

Minutes of the Meeting on 6th July 1990

About 70 members were present with Geoff in the chair.

1. Minutes of the last meeting were read. Matters arising: It was confirmed that Roger Hankins' South Downs time was 60mins better than the previous record.
2. Last Weeks Runs:
 - 2.1. Handicaps: Simon Wadey won on 29th June. A new results sheet has been produced by Jim, a new member, using a secret formula. Roger promised overall positions for the next meeting.
 - 2.2. Saturday's Sporting Us Fun Run was supported by some junior Colchester joggers. Lindsay was 1st in her age group and 3rd girl.
 - 2.3. Track Sports Day 1st July: Roger said there was a good attendance despite the weather. He would put the results on the notice board. Kevin Jolly and Simon Wadey battled for the cup to the end. The Victor Lindrum trophy was won by Simon Wadey and was presented by Clem. Geoff thanked Clem for supplying the trophy and for supplying the kids with sweets. Roger thanked all the officials and Geoff thanked Roger for putting on the event.
 - 2.4. Pennine Marathon: Carl Murdoch was 3rd vet in a time of 2:52:58 Jerry completed the course in 3:24:51.
 - 2.5. Dunnow 10 mile: Bob White completed this in 1hr 10 mins.
 - 2.6. Shottisham-Farms 10 mile race: Adrian was 4th, Steve King 6th.
 - 2.7. Ipswich 5K on Suffolk Showground: several club members entered. Bridget King was 2nd lady. The Colchester Joggers mens A team was 1st and the Vets team was the 1st Vet's team. Dave pointed out that this was the 2nd victory of CJC over Jaffa.
3. Next Tuesday: Shri Chimanji 2 mile race at Ipswich starts 7.30. Geoff wants to see more ladies
4. Track Thursday will run as usual and there will also be a Walk Race. Members were asked to note that the track will be closed on 2nd Aug.
5. Stratford St Mary 5 mile: it took place on Friday 13th July and in order to encourage many joggers to attend the meeting was cancelled on that day. The race starts at 7.30pm and a barbecue would follow.
6. Sunday 18th July - Halesowen Relays: Dave wants a good attendance. The course is 1 mile and in teams of 3 men 1 lady, men competing two laps and ladies one. There would also be a 2 mile open race and a children's fun run.

Minutes of Meeting of CJC on 27/7/90.

Last weeks runs,

- 1) Gt. Bentley - Few members of the club took part.
Plus 10K fun run. Number of runners down on last year.
J. TURTON was 4th home.

- 2) Luton Marathon - Very hot conditions
Ken Walsh ran well and finished in just over 3 hours 5 minutes.
(It was Terry Everitt's 72nd Marathon)
Nicky Everitt did well to be 3rd woman home in the 10K event
- 3) Braintree A.C. Athletics meeting - A number of joggers participated.
Nicky Everitt set a CJC record in the 800 metre event in the excellent time of 2 minutes 31 seconds.

On display various trophies won by Paul Parsons, possibly 1st under 16 male at the run at Stratford and at Halstead.

- 4) Sri Chinmoy race on Tuesday night.
Probably best field of runners in the event which was won by Tony McKeith.
Excellent run by Tony Nixon who finished 2nd. Other notable results was Brigitte King being first woman home and Bob White 1st over 60's.

- 5) Brentwood 5K event - Excellent field of runners over hilly course. Some good performances by club members.

Runs this week,

Beccles - a few places left to run,
Probably best club event at Clacton, which consists of two distances, notably a 5 mile and 11 mile events.

Race at Brentwood - details on noticeboard.
Forms available for the Sri Chinmoy
24 hour race for anyone bordering on the issue

C.J.C. versus Ipswich Jaffa - This will
be on the 20th September and will be over
a 4K course. Dave Wright expects ~~the~~ Jaffa to be annihilated.

Fenland 50 - Teams now being finalised.
Framlingham Flyers 10K event on Sunday
2nd September, a good warm-up for the ~~race~~,
Fenland relay.

Dave Lacy is doing a 40 mile Peak
Race and wonders if there is anyone
wanting to come with him - any offers?
(PS It's on September 22nd).

4-5th August - Braintree A.C. open
meeting. All welcome. Try and go if possible.

Next Saturday Night - Quiz night
at the Arena.

3 people in a team and it begins at
7.45pm.

Should be a good night with some
excellent raffle prizes.

