completed by Lance.
3. Forthcoming Runs - Sunday 8th April.
 - 3.1. Rutland 16½ - coach leaves at 6.48am Sunday
 - 3.2. Redditch 1½ Marathon starts 11.0am.
 - 3.3. Thame Marathon is being covered by Jerry Everett.
 - 3.4. Bungay Half Marathon - entries now closed
4. Good Friday Sudbury 7 in the morning and Club meeting in the evening as usual.

5. Easter Monday is the day for the Colchester boundary run 15-16 miles starting at 10.30. There is also a 10K run at Felixstowe.
6. Dave Simpson's sponsored darts match is next Saturday and more players are needed to play for one hour each.
7. 20 mile and Cross Country Awards were deferred to next week.
8. Club Awards : Basildon 10K : Bronze award to Steve King and Peter Goff and a Silver award to Charlotte Goff. For the Hasling half marathon John Turton received a Gold award.
Race walking awards were received by : Roger Hanks, Russell Hanks, Ray Hardling, Richard Knights and Graham Goodenough.
9. Runner of the month - Two winners were:
Chris Holmes for twice breaking the women's 20 mile record
Jerry Madden for Essex 20 mile race.
10. Track Achievement Award was presented to Paul Willis for the 800m.
11. Allison Chatfield has her picture in the local paper for being the first entrant to the Colchester 5km Fun Run.
12. Essex Cross Country League : To avoid the disorganisation of this year each participant club is being asked to stage race every 3 years. Dave will be attending a meeting of the League and asked for member's comments.
13. Track Evening - Toddlers : Allison wants the toddlers outside only when exercises are in progress. A number of indoor games have been purchased by the club for toddlers use. A rota of parents will stand in 3 weeks time. Parents whose names are listed must arrange their own cover if they are absent.
14. Newsletter : Geoff said that all members should now have copies. He thanked those concerned with compilation, production and posting.
15. Diary Dates : Roger said CJC Track Championships would be on 1st July. The track would only be closed on one Thursday and August.
16. Track Relay is being organised.
17. London Marathon coach will leave at 6.30 am
18. Taxis : Geoff showed off an entry form produced by Terry. The meeting ended at 7.50 pm

Minutes of the Meeting of 13th April 1990

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.

2. Matters Arising: George said you couldn't have a dead heat for 2nd place. Tim Clark said it was a dead heat. George and Tim agreed to differ.

3. Last Week's Runs.

3.1. Rulland 16½ : Eddie (the aeroplane) thanked everyone who was kind to him in his hour of need. Roger Hanks and Steve Adley achieved good performances (around 1 hr 40) and Fran Quinn came 5th overall in 1 hr 53 min. (Brigid was 2nd lady in the short run). John Blundell was pleased that this year the coach driver actually knew the way.

3.2. Isle of Thanet: Jerry Everett completed what he said was the windiest run of his life in 3 hrs 26 mins, this being his 68th marathon.

3.3. Kelvedon ½ marathon and fun run. Phil Cooper achieved 1 hr 24, Peter Thomas 1.30 and Bob Calthorpe 1.38. The fun run was won by John Turton Henry Emerton being 2nd. Bob White completed in 46 mins 15 secs.

3.4. Paddock Wood Half Marathon: Chris Takehurst achieved 1.29, his fastest 1½ M this year.

3.5. Pudsey 10K - Paul Spowage was 3rd overall.

3.6. Brantree Track Meeting: Paul Willis achieved a new Club record in the 400m in 52.3secs. Paul was also 3rd in the 1500m.

4 Events at the Weekend:

4.1. Dan's Marathon starting Saturday evening 7.0pm until 7.0am Sunday Boundary Run; Monday starting at Shrub End Centre. entry £1.

5. Today's Runner League Final: was won by Ipswich Jaffa. The Secretary had sent a note of congratulation.

6. Today's Runner Cross Country Meeting - will be held on 9th May and all nine clubs will be present.

7. Triathlon: Jerry wants the money ASAP. Start is now 3.15pm

8. London Marathon Coach will leave the Arena at 6.30pm - It will drop entrants at the start then drop spectators at the Cutty Sark and Tower before proceeding to the finish.

9. Essex Cross Country League: CSC finished 14th overall.

10. Ladies 10K 29th April: There had been quite a good response so far. Bob White will be dropping leaflets at local races.
11. Track Receipts: Geoff expressed concern that the track takings did not match the attendance. He reminded members that the Club had to pay for the track.
- Geoff said the parents rota would start next week not in 3 weeks as previously stated.
12. Sudbury 7m: This was omitted from run reports. Several members took part and Roger Banks completed in 26 mins 20.
13. Leo's Quizing at Woods Friday 20th April: A team of 4 from the club was invited.
14. Track Suits - left by manufacturer - will be raffled - the draw taking place immediately prior to the darts marathon.

