

Minutes of The Meeting of 10th July 1992

About 60 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. Woodbridge 10K - considered one of the hardest 10ks around. Our team comprising: Tony Seakins 2nd; Dave Lacy 6th and 1st Vet; and Chris Akehurst was 3rd team. Ann Chable was 1st Vet lady.

2.2. Newmarket 10K: in a high class race Mavron achieved a PB in 34 mins 55.

2.3. Stratford ST Mary 5: no official results were available but our mens team was 3rd and our ladies team 1st, with Fran ~~etc.~~, Chris Holmes, Nick Everett and Jo Bennet

2.4. Ipswich Sloughround 5 on 1st July: Nicky Everett was 3rd lady. Mavron was 6th man.

2.5. Hadleigh Relays: There was a record entry of 48 teams. The club had 3 teams in the first four and 5 of the fastest 6 runners.

Colchester Joggers Vets finished 3rd

2.6. South Downs 80: Dave Lacy was 2nd Vet and 18th overall in a time of 13 hrs 31 mins. Lance finished in 17 hrs and John Blundell in 20 hrs 30 mins. For both Lance and John it was their 5th time of entering the event.

3. Events at the Weekend: Halesowen Road Relays on Saturday would be the main event, starting at 12.15pm. Teams of 3 men and a lady would be formed on the day. Dave said the trophy, won by the club last year, had gone missing so the club would supply another.

4. Next Week Royal London 5 would start at 7.30pm on Friday 17th July. There would be no meeting at the Arena.

5. 24 Hour Race: This had now been agreed in detail by the Army and

would be staged on August 15th. A notice is to go on the board giving details. Helpers were needed for the event.

6. Club Handicaps: In the June Handicap 48 members had entered and 18 PBs were achieved. 1st was Russ Johnson, 2nd Ann Chuble, 3rd Jane Lansdowne and 4th Moira.

7. Hamilton Lodge Fete: The event was attended by a number of club members and was a great success. The tug-of-war between CJC and the Young Farmers was well received. In the driving competition De Knights took all the awards: Dawn being 1st lady, Phil 1st Man and Richard 2nd Man. Roy Moore was rewarded for being worst driver. * To add to the Knights' successes Richard won an Essex medal for a walk race - just because he turned up. The proceeds of the fete were over £2000. Dave Heaton thanked the club for its members support.

8. President: Members were sad to hear that Dave Clem was in hospital - Dedham Ward at the new General - he was going through a series of checks to find out what was wrong. He had agreed to judge the photographic competition from his bed.

A "get well" card was on the top table for members to sign.

Clem had sent his congratulations to the club on its 10th anniversary.

9. Walking: Race walking club awards were presented to Roger, Duncan Robertson and Steve King

In the Walking magazine a photo appeared which was said to be of the two best walkers Clare and Paul Willis!

10. CJC Road Race Championship: More than 90 members are now taking part. Dave said the Pilsea 5 race had been taken out of the series and replaced by the Langham 10K.

11. Cycle Time Trial: It is proposed to hold one on 26th July at Elmslade Market ~~at 10.30am~~. Time to be announced.

12. Young members: Bob Kimber said 23 youngsters were out on the relays. He needed the help of 2 parents to help at the track in future to cover his absences
13. Wheelchair Athlete: Paul Willis felt we should support this man (nobody knew his name) who had turned up on the track hoping to get in some practice. Roger said he felt that due to the large number of runners using the track admitting a wheelchair athlete would cause problems. In any case the Army (Major Morant) would have to be consulted and Roger thought it was not an appropriate time to do that.
14. Club 10 Year Celebrations: These would be in full swing, according to the programme on Saturday
Special Anniversary T-shirts were for sale at a subsidised price of £3 for children and £3.50 for adults. (50p per T-shirt had been donated from Margaret's tea club). Badges were £1. Tickets for the Grand Raffle - a prize for all - were on sale at £1.
The Meeting ended at 7.55pm

Minutes of the Meeting of 24th July 1992

About 55 members were present with Roger chairing

1. Minutes of the Last Meeting: were read - no matters arising
2. Last Week's Runs.
 - 2.1 Royal London 5: The race produced a new kind of club record - the greatest number of drop-outs. Of 61 Colchester Joggers who started - only 53 finished (Mario had dropped out 2 years running).
The Club won the team prize with Tony Nixon (2nd) Dave Lucy 9th and Simon Bradley. Our ladies did very well, coming 2nd overall.
 - 2.2 Sri Chinmoy 4: Mario was 1st Vet Ken Walsh 2nd Vet and Bob Kimber 3rd.

- 2.3. Luton Marathon: Jerry Everett (the only CJC entrant) completed his 95th marathon in 3 hrs 35 mins.
- 2.4. Stowmarket Half Marathon: Derek Rundall finished in 90 mins. Donna Robertson still keeping up her record for number of races also finished.
- 2.5 Essex Showground 10 mile: This event was said to be utter chaos in results and general organisation. Donna Robertson achieved 1st lady.

3. Other Club Achievements:

Dave Lewis won a medal for coming 2nd overall in an Inland Revenue 1600 metric race walk.

Chris Holmes completed a Tough Triathlon comprising a 1½ mile swim, a 56 mile bike and a half-marathon run in 5 hrs 8 mins.

Roger won the walk race held on the track - full results pending.

4. Runs at the Weekend.

Date hoped some members would support the GT-Bentley 10K starting at 10.30 on Sunday. (Entries completed after the meeting would be cheaper than on the day)

A training run would leave the Arora at 9.0am on Sunday.

Don Brooks had organised a cycle time trial (10 miles) to start at 9.0am from Elmslēad Market public car park - all welcome.

5. Runner of the Month for June was: Jim Clarke, who achieved several PBs during the month.

6. CJC Road Championships: Dave said results did not yet include the Stratford 5 but they would by next week.

7. Harlow 10 mile: Dave reminded members that entries closed during the week.

8. South Downs 80: overall results now available showed that 321 entrants started and 364 finished. There were 38 teams of which our team came 7th in a total time of 45 hrs 0mins 31secs. Our team was Lance, Dave Hacy and Ray Wiffel.

Clem -oo. President. Roger reported that Clem's condition had deteriorated and he had been transferred to Lexdon Road Hospital. He asked members to spare a thought for him during the week.

.. Photo Competition: Prizes in the 5 classes were presented. They were won by Bridget and Steve King, Sheila Hanks and Harley Clarke for the Juniors.

11. Additional Training Run on Sunday: Roger was leading a 16 mile run from West Mersen on Sunday. Interested members would meet at the Arena at 8.45 am before driving to Mersen.

12. Track Championships: These would be held on Thursday evenings throughout August. Dates would be posted on the notice board.

13. 24 Hour Race: Roger said that although it was "all systems go" he had yet to receive entries from members.

14. Wheelchair Member: The unnamed athlete had been made a club member and would train at the track either before or after the main sessions.

15. National Fun Run 27th September: Black entry forms were now available and were being handled by Bob Kimber.

16. Ilford Race Walk on Tuesday: Interested members would meet at John Hedgehog's House at 5.15 pm

17. Classical Concert at the Albert Hall 16th November: Roger had 15 members listed for this event but needed many more to justify a coach.

The meeting ended at 7.45 pm

Minutes of the Meeting of 31st July 1992

About 60 members were present with Roger in the chair.

1. Roger opened the meeting by calling for 2 mins silence in remembrance of our President, Clem who had recently died.
2. Minutes of the Last meeting: were read - no matters arising

3. Last Week's Runs

3.1. Gt Bentley 10K: In a field of around 200 runners our men's team came 1st including Tony Scakins, John Turton, Moran Dane and Chris Akehurst. Several other club members competed

3.2. Ilford 10K Race Walk: Out of a total of 41 entrants, 9 were Colchester Joggers and our team came 2nd overall, beaten only by Ilford. Dave Heaton made his walking debut and came 41st. Roy Moore said a report of the event appeared in the paper which highlighted several incidents. The next walking event is on August Bank Holiday Monday from the Town Hall.

3.3 Cycle Time Trial on Sunday: 12 club members took part plus two others. The event was won by Tom Cudmore with Pete Richardson 2nd. Speaking on behalf of entrants Roy Moore thanked Don Brooks for setting up the event.

3.4 Nicky Everett Relay Success: Taking part in an Essex 4x400 relay Nicky won a bronze medal.

4. Runs to Come: The Clacton 5 and 10 mile races start at 10.00 on Sunday (Mick Self invited members to his relatives house for a barbecue afterwards)

The Harlow 10 is on the following Saturday 9th August. The coach costing £5 per person will leave the Arena 8.15-8.30. Entries on the day are acceptable (normal entries now closed) but won't count in the Essex Championships.

