

## Minutes of the Meeting of 14th February 1992

About 55 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 Last Essex Cross Country Match at Upminster: This was reported to be a good race over a new course. In the overall results our senior men finished 6th, only 20 points behind Thurrock in 5th place, and Colchester and Tendring in 4th place being only 26 points ahead. The ladies finished 4th, beaten by Chelmsford, Thurrock and Havering. Our Colls were 6th of 9 teams.

Dave was pleased at the consistently good turn-out for the Essex series. He congratulated Chris Holmes on her motivation of the ladies and Bob Kimber for his work with the Colls. Altogether it had been a good season for the club.

2.2. Jerry Everett's Marathon Series: Jerry had just completed his 90 something marathon in Kent in 3.17 and was on his way to Africa via Malta to add two more marathons to his repertoire.

3. Runs at the Weekend: Paul Dadds would be leading a Hill Training session at the University starting at 9.30am from top car park. The Hadleigh Cross Country (last of the Today's Runner Season) would start at 11.00am from the same starting point as Hadleigh Relays. Dave asked for a good turn out. The Roding Valley Half Marathon on 23rd February would start at 9.30 so members should meet at the Arena at 7.30 and proceed in cars.

4. Today's Runner Springfield Cross Country results were now available on the notice board and showed a total field of 189 men and 55 ladies.

5. Club Fixture Lists covering events up to Christmas were available to members.

6. Leisure World Reduced Tickets: Dave had these for any member interested in using the facilities on special days at an all-in price of £2.50

7. Running Magazine: The Secretary had decided to clear out his complete sets of Running Magazine for 1980 and 1981 and these were on the table for members to help themselves.
8. Don Brooks, our track coach had been asked to give a lecture on coaching tonight at the University.
9. Flimulthon: would be held on Saturday 22nd February. Roger read out the teams list for Juniors and Seniors. Juniors would take place 4.00 pm - 5.00 pm fine slot and seniors 5.00 - 6.00 pm
10. Gondoliers at Wivenhoe: David Heaton wanted to organise a club visit to this show on Wednesday 11th March. Any member interested should see David after the meeting.
11. London Marathon Photo-call: Members competing this year should present themselves next week in club kit, neatly groomed for a photograph to go into the Hamilton Lodge Magazine.
12. London Marathon Club Places: Despite a further appeal by the Secretary there had been no club places provided this year. Ken Walsh said that even over 60s were not all being accepted this year.
13. Essex 20 miles Championship: Lists of men's teams and 1 ladies team were on the notice board. There was also a coach list and if 25 names minimum were entered, a coach would be hired. There was also a list for a coach for the National Cross Country at Newcastle.

The meeting ended at 7.40

## Minutes of The Meeting of 21st February 1992

About 60 members were present with Roger in the chair.

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

2. Jerry Everett's Never Ending Story: The lastest episode was the Malta Marathon where Jerry achieved his best time yet 3hrs 05 and finished in 90th position. He said it was hot and hilly. Nicky achieved a PB in the Malta half marathon in a time of 1hr 36mins.

Jerry will be competing in the Essex Suffolk Border Marathon next.

### 3. Last Week's Runs

#### 3.1. Today's Runner League Cross Country at Hadleigh, Suffolk.

The last of this season's races took place over a brand new hilly course. The icy weather and occasional flurries of sleet was a deterrent to some club members who decided to watch instead. Despite the conditions many runners wore only a vest and shorts. The total club turnout was around 35 runners. Our first man home was a new member Tim George who was 16th, Steve Adley was 30th and another new member Steve Pike 32nd followed by yet another new member Barney Barnett in 37th place (Dave Wright has been busy).

The division of the league into A & B pools achieved its objective of giving encouragement to smaller clubs, the most obvious example being Colchester Harwich won the 'B' pool. Ipswich Jaffa of course won the 'A' Pool with Halstead 2nd, Colchester Joggers 3rd, Springfield 4th and Tiptree 5th. Our Vets were unfortunately last in the B pool preceded by <sup>Witham and</sup> Ket Bentley Joggers, Hadleigh, with JAFFA Vets 2nd.

Bob Cuthmoor presented, as a consolation from the Vets, a bottle of wine to Dave Wright. Dave thought the league would continue on the same lines next year with probably a different sponsor.

3.2. Cycle Time Trial. Chris Holmes, the clubs cycling whizz kid won a £5 prize in the event in which Roy Moore and Tom Cudmore took part. Tom was faster than the other two.

#### 4. Runs at the Weekend.

On Sunday there is a 10 mile walking race at Ilford for which one male team member is required. The major club event is the Roding Half Marathon one of the clubs as well the Essex championships. Members will proceed in cars meeting at the Arena at 7.30 am.

Dave confessed his dearest wish was for a club win.

Bury 20 was also on Sunday which unfortunately due to its clash with Roding Valley will only be supported by two members. A total field of 1700 is expected.

#### 5. Essex Road Relays: Dave wanted final confirmation from all those listed to run.

#### 6. Coach Lists: Various coach lists were on the notice board and members were advised to enter their names, if interested as soon as possible.

#### 7. Results: Full results of the Eastern Counties Cross Country were now available and would be on the notice board. Similarly the last Essex match at Stubbers Park results were available.

#### 8. Flumathon Saturday 22nd Feb.

Roger confirmed that the team were ready and willing and hoped for some club spectators between 4.0 and 6.0 pm at Sudbury Pool.

#### 9. Swimathon: was in 2 weeks time. 4 team captains had been appointed who would recruit their own teams.

#### 10. Club 10K Race: Entry forms were now available. Distributors were needed for races to be attended beforehand.

#### 11. Race Walkers Meeting: This was to be organised by Ted Butterfield to instruct marshals etc. Roger had details.

#### 12. Bob Kimber's Kinders: Parents were asked to see Babs after the meeting.

13. Track: Roy Moore drew attention to a newspaper article suggesting possible closure of the track. Roger said the article was inaccurate and major repairs were now unlikely.

14. Last Thursday's Walk. Lance said he was 1st, Roy Moore was 2nd and Ken Walsh 3rd

15. London Marathon Photograph for Hamilton Lodge Newsletter would be taken after the meeting.

The Meeting ended at 7.44pm

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### Minutes of the Meeting of 28th February 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. Bury 20: Not members entered this year because it clashed with the Roding Valley Half Marathon. However Paul Barrett (who nearly went to Beccles) achieved a P.B of 2 hrs 11 mins. Alex Hornd finished in 2 hrs 20.

2.2. 10 Mile Walk: which was also short of club entrants for the same reason was completed by Jerry Everett in 1 hr 33 mins 44 secs, Duncan Robertson finishing in 1 hr 47.

2.3. Essex Championships Half Marathon at Roding Valley: Dave Wright said of the club "This is our finest hour" when the club won the Bronze Team medal for 3rd place, Richard Gaine in 9th place achieving a new club record time of 1 hr 9 mins 47 secs, Paul Sturt 14th and Simon Wadley 20, all 3 receiving Essex Medals. With Mick Bond 21st and Dave Lacy 22nd and 5th Vet in 1.13.16 it meant the club had 5 runners on the first 22 places

Other notable performances were Don Brooks 1.19 Alan Bond 1.20 and Pete Thomas (1st over 60) in 1.33.