The meeting ended at 7.40

Minutes of the Meeting of 20th April 1990

About 65 members were present with Geoff in the chair

1. Minutes of the last meeting were read - matters arising: Steve King said you can't have a dead heat for 2nd.
2. Last Week's Runs.
 - 2.1. Boundary Run Colchester. Only 5 entered this time. Marco won.
 - 2.2. Stowmarket 10K. Nicky reported that it was hilly, windy, cold and awful.
3. Showers: Dave reported that the new showers were in use but George said the floor hadn't been done.
4. Birth of Junior Eagle. Eddie's offspring hatched last Tuesday at 7 $\frac{1}{2}$ lb - a card is ready to be signed by members.
5. London Coach will leave at 6.30am Sunday and the charge will be £4 adults and £1 children.
6. Next Friday 27th April. The handicaps will begin - organised by Roger.
7. Sunday Week (29th) Vets and Ladies 10K - all eligible club members were urged to enter.
8. Track Night 26th April. A 800m race will be run.

9. Future Dates: (i) A CJC Relay Race will be run on Thursday June 28th to which other clubs will be invited. It will involve teams of 4 running each one lap of the track, followed by one lap of the Arena, followed by one lap of the track. Team prizes will be awarded
(ii) Summer Cricket Match Vets v. men combined with a Junior Sports Day and barbecue will be staged at GC Horseshoe. Two dates are possible: 28th July and 18th August. A decision on the date must be made next week

10. Darts - Easter Saturday. Thanks to the organising skill, mathematical prowess and darts ability of Dave Simpson £171.80 was raised for Hamilton Lodge and over £130 of this by Dave himself. The £28.50 raised by the raffle of the Cricket suit will be added making £200 to be contributed.

(There was a disturbance at this point when members protested at Kim Grant entering the meeting in JAFFA gear - does he come late on purpose?)

Results of Darts were:

Highest score by two individuals : Dave Simpson & Roy Moore
 in individual score : Dave Simpson
Highest female score : Bridget King.
Highest score by husband and wife : Bridget and Steve King.

11. London Marathon Entrants: Geoff offered good wishes to all CJC entrants

The meeting ended 2.44 pm

and helpers are needed, hope those not running will help.
The 1st of the handicap races tonight.

Dates for the diary: Cricket on 28th July. 040 ✓ 4.40

Open Track meeting on 10th June at Northgate Stadium.

Sri-Chinmoy race on Sat at 8.30 at Chantry Park - 4 mile.

Will ^{these} members who have entered for the Col. Triathlon please pay up - entries are now to be offered to other clubs.

The meeting ended at 7.40.

May 27th There is the Ipswich 5, 10 and 15 - Dave says every member is running, we're not being fiddled out of trophies this year.

is Wednesday it is the Todays Runners meeting. A few points think about: there were 9 clubs last year with 6 races, could it stay the same? Did members want to stay with see a Suffolk? Is the league too large? Should it be split in 2?

possibility of ~~the~~ Jaffa & CJC having 2 teams, and perhaps separate vets teams. The scoring system is good. smaller clubs do have a chance of winning as in 4 as there have been 4 different winners, these being SC, Ipswich, Halstead & Tiptree. It is unlikely that anyone could win as there are too few members, but they are just happy to compete. Dave said that better runners could still compete in the Essex League, but we could still do the Todays Runner. One other point was decide whether 'goody bags' should be scrapped or better & easier system brought in. Dave will report next ^{on} day ₁ the outcome of the meeting.

Cathy spoke about the Handelot 10K & 20K in France. Last ^{the trip} was done in a day; but this year, after contacting Mike Gration, it will be a 2 day trip. The date for the race is 7th July, it will be £59 per person and £6 entry fee. Interested people have a word with Cathy - although you may already be too late - Melvin asked for the 15 remaining tickets after hearing from Martin about the bales of food and Period. Dave Night had some difficulty with the pronunciation of Handelot, ~~the~~ Rembo and Dave always had trouble with 'French letters'!!

Dave Simpson presented the darts trophies to: 1st. pair - ~~by~~ Moore & Dave Simpson. Mixed pair - Steve & Bridget King. Highest score - Bridget King. Highest 3 dart score of 140 - Sonia

This weekend is the English schools race walk championships Richard Knights is representing Essex and is the 1st member

of the club to gain an Essex vest for walking.

Club members were reminded to please pay David for any kit they'd had - names may have to be put on the board otherwise.