A Sri Chinmoy 3 will be run at Chantry Park, Ipswich on Tuesday evening.

The Ipswich JAFFA v Colchester Joggers 4K on the Crack will be on 10th September

5. Trail Run: Dave Wright would be in the Arena bar at 8.00 on Tuesday to discuss organisation and preparation for the event. All were welcome.

Minutes
Handicap Race - after the meeting: Dave Lacy has provided some cans of drinks for finishers to help themselves.

About 4
Chair
7. Clem: Clem's funeral would be at 11.15 am on Wednesday at West Bergholt Church. All CJC members were welcome. Copies of notices were on the Ops Table. Flowers would be supplied by family members only. Apologies. All friends were invited to make donations, which would be divided between Hamilton Lodge and the Far East POWs Association. Income from the meeting would be donated.

Minutes
Matters
8. Club Track Championships: Roger gave details of the event Timetable last

6th August: 1500m, 100m 500m (junior).

13th August: 800m 200m 100m (junior)

20th August: 4000m 400m 200m (junior)

27th August: Long Jump

A full programme would be posted on the notice board.

Don Brooks asked for members to help with the timing

Clacton

Several

run.

Notable

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9. 24 Hour Race: Roger said still no entries had been received. On a show of hands 6 indicated interest.

10. Club Newsletter: Bob Calhoun had produced this and copies, one for each member were on the Table

The meeting ended at 7.43

Minutes of the Meeting of 7th August 1992.

About 40 members were present with Roger in the Chair

1. Apologies for absence from Peter Thomas
2. Minutes of the last meeting were read - no 2 matters arising
3. Last weeks runs.
- 3.1 Clacton Smiles and 10 miles

Several members turned out for this Sunday run.

Notable performances were from :-

1st Simon Wadley 28-15
4th Steve Pyke
5th Kevin Tolley

Ladies

3rd Jo Bennett

10 mile race

2nd Paul Shutt.
4th John Turton.

It was noted that both courses were long.

3.2 Mabon Dane Competed in the Anglian Water Authority Sports Day.

2nd 3000m Walk

3rd 400m

3.3 Bob Kimber + Martin Longhurst took part in a ultra event in Wales.
Bob said this consisted of climbing 9 mountains over a total distance of 42 miles

3.4 Track Championships

50M Jr.

1500M Jr.

100M Sr.

1500M Sr.

All results are published on the notice board.

4.0 Next Weeks Runs

4.1 Track Championships

800M, 200M, 100M Jr and Discus.

4.2 Harlow 10 on Sunday Coach leaves at 0830. Can still enter on the day.

5.0 Roger thanked all members who turned up to Clem's funeral. About 40 members

Were present.

- 6.0 Margaret + Dawn are organising fund raising for Gerard our Wheelchair athlete. Roger asked for any ideas to help raise the £1300 / for a new "racing Wheelchair" required.
- 7.0 Roger said we only had 11 entries for next weeks 24 Hr race. He asked members whether it was still worth while holding the event. It was decided to leave a final decision to next week.
- 8.0 2.8 mile Handicap
- Roger said there were a total of 10 PB's
- Notable Performances :-
- Fran Quinn - ladies Record
- Maria Ansley - ladies Vets Record

Meeting ended 19.43

Minutes of the Meeting of 14th August 1992.

About 55 members were present with Roger in the chair.

1. Minutes of the last meeting - had been written but were not available.

2. Last Week's Runs

2.1. Harlow 10 mile: The ladies 'A' Team consisting of Nicky Everett, Jo Bennet and Donna Robertson won the gold medals. The ladies 'B' team of Jackie Chapman, Sonia and Ann Chable was 3rd. The men's team of Paul McHue (57.06) Dave Lacy (57.14) and John Tunton (58.31) came 5th.

Only 3 championship races remain: Southend 10K, Harlow Marathon and Lanchester 10K.

3. Events at the Weekend

A Southern League Track Meeting would be staged at Braintree. There would be a 50K Race Walk at Basildon but it had been agreed that if Colchester Walkers didn't enter CSC wouldn't either. The star event would be the 24 hour race from noon Saturday to noon Sunday. 12 competitors had so far entered and would aim to beat the 107 mile record.

4 Springfield Striders 10 mile would be on Sunday 23rd August starting at 11.00am.

5 Cricket Match over 40s v under 40s would be on Saturday 5th September at Gt Horkestone Cricket Ground. Members attending should bring food for the tea or pay £1.50.

6 Fixture List: Jerry Everett is preparing this for distribution.

7. Today's Runner League Meeting.

Dave gave a resume of the meeting and gave the dates

and venues for the six runs which were:

| | |
|--------------------------|-------------|
| 1st or 8th November 1992 | Ipswich |
| 22nd November 1992 | Colchester |
| 6th December 1992 | Halstead |
| 10th January 1993 | Tiptree |
| 24th January 1993 | Springfield |
| 7th February 1993 | Hadleigh. |

In the event of bad weather affecting one of these a reserve date of 14th February had been set for a run organised by G. Bentley.

The final was planned for 6th March.

There would be no significant changes of rules for the series. The usual non-participation by the magazine was expected.

Harwich had been promoted to the A pool and Tiptree relegated to the B pool. The trophy awarded to the winner of the 'B' pool would be known as the Dave Clem Memorial Trophy.

8. Essex Cross Country League Match January 92: The club is to organise this jointly with Colchester & Tendring AC. Roger wants a member to volunteer to take over management of the event which comprises mens, ladies and various childrens races.

9. Future Events: Southern Counties 6x6K relay at Aldershot on 26th September (Dave wants a good club turn out). Ladies Relays October 17th; Dedham 1/4 marathon and fun run 20th September. A 1 mile race at Felixstowe will start at 7.0pm on Wed 20th August.

10. Colchester and Tendring Open Track Meeting - Bank Holiday Monday. All members are welcome to take part. Paul Willis will organise the entries.

11. Clem's Daughter: A letter had been received from Clem's daughter in reply to a letter from the Secretary. The letter would be posted on the notice board.

Clem's Fund: was still open for members contributions.

12 Mesh Vests: Dawn wanted to order some of these but Jog-In now required payment with order.

13. Colchester Jogger's Track Competition: The event's next Thursday are junior 100m 1 mile walk and 400m. Jerry Everett thanked the timekeepers for carrying on despite the rain.

The meeting ended at 7.50

Minutes of the Meeting of 21st August 1992

About 60 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. 24 Hour Race: 13 competitors entered and 10 finished.

The winner was Mick Gilbert of Ipswich JAFFA who completed 78 laps - a distance of 109 miles. 1st Jogger was Dave Lacy who was 2nd overall and completed 62 laps. (He was 1st male vet.)

1st lady was Jackie Chapman, who completed 51 laps and

1st lady vet was Ann Chable who completed 50 laps.

Roger thanked Adrian for organising the event and all the helpers and supporters who were there.

Dave said he felt that, to encourage more competitors, it would be better to stage a 12 hour race.

2.2. Dream Mile at Felixstowe: The winner finished in 4mins 17s. Although Paul Scurr was 2nd he was not running for CJC. 1st Jogger was Chris Akehurst in 5mins. 12. Bob Kimber beat Ian Akehurst.

3. Runs on Sunday: The Springfield 10 starts at 11.30am from Essex Showground. A training run from the Arena would leave at 9.00am and cover part of the Trail Race course.

4. Future Events: Southern League Relays, Aldershot 26th September (all 6K lengths) 6 stage for men, 4 stage for rel's 40 ad over and 50 ad over.)
Southend Classic 18th October (Dave wants a good club entry)
Mersea Half Marathon August Bank Holiday Sunday (Roger is taking entries and wants helpers). London Postal Walk 6th Sept.

5 Track Championships: There was a large field of 35 for the 1 mile walk which was won by Steve King. The 200metre junior race was won by Simon Bantram in 31.18 and the 400metre senior race was won by Arragon Davis in 56.53. Nicky Everett finished in 63.01.

6. Cricket Match 5th Sept: Dave urged members to enter their names on the notice on the board.

7. 4K Track Race against Ipswich JAFFA: The arrangements for this will comprise a Ladies Race, a Junior Race, a men's 'A' and 'B' Race. The Junior race will include all up to 16 year olds, boys and girls being run separately. This year the results of the A and B men's races will be amalgamated into one set of results with no disqualifications for being in the A or B race. Every runner from each club will score.

8. Walking: Ken Walsh is encouraging members to "have a go" at walking. He will be leading a walk around 3 laps of Abbey Fields after the meeting and 5 miles next Friday.