Our B team was 8th or 9th. Tony Nixon's Iford AC team were 4th.

3. Runs To Come:

3 Essex Suffolk K Border Runs are on Sunday as is The National Cross Country. Jerry Everett and Duncan Robertson are entering The Marathon in The Border runs.

4. Football Match: A football match between The club and Brown free AC would take place at The Leisure Centre after The Meeting. Anyone foolish enough to want to play could do so.

5. Essex Relay Championships would take place on 7/2 March. Dave had put Team lists on The notice board. Team captains would determine The running order. Dave said we mustn't be disqualified.

6. Barn Dance: Margaret had only 39 names so far. She emphasised that she must have 108 to make it viable.

7. Todays Runner Club League: Divisional winners would receive their awards next week. A special trophy would go to Paul Burnett for turning out to all The runs.

8. Club Championships for 10 Road Races: Dave said points would be awarded on finishing positions 50 points for 1st - 49 for 2nd and so on. Points for The relays would be based on times.

9. Club Presidents Birthday: Dave Clem was 77 years old on the day of The meeting. He was presented with a bottle of wine.

10. Flumathon: The Senior team won a SILVER medal completed 899 drops in 1k hours; only 6 less than The winning Team. The Junior team achieved 6th place completing 741 drops.

11. Track: Roger said The army had agreed to an extension to 9.0pm for May June July and August. Ken Walsh had been appointed diplomat to explain

The arrangements to the groundsman.

B

12. Essex Walking Championships: The club was now running SIK with 9 races to go. The club champ was Jerry Everett so far.

C

13. Swimathon at Sudbury on 7/2 March - spectators and supporters were invited to attend.

A club team had been entered in the Swimathon at Colchester Pool on 26/3 March.

14. Higham Point To Point Races Saturday 14th March: Roger hoped a club party could be assembled to attend.

15. Meeting Fee: Roger reminded members that 50p was due per attending member at Friday meetings.

16. Roy Moore asked if details of Walking results were available and was advised - not yet.

The meeting ended at 7.42

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### Minutes of the Meeting of 6th March 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. National Cross Country at Newark

The level of competition in this event was demonstrated by Paul Shultz, the first Colchester Jogger to finish, was in 730th place in a time of 49.06. Dave Lacy being 1070th followed by Paul Barrett and Steve Woolcock, Steve King was 1987th. The team was 201st out of 246 and were

To be congratulated after being tested against Bruton's "best".

## 2.2. Essex/Suffolk Border Runs

Marathon: Jerry Everett was 17th, finishing in 3 hrs 10 mins 28 secs.  
Duncan Robertson, making his marathon debut finished in 3 hrs 40 mins 35 secs.

### Half Marathon

2nd in the race was Simon Wade in 1 hr 53s, Chris Akehurst was 27th in 1 hr 24 mins 8 secs, then Steve Garthwaite in 1.26, Paul Parsons in 1.26.32, Derek Randall in 1.26.35 and Peter Thomas in 1.30.21 and 1st over 60.

3 mile The winner John Williams of Hadleigh Hares managed to start 2 mins early with the result that John Turton was 2nd. Our late member Bob White was 1st over 60.

2.3. Roy Moore's Special Cross Country consisted of 6 times round a football field and round the back of an old shed.

3. Football Match-Colchester Joggers v Braintree AC.: 25 club members played in the match (at different times) and several were injured including Dave Wright whose running career is temporarily suspended. A last minute equaliser by Braintree made the score 4 all.

4. Braintree AC's 5K and 10K on Saturday 6th June needs some club helpers. The races start at 10.30am

5. Essex Road Relays on Saturday 7th March: Dave said this was an important event for the club. 5 mens and 3 ladies teams had been entered. The ladies race begins at 1.30pm and the mens at 2.15pm. Members should meet at the Arena at 12.15

Tony Seakins, who is not permitted by the BAs to run in the A Team, will run in the 'B' team. Due to changes some members would run under assumed names. Steve Woolcock had lost his voice and was unable to say whether or not he could run.

6. Press Photos. East Anglian Daily Times would be on hand on Saturday to take pictures of our "top" runners.

7. Training Run on Sunday would be a long cross-country with Dave Lewis leaving the Arena at 9.0am.
8. Runner of the Month: Dave said since there were no outstanding ladies for February, two men had won. These were Steve Garnham and Duncan Robertson. (Last month's winners were Steve King and Jane Lansdowne)
9. Programming for Races: Roger reminded members of the desirability of planning their race programme for the year.
10. Fire Engine Pull would be held next Saturday all day.
11. Walking Handicap results: John Hedge Charn had said he only gave final results
12. Today's Runner League Cross Country Final: had been arranged at the last minute. None of our clubs were thought to be going

13. Today's Runner Club Divisional Awards were presented by Clem our President:

Division 1	Steve Adley
" 2	Don Brooks
" 3	Russell Goodridge
" 4	{ Melvyn Smith Tony Chatfield
" 5	Steve Garnham
" 6	Richard Knight's
" 7	{ Bob Calthorpe Bill Holmes
" 8	Peter Goff

Ladies Division 1.	Donna Robertson
" 2	Ann Chable

Special Sub Division:	Dave Heaton
	Bob Kramer
	Dennis Taylor

presented a bottle of wine to Dennis

A special trophy was given to Paul Barrett for turning out at every race.

14. Other Business Dave Lewis thanked Roger for organising and driving the minibus to the National Cross Country

15. Point to Point at Higham: Members will meet at the Arena at 12.30pm  
The meeting ended at 7.40pm on Sat 15th March

## Minutes of Meeting of 13 March.

- (1) About 50 Members were present with Roger in the chair. Secretary Peter Thomas was congratulated in his absence for obtaining a P.B. in his key role in the Gondoliers - the Gilbert and Sullivan Opera being performed in Wivenhoe in which he took the part of ANTONIO
- (2) The minutes of 6 March were read
- (3) Matters arising - Steve Woolcock spoke thus confirming that his voice has returned!
- (4) Dave Wright reported various events from last week's sporting activities and forthcoming items  
Gerry Everett - 92 Marathons now completed  
Chelmsford Road Relays. 4 mens and 4 ladies teams achieved outstanding results  
Today's Runner - Members were invited to ~~make comments~~ make comments on this event to Dave Wright, or at next weeks meeting  
ESSEX 20, names for the Co-ord required.  
The Club has briefly had a new Vet, but he has now emigrated to India! Dave Wright awaits further contact from Beaff regarding his disappearance.  
Frank Club Revised fees £3 until October  
plus 50p weekly or \$1.00 weekly.  
Marathon Relay 5 teams required 2 female as male for Sunday 19 April  
John Bindell's West Berg Holt run is scheduled at an unknown date, at an unknown time, over an unknown distance - however John confirmed that it will happen this Spring!

13 MARCH

Swimmers - 1 Junior and 3 Senior teams ~~had a~~<sup>made a</sup> big splash in this National British Telethon event held at the Kingfisher Pool Sudbury last Saturday. Junior members and ladies members were particularly outstanding.

Supporters - Roger expressed the appreciation of all of the competitors to the loyal bond of club supporters who attend events and give moral and practical help to Club members.