Phil Cooper asked if we could get the stop watch with the print out facility. A supplier can't be found, many phone calls have been made and we're still trying. Geoff said we have the money already - all we need is a supplier.

Lastly it was noted that Steve & Leo made the local paper, advertising the fact that Steve was doing the South Downs race.

The meeting ended at 7.50.

Minutes of the Meeting of 11th May 1990

About 60 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. Westerham Half Marathon: Dave Lucy competed in a field of 2000 and achieved 1hr 23.19. He said it was a good race well supported. Sonia admitted to taking part and completing in around 2 hours.
- 2.2 English Schools Race Walk: Richards Knights won a banner..
- 2.3. Waltham 3: John Turton won the race easily.
- 2.4. GT. Horseshoe: The first 8 runners home were CJC. Jo Norris was 1st (3 and 6 miles) and Geoff came 6th. Bridget ran as an Indian Squaw. Phil Cooper was 2nd in the 6 mile and Steve King 1st in the 3 mile. One of the King Twins beat Bob Kimber.

There was some doubt as to whether Colchester Joggers were really welcome in this event. Apparently some local villages contributed vast sums to charity whereas Colchester Joggers only paid the entrance fee.

- 2.5. Hatfield Peverel 5 mile: It was reported that CJC runners came 1st and 2nd but no one knew who the runners were.
- 2.6. Billericay 10k: Bob White was 1st over 60.
- 2.7. Maldon 2 mile and 7 mile: Keith Morgan competed in a field of 170.
- 2.8. Halstead 10 mile: Phil Cooper ran, with 70 runners in total competing.
- 2.9. Luton Triathlon (Saturday) Roger Hanks who competed in both Luton and Buxford Triathlons came 30th. There was also a young stars race

2.10 Boxford Trialhalon: In addition to Roger, Cathy Bishop competed and was 1st Lady Vet (2nd lady overall) and Steve King was 62nd.

3. Runs Forthcoming: Sunday 13th May. Frinton 5 mile and half marathon start 10.30am and Mersea Round Island Race (sea wall) 10.00am from Victory pub. (Roger said there were no numbers issued and no results for Mersea.)

Brentford St Mary: Friday 13th July. Dave proposed the club meeting be cancelled and as many members as possible enter this run.

2.11. Track Race Walk: Steve King Won. Ray Harding was 3rd.

4. Fenland 50: A date of 9th September had been confirmed.

5. Other Future Runs were:

Springfield Striders 10 mile 19th August

Horndon on Hill 1/2 marathon 24th June

Langham School 10K 21st October

Thurrock Run (Met. Ball) Tues 5th June This side of Dartford Tunnel
Jaffa 5/10/15 entries close 18th May.

6. Today's Runner League Cross Country Meeting: Dave gave a resume - members had no comments. The Secretary will post minutes on the board when completed.

7. Sunday Times National Fun Run 30th September: Jim Clarke has some form. Geoff said the coach would be free but members would have to pay £3 entry fee.

8. Portland Road - visit to Ipswich Football Club: The offer is open for a Monday or Tuesday. About 10 members indicated interest.

9. Potholing Weekend: Steve King met a man who invited him to make up a party for a caving and potholing weekend. Steve will take names of those interested.

10. Purchase of De Luxe Stop Watch: Phil Cooper said a model of the type required was available at £230 including discount (of which Margaret has contributed £100). The Treasurer agreed that we could afford it and on a vote of members it was agreed to proceed with the purchase.

11. Darts Trophy: James Clark was presented with a trophy for a score of over 60, being the highest scoring junior.

The meeting ended at 8.05pm

Minutes of the Meeting of 18th May 1990

About 55 members were present with Roger in the chair, Geoff being in France

1. Minutes of the last meeting: were read

2. Matters Arising: Roy Moore was concerned that Alan Smith had not been mentioned in the minutes for 3 weeks

3. Last Week's Runs

3.1. Mersea Round the Island Race: Roger won this 13 mile rugged race and insisted on doing a lap of honour.

3.2. Frinton Half Marathon: Dean Marshall won in 1hr 12 mins. The team prize should have been awarded to Colchester Joggers but it went to Colchester AC despite their not having a full team.

The Fun Run^(S) was won by John Tutton although he went the wrong way. Bridget won the ladies race with Geoff coming 2nd. Michelle Jarvis completed her 1st half Marathon in 2 hrs 3 mins. Bob Kimber reported that Dave Wright collapsed on the line. He didn't say what line.