Hamilton Lodge fete - Dawn still needs
items for Tombola Stall.

1st September (Friday) Club AGM.

Christmas Fun Run: suggestions and
ideas needed concerning the staging of this
event

Track - this is closed next week due to
Tattoo, but if you want a run, meet
at University 18.30hrs.

Cricket Match - Lance and Roy will
be providing food and drink at cost price.
Good weather hoped for.

Runner of the month: To be decided next week - should be John Turton.

Meeting start: Roy proposed a prompt 7.15 start and there was general agreement.

Minutes of the Meeting of 3rd August 1990.

About 55 members were present with Geoff in the chair.

1. Minutes of the last meeting: (written by John Tunton) were read -
~~no note~~

2. Matters Arising: Dave Lewis advised that the club record for 800m (ladies) was achieved by Sharon Ford at 2 mins 29 and this had not yet been beaten.

3. Last Week's Runs:

3.1. Clacton 5 and 11 miles: Geoff reported a field of 150-200 runners with Colchester Joggers' representation the biggest so far. No results were available because Bob Kimber had been on holiday at the time.

The Joggers teams won both the 5 and 11 mile team prizes. Bridget King was 2nd in the 5 mile and Chris Holmes 2nd in the 11 mile. More than a dozen CJC members won trophies.

3.2. Beccles 10K. Fran, paced by Dave Wright, was 2nd lady in 39.52. with the first lady 2½ mins in front and the 3rd lady well behind. The course was reported to be flat - very suitable for PBs.

3.3. Last Week's Handicaps: Chris Akehurst was ^{now} 50% of the handicap with 175 points and Alan Barnard 2nd with 170 points followed by Dave Lewis. Roger promised to adjust the handicaps to prevent either Chris or Alan winning.

4. Forthcoming Runs:

4. This weekend: Bramfice Open Track Meeting was to be on Saturday and Sunday. Colchester Joggers were invited to participate. Details of the programme were on the notice board. The 3000m was at 3.30pm Sunday. The Sri Chinmoy 5 mile would start at 8.30am on Saturday in Chantry Park, Ipswich.

Fenland 50: Teams were listed on the notice board. Captains should collect forms from Dave and money from their team members.

5. Cricket Match: Geoff said although the match was a bit one sided (the over 40s being a bit too good for the under 40s) it was a good social event. He thanked Margaret and her helpers for the refreshment arrangements, Lance for organising the bar and Linda Gurne for keeping the children amused with rounders.

6. Quiz Night: Dave had over 40 names for the Quiz Night to take place in the Purple Room at 7.45 on Saturday.

7. Pot-holing Weekend: The date had now been set for 26-28th October.

MINUTES OF C.J.C. MEETING - 24TH AUGUST, 1990

Apologies given for Peter Thomas - Holiday. Therefore, Minutes from last meeting unread.

SPRINGFIELD 10

Colchester Joggers took first team prize in the Springfield Striders 10 mile at the Essex Showground 19th August. Event attracted almost 300 runners. Dean Marshall recorded 55mins 5 secs. for 6th place. Richard Gaine recorded 57-13 and there were personal bests for John Turton 57-40 and Paul Willis 58-19. They were all in the top 20. Jerry Madden was 3rd in Vets Class and there was a good debut for Paul McHugh who recorded 59-53. Bridget King 71-16 was again Joggers' leading woman. The event was well organised and marshalled.

MERSEA ISLAND - SUNDAY 26TH AUGUST

Roger Hanks advised more helpers required, already have a few volunteers for marshalls but more please. Apparently numbers are well down for both 5 mile and half marathon, some 166 for both races.

Dave advised runners and helpers to arrive at 9.30 a.m. for 10.00 a.m. start. Dave also advised he was doing the commentary whereby heckler from back stated that there would be no need for microphone!! Dave also advised of Halstead Road Runners Bar-B-Q in the afternoon plus Swimming Pool and Food etc. £3.00 Adults, £1.50 children.

ROCHFORD 15

Cancelled - Police advised too risky.

TODAYS RUNNERS LEAGUE

Dave has list of Todays Runners results etc.

DARK NIGHTS!

Dave reminded members not to run on own. Always at least pairs please.

CLUB MAGAZINE

All entries for next Newsletter to Annette please. Hoping to get enough together for a September issue, so a.s.a.p. please

HAMILTON LODGE FETE - SATURDAY 18th AUGUST

Dawn to be congratulated for running a very successful stall. She raised £124, which was an improvement on last year. Driving the Sierra (?) was again extremely popular with over 60 competitors. The winner was Phil, Dawn came second with Steve third (sorry do not know surnames!!).