10<sup>th</sup> Anniversary - Saturday 18 July is the big day when 10 events will be held starting early in the morning and finishing at Sudbury in the evening where the Club has hired the Kingfisher Pool.

Club League - Richard Evans is the current leader but there are many strong runners close on his heels.

This Weekend: No competitive racing but Dave Lewis is organising a fast 9 and Steve King is organising a triple 8 circuit starting and finishing at his West Bergholt home. Those taking part can join at 9am, 10am or 11am. - Toilets, showers etc will be available.

Great North Run - 20 September - Members were asked to liaise with George ~~and~~ to acquire the official entry forms.

\* Fixture List - the Club handicap series circumnavigating the Abbey Fields, is, for safety reasons, being reduced from

13 March

Six to four months - the championship being decided upon the best three personal performances. The event starts in May and finishes in August, normally on the first Friday.

~~Bob Kimber~~ Bob Kimber

Time Keeping & Although ~~he~~ wishes to relinquish his function of official club time-keeper to concentrate upon junior coaching activities and ultra-running, the club members refused to accept his resignation!! However, Roger asked for volunteers to come forward to assist with this important aspect of the running of the club. Volunteers would be given careful training in the use of the special stopwatch-printer, but Bob's dedication and skill over many years would present a hard act to follow.

Point to Point - Higham Saturday 14 March. Members were asked to meet at the arena at 12.30. Car entrance is £10 hence the need to reduce the number of ~~cars~~ <sup>vehicles</sup> being taken.

Garrison Track - a report, which was critical of the revenue costs of maintaining the track which appeared in the local press, was written by a lady who had made an overture to Dave Wright about becoming a member! Dave is considering his position!

Trail Running - Sheringham 43 Bob Kimber has details of this fun event

13 March

As Ken Welsh was not present the  
Raffle - five prizes were ~~one~~ won by  
Audrey Bennett, Dennis Taylor, Duncan  
Robertson and the inimitable Paul Willis.

Congratulations were conveyed to Linda Sains  
and Bob Kimber upon their appointment  
as Registered Assistant Club Coaches by the  
British Amateur Athletic Club.

Finally, Club President, Clem, was thanked  
for reading the minutes in the absence  
of Secretary Peter Thomas.

Meeting ended at 7.45 on a cold, wet  
and windy evening which did not deter  
nearly fifteen members maintaining their  
training schedule, led by Dennis Taylor  
but, <sup>fifteen</sup> ~~about~~ members maintained their bar  
training schedule, a few others went  
out for a run!

The meeting ended at 7.45 on a ghastly, dark,  
cold, wet, and windy evening. <sup>However</sup> ~~but~~ the  
weather did not deter nearly fifteen  
members maintaining their punishing winter  
training schedule led by Dennis Taylor  
in the bar! A few less dedicated  
members took the easy option and went  
out running!

# Minutes of The Meeting of 20th March 1992

About 60 members were present with Roger in the chair.

1. Death of Former Member: Dave announced the death of Ray Moreland at the age of 57 from a heart attack. He was a personal friend of Roger. The funeral had taken place but the Club had not been advised of the date.

2. Minutes of the last meeting: (Taken by David Heaton) were read - matters arising John Blundell's Cross Country has now been planned for 20th April. (Easter Monday) at 11.0am.

3. Last Week's Runs:

3.1. Hastings Half Marathon: Derek Randall entered this event and said it was very enjoyable. There was a total field of 3,000.

3.2 Hillingdon Half Marathon: Mick Self completed this in a time of 1 hr. 43 mins.

3.3 Hemel Hempstead 10. Steve Woolcock achieved a PB in what was a very well organised race with a nice goody bag at the finish which he reached in just over 1hr. Steve plans to move to that area and the purpose of ~~not~~ entering the race was a quick look round.

3.4. Thurrock 10: Barney Barnett completed the race in 58mins 16secs. Jackie Chapman finished in 1 hr 13mins.

3.5. Harwich and Gt Bentley 4. 40 runners entered and Bob Kimber was first Colchester Jogger home. His moment of glory was captured on T.V.

3.6 1200 metre race at Havering: Paul Willis finished in 3mins 18secs. Dave said he would like to see more members competing in track events

3.7. Last Thursday's Handicap Walk (19th March). Lance won and is overall season winner. Roger had left the detailed results at home.

4. Training Course: Bob Kimber and Linda Gaine attended a training course. They learned how to sprint and hold each other's hands throughout.

5. Essex 20 mile Championship: Dave expects to field 30 club runners, which would be the largest entry by one club. The race starts

at 2.0pm so the coach will leave the Arena at 11.30am. Dave Lacy and Ken Walsh will be defending their respective titles.

6. Club Training Run: will leave the Arena at 9.0am on Sunday as usual
7. Clacton 10½ mile run on Sunday 29th March: Organisers had reported very few entries so far and asked for our club's support.
8. Essex Track Championships: 16/17th May. Dave hoped for good club support
9. Ipswich Jaffa 5/10 & 15 - forms were available
10. Today's Runner Meeting on Wednesday 25th March: Dave asked if members had any matters to be raised. The shoe vouchers would be drawn at the meeting.  
A complaint against the Today's Runner Series was made by the Essex Cross Country Secretary to the Essex AAAs Secretary. The substance of the complaint was that: Men ran with women, 2nd claim runners competed; under age runners were involved and affiliated clubs were competing against unaffiliated clubs. These were alleged to be in conflict with AAAs rules. A committee meeting would be held on Tuesday immediately prior to the Today's runner meeting on Wednesday to determine club strategy.
11. Margaret's Barn Dance: 65 tickets have been sold - 45 more tickets need to be sold to make finances balance.
12. Swimathon Results: Colchester Joggers A team was 1st, CJC Juniors being 2nd and Colchester Joggers B 3rd. National rankings will later be available. 12 teams competed.
13. 10 Year Celebrations: It was hoped to book the local Leisure World Pool but the cost is £384 compared with £137 for Sudbury Pool.

14. GR North Run; only 3 forms were available for this but John Blondell said there were entry forms in The Daily Express.
15. Colchester Joggers 10K Races: Roger had very few entries
16. Garrison Pool for Triathlon and 24hr Race: Roger was having problems with the military in arranging for the pool booking and obtaining agreement to the route for the 24 hour race.
17. Point to Point Races at Higham: Roger thanked Dave Healier for organising the visit and the horses. Dave Wright won two races - his first win this year.
18. London Marathon: The Secretary had been advised by a contact in London Marathon Administration that due to a holiday company going bust some places were available which would be advertised in Athletics Today and Athletics Weekly next issue. Members interested should apply immediately the magazine was available. The contact promised to look out specially for CJC entries
19. Club Timekeeper: Volunteers for this post, recently vacated by Bob Kimber were urgently needed

(The meeting ended at 7.50pm)

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### Minutes of the Meeting of 27th March 1992

About 55 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. Essex 20 mile Championships: There was a good turn-out by the club which represented a quarter of the total field  
Bronze Medals (for 3rd place) were awarded to our A Team consisting

of: Mick Bond in 8th position, Paul Spouge 9th and Dave Lacy 10th. Dave Lacy also achieved a bronze for 3rd Vel.