3.3. GE Eastern Half Marathon: Dave Lacy achieved 1hr 23 mins. Brian Bedford had a PB at 1hr 24.

3.4. Amsterdam Half Marathon: Bernard Culhane and Roy Malcock competed and received two very nice medals

4. Runs This Week: On Sunday Harwich Half Marathon a 6½ mile, Beccles 10 mile and GE Sudlow 10 & 5 mile (which will have excellent prizes). Dave's advice was for members to save themselves for the battle with Jaffa on 27th May. Tonight was the last chance to enter for the Ipswich 5/10 at 15.

5. Ipswich Jaffa have agreed to an inter-club competition in the Stratford ST Many race. The first 35 in each club will count.

6. Caving and Pot-Holing Weekend: Steve King has provided details on the notice board so interested members should write in their names.

7. Mel Bally 10 mile Race at Thurrock - Dave wants a team for this race

8. Track Championships (Essex) are on all day 19th May: Our members who are competing need some support.

9. Crystal Palace Grand Prix 27th July 1990. Admission prices are £6.00 adults £4.00 children plus the coach cost.

12. Seko Timer Watch with printout. This piece of apparatus, purchased at enormous cost, is on view. It will be used in next weeks handicap
11. Club Triathlon 2nd June: Jerry wants some helpers
12. Club Summer Handicap. The next race will be held next Friday despite Dave's objection that it was too close to the Ipswich race.
13. Southdowns: Roy and George are going to survey the course. They have two spare car seats for interested members
14. Attack on Lone lady runner: Roger drew attention to the incident and suggested that ladies should not run alone.
15. Members reported that both ladies and men's showers were not working properly and the condition of the men's showers was very unsatisfactory. Dave promised to pursue the matter with the Arena.

The meeting ended at 7.58pm

Minutes of the Meeting of 25th May 1990

About 65 members were present with Roger in the chair

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

2. Last Week's Runs:

2.1 Harwich Half Marathon: Adrian Copley was the first Colchester jogger home. Bridget was 3rd woman in 1hr 40.

John Turton won the fun run - his 4th win in 6 weeks.

Bob White was 1st over 50 but hasn't yet got the trophy

Bob Kimber was 2nd over 16 years in the 2 mile fun run.

Lance said he finished the half marathon - the first time after 5 starts.

2.2 GT Baddow 10: Brian Bedford was 1st over 50 in 1hr 46 mins.

Dave Lacy completed in 59 mins. Paul Spowage just missed being 1st to reach 3 miles.

2.3. Essex Championships on the track: Paul Willis and Dave Lewis performed well in the 800m. Joe Norris put up a brave show against the best in Essex - he was lapped 8 times. In the Ladies 1500m Fran Quinn was 4th in 4.59 and Bridget King 6th in 5.18. In the Vets 1500m Tony Nixon finished in 4.20 and Jerry Madden in 4.27. Dave Wright said thanks were due to Paul Willis for organising club entry in the event.

3. Runs (h.) Week: The most important event will be the Taffa 5/10/15 mile at Northgate Stadium, Ipswich. Dave said everybody should be there - even Dennis would be running. Members should meet at the Arena at 9.30 for 11.0 am start.

4. Handicap: would commence after the meeting at 8.15pm

5. Diary Dates: Felixstowe 5K August 8th Ipswich 5K July 4th

6. Triathlon June 2nd: More helpers are needed - marshals can have a free swim. Life guards are needed because those expected have withdrawn.

7. Colchester Half Marathon and Fun Run 9th June:

John Hedgeshore explained the importance of Colchester Jogger's contribution to the finishing arrangements. He needed two marshals on bikes to guide the runners and some strong arm marshals at the junction of Queens St and Culver St where the half marathon and 5K divide.

He said that not many Colchester Joggers have entered so far. Although the closing date for entries was set entries could be accepted even during the week prior to the races.

John also said he would assist at the Triathlon on 2nd June if some Joggers would help him with his walk race on 3rd June. He said he was involved in a 3000 metre track walk on 26th May and would welcome any members who wanted to accompany him.

8. Colchester and Tendring 5.4 mile Coop race: This was on 23rd June, the same day as the South Downs 80. It was our chance to link the blue blazer brigade.

9. Cross Country Trophies: are to be presented next Friday

10. Roy Moore's London Marathon Sponsorship: Roy presented David Hawker with a £500 cheque for Hamilton Lodge raised within the Post Office

11. Club Awards:

For the Vets 10K: gold medals for Graham Clarke, Ken Walsh & Roger Hanks and a bronze for Arthur Coutts, Jim Clarke and Bob Cutmore. Race Badges were presented to: Lance Williams, Brian Bedford, Terry Madden, Phil Cooper, Adrian Copley, Melvyn Smith, Ray Hardig, Bob White and Alan Smith.

Ladies Badges were presented to: Bridget King, Helen Clarke and Charlotte Goff as well as Linda Gaine, Fran Quinn and Ann Goff.