A.G.M.

Dave asked for large attendance at the forthcoming A.G.M.

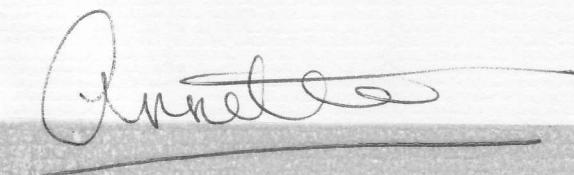
REFRESHMENTS - MARGARET

The last money made from the sale of refreshments went towards a Clock Recorder. Margaret has now raised a further £60.00 and asked that it should go towards purchasing Starting Blocks. Everybody agreed and the sum of £60.00 was handed over to Paul.

FEN RUN - SEPTEMBER 9TH

Dave rushed this and couldn't quite get it - seemed some confusion about setting off times and start times!! SORRY.

SORRY PETER - NOT UP TO YOUR STANDARDS BUT HAD A GO!!!!

A handwritten signature in black ink, appearing to read "Annette". It is written in a cursive style with a long horizontal line extending from the end of the signature.

Minutes of The Meeting of 31st August 1990

About 70 members were present with Geoff in the chair.

1. Minutes of the last meeting: were read. Margaret pointed out that she donated £70 not £60.

2. Last Week's Runs.

2.1. Mersea Half Marathon: Dean Marshall was 3rd in 1hr 12m 8secs.; Dave Lacy was 3rd Vet and 8th overall. Roger Hanks was 1st Mersea resident in a time of 1hr.21 and Ken Walsh 1st over 50 in 1hr 22. Colchester Joggers were 1st team comprising Dean Marshall, Roger Hanks, Chris Akehurst and Brian Bedford. In the 5 mile: Bridget was 2nd lady; Jerry Madden was 1st Vet (he beat John Tulson and Kevin Jolly 3rd).

Roger said overall numbers were down on previous years 350 as compared to 500 previously. The organisation went very smoothly thanks to Colchester Joggers.

2.2. Colchester and Tendring Track and Field Day Bank Holiday Monday:

Roger completed 6 3/4 miles of walks in 1hr and ~~Pete~~ came 10th out of 30. Paul Willis and Simon Wadey entered the 3K but neither won.

2.3. Halstead Fun Afternoon at The Diamond, Leavenheath: The afternoon was enjoyed by all. The highlight of the afternoon was a football match comprising 27 players per side where CJC scored a victory over Halstead with a score of 4:3.

The Secretary has written to both the owners of the bungalow and Halstead Road Runners thanking them for an enjoyable afternoon.

3. This Week's Runs: There is a 10K starting at 2.0pm and a 3 mile fun run starting at 3.30 both at Framlingham and a half marathon and 3 mile atCoggeshall on Sunday morning.

The Training run would start from the Arena at 10.30am on Sunday.

4. Fenland 50: The coach would leave the Arena at 7.0am next Sunday.

Final teams were on the notice board. Chris Holmes said her ladies teams were short of 1 lady to run 10 miles.

5. Today's Runner League Wednesday last 29th August:

A program of cross country runs had been agreed - dates were given by Dave and lists made available to members.

Hadleigh will run one of the races next year.

Following discussion of a letter from Jerry Everett the 9 clubs would get together more on other events. Pete Thomas will receive dates from clubs and circulate lists from time to time.

6. Letters from Pedro in Brazil. He had been posted on the notice board. Pedro had included a picture of himself wearing the green and a medal which he received. He will keep in contact with the club.
7. Dinner / Dance November 3rd - will be £15 per ticket. It will comprise the usual Disco / Club Curbar and presentations
8. AGM: Geoff reminded members that it would be 7th September and a good attendance was required. Details of officer and committee posts were on the notice board
9. Handicap Race: would start ASAP after the meeting. Roger said runners should be careful of traffic in the dark.

Meeting Ended 7.45 pm

Minutes of the Meeting on 7th September 1990

About 65 members were present with Geoff in the chair.

1. Minutes of the last meeting were read.

2 Matters arising: Adrian and Phil were in the 1st team

3 Last Weeks Runs:

3.1. 10K at Framlingham: Paul Spowage came 3rd, only 50secs behind the winner. He donated a voucher and trophy to the Club. Ken Walsh said the race was in a nice setting and had a pleasant course.