There was a considerable muddle over Woodford Green being given our numbers for instance Mick Bond was allegedly beaten by Simon Wadley but Simon wasn't there!. Our 'B' Team finished 4th : Paul Barrett Steve Adley and Barney Barnet and if Woodford Green were disqualifed for breaking the rules we could have Silver and Bronze team medals

Although the Essex team marshals pretended not to see him finish,

Ken Walsh did get his Gold medal for being first over 50 in a time of 2hrs 17 mins

Apart from those already mentioned there were some good individual performances by club members

Ken Walsh said the club should pursue with Essex the creation of 55 to 60 and over 60 awards.

Three gallant club ladies ran, Sonai Barnett finishing in 116th place, Donna Robertson in 2hrs 47.53 and Jackie Chapman in 2.51.45.

The next race in the Essex Road Championship Series is Harlow 10 on 9th Aug.  
2.2. Eastern Vets Championships: Martin Bishop finished 7th in 36.08 and Cathy Bishop did well. Eastern Vets Team won in an average time of 32.23.

3. Colchester Joggers Relays on the Crack - will be on Thursday 9th July.

4. Dave Lewis' Heritage Trail Race will now be staged on 6th September. Nothing has been heard from the British Trail Association so it will be opened up to other clubs with the aim of fielding 100 runners.

5. Sunday Training Run: will take place at 9.0am as usual. ~~as usual~~

6. London Marathon Competitors: East Anglian Daily Times is to run an article on club members and want details of best times and number of marathons run for each individual.

7. Race Entry Forms: Dave asked for a volunteer to write to race organisers for supplies of forms.

8. Essex County Relay Championships: The winning team was disqualified so we are now in 7th place.

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9. Today's Runner Meeting on Tuesday: The complaint by Mike Seaman, Secretary of Essex Cross Country Union of Today's runner event's breaking ATAs rules was discussed and the other 8 clubs agreed to support us. (It emerged that the complainant himself had broken the rules by competing for Pilsea AC as second claim, being a first claim member of Soulent AC)

Roy Moore suggested we should seek support of clubs outside our own league. Dave and Roger will be seeing Mike Seaman.

Peter Thomas as League Co-ordinator is to write to Today's Runner seeking a statement of their intentions for next season preferably by one of their representatives attending a local meeting.

10. London Marathon Sponsorship: Alex Horrid, who was scheduled to run is injured and cannot run. He wants to return his number to guarantee a place next year but he has been heavily sponsored by his village for an important charity and wants a volunteer to take over the sponsorship.

11. Walk Race Results: Lance was first with 95 points, Roy Moore 88 points, Ken Walsh 74 points and James Woodhead of Colchester and Tendring AC 73 points.

The next walk event will be on Wednesday on the Creek. Ken Walsh has details. Two walking events are to be staged at Basildon, a 20K for men and 10K for women. Those interested should see Roger.

12. Circuit Training: The season had been highly successful. Roger said that from next week the centre and hall will be booked from 6:30 to 7:30 and although there will be no circuit training but members can run or play badminton with full use of showers etc.

13. Committee Meetings: members were invited to read the minutes on the notice board and make any comments next week.

14 Barn Dance: Tickets have now been printed and Rachel or Margaret would like some money ASAP

The meeting ended at 7.46pm

### Minutes of the Meeting of 3rd April 1992

About 55 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 Billdeston 10K: Jo Bennet ran this very hilly race and finished in 44'01.
  - 2.2 Clacton 10½: Margaret said this was a good spectator event because she was able to watch the race through a window whilst drinking coffee. Tony Seakins won the race in 56 minutes, Paul Sturt, running for Gt Bentley was 2nd. Lance finished in 68 mins. Sonia won a trophy for 1st vel lady. Jake Longhurst won the Fun Run and James Clarke was there.
  - 2.3 Thames Towpath 10: This 1st time event was completed by Ted Williams in 1hr 33mins for which he received a pen.
  - 2.4 10K Track Walk in London (one of the league series). Our team comprising Ken Walsh, Jerry Everett, Duncan Robertson and Roger Hanks was 412. Roger wants a team of 5 for the next Essex Walk event.
  - 2.5 Felixstowe 5K: Sonia said she would have won if Cathy hadn't turned up.
  - 2.6. St Edmunds College Half Marathon: This was held the previous Sunday but Dave forgot to mention that Tony Seakins was 4th in 1.14.
3. Race Entry Forms: Two volunteers had come forward to look after the task of writing off for forms. John Blundell and Moira.
4. Colchester Joggars Open 10K Ladies, 10 & 5K and Vets 10K plus children's races would be held at Essex University on Sunday. Roger wanted some helpers, a few at 9.30 and later in line for the first race at 11.15.

5. London Marathon: <sup>The</sup> Coach would leave the Arena at 6.30am on Sunday 12th April. Glen Robertson, Brian Bedford and Sonia had been successful in obtaining late entries using the procedure advised by the Secretary. Sonia has taken over Alex Horrid's sponsorships. Dave wanted details of all club competitors for an item in the East Anglian Daily Times.

6. Barn Dance: Margaret wants some raffle prizes next week for the dance. She said that it was essential for people to arrive at 7.30pm sharp. Chicken and chips would be served at about 9.0pm.

7. Braintree Track Fixture List: This has been posted on the notice board. Dave said anybody could run in the 'B' Division.

8. Runners of the Month: both awards were given especially for a good performance in the Essex 20: Donna Robertson and Paul Barnett.

9. Ipswich JARIFA 5/10/15: 24th May - more forms would be available next week.

10. Stowmarket 10K: Dave wants lots of club entries for this event which is on 26th April.

11. Club Championships: Dave said 8 races were left for points scoring. Colchester Jogger 10K is to be added to the list of races included. All the results to date are on the notice board.

12. Committee Meeting: Roger asked if there were any comments from members about the minutes which had been on the board for one week.

13. Junior Training Weekend - Bob Kimber took the juniors who had a good day and won the basketball. Roger said thanks were due to Bob for organising it.

14. Club Triathlon: entry forms would be available next week.

15. Hamilton Lodge Magazine: copies were now available.
16. Tuesday's Session at Wilson Marriage School: 8 people turned up for Badminton - several ran.
17. Ipswich JAFFA's Marathon Relay: Dave has entered 4 teams: 1 ladies 1 vel's and 2 senior mens.
18. Essex Cross Country League: A circular letter had been received which explained the current position on combining mens and ladies races. The item had again been deferred. The letter invited any other item to be raised at the next meeting - Paul Willis and Dave Wright are to challenge the scoring system.
19. Mel Batty Race: Roy Moore asked when this was to be held. Adrian received details in the post last year but had received nothing yet. He said it was normally held in early June.
20. Other Matters: Lance said he would organise another bowls night at "the nick" if the members wanted it. There was a show of hands of those interested. Ahmed was celebrating RAMADAM. Chris Holmes had been swimming in aid of Kingswood School.

Ended 7.48

### Minutes of the Meeting of 10th April 1992.

About 80 members were present with Roger in the chair.