Half marathon awards: Diamond to Brian Bedford and a bronze to Bernard Culthbert and Roy Mulseed.

Bury 20 1988. These long awaited awards were presented as follows:
Bronze: Dave Lewis, Kim Grant, Paul Barret, Jerry Everett, J Tucker,
Geoff Gibbins, Steve Woolcock, Martin Longhurst, Terry Jarvis, John Blundell,
Sonia Barnett, Derek Randall, Adrian Copley and Bob White.
Gold: Jerry Madden, Roger Hanks and Brian Bedford
Diamond: Dave Lacey and Peter Thomas

12. Ipswich Football Club Visit. 7.30pm at Portman Rd on 9th July.
13. Membership Fees: Lorraine said some were overdue and urged members to pay up.
14. 2 mile Race in Chantry Park, Ipswich at 7.0pm will be ^{run} next Tuesday.
15. Essex Championship Fixtures List: is on the notice board.
16. Nicola and Paul Willis are running for Braintree on the Crack.
17. Hyde Park National Fun Run: Jim Clark suggested that forms be completed next week.
18. Wednesday June 6th is the date for a race organised by Thame Valley Harriers
The meeting ended at 7.50pm

Meeting of 1st June 1990.

About 65 members were present with Geoff in the chair

1. Minutes of the last meeting were read. Matters arising: Bob White said he had now got his Trophy
2. Last Week's Events.
 - 2.1 Handicap: 52 people took part and there were 13 PBs. Daniel King was overall winner, John Blundell won a silver and Dave Heatter bronze. Roger said many new names appeared in the list of runners. The first woman was Liz Codmore. The new timing equipment worked well.
 - 2.2 Ipswich 5, 10 and 15 mile. Dave said it didn't go exactly as planned. Paul Spowage should have been 2nd but took the wrong route and finished 7th in the 5 mile. Ann Morgan made her debut in **47.12**. In the 10 mile Dean Marshal was 4th in 55 mins 47. Kevin Newman achieved 55 mins 57 and John Turton in 57 mins. Bill Beards made his debut in 81 mins 26 and Bob White achieved 78 mins. Fran was 2nd lady in 58 mins 50. Taffa was winning team

In the 15 mile Dave Lacy was 4th overall and 1st Vet in 1-29-11.
Ken Walsh completed in 1 hr 37.

2.2 Hatfield Broad Oak 10K: Jerry and Nicky who entered this event said it was well organised and was run in conjunction with other fun activities. Jerry recommended it for future club participation.

2.3 Saturday Track Meeting: Nicky ran in 800m 1500m and 3000m. Dean Marshal was 4th in the 3000m steeple chase in 10 mins 6 secs. The Branfree - Colchester squad were overall winners. (Paul Willis was 4th in 800m in 1-58)

2.4 Sri Chinmoy Race at Ipswich: Melvyn Smith and Roger and Russell Harles took part. Dave said there were a number of these runs which were well worth doing. Lance entered a police track event and came 2nd in 5000, 1500 and 200m.

3 Events for the Weekend: Saturday was Col. Joggers Triathlon day starting at 3-15. Marshals and helpers were asked to be there at 2-20-2-30.

Sunday's Training Run: 10-30 from the Arena

Wivenhoe 1 mile: would start 10-00am from the Water-Tower.

Maidstone Marathon on Sunday.

4. Next Weekend the major event would be the Colchester half marathon. Helpers were needed at the finish as discussed the previous week. It would be left to members to turn up on the day.

5 Future Runs: Coop 5-4 - entry forms must be completed soon.

6. Club Relay: more names were needed

7. Cross Country Trophies - would be presented next week.

8. Magazine: Contributions were required immediately

9. Walk on Sunday Morning: 6 helpers were needed

10. Hyde Park National Fun Run: Jim Clark would like completed forms with entry fees straight away.

11. Hadleigh Hares Relay: Dave said we would be unable to support this event because it clashed with the Coop 5-4.

12. Birthdays: Daniel and Dominic King are both 7 last Wednesday. They received a card from the club.

13. Met-Bally 10m at Grays would start at 7-00pm on Tuesday. Members would depart from the Arena between 4-30 and 5-0pm.

14. Fenland 50: Tipperary wanted 10 come in with us

The meeting about 7-45pm

Minutes of the Meeting of 8th June 1990

About 60 members were present with Geoff in the chair
Roger was substituting Dave Wright

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

2. Last Week's Runs

2.1. Club Triathlon: Roger thanked Jerry for organising the event and thanked all Jerry's helpers. The event received good coverage in the local press. Jerry said he had secured sponsorship for a further year.