3.2 Coggeshall 5 mile and Half Marathon: Georgie Clark won a nice trophy as 2nd lady in the 5 mile. Paul Barrett was the 1st Coggeshall man in the race in the $\frac{1}{2}$ marathon which he completed in 1:16 and said was not a short course.

3.3 Handicap: There was a good turnout with 53 finishers. ~~The~~ 7 P.R.s were achieved including a female club record by Bridget King in 17:18.

Chris Akehurst finished 6th. In the overall results, Chris Akehurst is 1st and Alan Barnard 2nd. 99 people had taken part in this series of handicaps including many whole families. One more race would complete the series.

4. Runs forthcoming - Fenland 50. The double bus will leave at 7.0am for our 6th or 7th year competing in this event.

5. Nutty Newell has just left hospital after a hernia operation

6. Alison Chalfield ran Colchester 5 mile and received £97 in sponsorship which she had donated to the special care baby unit.

7. George suggested we should send a congratulatory letter to Sally Easthall for her marathon win

The general meeting then closed and Geoff opened the AGM

Annual General Meeting of Colchester Joggers Club 7th September 1990

1. **Introduction:** Geoff opened the AGM by inviting members to comment on the past year. He himself felt that by participating in running and achievement the Club was now well known everywhere. Progression into track events had been beneficial to the Club. He thanked all the past committee members for their efforts. Few meetings of the committee had been held because, Geoff explained, decisions had been made on Friday nights which Geoff regarded as satisfactory. Upon being reminded by George to mention the social side of the club, Geoff felt this too had been a great success despite the pressure of trying to present top competition from the club in athletic events. George said Dave Wright especially should be thanked for 'head hunting' new fast runners. Dave Lucy praised the committee for all their work behind the scenes. Geoff said that members should not hesitate to become involved in the organisation of the Club wherein, George thought lie its strength.
2. **Finance:** The total sum in hand was £143.75 which showed a much healthier position than last year despite overall membership numbers being about the same. It was regarded as necessary to maintain a healthy financial float against contingencies and against possible financial losses on particular activities. In addition expenses of an activity often had to be paid in advance before dues had been collected. Mick Bond thought the sum in hand was rather excessive but there were no comments from other members. Much of the financial success of the Club was due to Jo Woolcock who had performed her duties as Treasurer with enthusiasm and efficiency.
3. **Election of Officers for the year 1990/91:** Geoff explained that the non running rep post which Margaret had vacated was not now necessary full and should not be filled. Margaret would continue to organise food and drinks and thus generate income for the Club. She was congratulated for her sterling efforts in the past year. Martin found his commitments with the Halstead Club made it necessary for him to vacate the Vets Rep position. Officers were agreed unopposed as follows:
President: Dave Clemens. Chairman: Roger Harles. Vice Chair: Adrian Copley. Treasurer: Ann Lenglies. Club Manager: Dave Wright. Gen Secretary: Peter Thomas. Membership Secretary: Lorraine Harding. Timekeeper: Ian Press Officer: Rob Kimber. Ladies Capt: Chris Holmes. Track Capt: Paul Willis. Vets Rep: Phil Cooper. Kit Secretary: Dawn Knights.

At this point Geoff handed over the chair to Roger.

4. Roger's Introduction:

Roger thanked the members for the confidence placed in him. He said Geoff was a difficult act to follow. Geoff had steerred the Club thro' 3 years including some traumatic times eg the debates leading to joining the AAAs, and at all times he kept his cool despite provocation.

Roger said he would not discuss the future until he had met and consulted members of the new committee.

Bob Kimber said we should aim to beat Ipswich Jaffa every week.

Tini Clarke said long ago we agreed to have car stickers. Phil Cooper said shortage of funds had prevented these being purchased but it should now be possible.

5. Kit:

Dawn said kit prices had increased so much that new members, especially families found it difficult to be kit fitted out. She wondered if kit could, by some means, be subsidised. Roger said the cost of memberships was lower than that of most clubs but perhaps something could be set up to subsidise kit.

6. Donations to Charities:

In answer to a question by Mick Bond as to the total donated in the past year Roger replied that this was mostly organised by individuals and not recorded.

7. Kid's Party:

Roger assured George that this would continue, as well as the Mercury Christmas visit.

The meeting ended at 7.55pm

~~Minutes~~