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

### 2. Last Week's Runs

- 2.1. Victoria Park 5: Richard Gaine was 3rd in his race and his time of 24<sup>56</sup> would have been a club record except that it was 90m short. Two Ilford runners were in front of Richard including Andy Capp, the winner. 70secs behind Richard in 7th place was Tony Nixon.

2.2. 800metre Track Race at Havering: Paul Willis was 3rd in a time of 2.02.

2.3. Colchester Joggers 10K races and Childrens Races: Although there was a good turnout by the club, about 40 in all, the overall entry was disappointing.

Particularly discouraging was the ladies entry totalling only 15, especially as the race was originally set up for ladies. All methods of advertising had been tried and many entry forms had been distributed. It has been decided that the event should be replaced next year, possibly by a handicap.

There were some good individual performances: Mick Bond, <sup>the winner</sup> completed the <sup>Mens</sup> 10K in 33.01. Paul McHue was 3rd. Fran Quinn won the ladies 10K and Tony Nixon won the Vets 10K in 32.52, Dave Lacy coming 3rd and Roger 5th. James Cudmore was 4th in the Childrens 12-13s race.

Roger said thanks were due to all the helpers.

Dave said the event results would be included in the Club championships by next week.

3. London Marathon: A large coach has been hired so any spectators are welcome.

Bob Kimber will be in charge and will collect £6 from each adult customer.

4. Next Sunday's Eicathon. - will start at 12.30 at Suffolk Showground - Teams have been arranged. Dave wants a good turnout.

5. John Blondell's <sup>Smile</sup> Cross Country: will start at 11.0am from the old West Beccles church. Entry will be £1 on the day - proceeds to go to charity.

6. Club Barn Dance on Saturday Evening: Margaret reminded punters to bring their own drinks and glasses and to arrive promptly at 7.30pm.

7. Track Relays: will be on Thursday July 9th at 7.0pm: There will be an award in memory of Ray Moreland.

8. National Synchronisation Results: How well our teams did is shown by the result that out of 3149 teams our A Team was 99th, the B Team 525th, the C Team 632nd and the D Team 1115th.

9. Saturday 4th April Swim in aid of Kingswood School: Chris Holmes said 2 club teams were entered with the objective of completing the greatest number of lengths in 1 hr. The A team completed 135 and the B team 154. When the officials saw that two of the competitors were George and Roy, diving into the pool was banned.
- 10 Membership: Roger said that the Arena now had proper membership cards for everyone taking on full membership to include the Arena. A special membership rate for members only attending the track would continue.
11. Round Merssea Island Run 26th April, starting at 11am: There is a significant club interest in this event this year. It involves running around the Island perimeter, a distance of 13 miles. Unfortunately it clashes with the Stowmarket 10K.
12. 3K Track Walk at Waltham Forest on 17th May - Essex County Championship Series: Paul Willis wants entries for this and other track events ASAP.
13. Club Trial/Halon: Forms for this are now available - Adrian advised members to put their completed entries in quickly.
14. First Aid: The Club now has another fully qualified first aider - Dave Wright.
15. Quiz Night: will be held at the Arena on Saturday 25th April starting at 7.30pm. Participation will be in teams of 3 or 4.
16. Awards from 10K race: which had not been collected on the day, were issued.

The meeting ended at 7.40pm

# Minutes of the Meeting of 17th April 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: ~~box~~

2.1. London Marathon: There were some excellent performances starting with Dave Lucy who established a new club record at 2 hrs 33; Paul Barrett 2 hrs 58 mins with Steve Adleigh 2 secs. behind; Colin Thackwell 3 hrs 10 mins; Steve King 3 hrs 15 mins, Lance 3 hrs 29; and ~~Steve Self~~ <sup>3 hrs 02</sup> 4 hrs plus. Ken Walsh 3 hrs 46, Glen Robertson 3 hrs 53 and Mick Self around 4 hrs. Jerry Everitt completed his 94th Marathon in 3 hrs 17. For the Ladies Sonia, despite smoking 40 fags beforehand finished in 4 hrs 9 mins. and Ann Chable in 4 hrs 29 mins.

Most of our runners knocked minutes off their PBs.

As usual 1 person failed to reach the coach and was left behind.

## 2.2. Lance and Moira competed in a Police Cross Country at

Aberdeen at public expense. Lance did well and Moira was 2nd vel.

## 2.3 Coniston 14. Chris Akhurst completed the hilly course in 1 hr 32 mins

## 2.4: Sudbury 7 a smaller number of members entered this event this year.

## 3. Runs To Come

3.1 Eikonthon at Ipswich: Dave has listed two mens teams but is willing to compose additional teams if more are interested. Chris Holmes wants to form a ladies team and asked any ladies interested to see her afterwards. A strictly neutral referee was needed for the event so Dave Wright volunteered and was accepted. He feels sure CJC will win.

3.2 A duathlon is to be staged at the same venue on the same day at 8.0am comprising a 5K run a 26K bike and a 5K run. Chris Holmes, Roy Moore and Tom Codmore are planning to enter. Spectator support would be welcome.

3.3 John Blundell's 5 Mile Cross Country on Easter Monday: will start

at 11.0am. There will be a 2mile run as well.

4. Runs on Sunday 26th April. Stowmarket 10K and Mersea Island Perimeter Run: Dave has rallied ~~a~~ good club entry for Stowmarket and several club members are entering the Mersea Run. Roger said this starts at 10.0am not 11.0 as stated in the minutes
5. Quiz Night: A club quiz night will be held at 7.30pm on Saturday 25th April. This time the main upstairs room has been booked.
6. Barn Dance: Roger thanked Margaret on behalf of members for a very enjoyable evening which was excellent value for money. Both Roger and Dave thought they achieved PBs in Barn Dancing.
7. Essex Walking Trophy for Winter Walk Handicups: The trophy, recently surrendered by Steve King, was presented to Lance. The club has now won the trophy 6 out of 8 possible times
8. Essex Road Championship Results so far: These were read out and will be posted on the notice board.
9. Colchester United Football Club Final at Wembley: A coach has been booked for the event and 40 names have been listed. 10 vacancies remain. The cost will be £5 for the coach and £8 for entry to the match. ~~The bus~~  
~~will be free~~
10. Clem has left a note in his absence congratulating all club members who ran in the London Marathon

The Meeting ended at 7.43pm

## Minutes of the Meeting of 24th April 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. Ecodon (Marathon Relay): Colchester Joggers 'A' team won the event with ~~Tony Nixon~~ Richard Gaine, Tony Nixon, Mick Bond Paul McHue, Paul Scruton and Tony Seakins. Each established an event record in his section. The CJC 'B' team won in his category in 14th place.

A mixed CJC team of men and women came 18th. The Ladies team was 3rd.

2.2 Dualhalon on Suffolk Showground: Tom Cudmore was 1st (22nd overall) in the event, with Chris Holmes 2nd and Roy Moore 3rd. The highlight of an East Anglian Daily Times Report on the event was a photograph of Roy changing his socks.

2.3 John Blundell's West Bergholt 6: Over 40 runners took part in this club event including some novice runners and 19 juniors. Richard Gaine won the race with Paul McHue 2nd and Dave Lacy 3rd. Bridget King was 1st lady. Dennis managed to clip a mile off the course and still come last.

Dave thanked John Blundell for organising the event. John said he wished the course had been wet and soggy.