Results were: Fastest run men Dean Marshal ladies: Cathy Bishop.

No joggers chose in the cycling but in the swimming:
Chris Holmes was 2nd fastest and Martin Longhurst 5th fastest.

Geoff made a special mention of Ann Goff only 16 years old and completed the course.

The 1st male vet was last year's winner Brian Rogers of 'you know who'.

The event was enjoyed by all and Jerry said it made a profit of £60 which was to be donated to St John Ambulance.

Geoff said he had been left with an ancient frame tent and as he didn't really want it, would like to trace the owner.

2.2. Brandon 10K. Bob White completed the course in 46 mins.

2.3. Wivenhoe 1 mile: Jogger's results were: Phil Cooper 3rd in 4 mins 49.

Peter Thomas 10th in 5 mins 23 and Bob Kimber 21st in 6 mins 22. Charlotte Goff also took part. Dave Wright, Dave Lewis and Dean Marshal missed the start.

2.4. Maldon Marathon: Jerry Everett completed his 69th Marathon in 3 hrs 28 mins. He said it was very wet.

2.5. Mel Ballby 10 mile: 15 Colchester Joggers took part in what was a high class race. The winner finished in 52 mins. Dean Marshal finished in 55 min 15 and was 18th overall. The run was good value at £2.50 since all runners received a tee-shirt and an energy drink.

It was a team race and our members hung around for the results but whilst it was thought that CJC was 3rd this was not confirmed before members left. Pitsea Road Runners were first with East London second. Roger thanked Adrian for organising the team.

3. Runs at the Weekend: Colchester Half Marathon and 5K races were the only local events. 11 members were asked for to help at the finish. John Hedgeshorne said they would be given car park tickets. John said there was a big field this year and a total of around 1650 was expected for the two races. The 5K would start first at 11.30 and the half marathon at 11.32.

There would be the usual stalls plus a motor show.

Margaret asked for contributions to her car boot sale in aid of CHT Hospital.

Roger said all members taking part should see him to ensure a team entry.

4. Cross Country Trophies were awarded as follows:
Most consistent runner: Richard Gane.
Divisional awards: 1: Paul Willis 2: Paul Barrett 3: Russel Goodridge
4: Jo Norris and Brian Bedford. 5: Ray Hardling. 6: Steve King and Mel Smith.
7. Dennis Taylor. In Daves absence no-one knew why there were no ladies trophies.
5. News from Abroad: George Bennington had sent a card from France.
6. Hyde Park National Fun Run: Jim wanted more entries with money.
7. Lowestoft 10K would be on Wednesday: Members would leave the Arena at 5.0pm for a 7.30pm start.
8. Diary Dates: Harlow 10 12th August, Harlow Marathon 28th October
Mersea Island half marathon Sunday August 26th (Colchester Joggers were helping with the finish and our club name would appear on the programme.)
9. Haleshead Road Runners Disco: Fri 15th June 8.0pm to midnight £2.50 including food. Geoff suggested interested members should go in a group.
10. Crystal Palace Trip: more names were wanted
11. Coop 5.4 17th June Geoff reported that medals would be given this year.
12. Track Wednesday afternoon: Dave Lewis said some members were taking part and he would like to see some supporters.
13. Camping: Margaret said that the jogger's annual camp was not mentioned. However nobody was prepared to report what happened there.

The meeting ended at 7.50pm.

Minutes of the Meeting of 15th June 1990

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read - no matters arising
2. Showers: Geoff said he had spoken to Arena management that shower heads didn't work. He said he would press for action on the floor.
3. Last Week's Runs
- 3.1. Colchester Half Marathon; Joggers did well with a wide spread.

First home was John Turton (7th) and the last Jogger was 800+L.
The men got 1st 2nd and 5th team home and the ladies team were the first.
Both 1st men's and 1st ladies teams were invited to the Town Hall on Monday,
25th June to receive their trophies.

Mens teams were comprised of:

- 1st. John Turton, Simon Wadey, Brussel Goodridge, Alan Barnard, Roger Hanks.
- 2nd. Chris Akelhurst, Phil Cooper, Brian Bedford, Paul Barrett, Jerry Everett, Jo Norris

The Ladies teams comprised:

Notable results were: John Turton 1hr 17 and Roger Hanks 1hr 22 mins.
There were 6 men in the first 30 and 9 in the first 40. Graham Goodenough 1hr 26 mins.
In the 5K Bridget was 2nd lady, Helen 3rd lady and Donna 5th lady.
Roger said processing of results was the most efficient ever due to CJC
marking the finish instead of Colchester and Tendring AC.