Helpers are needed for the Colchester Town Walk on Bank Holiday Monday. John Hedgehorn wants an 80 year old walker picked up from Layer-de-Law-Hay.

9. Handicaps Results: are now on display on the notice board. After 3 races Ann Chable is winning with Moira Ainsley 2nd.

10. Committee Meeting: Roger asked the committee to meet on Tuesday week 1st Sept to discuss the AGM. He asked members to think about club organisation for next year. (Ended 7.43)

Minutes of the Meeting of 28th August 1992

About 65 members were present with Roger in the chair.

In absence of secretary Pete Thomas the minutes of last meeting were read by Steve King - no matters arising.

2 Last weeks runs

2.1 Springfield 10

The Club had not entered in force although there were good performances by: Paul Strutt (5th-53.48), Valentine Mc Hugh had a pb in 54.44 finishing 9th, Richard Gaire 12th. John Terton had a top 50 position and Paul Barrott pipped Paul Willis by 17 seconds in 60.15. Chris Akehurst and Simon Wadey completed the course and were closely followed by Domne in 73.42. The team prize went to Thurrock.

2.2 Felixstone Biathlon

The Clarke and Davies families did extremely well with Steve Clarke winning the junior event of 1 mile run/100m swim.

In the longer event both Shaun Davies and Jennifer Clarke were 1st. Dads finished in 9th and 12th positions in senior event.

2.3 Track Championship

Tom Cudmore had a brilliant run in 4000mts swim in time of 13.36 and is now considered a dead cert in 'A' stream race against Jaffa.

Long jump was won by Melvyn Davies 4 mts 35 (wind assisted)! Simon Bartram jumped furthest in the junior event.

This was the last of the track championship events and the presentation will take place on Thursday.

3 This Weekend.

Sunday

- 3.1 West Mersea 1½ marathon and 2-8 fun Run. For the help given, by the Club, to run this event we received 1½ net proceeds to be donated to Hamilton Lodge. A request for helpers was made.

3.2 Bank Holiday Monday

The 300th Essex League Race Walk has been organised by John Hedgehouse. The distance has not been specified although it's claimed to be less than 4 miles. Dave Wright urged all Club members to take part and in doing so boost the clubs walking squads chances of retrieving points from Colchester Walkers. The course starts from Colchester Town Hall.

C.J.C Walkers are currently third team in the league. 70 points behind Colchester Walkers.

4 Future Events.

- 4.1 Club Championships - Dave advised members that there are 3 races remaining namely: Langham 10K : Southend 10K and Harlow Marathon and 1½ marathon.

- 4.2 Southern Counties six stage Relay at Aldershot. Dave reminded members that it was their last chance to enter this prestige event. The club has entered teams in several categories.

including Over 40's and Over 50's team of 4.

4.3 Cricket Match - Saturday 5th September 2pm at Great Horkesley Cricket ground. Over 40's versus Under 40's. Margaret was looking for names of those attending so that catering can be arranged.

Prior to the cricket Dave Wright is looking for helpers to assist with marking out the course for 4.4 the 'COLCHESTER HERITAGE TRAIL RACE'. Since the sad loss of Dave Lewis no one else has managed to trample the course, however, Dave Wright has a fist full of maps to follow. Hopefully no one will get lost. Marshalls will be required on the day at points around the course, please see Dave. The race starts at 8am and is between 31 and 32½ miles distance. Individuals and teams of 3 may enter.

4.5 Friday Handicap - This is the last of the handicaps this year due to the return of the dark evenings.

4.6 Grunty Fen 1½ Marathon - 20th September. Margaret mentioned that this event coincided with Lances 30th anniversary of joining the Police force. Also it starts outside her sister's home. If members wish they may picnic in the garden. Club support for this event would be most welcome.

5 Chairmans Piece - Roger reminded committee members of their last meeting to be held on Tuesday 1st September. Any member with suggestions and ideas should let the committee know as the AGM is only one month away.

5.2 Don was thanked by Roger for organising Club Track Championship.

6
6.1 Other Matters. - Bob Kimber is coordinating entries for the National Fun Run.

6.2 Jim has obtained sponsorship to tune of £300 from Running Imp / International for his Longham 10k.

6.3 Rogers dream came true when he won a large bar of chocolate in the club Raffle - rumour has it he was soon devouring it in a dark corner of the mens changing room !!

The meeting ended at 7.50 pm.

Minutes of the Meeting of 4th September 1992

About 60 members were present with Roger in the chair.

1. Minutes of the last meeting were read

2. Matters Arising: In answer to a question as to whether the Harlow half as well as a full marathon was included in the Club Championships. Dave said that it was but asked if members agreed. The inclusion of the half marathon was agreed by a margin of one vote.

3. Last Weeks Runs

3.1 Mersea Half Marathon: Despite bad weather there was a good club turn-out of both runners, helpers and marshals. Dave thanked the helpers and marshals.

A field of only 200 runners entered and the race was won by Paul Scutt in 1.12. Richard Gaine in 3rd place was 1.15. Colchester Jogger in 1.14, closely followed by Dave Lacy in 1.14.20 (who was 1st Vet), the next Jogger being Don Brooks in 12th place.

Moira Ainsley was 1st lady vet in 1.30.32, Jo Bennet was 5th in 1.36. Donna Robertson achieved 1.43; Linda Gaine 1.44 and Jackie 1.53.

Sonia Barnett was 1st lady and 1st lady vet in the 2.8 mile race.

3.2 Holbrook 10K: Simon Wadey won beating Sally Eastall.

Phil Knights, on being asked what he thought of the race said it was "All right!"

3.3 Walking Race on Bank Holiday Monday

In the largest field assembled in a walk race, Colchester Joggers provide half of the entries. Steve King finished first in 17th place followed by Roger and Mavron then Jerry Everett and Lance. 1st lady was Donna with Bridget 2nd.

4. Track Championships: Paul Barrett won the trophy.

Don said 50 people took part with 5 guests over the 4 Thursdays. He felt satisfied with the support. Bob Kimber looked after

The junior results. Roger gave some of the results which would be posted on the notice board.

5. Club Handicaps

Mark Longhurst and Linda Garnham achieved PBs in the last race. Overall winner of 4 races was Ann Chable. Senior Man winner was Ken Bennett who was 6th overall. Full results would be posted on the notice board. Roger thanked all the helpers and Dave thanked Roger for organising the series.

6. Trail Race on Sunday: Dave said he needed at least 6 helpers. Any volunteers should see him afterwards. There were to date only 6 entries. Start would be 8.00 am from Friday Woods.

7. Cricket Match on Saturday: Margaret asked those attending to bring their own chairs and food for the tea. Players should wear light clothes. Contributions for the raffle would be appreciated.

The fun would start at 2.00pm

8. Jaffa v Colchester Joggers 4K at the Track on Thursday:
Dave urged all members to be there in time for the first race at 7.00pm (Men's B); Ladies and Juniors at 7.30 and the men's A race at 8.00pm. Dave wants us to win for the 3rd time.
Jog-In will be providing a stall.

9. Sponsoring a Ghanaian Runner: Paul Shook had suggested that a runner of his acquaintance, Paul Bennett, who had produced some international class performances being provided with a pair of running shoes by the club (he cannot afford to buy proper running shoes). In return the club would be kept informed of his progress.

10. Essex Medals: Jo Bennett has been awarded an Essex medal for coming 3rd in the Harlow 10 ladies race. This is the club's 4th medal in the same race bringing this year's club total to 23.

1. Southern Road Relays: Dave has arranged a coach for Aldershot on 26th September. Dave has entered every possible runner. Those who will not be able to run should inform Dave.

2. Committee Meeting: Roger gave a resume of the meeting which mainly discussed club offices to be filled at the AGM. Minutes had already been posted on the notice board.

3. List of Events: is now available - copies on the top table. Roger again urged members to plan their races in advance.

4. Walking Race on Sunday at Blackheath: This would comprise a 10K for men and a 5K for women. Those interested should assemble at John Hedges' house for a 1.15 departure.

5. Raffle Tickets for lot Prize of a cruise for two: Dave Lacy still had these on sale at £1 each. There were a number of other good prizes.

6. Roger: Dave gave an appreciation of Roger and all he had done for the club. He said he would be sadly missed

(The meeting ended at 7.49).

Minutes of the Meeting of 11th September 1992

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. Heritage Trail Race.

There were only 3 finishers to this event. Melvyn Davies won followed by Pete Richardson 2nd and John Blundell

completing the course for the second year running coming 3rd. Steve Woolcock had to withdraw with hyperthermia.