2.4. Felixstowe Harriers 5K Handicap: Tim Clarke 15 running 5th overall and is leading vet in the handicap. Ann Chable 15 2nd lady vet, beating Sonia into 3rd place. Moina achieved a very fast time but came last - she didn't realise it was a handicap!

3. Runs at the Weekend: Club members are taking part in two events on Sunday: the Stowmarket 10K starting at 11.00am and the Round Meresa Island Race which starts at 10.00am. Stowmarket 10K can be entered on the day but late entries are not counted in the results. Entries for Meresa Round Island is all "on the day".

4. Visit To Wembley for Colchester United's F.A. Trophy Game:  
The coach is now fully filled and 3 rows of seats have been booked by Dave. He said £609 of the club money had been committed to the visit so those attending should bring their £13 fees next Friday.

5. Ipswich TAKFA 5/10/15 mile races: Dave urged members to enter ASAP.

6. Quiz on Saturday Evening 25th April: Dave said due to a double booking being accepted by the Arena, we were again in the small room. All were welcome and members should bring a pen. The rules had been changed from last time. The evening would start at 7.30 with a half hour break at 9.0 and finishing at about 10.15.

7. Sri Chinmoy Races: For the first time a printed programme of these races was available. Copies were on the top table.

8. John Turton is the father of a new baby whose name and sex is unknown.

9. Discount on shoes and Triathlon wear: Alan Garwood can supply these items at discount via a bulk Army order.

10. Today's Runner carried a picture of Clem with an article about his book.

11. List of AAA's Graded Officials: is now held by the Club.

12. Colchester Joggers 10K Races: Financial results had revealed a loss of £9.40.

13. Extra Track Night on Tuesdays: Roger is locked in negotiations with the Army. It is hoped to start a 2 month trial period in May.

14. Area: Roger has received a letter asking for sponsorship of John Lloyd on his Eurowalk. The club is to donate £50. (ended 2.44pm)

Meeting Friday 1<sup>st</sup> May 1992

Apologies for absence from Roger Hanks and Peter Thomas.

About 60 present, Adrian in the chair.

No minutes of last meeting

Last weeks runs.

1) Stowmarket 10K. About 25 joggers present. Simon Wadley was 2nd in a time of 30.40. Paul McHugh had a good run finishing 6<sup>th</sup> in 33.30. We just lost out on the team prize, beaten by St. Edmunds Pacers, by 2 points.

2) Mersea 'Round the Island' Run. Martin Bishop was 2nd and Roger Hanks 3rd. Cathy Bishop was 1<sup>st</sup> Lady in a time of 1 hr. 31min.

3) Southern Counties Championship. Richard Saine broke the Club record for 10000m with a time of 31.36 finishing 14<sup>th</sup> out of a high quality field of 22. Paul Willis ran in the 800m

4) Crouch End 10K. Ken + Jo Bennett ran at this event. Ken's time was 51.53

5) Reading Half Marathon. Not the event it used to be. This year the course was cut short due to a diversion. Colin Thackwell did 1hr 20<sup>19</sup> and Chris Akhurst 1hr 20.

6) Lorraine Harding <sup>took part</sup> in some sort of aerobics marathon

This weeks runs.

1) Sunday 3<sup>rd</sup> May. Sri Chinmoy 4mile at Chantry Park 8<sup>30</sup>am  
Witham ½ Marathon and Fun Run

2) Monday 4<sup>th</sup> 17aldon 7

St. Horncastle 3 and 6 mile Fun Run. 2pm from Half Bolt Pub.

Dave hoped that there would be a good turnout for this as it is a nice friendly, social event

3) Training Runs will leave from the Arenas on Sunday and Monday at 9am

Other items .

1) Ekiden Marathon - Full Results on Noticeboard

2) Thursday Track meeting. Starting this Thursday the time has been extended by 30 mins to finish at 9pm. We have been told that we cannot have the Track on Tuesday nights. Dave said we will try again in June when Major Morrell retires as he is seen as the main obstacle.

3) The club has received a letter from Helena and Dave asked for volunteers to translate it. However it transpires that she had been rather modest about her skiing prowess as she had done very well in the World Cross Country Ski championships finishing in the top ten!

4) Runner of the Month for April is Richard Sains. Richard reckoned it was the first time he had received this award.

5) Dave asked everyone who had booked to go to Luton to see Colchester United to pay him the money as soon as possible. The coach will depart at 11am on Sunday 10<sup>th</sup>.

6) The Mel Batty 10 mile will this year be on Tuesday 2<sup>nd</sup> June at 7pm. Entry forms should be available next week and Adrian will organise them.

7) Last Saturday was Quiz Night and everyone had a good time.  
Richard Sains team won.

8) Rotary Walk - 17<sup>th</sup> May. John Lloyd has written to the Club asking if we can run a drinks Station at Lexden Grange, Lexden Road. From about 3.30pm - 4.10pm, for about 200 walkers. Adrian asked for volunteers to see him after the meeting.

9) The following standard awards were presented.

Marathon	Diamond	- Colin Thackwell
	Gold	- Paul Barnett
	Silver	- Steve King
	Bronze	- Anne Chable
½ Marathon	Diamond	- Paul Strutt, Simon Wladay
	Gold	- Simon Wladay
	Silver	- Don Brooks, Alan Garwood, Anne Chable, <del>Paul Barnett</del>
	Bronze	- Bill Boards, Tony Chatfield, Glen Robertson, <del>Alex Horrod</del> Paul Parsons
20 miles	Silver	- Paul Barnett
	Bronze	- Alex Horrod
10 miles	Silver	- Steve Woolcock
	Bronze	- Duncan Robertson
10K	Gold	- Barney Barnett, Don Brooks
	Silver	- Steve Woolcock, Mabondare, Russell Goodridge, Tom Cudmore
	Bronze	- Melvyn Davies, Bob Clarke, Glen Robertson, John Foyer.

No other business. Meeting closed 7:40 pm.

# Minutes of Meeting Friday 8<sup>th</sup> May 1992

About 65 members present. Roger in the Chair.

Minutes of last weeks meeting were read. No motions arising.

## Last Week's Runs

Sri Chinmoy 4 miles. Definitely one for the early birds and insomniacs. Mario was 1<sup>st</sup> Vet with 'butting' Bob Kimber 2<sup>nd</sup>.

Witham ½ Marathon + 3 mile Fun Run. Mabor Dane came 2<sup>nd</sup> in the Fun Run. In the ½ marathon Tony Seakins was second in 1hr 12mins. Other runners were Donna Robertson, 1hr 45, Sue Robertson 1hr 40; Mick Self and Jim Clarke who commented that the scenery was very nice!

St. Horncastle 3 and 6 miles. A good turn out by the Club for a race that was run in hot, sunny weather. As usual the first 10 home in the 6 miles race were Joggers. The winner was Mick Bond, Don Brooks was 2<sup>nd</sup> and 'Grandad' Mario 3<sup>rd</sup>. Continuing a successful weekend, Mabor Dane won the 3 mile event.

Harrow League, Feltham. This is a handicap series and 1<sup>st</sup> person home was Sonia Barnett. Jim and Helen Clarke are also well placed in the league to pick up honours, provided they turn out for the remaining fixtures.