3.2. Lowestoft 10K last Wednesday: Cathie Bishop was 2nd lady and 1st Vets
in a new club record time of 40mins 35. Dean Marshall was 3rd, although
disqualified. Roger was 31st, beaten by Martin Longhurst in 36 mins.
Melvyn, John Turton and Graham Clark also took part.

3.3. Track Meeting Wednesday last was a competition between Colchester Borough,
the Army and the Colchester and Tendring AC.

Members, who represented Colchester Borough, did well, Paul Willis
getting a silver award for his 800m time of 1.58, Paul Spowage a gold
for completed 500m in 15.34secs. Kevin Jolly completed the 3000m steeple
chase in 10mins 01. Colchester Borough won by 1½ points.

Dave Wright said next year we must enter as 'Colchester Joggers'.

3.4 Race Walk Thursday Evening: Lloyd Phillips won but other results
were unknown.

3.4 Triathlon: Dean Marshall came 2nd in a Triathlon at Ringwood near
Southampton

4. Next Week's Runs:

4.1. Tuesday Evening: Shore Chimney at Ipswich, Chantry Park 2 miles starting 7.30.

4.2. Runs on Sunday: Norwich half marathon starts 1.0pm; Hatfield Heath
5 mile starting 11.0am - can enter on the day); Cambridge 10m Castle Camps
Club training run 10.30 from the Arena.

5. Future Events

5.1 Club Relay at the Track Thurs. 28th June: listed on the board
with team captains highlighted. 21 teams are shown, each with one lady.

5.2 Colchester 5.4 24th June starts at 11.0am. Geoff said there was scope
for all levels of ability. Dave wanted a full club turnout.

5.3 Track Championships: Sunday July 1st - gates open 1.0pm

~~5.4~~

6. It was announced that Phil Knights is now a vet;

Cross Country

7. Haedcif Trophy - not issued last week was awarded to Paul Barrett for winning division 2
8. Hamilton Lodge: A letter had been received thanking Roy for his £500 contribution collected from the Post Office as sponsorship for his London Marathon
9. Bernie Myers had sent a letter announcing his return to Northampton to do a proper job. He will visit whenever possible.
10. Bill Thompson: George reported that Bill had entered the Sidney to Melbourne race but didn't complete the 400 miles.
11. Halshead Road Runners Disco is at 8.0pm this evening.
12. Hyde Park: Jim was asking for the rest of the money

The meeting ended at 7.45

Minutes of the Meeting of 22nd June 1990

About 60 members were present with Geoff in the chair

1. Minutes of the last meeting: were read & it was pointed out that Paul Spowage completed 5000 metres in 15 mins 34 secs
2. Last Weeks Runs:
 - 2.1 Army Championships 3000m Steeple Chase: Dave established a new Club record of 9 mins 55.
 - 2.2 Shri Chinnoy 2 mile: The race attracted 106 entries. Simon Waddell was 2nd in 10 mins 11secs. Nicky Everett was 2nd lady in 13mins 17secs. John Turton was 5th. Bob White was 1st over 60 and Brian Bedford 2nd over 50. It was a good turn out by the Club.
 - 2.3. Halfield Heath 3 miles: Bob White ran for Gt Bentley in a team which came 3rd. In a field of 450 runners Dave Lacy came 91st in a time of 28mins.
 - 2.4. Brands Hatch 10K and Wymondham 10 miles. Chris Akchurin represented the Club in these two races. There were no results available for the walk last week.
3. This Weeks Runs
 - 3.1. South Downs 80 Dave Wright wished good luck to all the 9 maniacs from the club competing in the event. They ~~were~~ included

Roger Hanks, Ray Willer, Lance Williams, John Blundell Roy Moore
This year the event will be televised and Margaret was particularly anxious to be viewed cooking sausages.

3.2 Coop 5.4. The race starts at 11.00 am at Boadicea Way. Dave hopes we shall beat the Athletic Club this year.

3.3. Track Championships Sunday 1st July: Dave wants good club support for all the races

3.4. Colchester Joggers Inter-club relays 28th June: Dave reported good promised support from other clubs and ~~etc~~ with CJC over 40 teams were listed already. Team captains should collect 50p from each member of their team and collect the numbers for a 7.00 pm start. Dave said we must win this time.

4. Mayor's Presentation to Colchester Half Marathon Winning Teams: This was to be at 7.30pm at the town hall for both men and ladies teams.

5. Cockermouth Sports Week Sept. 28th / 29th / 30th: The Club would have supported this event but it clashes with the Hyde Park Nat. Fun Run. The Grassmen Fun Run is about 2 weeks later - date to be advised.

6. Stratford 5 mile Run 13th July: There will be no meeting on that evening to enable the Club to fully support this run.