Dave thanked all those who helped. The proceeds, £6 will go to Hamilton Lodge.

2.2. Balleresa Sri Chinmoy: Richard Gains completed the 2 miles in 8 mins 52 secs.

2.3 Slough Marathon: Jerry Everett completed his 96th marathon in 3 hours 29 mins. He will run in marathon No 97 in Cardiff at the weekend.

2.4. 4x400 Relays in London: Nicky Everett was a member of a team which won the event.

2.5 Essex Way Relays: both Chris Akehurst and Bob Calhoun ran a leg for the Royal London team.

Simon Wadey ran for Harwich whose team was 2nd.

2.6. 4K Track Competition between Colchester Joggars and Ipswich JAFFA.

The club won the trophy for the 3rd team, beating JAFFA by 570 points. After the ladies' race CJC was 150 points ahead. Paul Strutt beat Richard Gains Club record for the course by 6 secs. Full results are on the notice-board.

Proceeds of the event will be divided between the Club and Jerry's wheelchair. JOG-IN who ran a stall had offered a donation.

3. Cricket Match - was a great success. Margaret was thanked for all her efforts in organising it.

The Vets won. Adrian Copley has produced a detailed analysis of the results which appears on the notice board.

£60 was raised for Jerry's chair.

4. Member News: Dean Marshall has resigned from Nene Valley Runners to become a 1st class CJC member. Both Martin and Cathy Bishop have become first class members of the club.

5. Langham 10K: Jim had 200 entries for the event and expected more on the day. This club championship run would start at 11.00 on Sunday

Coaches for 26th and 27th September.

Two coaches had been organised, one to depart at 9.00 am on 26th September bound for Aldershot Southern Relays and the other leaving at 7.15 am on 27th September for the National Fun Run at Hyde Park.

Essex Events: details of all events had now been received by the Secretary and passed to the Team Manager. The Essex 20 was to be run from Melbourne Park this year. Details of these events would appear on the notice board.

8. Tiptree 10 - had been cancelled

The meeting ended at 7.43 pm.

Minutes of the Meeting of 18th September 1992

About 60 members were present with Roger in the chair.

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

2. Last Weeks Runs

2.1. Langham 10K : Jim Clarke said there were 310 entries and 298 finishers.

The Club won the team prize with Paul McHue, Doug, Don Brooks and Dave Lacy, who was also first Vet. (Paul was 2nd overall).

Jo Bennet, who has been shaping up well lately, was 2nd lady.

Dave will work out the effect of the race on the championships by next week.

2.2. East Bergholt 10K : Simon Wadey was 2nd and Tony Seakins 3rd.

2.3. Framlingham 10K : Simon Wadey came 13th in this race

2.4. Police 10 mile Championship: Roger read a note from Moira about the efforts of Lance and herself in this event. Moira said that on a very demanding course she achieved 136th place in a field of 259, was 5th female and 1st female Vet. She attributed her time of 69.42 to

all the training and support she received from the Club. Lance felt that his time of 71.30 was due to lack of training because of work pressures.

25. GC Yarmouth Half Marathon: the most notable result of this race was that John Blundell was beaten by his daughter by a 3min margin.

26. Essex Games: Nicky Everett, our 1st lady on the track came 2nd in the 800m.

3. Colchester Joggers Presentation Dinner / Dance November 7th: Dawn will start taking names of would be punters next week. Tickets are £16 each.

4. Colchester and Tendring Athletic Club: Dave has been locked in top secret negotiations with members of Colchester AC who have decided to wind up their road running and cross country sections. Dave had agreed that members would be absorbed into Colchester Joggers Club with some concessions on first year membership. Dave assured the meeting that there would be no changes in our club through accepting ex AC members. In practice only 6-10 active runners were involved. There would be increased opportunities for CJC track participation through an alliance with the Track & Field section of Colchester AC. Members were invited by Dave to express their views on the subject. No serious objections were raised but Dave dealt with some points of information.

5. Membership Fees: The committee had discussed raising the annual runner's membership to £22 and the track £7. Roger said that only full members could run for CJC. The policy of not charging for children provided their parent's were members would continue.

6. AGM - Voting for Officers: Roger urged members to propose and second names shown on the notice board.

7. Track: Roger had received last minute notice that the track is to be closed for 6 weeks. He said the only alternative would be to meet at the Arena. Don suggested a warm-up using 1 lap of Abbey Fields

• give time for late-comers to join the session

Fire Swim Chris Holmes has secured a time slot of 4.0pm to 5.0pm on 10th October. Those interested should see Chris afterwards.

Pictures of Clem. Dave is preparing a large frame of pictures of Clem to give to his daughter. Dave would welcome contributions.

o. Jerrards Wheel-Chair: Dolly, a new member had raised £100 in the Langham 10K

ii. Roger: Dave thanked Roger for services to the club at his last meeting as chairman.

12. Assistant Club Coach: Don Brooks has details of a course at Braintree Track on 14/15th November. Those interested should see Don.

The meeting ended at 7.48

Minutes of the Meeting of 25th September 1992;

Some 65 members were present with Roger in the chair.

1. Minutes of the last Meeting: were read.

2 Matters Arising: Roger said he thought there had been some objections to the policy of giving free membership to children based on their parent or parents being members. Nobody from the floor offered to raise the matter so matters remain as at present.

3 Last Week's Runs

- 3.1. Dedham "1/4 Marathon" and Fun Run: Simon Wadley was the winner of the "1/4 Marathon" and James Cudmore was 2nd in the Fun Run.
- 3.2. GC North Run: Jim Clark established a PB, reducing his best time by 2 mins. Dave Lucy finished in 1.15, Chris Akehurst in 1.23 and Steve King in 1.27. Paul Strutt finished in 1.12. Sonia was there as was Steve and Linda Gorham (Linda achieved 2.38 in her 1st half-marathon). Dave Simpson and Roy Bennington were there and Roy Moore, who had nothing to say.
- A full sized banner featuring Emma Hanks and Helen Clark was on display at the race.
- 3.3. Hinchingbrook 10K was won by John Ryan.
- 3.4. Jerry Everett's 97th Marathon at Cardiff was completed in 3hrs 31. He said it had two hills in the last 3 miles but was otherwise flat. Jerry plans to run 3 more marathons in 3 weeks to complete his 100. Athens is next.
- 3.5. Cambridge Half Marathon: Lunc finished in the first 100. There were 10 wheelchair competitors including Gerrard who finished in 2.13.
(Dolly has found a company who will sponsor Gerrard's wheelchair for £100)
- 3.6. Thursday's Race Walk: Steve King is now overall champion and will win the trophy for the 3rd time.
- 3.7. Police Walk Race at Chingford: Ken Walsh completed the 10 miles.
4. Southern Relays on Saturday: The coach will leave at 10.0am in time to arrive for the first race at 2.0pm at Aldershot. Since the vel's race is much earlier Dave suggested the vel's should run with the senior men.
5. National Fun Run: The coach will leave at 7.15 pm and will be £5.
6. Essex Walking League Race at Southend: Ken Walsh is dealing with entries for this event which is on Sunday.
7. Danbury Park Cross Country - Essex League: Dave would like a good turnout for this first Essex League fixture - details will be on the notice board.

Arena Membership: some club members have received reminders - This was a mistake and should be ignored.

Negotiations with Colchester AC: Despite what was reported previously Dave encountered some new demands from their members at a recent meeting. A proposition was put to the meeting for the two clubs to merge, was voted in, but the conditions were unacceptable so any arrangements are suspended. If Colchester AC members join us now they will face a 9 months ban. Dave said there was some goodwill. Bill Pratt had supplied some useful training schedules which had been passed to Don Brooks.

i. Essex County Newspapers - had written thanking the Club helpers at the Fun Run. A cheque for £100 was enclosed. The event raised £11,300. Paul McHue asked if we could be mentioned in future advertisements for the event. John HedgeThorn said he would look into it next time.

ii. West Mersea Run: Roger said nothing had been heard of our share of the proceeds.

12. Fixtures: Ferry wants Club events to appear in national fixture lists.

13. Kit: Dawn has advised that 18 mesh vests would arrive next week and would cost £10. A heavy demand was expected

Minutes of the AGM on 25th September (directly following the meeting)

Roger said the AGM would be his review of the past year followed by the election of officers.

1. Year Review:

Roger first stated the balance of monies in club accounts: £1953.59 total balance compared to £2022.59 all this time last year.

The main cause of the difference was the losses incurred on coaches and the lack of support for some races eg The CJC 10K.