St. West Ron (½ marathon). Regular entrants in this event, Dave Lacy and Sonia Barnett were joined by John and Anne Chable ~~the~~ who finished in about 2 hrs which John thinks was a PB for him. Sonia did 1hr 52.

Elmbridge ½ marathon - Mario finished in 1hr 35 and Lance 1hr 29

Southern Counties 10 mile Vets Road Championship, Tooting Bec - Mario turned out for the third time wearing CSC colours and finished 3<sup>rd</sup> over 50yrs.

Sawston 5 mile. Paul McHugh participated and was always in touch with the leaders although at one stage some were sent the wrong way. When all the confusion had been sorted out, Paul gained

2nd place in a PB of 25.07

Halstead. Kevin Jolly won and (confounding current views on how soon to get back to form after a momentous family event) John Terton was 4<sup>th</sup>, 2 weeks after having a baby!

### Next Weeks Runs.

Saturday, Southern Mens Track Meeting, Walthamstow. A number of club runners are competing, running for Braintree AC.

Sunday. Frinton ½ marathon and 2+5 mile Fun Runs. Start 1030am. Lance Williams has details about it for anyone wishing to go.  
Luton Triathlon. Roger Hanks, Chris Holmes, Keith Morgan and Jane Lundeown have entered. Event consists of 800metre swim; 13mile bike and 5mile run.

Tuesday - Sri Chinmoy 2 - 7<sup>30</sup> pm at Chantry Park, Ipswich

Sat/Sun, 16/17<sup>th</sup>. Essex Track Championships. The Club has a chance to win its first Essex Track medals over this weekend. Many of our runners are entered at all distances.

Saturday 16<sup>th</sup>. CJC Triathlon 5pm start from Garrison pool. Adrian still looking for volunteers to marshal.

Sunday 17<sup>th</sup>. St Eastern Run, Peterborough. (½ marathon). Dave Lacy has entered

### Other.

Wembley Trip to see Col. United in the Trophy Cup Final, Sunday 10<sup>th</sup>. Coach leaves at 11am. 54 people have booked but there are only 51 seats. Dave said not to panic we'll squeeze the youngsters up at the back and the driver won't notice. There will be a 'golden goal' competition to raise money for the Back to the League appeal. The idea is to guess the exact time the first goal will be scored. Dave Lacy will supply cold drinks to be sold at about 20p a carton. The Arena will be having a 'Happy Hour' that evening with beer at half price. Dave asked that we park on the grass park out of the way of the normal Sunday users of the Arena.

Club Kit. Dawn will be putting in an order for Club Hooded Jackets so if you are wanting one see her after the meeting.

Hamilton Lodge Fete - Items wanted for tombola and for a jewellery stall. See Dawn if you can help.

Track - Dave reminded everyone that the track is now open until 9pm on Thursdays.

10<sup>th</sup> Anniversary T-Shirts - Dave Lacy has said he will subsidise the purchase from funds raised at the weekly raffles. Roger thanked him for his efforts and said the T-shirts would now be ordered.

Langham 10K - The club always supports this run, organised by Jim Clarke and Dave said he had therefore added it to the list for the Club Championships.

Trail Running - The Club has received the latest newsletter from the Trail Running Association and it is available for anyone to read.

Dave Lewis will be ensuring that our own Trail Race is mentioned in the next issue.

10<sup>th</sup> Anniversary Celebrations - Roger reported that events scheduled for the Celebration Day had been changed as the Army might not be allowed to let us use the assault course and Sudbury Pool was already booked. If anyone has ideas for alternative events, let Roger know. Events already planned include Run, Quiz, Aerobics, Teadance, Walk & Picnic with Hamilton Lodge.

Closure of Track. The track will be closed from July 13 to Aug 21 for resurfacing. Roger is hoping to organise an alternative Thursday venue on the grass track at Boadicea Way. There are toilet and changing facilities there. While on the subject of the track Roger thanked Clive for his help collecting the money at the gate.

Bob Kimber asked for parents of youngsters to volunteer to work with him on a Thursday so that as necessary they could continue their training in his absence.

Tuesday. Wilson Marriage. Roger reminded members that there was still a training session at 6.30pm from Wilson Marriage Centre, with badminton available for those not wanting to run.

Rotary Walk Sunday 17<sup>th</sup>. Adrian is looking for 3-4 more volunteers to man a drinker station at Larden Grange from 3.30pm to 4.15pm. Roger said that this would be good for the Club as he has heard the Mayor was joining the walk there, so the press would probably be present. The Club will supply orange drinks as well as water.

Dave Clamons. Dave announced that his book 'CLEM' had so far raised £2000 which is being donated £1000 each to the Far East POW Association and Hamilton Lodge. The Club congratulates Clem on his efforts.

Don Brooks reported briefly on the results of the 1500m time trial run on the Track on Thursday 7<sup>th</sup>. 1<sup>st</sup> - Paul McHugh - 4.16, 2<sup>nd</sup> Alan Garwood 4.21 3<sup>rd</sup> Paul Willis 4.31. 31 went under 6mins, including 14 under 5mins.

Dave Wright presented Ted Smith with his prize in the CJC Veterans 10K.

Meeting ended at 1750hrs.

## Minutes of the Meeting of 14th May 1992

About 65 members were present with Roger in the chair.

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

### 2. Last Week's Runs

#### 2.1. Frinton Half Marathon and 5 mile

In the 5 mile Simon Wadey won for the men in 26.48 and Bridget was 1st lady in 34 mins 34 secs. Paul Strutt was 3rd and John Turton 4th.

The Half-marathon was won by Peter Gooding of Harwich in 1.14. Colin Thackwell completed the longer of the two courses in 1.23. GT Bentley joggers achieved PBs by taking a shorter route.

2.2. Luton Triathlon: Chris Holmes, Keith Morgan and Roger Hanks took part in a total field of over 150. The run was part cross-country and part road. Roger won a wally hat for completing the course. Official results are not yet available.

2.3. Sri-Chimney 2mle.: The club was well represented in this event and, as Dave said, we won everything. Simon Wadey was 1st in 9.82, Maria was 1st over 50 with Bob Kimber 3rd over 50, Pete Thomas 1st over 60. Tom Cudmore won the junior race in a magnificent time of 10.82. Tony Nixon was 2nd overall. Chris Holmes was 1st lady and Bridget was 3rd. There were some good runner there, Dave said, including himself.

#### 2.4. Southern League Track Meeting

The Braintree team was 2nd overall. Richard Gaine was 2nd in the 500 metres in 15.36 with Paul Strutt finishing in just over 16 mins.

Paul Strutt made his debut in the steeple chase. He fell into the water and unfortunately finished last. Paul Willis completed 200 metres in 24.2.

2.5. GT Eastern Half Marathon: Dave Lacy finished in 1.14 and won a cookery book. Sue Baker of Tiptree was 1st lady. Sonia finished in 1.47 and Ann Chables in 1.55.