The Stratford St Mary Fete is on 30th June and it includes a run for primary school age children starting at 2.30pm.

7. Ipswich 5K Evening Race 4th July (with a 3K for children): Adrian is taking men's names and Chris Holmes ladies names.

8. Dates for Diaries: Runs which had been advised to the Secretary were:

1st July Colchester AC Open & Juniors Meeting Clacton

7th July Tenterhalf Marathon and 5 mile

8th July Stamford Half Marathon and 5K

29th July Threft Green Trotters Inaugural Run 6.7 miles

8th August Chelmsford Classic Half Marathon

2nd Sept. Garden City Joggers 10 mile

7th October North Downs Challenge 10K 20K or 310K run - 25K family walk.

9. Handicaps: next race 29th July

10. Letter received from Mo who entered the Triathlon - thanked us for an enjoyable event.

11 Letter from Essex County Newspapers: Secretary read out a letter from the Editor, thanking the Club for their support with the finishing arrangements.

12. Money: Bob K wants the Crystal Palace money and Jim Clarke the Hyde Park money.

13. It was Michelle's Birthday and members gave best wishes.

14 Thundersett Match: Lance was volunteered as over 40s Captain and Russel Goodridge for the under 40s.

The meeting ended at 7.50pm

Minutes of the Meeting of 29th June 1990

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 South Downs 80: 10 Colchester Joggers represented the Club and all did very well. Roger Hanks came 95th overall in a time of 13hrs 12mins, very nearly a Club record. Jerry Everett knocked 9 hours off his PB and finished in 14 hrs 17 mins, followed by Martin Longhurst in 14hrs 54mins.

John Blundell and Ray Willet finished in 16hrs 51, Keith Morgan in 17hrs 20, Steve Woolcock in 17hrs 32 and Roy Moore and Roy Bennington both in 21hrs 55. Team placings for CJC were 16th and 33rd.

The competitors thanked their back up supporters

2.2 Coops 5.4

In a total of 41 runners in a high class race John Ryan came 4th, Dean Marshall 6th and Paul Spowage 8th. The CJC team was 2nd and the women's team won the women's race.

(There was an uproar at this point when Ken entered in Jaffa gear)

2.3 Selby Marathon: Ken Walsh completed this in 2hrs 55, a new over 50 club record

2.4. Colchester Joggers Relays: The event produced a record turnout of around 59 teams, 21 teams being Colchester Joggers.

The course record was achieved by Colchester Joggers team comprising John Ryan, Fran Quinn, Dean Marshall and Paul Spowage in 42mins 22.

CJC A won the event with Ipswich Jaffa team 2nd and Tiptree 3rd.

CJC B 4th Colchester AC 5th. Fastest individual times were achieved by Dean Marshall and Henry Emerton, both in 9mins 52 although Henry did the

last leg which was slightly longer and was therefore faster of the two. Dave apologised for the last minute rearrangements of teams. He said this was the 1st of 3 planned victories over Jaffa this year. Dave thanked Bob Kimber for all the finishing arrangements. Geoff thanked Dave for organising the event.

3. Club Handicaps. Roger had sent apologies for absence due to work commitments. The handicaps would take place as usual, starting at 8.15pm. Sheila would be issuing numbers.
4. Club Track Championships would take place on Sunday 1st July starting at 1.30pm - gates open 1.0pm. The cup would again be presented for the best overall result.
5. Wednesday 4th July. There are two runs: Sri Chinmoy 2 mile and Ipswich 5K. The club will support Ipswich 5K where the ladies race is at 7.30 and the mens at 8.30 starting from the Suffolk Showground. Members will meet at the Arcon at 6.45pm.
There will also be a Fun Run.
6. British Association of Ultra Runners: Ken Walsh has details of how members can join.
7. Monday night last - Mayor's Presentation to winning Col 1/2M teams. Dave held up some rather small cups which were presented.
8. Beccles 10K Road Race: will be held the last Sunday in July 29th starting at 2.0pm
9. Coaches: Lists will be posted next week for Hyde Park - which will provide only 72 seats and a coach for the Fenland 50. The Hyde Park coach will be free but the Fenland 50 coach will be charged - realistically.
10. AGM: Geoff gave advance notice of the AGM which will be on the first Friday in September. He invited members to put forward their views and asked for any matters to be raised to be put to the Secretary who will then include them on the agenda.
11. TJC Tombola Stall for Hamilton Lodge Tel 18th August: Dawn asked for contributions to her Tombola stall. Proceeds from the Friday night raffles will go towards the stall for the next 3 weeks.
12. Crystal Palace: Bob Kimber said spare seats were still available.

The meeting ended at 8.0pm