It had been another good year for the club. The National Cross Country

was well supported by club members for the second year running as was the Essex League. The new A & B pool arrangements for the Today's Runner League worked well. Our entry into the Eastern Counties Cross Country Championships for the first time was a great success, particular for the women's team who were first. Many medals were won by the membership in the Essex County Championship event. Race Walking was seriously undertaken with the result that CJC was 3rd in the league. On the social side our first Barn dance was much enjoyed and the 10th Anniversary activities were very well supported by members. Roger believes that our ongoing success is due to continually looking for new challenges and he hopes this spirit would continue.

Now that the showers had been improved the Arena was no longer unacceptable headquarter facilities of which would be difficult to match elsewhere.

In closing his review Roger thanked the outgoing Secretary for his cooperation and all the Committee for their support. He wished the club all success in the future.

2. Election of Officers.

Since there was only one post (Ladies Capt) where there were two nominations all other nominees were duly elected. On a secret ballot for Ladies Capt Chris Holmes secured 37 votes and Sonia 24. There were 3 blank slips.

The names of post electees were read out as follows

Chairman : Dave Wright

Treasurer : Pat Beards

Membership : Lorraine Harding

Secretary : Adrian Copoley

Club Manager : Paul Willis

Truck Capt : Paul Willis

Men's Capt : Richard Guiney

Women's Capt : Chris Holmes

Vet's Rep. : Bob Cuthmoor

Records : Chris Akehurst

Race Walking : Ken Walsh

Club Kit : Dawn Knights

Social Secretary : Margaret Williams and Jean Moore

The AGM finished at 8.08 pm

Meeting of 2nd October 1992

A packed Meeting of 70+ joggers assembled before the new top table, with Jane Wright + Paul Willis.

The minutes were read - only amendment being that Lance Willis had run Part in the Gratby Fen Half, not the Cambridge Half.

Last Weeks Runs

Southern Road Relays

This event proved to be as tough as expected, with 100+ teams entered, Many Fielding International Athletes. Our A squad finished Well up in 31st position, 'B' team 74th, & 'C' team 86th.

- Kimber Award Candidate - No change spowage, had problem at Dartford tunnel and arrived with minutes to spare, before he produced what turned out to be the fastest run of the day for the joggers. Paul's time was 19.23.
- New find Carl Dunn - running for the 'B' team was 3rd fastest jogger.
- C Team 1st leg runner Melvyn Davis received recognition for his Gutsy performance, when he was awarded Runner of the Month.
- Female Runner of the Month went to Dolly for her longish run.
- National Fun Run - Hyde Park.
- This event was considerably down in numbers this year.
- Notable performances went to - Charlotte Goff 2nd, Richard - alias 'Dicky' Gaine 5th, & New National Champ. Paul Strutt, albeit running in Bentley Colours on the Day.
- Both Paul Strutt & Richard Gaine had previously run the road relays.

- Bob Kimber was thanked for organising the event
- Roy Moore, won a Tee shirt for his Unusual Style, and later raffled it when he discovered that it would not fit. - £10-70 was raised in aid of Gennards Wheelchair Fund.
- Both Tom Cadmore & Christine Holmes took part in the Bath Triathlon - results were unavailable.
- Dave Way, Sonia, & Jonh Blundell attended the OTTER PEAK 40
- Chris Akehurst ran the Diss 15. -
- Jerry Everett completed his 97th Marathon, and is now well on course to complete his 100th in Athens.
- 5 mile Race Walk @ Southend.
- A weakened joggers team did well against strong opposition, despite regular walkers missing from our ranks & the disqualification of Ken Walsh. But we still managed to beat ILFORD, who are now overall champions. The Team is ~~now 4th~~ in the League, a mere 26 points adrift of Southend & 150 from Colchester Walkers. Only one race remains, and this is a 5km at Thundersley on 8th November.

Other Matters

- Team Captain Paul Willis - Urged Members to plan forward their training schedules, emphasis placed upon Essex Championships. Club Coach Don Brooks is willing to assist with schedules if required.
- Cobra Sport have offered the club a unique opportunity to publicise the club in its shop. This matter is to be taken forward by the Committee.
- Membership fees are now due. Please ensure payment is prompt.
- Annual Dinner - Saturday 7th November - Price £16 - Numbers limited to 100 - please see Dawn Knights for tickets.

club Sponsored runner Paul Herette is eagerly awaiting safe receipt
his new running shoes. - Paul Snook has produced a photo
the Ghanaian Runner proudly wearing his CJC Kit.

Recent Star Performer - Dave (aka Walker) Heather has
arranged a night out at Portman Road on 11 November, Nos limited
to 15-, Names on notice board please.

A Committee Meeting was arranged for Friday to discuss the new
season & the reemergence of the CJC 10 mile

- Meeting Ended 7.50 pm.

Meeting of 9 October 1992

- 63 Members listened to the minutes of previous meeting, no matters arising.
- Last Weeks runs
- Despite horrendous weather conditions, CJC showed the rest of the Clubs in the Essex League, that 1992/93 Season would upset the record books.
- Our ladies were 4th Overall, only 1 point adrift from Basildon.
- Maria was 1st Vet, & Cathy Bishop 2nd Vet.
- It was pleasing to see Dolly, Izzy Cudmore, & Georgie Clark getting stuck in!
- Talented Tim Bartum was a superb 6th in the Youth race
- Kimber Boys showed promising form in their race.
- In the senior event, our lads achieved their best ever score in an

Errex League X Country Event. - 89 points, a mere 9 points from Chelmsford AC who were 1st team.

- We are now well placed to push for overall victory throughout the rest of the season. The next race is set for 31st October although venue not yet decided.
- Steve Pike & John Turton flew the flag in separate races on Sundays and were both placed 6th.
- Gerry Everett completed the Gloucester Marathon - his 99th
- Joggers were 2nd, 3rd, 5th & 8th in a 7½ mile run staged by Dons School in Ipswich - Some confusion was made regarding Don's Date of Birth.
- It seems that has been lying to us for some time.
- Nomad Chris Akelhurst runs the Tutti Rose 10k, unspectacular.
- Roy Moore is 13th in England as far as the Post Office ~~concerned~~ concerned - Roy Walked in full Articross Uniform for one minute, and did not write a single letter. This was a tremendous achievement by Roy.

Other Matters

- Paul Willis & Don Brooks are coordinating the entries for the Errex Championships + North of the Thames race. Dave advised Members that any championship entry fee would be met by the club.
- Dates for your diary - 16 Jan - will be the South of England XC Championships for Men at Maidstone & 17 Jan the ladies event will be at Bedford. 12 Stage Relay - Set for 4th April @ Thurneck.
- The restriction on numbers allowed to visit Ipswich Town FC on Weds 11th November may mean a few joggers will be disappointed. If you want to go please put your name on the list on notice board. Max permitted 15.

May Dinner Dance, - Can we have you money now please. If you haven't yet decided, to come, please decide quickly as there are only few places left.

Awards will be presented at the dinner, and some categories will be voted upon by members on Friday night (ie tonight)

Committee Meeting Minutes are on the notice board, if anyone has ^{any} comments can approach the chair or committee members.

Membership fees, are overdue. - If you haven't yet paid, please do so to night.

Club Kit - Dawn has announced a sale - in respect of our 10 year celebration tee shirts - size small - price now £2.50.

- Club Newstreet will require regular contributions from all joggers, - it is intended to replace the Club Mag, which has gone into liquidation - following the fall of Robert Monwell:
- Please provide your snippets of information direct to Bob Lathrow, Dave Wright or any other Committee Member. Any ideas are most welcome.

- Adrian is arranging a swimming evening for Dec 5th. 7-9pm probably at Maldon ~~or~~ or Witham Leisure Center.

- Steve King was presented with the 'Race Walking trophy' for the Summer Handicap Series.

- Dave Wright has been in ^{introducing} collision with Athletics Weekly, they are spreading the news of AC's down fall.

- Bill Pratt - has offered to come to the track on Thursdays + give our better run for the benefit of his experience + has offered to draw up training schedules.

Meeting ended 7.50pm

Meeting of 16 October 1992

- 69 Members present & Minutes of Previous meeting read, no matters arising
- It was pleasing to see the return of Kevin Newman, been away for approx 2 years.
- Last weeks runs - Ingateshaw 5 - Tony Seakins 10th in 26.40
Jo + Ken Bennett also took part.

Great South 10. - Chris Akelhurst spent his Sunday charming the likes of Sonia and Ann Chable during their run at Portsmouth.

Felixstowe half. - a few joggers supported this event, which had eluded our fixture list. - Apparently this run will be part of the Hot 100 Series next year.

- Ray Harding was the hare in the Schools & County event.
- Bottisham Duathlon - 4 mile Run 19 mile Cycle 4 mile run
Colchester Fire Swim Chris & Co entered this event which was harder than anticipated.
- Our 3 team which took part all completed in excess of 150 laps and were well up overall - it only goes to show how versatile us joggers have become.

9KM Race Walk at Blackheath - * team # John Hedstrom * Mick Self & Steve King, came a creditable 5th team position in this event.

Members were reminded of the dates for the Harlow Marathon & Half, & that names are required upon the notice board for those wishing to enter the North of the Thames XC.

- Voting for Runner of the Year - has been delayed until this week.

(23/10/92)

Gerry Oxford - has been breaking all records with his new racing machine. In practice he has taken 1 hr 50 mins of his best time for the Marathon distance. He takes part in a London Qualifier at Abingdon at the weekend. Gerry is now concentrating on raising funds to repay Sport for the disabled. The joggers are heavily involved in assisting with this cause.

A further £300 has been raised in the aid of Hamilton Lodge. Courtesy of our assistance with the Mersea Half.

Jackie Chapman's efforts in our 24 Hr Race were well rewarded to the tune of £240.00 in aid of Rett's Syndrome.

- Dave Wright is negotiating better discounts at cobra Sports, & is to set a date for the Joggers to take over the store on a Saturday prior to Xmas. There is no reason why our Membership should not grow following this exercise.

- A Complaint from the Arena Staff had been received, following an incident involving Members children. Parents were asked to ensure that their children are kept under control. Fortunately this appears to be an isolated incident, but, all Members

Adrian Admired that the fixtures in the Today's Runners League had altered, the dates have not changed but Colchester + Halstead venues have switched. First Meeting is on the 1st of November at Ipswich. The Norfolk + Suffolk XC Series has already started.

- Cathy + Martin Bishops Ban, this is not due to Halstead Road Runners. Efforts are about to get the Ban reduced to 3 months. - Fortunately Dave has already produced Miracle and talked the Eros League Secretary to allow Cathy to run in the Eros League. County.

- Adrian has booked the Maldon Leisure Centre for 5th Dec 7-9pm
- details are on notice board - Adults £2.00 £1.50 Children.
- The highlight of the evening will be the mixed sauna.

Meeting Ended 7.50

Meeting of 23 October 1992

Minutes of previous meeting read - No Matters arising.

- Richard Haine took his nick name Dicky too far last Sunday, when he was unable to complete in the Southend 10K. However the team still managed to come 6th in the huge class event. First up for the joggers was Paul Spawage, 22nd, closely followed by Paul McHugh. Dave Lucy & Paul Strett completed the team score, ~~61st~~. Some 1400 runners took part.
- Our ladies had some good results with Maria our first lady runner in a time of 40-01. Liz Cutmore continued her improving ways with another PB. Thanks to Phil Knights.
- In a time of 3.19.23, Gerry Everett completed his 100th Marathon in Athens.
- Gerard Oxford, Openfield for London Marathon, at Abingdon Oxford, in a time of 3.27.12.
- Good news, in respect of Gerard Wheel chair appeal, - The Jockey Club have donated £500. This now means that wheels for White Trimming may now be purchased.
- Dolly's Connections have once again proved beneficial - Vantage held th, have offered a further £500 sponsorship. This will be used again towards the Wheel chair appeal, but will encompass the Boxing day Runners Versus Riders event. Trophies will be provided this year.

The Team for the North of The Thames & County event has been
nominally one on the Notice board.

- was pleasing to see so many new members at the meeting.
The welcome return of Dean Marshall, who has so far
but returned to the best..

Joggers Game - has at last been recognised.

The Evening Gazette are to feature our club on a 2 page spread.
They will call on Thursday, to take photo's.
Athletics Weekly, have also offered to feature the club - Adrian
is compiling answers to their detailed questionnaire.

- Adrian has written to Today's Runner Magazine to invite them to
attend one of our league fixtures.

- The next Essex League & County is to be held at Dunbury Park
on Oct 31st.

- Dave Wright has agreed the facilities at Thomas Lord Audley
School, for the re-emergence of the CJc 10 + smile. Provisional
date discussed for Sunday May 2nd. - This year, a Permit Run will
be held.

- Roy Moore has set the Heritage Trail race date for Sept 11.
The run has been extended to 40 miles, & will start & finish at
Langham Village Hall. - On the Sunday Jim Langham 10K will be
held.

- Members voted on various categories for Runner of the Year Awards
to be handed out at the Xmas Dinner Dance.

- Dawn requires your cards for the dinner tonight please.
- She also needs to know what you want to eat. - please settle with Dawn after the meeting.
- Monday Night Swimming Sessions arranged by Liz Cadmore at Stowey Swimming Centre - There are likely to be some jaccones shortly.
- if interested please let Liz know.
- Areaona Membership Cards will be available shortly once the club have given full details of all our members. If you have not yet paid your membership fees, please do so tonight, & see Laurence.
- Exiled CJC runner, Bob White continues to use his club kit at races, despite no longer being a member of the club, a number of members expressed their concern. It was agreed that the secretary would write to Bob & request that he refrain from doing so in future.
- Dave Lacy has raffle tickets available, which include prizes of a cruise across the North Sea & other magnanimous prizes

Meeting ended 7.45 pm

Meeting of 30th October 1992

- Minutes read no matters arising
- last weeks runs. - Harlow Half Marathon + Marathon.
- Run in atrocious conditions, Dave Lacy produced an excellent performance, coming 5th overall, & 3rd Vet in £2.36.47
Barry Gould & Steve Gurnham ran their first Marathons & achieved good times. Duncan Robertson achieved a PB. & John Blundell proved how tough he was by completing the course, which many

competitors, failed to do so, including our coaches, Don Brooks & Paul Bennett.

In the half Marathon, the joggers took both the Men's & Women team prizes & Brian Throckwell was 8th one 50.

The ladies team comprised of Nicky Everett; Liz Audmore + Jo Bennett.
Nicky continued her progress with yet another PB.

In a MidWeek Police Cross County, Lance + Moiria represented the Police, & Moiria was 3rd lady. First runner Bridget King was 4th lady.

In recognition of the superb training which our runners have been getting, from Don & his fellow assistants, many members are now achieving PB's on a regular basis. The Club showed its appreciation

- Steve Pike is about to depart to the other side of the world to spread the message of Colchester joggers. - No doubt he will return in due course.

- Bob Cattaneo - feels that the Vets have a better chance of beating the Senior Men, this year, in the Today's Runner League. + has challenged the Senior Men.

- The Vets will be getting additional practice in, as a team has been entered in the Essex Veterans X Country.

- Previous Award winners, were reminded to return their Trophies as they were needed, prior to our annual Dinner on Saturday.

- Lance has received recognition from the Police Council for his time, which he has devoted over the last 20 years to Sport. - He is to be presented with a Sports Award early in the New Year.

- Some Members still have not paid their fees. It is important that they do so. Don reminded members that they may not run for the joggers in Emox league events unless they were fully paid up members.
- Thursday Night Track Sessions are likely to resume shortly, although Dave Wright will confirm when.
- Club Standard awards for various categories, were handed out. If anyone is expecting an award, & not received it, please see Chris Atchurst.
- There is now an opportunity to purchase the book 'CLKM' at a reduced price of £3.00. See Dave Lucy or Dave Heather.
- George Benington, is arranging a visit to the pantomime at Colchester Mercury Theatre. Names are required on the notice board.
- The Children Xmas Party is on the 12 Dec 3.30 - 6.30.

The final walk in the Emox Race Walking League is on the 8th of November, it is a 5K race held at Thundersley. The Club is currently 4th in the league, but within striking distance for the Bronze Medals. We would like to get as many walkers out on Sunday as possible.

Meeting Endack 7.50pm

Meeting of 6 November

- Minutes of previous meeting were read with no matters arising.
- Last weeks runs -
- 39 joggers took part in the 2nd Emox league X Country event at Danbury. Our ladies team were placed 4th, & are now equal 3rd in the league.

Our Senior Men had fielded a weakened team but still came 1st. We are currently holding onto 2nd position overall and well placed to go 1st, at the next meeting, on 5th December at Thurne.

Our Colts, + Youths ran well in their races.

In the first of the Today's Runner League runs, the club did equally well. 45 joggers took part, including some who had run the previous day in the Essex League.

Our ladies were a superb 2nd, the Senior Men 5th & the Vets 11th. The optimism of the Vets beating the Senior Men this year, is yet to be seen.

Dean Marshall marked his come back with a convincing win.

As a tribute to Clem, a trophy has been produced for the winning team in the 'B' League in the Today's Runner event.

Assics are sponsoring this league with spot prizes.

Dates for your diary

- 14 December - Vets, Boys + Colts X Country @ Claybury Woodford
- 17 Jan. - Eastern Counties XC. at Cambridge
- 27 Feb. Mens National XC at Parliament Hill Fields
- Wed 16 June - Army versus the Borough
- The final result of the Club Championships is now available on the Notice board. Overall champion is Paul McHugh.

- A Volunteer is required to take over from Roger Hanks, to organise next year's Summer Handicap.
- Runner of the Month for October went to Gerry Everett
- Nominees for the Bob Kimber award, were, Margaret Williams, ^{Prestigious} Liz Cudmore, Mario, John Therton, + Geoff & Paul Sparrow.
- A New award would be presented this year at the Dinner for the Team of the Year.
- The Army have advised that the Garrison track may not now be open until the New Year.
- Also Major Morat is to stay in Colchester until the end of Jan.
- A reminder that all runners should wear light reflective clothing at night, especially when running around the Garrison.
- Meeting ended, with the revelation that Fran has succumbed to the ranks, of Producing next year's Joggers intake.

Meeting of 13 November 1992

- Minutes of previous meeting read, - No Matters arising.
- Last Weeks events.
- Senior Wadey was 6th in the High Class Ptsea 5.
- our Walkers struggled off the night before from the Joggers Dinner, and had a superb 3rd in the Thunderky SKN. The club finished 4th overall in the league, - Not bad, for our first full season.
all in all some 30 joggers had taken part in the past year.

Next Season which commences on Saturday 19th December, The Club
will be promoting the League, by offering a Trophy for the top ladies
team.

A few Members took part in a Duathlon, & one in the Chelmsford
K.

A large Contingent of joggers had a grand tour of Ipswich Town F.C.
Many thanks to Dave Heather for his organisation.

The Dinner Dance was a great success, thanks to Dave, next year's
event has been provisionally booked for Nov 27/93, one change planned,
to get an extension. (Now booked for Nov 20th.)

- The New Committee met for their second session, details are on the
Notice board, however some matters discussed were:

- (i) The club is to enter into the National X Country at Luton ^{Womens}
- (ii) The club's Triathlon will now be on the 13th June, as the Colchester
1/2 Marathon is on the 6th June.
- (iii) The joggers 10 + 5 mile run planned for the 2nd May, is looking for
a new title, as it is hoped to encourage a wider field than seen at
previous events.

- Chris Holmes, Nickey Everett, were to join with Paul Willis, Richard Bain,
Melvyn Smith & ~~Chris Atchurst~~ ^{Ray Harding}, for a weekend of Close Contact, Speed
& Brain Bashing under the pretence of attending an Assistant
Club Coach Training Weekend at Braintree, in which Ian was to
explain what he did wrong in the Harlow Marathon.

- Dave has dispatched his next Disiple, this time to
Cyprus.. Jackie will be spending 3 years, among
all Airforce Personnel due to return to the UK to join

- CJC, - Bert wishes to Jackie
- The New Club Bulletin, Newsheet, is now out, Thanks to Bob Caithness, Next one due in a fortnight, Please give your info. to Bob.
- Adrian Advised that the Arena, will be celebrating their 10th Anniversary next year, with a week of special events, No doubt the club will be involved.
- Volunteers are required for ^{Sat} 28/11/92, to collect money in Culver Street, in aid of Hamilton Lodge.
- The Annual Hamilton Lodge Carol Service will be on ^{Weds.} 16th Dec 7.30 - 8.30.
- Dave Lucy handed a cheque for £160.00, to Dave Heather, being the proceeds of the dinner Raffle.
- Finally, Marshalls are required, for the North East Senior Schools & County at University of York, in the afternoon of Tuesday 1st December. - Please see Adrian.

Meeting of 20 November

- Minutes of last meeting read, with the alteration that Ray Harding had taken a place on an Assistant Club Coach course at Baintree, Not Chris Akelhurst.
- Last weeks events:-
- Our Vets led by Dave Lucy in the A team were 12th, B team 23rd, in the Vets + County & Country Championships.
- Our over 50's team were 13th in their group.
- The Aspley boys & others ran well in the Boys + Girls races.

Tony Seaton was first in the St Bentity 10.3 mile, Bridget starting her come back trail took second spot in the ladies event. Other Club Members ran equally well although they did not all represent CJC.

Gerry Everett not satisfied with completing his 100th Marathon, took part in the Limestone Marathon, his 102nd. A Comprehensive list of Gerry's achievements are on the Notice Board.

Well done Tim Bartman : on the race of his life winning the East Suffolk Schools X Country. Tim is now looking to slope the English Schools.

Ken Walsh & Chris Akehurst have continued with the Sri Chinmoy ones, with Ken being placed 1st over 50.

- The Assistant Club Coach training Weekend, was a great success. It was clear that the joggers achievements are seen. Don Brooks is a well respected Senior Club Coach, & is an ^{expert} first Name known with Bruce Longdon the National Coach. Club Members showed their appreciation to Don for his advise + assistance.

- Donna + Glen Robinson continued to improve their race walking by taking part in a 7 mile race @ Enfield. In fact our ladies team were 2nd over all.

- Dave + Adrian have negotiated a reduction in the Member fee due to the Arena, which had previously been over estimated.

- Additionally the Arena have offered the main Dance hall to the Club, on an evening of the Clubs choice, without fee.

- Now we require for those wishing to take part in Championships events, although Members were urged to place their names on the lists only if they could definitely take part, as the club has to pay for each entry.

- Details of the next Essex League X Country Event are on the Notice board.
 - Dave confirmed that our joint fixture with A.C. on the 9th of Jan. has been sorted, with A.C. Setting the Course's & Catering arrangements. & We will provide the results Service.
 - Volunteers are requested for Saturday 28th November to help with a collection in aid of Hamilton Lodge.
 - The clubs Meeting fees were donated to Children in Need.
-

Meeting of 27th November 1992

- Minutes of previous meeting read - no matters arising.
- Last Weeks Events

An excellent performance by our team in the 'North of the Thames X Country', saw the Jammers placed 3rd in the 'Team of 4' competition; Plus 2nd in the Team of 8'. This clearly demonstrates the strength in depth which the club now holds. Courtesy of a spectator of the event the club may now adopt a new set of initials - 'B.R.H.'(Blerdy Race Horses).

The Todays Runner X Country at Halstead must go down as the worst ever, due to its strength sapping course. It was more of an endurance event for the fittest. However the club fielded 46 runners, with some good results - Kev Newman 3rd ^{Senior} man and Mavis Finsley 4th lady. Richard Knights found the course much to his liking, taking many new scalps. The Vets were not last this time, but by improving lost out in the challenge against the seniors. Overall positions in the series are :-

Senior Men 3rd.

Vets Men 10th.

Senior ladies 3rd.

Vets ladies 5th.

Congratulations went to Helen Clark for passing her driving test.

Dave Heather has advised that John Wark of Ipswich Town FC. is willing to deliver a speech on fitness.
Arrangements will be made.

A reminder by George regarding the Pantomime, set for Tuesday 5th January at £8.40 each. Please see George if you still want to go.

Parents were reminded about the arrangements for the childrens Christmas party.

If anyone wants tickets for the Arena New Years Eve Bash then you must act now as they are very quickly sold out.

Finally - assistance was requested for members to help set out the course for the Todays Runner X Country fixture this Sunday - 6th December.

Meeting of 7th DECEMBER

Previous minutes were read and approved, no matters arising
Last Weeks fixtures

Paul Willis reported on the following events

Hadleigh 10 Dean Marshall 3 52.57 Tony Seakins 6 54.27

with Donna, Glen, Chris, Barry and others also finishing well.

Hadleigh 2 was won by Tim Bartkowiak C.J.C.

Mid Week North East Essex Schools - girls Charlotte Goff 1st with Helen Clarke well placed. Colts, Tom Cudmore excellent performance

Norfolk Police XC Lance and three other members competed and performed well on a very wet and tough 5 mile course (A course)

This week Saturday Tilbury Rock, Sunday Todays Runners XC at Grangeby Essex. Everyone was encouraged to turn out for one or both and a 8.30 visiting party was needed on Sunday to settle the

Dave Wright

Dane Lewis' Dave's announcement that Geoff Gibbins had been invited to become the new Club President succeeding Dame Clemens who had died earlier in the year was unanimously and warmly received by everyone. Dave pointed out that Geoff had been a member for 10 years had served as chairman and with great skill and diplomacy had negotiated the C.J.C. affiliation to the 3 A's.

Dame Lewis had written in b saying he was now a second claim member of Newark AC. and sent his best wishes to members.

Bob Caithmarie's Bulletin goes from strength to strength with thanks given to contributors. Next issue in two weeks. for which features we need help please.

£781 was raised by C.J.C. members and other volunteers at last Saturday's Colchester Street Collection in aid of the handicapped folk at Hutton Lodge. Everyone was thanked.

Missing trophies had now been replaced and were presented to Valerie Hall Runners 1992 as Steve Everett 1992 Achiever.

Saturday 5 December CJC Sunday evening at Maldon 7-9
and the wedding of Francesca at 7.30 earlier in the day
with warm wishes from all members to them.

Alun Mistrathor Champion Captain Wood was now a
full and first class member of CJC. He and other new
members were welcomed to the club.

Gerry Everett offered a St Albans marathon under
Dane Long had purchased two large flags for the
club from the proceeds of his weekly raffle and was thanked.
Dane announced a special Christmas raffle for 18 Dec
with prizes for everyone.

Phil Knights was standing in for Dunn selling him week.

Colchester Premier 5 and 10 is the new name for the
CJC 10. This important event will incorporate the
Horn Custon and Exile championships for 1993 and in 1994
it is hoped that the race will become the Essex 10 championship

1993 will see the CJC having an Essex and local championship
to encourage and motivate members who prefer local events

Ken Walsh is organising a Rose Walk coaching day
in March for CJC coaches with a National Coast Reset
Ladies National Championship - later Sat 20 Feb 1-6pm

NEW Years Day - A fine mill walk in the morning
and the usual Club meeting in the evening

Raffle prizes were won by Gerry Everett and the two Boys
Brian Guly was putting this weeks Correspondence
on the notice Board
Evening training was being taken by Richard Sains
and Ken Walsh.

Meeting of 11 December

As the previous Meeting's minutes had not been read in full, no Matters arose.

- CSC Consolidated their 2nd position in the Essex League XC. @ Thurrock our ladies were 4th, Senior Men 3rd. Tim Bartnum was 7th in the Youth race.
- Chelmsford AC now lead the league with 4 points followed by CSC with 8, + Basildon 12.
- On the day there were many good performances and it was pleasing to see Bridget return to form. We had 21 Senior Men out with Dean Marshall leading our squad home in 11th position although he did not score on the day.
- "Dive" Mick Self finished in 150th position.
- In the Todays Runners League, the club fielded 38 runners, Our Men Come 7th & Ladies 2nd. - Many runners did the double, including all Scoring Ladies.
- Alan Thresher & Paul Bennett had good runs and were well placed.
- Jaffa continued to field a strong team, although this time were just clear beaten.
- Our Vets team returned to their familiar finishing position.
- Team Captain Paul Willis along with Don & Moira attended the ^{ESLA} AGM.
They returned with Essex Medals for Dave Long Bronze for his entire years achievements on the road. + Silver Medal for Moira for the position of 2nd Vet at ~~the~~ Self 10K.
- Simon - has been actively promoting the Club's newest event a Colchester Premier 5 + 10.
- ~~Colin~~ ^{Colin} has been talking the Club to Reebok Running Club, and approaching them for sponsorship. He has also written to Harald Williams regarding the rules as plant ~~use~~ use a point has been applied for.

- club plans to return to the Rutland Water 16 $\frac{1}{4}$ on the 21st of March
Club Chace will be put on.

Junior Juge of the Year will be Presented on Thursday evening

Members are reminded about the Hamilton Lodge Last Supper on Weds & the
Box Eve Sing Song at the Annex. Dave Wright Quiz Night returns on
Saturday 2nd Jan 7.30PM. Teams of 3 or 4

One has challenged Thurned AC to a 4km annual race on similar
lines to those adopted with Jaffa.. A Date is yet to be arranged.

Runner of the Month will be announced next week.

The Names of all ladies entered for the Womens National &c now appear on the
active Board.

- The clubs allocation for places in the Next London Marathon will be raffled
Monthly among runners who have rejection slips & not previously run in the
London.

- Following the recent amalgamation to the South of England & East Lancashire
Athletic Association, a New Body Eastern Athletic Association has been formed.
The Club will be forwarding a nomination for one member to stand
on the Committee as a representative of the Club.

- New Age bands replace the old names of Minors, Juniors, Youth.

- The clubs Triathlon will now become a Registered Event with the BTA.
This has been necessary as the Club would have not been insured to stage
the event otherwise & costs of alternative cover were prohibitive.

- Please Continue to Supply Bob Athman with useful information

to go in the clubs newsletter.

- The Boxing Day event has a New Title. The Vantagfield Cycle + Runners XC.
£500 in Sponsorship towards Gerrard's wheel chairs, winter training accessories.
in addition Medals + trophies will be provided as well as an Annual Shield.
- Names are required for the Eastern Counties XC Championships @ Cambridge
17/1/93. please See Paul Willis or Notice Board.
- The Swim Night @ Maldon was enjoyed by all who attended. The Facilities available for use were excellent.
- Details of the clubs finances will be provided on a regular basis - the form a balance sheet.
- Cobra Sports have confirmed the CSC Members get 10% Discount ^{all Purchases} & have advised that if any Member wishes to Purchase shoes, which are not on display then they should enquire as most Marks + Styles of shoes can be obtained from their other stores at relatively short notice.

Meeting 18 December

- Minutes of previous meeting read - No matters arise.
- Rapturous applause was received by Richard Haune who ably stood in for Paul Willis, who was absent with out leave.
Richard advised that the clubs performance @ the Mids X Country Championships had not been quite as expected, with himself, not starting due to a cold, and Simon Wady arriving after the start.
However our team were placed 12th. one a head of Gloucester Athletics.
There was no hiding Richards pleasure at reporting that Pete West

had failed to finish. On the day Tony Seakins was our first Scorer 24th position, & Chas Akhurst our last Scorer in 286 position.

Our ladies fared better on the Sunday in their championships. It is believed that our team of Bridget Morris & Jo Bennett were have finished just outside the Medals, probably 4th team, although official results have been seen yet. Richard felt that this year's events, were of a higher than usual standard.

Tim Bartman won himself a Suffolk County Vest, in the ~~Suffolk~~ County schools event. Tim was 4th & will now represent the County in the 2 Counties event.

Other events, included, John Blundell taking Part in the Xmas Turkey Trot 10. Bridget, Lance & Morris took part in a Police & Country fixture, with Bridget finishing as a Guest in 4th Position & Morris 5th. Ken Walsh, John Hedgesham completed the Berkley 10KM Walk.

- Junior Jogger of the Year went to Sharron Davies. Bob & Co were thanked for their efforts in assisting our Juniors.

- The official results of the North of the Thames & Country event confirmed that the club were 3rd in the team of 8, & 2nd in the team of 12. Another North of the Thames event is to be held on Sat 30 Jan in which the team of 12 will score.

- Samples of Running Vests available from Fast Track Sports have been obtained and can be examined please see Dawn or Chas Akhurst who will be co-ordinating orders.

- Runner of the Month for November went to Glen Robertson for his performance @ the Hadleigh 10, where he managed a PB by 4 mins.

- Dave Heath advised that some 20 joggers had attended the Hartshill Carol Service.
- The Children & Mas Party was a great success, thanks were given to all.
- Adrian confirmed that the club have received a letter of thanks to the Club from its Members assistance with the North East Essex Schools & County.
- It has been rumoured that the track may not now be available until April. Dave is to find out more and report back.
- Chris Holmes has Photos available, priced 50p, of the teams of Summer who took part in the Recent Fire Swim.
- Liz Audmore advised that the weekly Monday Night Swimming @ Stanway has been abandoned, due to falling numbers and deteriorating conditions at the pool.

Meeting of 1st January 1993

- Previous Meetings Minutes read, with no matters arising.
- Paul Willis reported about the previous 2 weeks events;
 - The 46th Boxing Day Runners v Riders event, assembled the largest ever field. although the route once again favoured the cyclists, with the first 4 home being from Colchester Lovers., joggers first man was Tony Seakins 11th closely followed by Richard Gane + Doug Papworth. Tim Barnham continued to show his form by finishing 6th Runner.
 - The event had been enjoyed by all who took part, although a few "Hard liners" aired their disapproval that it had been commercialised. However despite this the majority welcomed Graham of Vantage Field Ltd, who sponsored the event, to the tune of £500, towards expenses ~~to~~ rolling road, £300 towards his London Marathon Fund.
- Charlotte Goff, was 15th in the Southern Counties X Country.