2.6. Last Thursday's Race Walk - results were not available

### 3. Runs at the Weekend

#### 3.1. Essex Track Championships at Walthamstow

Dave said that, including himself we had a good chance of picking up some medals. Our chances in the walk were expected to be good because of disqualifications of other club runners

- 3.2. Triathlon on Saturday: The event would start at 5.0pm. Adrian needed some helpers to set up the pool at 12.30 and at 3.0pm for registrations. A list of Marshals and their positions was on the notice board.
- 3.3. GR Baddow 10 mile: we have a good team entry for the event which starts at 11.0am.

#### 3.4. Club Training Run: will leave the Arena at 9.0am

### 4. Unlabelled Cans of Tango and Sprite: Dave Lacy has these for sale at 20p each.

### 5. Essex AAA's Meeting at Brentwood: Roger and Dave attended.

Roger said the administration was very resistant to change but a motion proposing that the AAAs Secretary write to National AAAs about men and women running together in cross country was passed. A proposal that Mens and Womens cross country events be run together was defeated.

There was apparently a long discussion about how the Essex Cross Country League lost £4. Large sums of money are around but Essex doesn't benefit. Roger said if he got the support of other "New Wave" clubs changes could be brought about.

On the Today's Runner League, Essex AAAs accepted that the rules were reasonable but they didn't want non-affiliated clubs running with affiliated clubs. The AAAs Secretary had written to GT Bentley in an attempt to persuade them to become affiliated.

Summing up on Today's Runner League, it would carry on as before but 2nd class runners cannot score. This only affects Tony Nixon.

### 6. Hadleigh Hares Mid-Summer Relays: The club would support this event in good numbers. The event also includes the Suffolk AAAs championships. Entry fee is £1.50, collected on the day.

7. Halstead Road Runners Relay: The club had been given early notice of this event to be on 12th July. As well as children's races there will be a 3 mile open race. Relay teams from the club will be sorted out on the day.
8. Ipswich JAFFA 5 / 10 / 15 mile Races: although entries are officially closed, Dave would take immediate late entries after the meeting.
9. Club Trip to Wembley Stadium: Roger thanked Dave for organising the trip which provided an enjoyable day for all. Roger and his family particularly enjoyed sitting next to a group of football hooligans who provided additional entertainment. There would be a draw for some Colchester United sweat shirts and T-shirts.
10. Track Collection: A record figure was achieved on 13th May £42.50.
11. Walk for Water-aid - Adrian is arranging manning of a feed station at Lexden. He would like some members to attend to "show the flag".
12. Mel Bally 10 mile Race Tuesday 2nd June: Adrian has entry forms
13. Club 10 year Anniversary Celebrations: A continuous dunk's match will now be included. Roger would like suggestions for 2 more events.

The meeting ended at 7.54

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### Minutes of the Meeting of 2<sup>nd</sup> May 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. Felixstowe 5K Handicap: Tim Clarke was overall champion and Sonia won for the ladies with Anna Chable 2nd, Helen Clarke

won a silver medal in her class

2.2. Essex Track Championships: There were some excellent performances by club members in these events; Richard Gaine finished 3rd in the 10,000 metres in a time of 33.06 and received a bronze medal. (Richard has now disappeared from running for 2 weeks to have some horrendous things done to his nose - and is in hospital.) In the 5000 metres Paul Strutt achieved a PB in 15mins 45 and came 9th overall. Paul Willis just failed to qualify for the 800 metres final with his time of 1.59. Dave Wright was labelled twice in the 5000 metres and came last. Tony Nixon won a gold medal in the Vets 1500 metres with a time of 4 mins 15. Jim George won a gold for the Juniors.

Fran was our only women competitor was 9th in the 1500 metres.

Our Walkers produced the largest turnout in their event achieving 2nd Team place and beating Colchester Walkers. They were Roger, who was 5th, Steve King, Ken Walsh, Jerry Everett and Roy Moore.

2.3. GP Baddow 10: Simon Wadey achieved a PB and 6th place in a time of 53.06 (winner's time 49.14). Tony Seakins was 10th and Mick Bond 12th. For the ladies Jackie achieved a PB in 72mins and Doma finished in 74ms.

2.4 Club Trialathon: Adrian who was not at the meeting had written a note read by Roger thanking all those who helped him to organise the event and said he was looking forward to repeating the event next year. He asked for any suggestions from competitors for any desirable changes or improvements.

There were good performances from members who competed especially by Chris Holmes, who won for the ladies, and Tom Cuckmore, the first Colchester Jogger home.

3. ATI The Weekend: Ipswich JAFFA 5, 10 and 15 mile races. Dave said a whole regiment of Army runners would be representing the club. He urged some members with cars to come to the arena at 9.30 to transport those competitors without cars.

4. Future Events: There would be a Sri Chinmoy 2 on Tuesday evening. Dave was taking names for Hackney relays and Adrian was taking names for the Met Bally 10 on Tuesday 2nd June at 7pm.

An Essex Championship 20K walk would take place in the castle park on 31st May at 10.30 am. Roger said anyone could enter on the day. He needed a cyclist to lead and helpers to staff feed stations.

The CJC Handicap around the Abbey Fields would start on Friday 28th May.

5. Water Aid Feed Station: Clem, David Heathcote and Jim Clarke turned up but the event was not well publicised.

6. Track: Roger now had confirmation that we would be able to use the Boudicca Way grass track during the period in which the Garrison Track would be closed for maintenance.

7. Garrison versus Borough versus Ipswich Match on the Track Wed 10th June: members were invited to support this event as spectators.

8. Police Athletics Meeting 31st May: Lance would like some club members to help with this event. Bob Kimber had agreed to be time-keeper.

9. Committee Meeting: There would be a meeting of all committee members at the Arena immediately after Thursday's track session.

10. Paul Willis thanked all those members who supported the Essex Track Championships.

11. Members views on the club: Roger said he had heard some members express dissatisfaction with some aspects of the club. He invited those members to raise any points at the Friday meetings.

12. Roy Moore asked why there were so many AAAs officials on the start/finish line at the Track Championships. No one knew the answer.

The meeting ended at 7.44 pm

# Minutes of the Meeting of 29th May 1992

About 65 members were present with Roger in the chair

1. Minutes of the last meeting: were read - no matters arising
2. New member: Dave announced the birth of a boy - Matthew to Alison and Paul McHue. He said Paul had raced only 2 days after the birth.

## 3. Last Week's Runs:

### 3.1. Ipswich JAFFA 5/10 and 15.

In a great day for the club we won 3 team trophies. In the 5 mile our team winners were Paul Stratton, Tony Seakins and Duffy. Ken Walsh was 2nd over 50 and Roger was 2nd in the 45-49s with Melvyn 3rd. Several top male runners, including Dave Wright were DNFs.

The ladies team of Linda Gaine, Nicky Everett and Fran Quinn was 1st. In the 10 mile Paul McHue was 2nd in 56.40. Other members of the winning team were John Turlton and Alan Garwood.

Dave Lucy was 2nd in the 15 mile race in a time of 1.26.49, his other team mates being Paul Barrett (1.37) and Chris Akehurst.

The ladies team of Sonia Burnett, Jackie Chapman and Donna Robertson were 2nd (June Landsdowne dropped out at 10 miles)

Pete Thomas was just beaten to the over 60 prize by John Tillotson of Hadleigh Hares.

Dave said it was an excellent effort by all concerned.

### 3.2 Sri Chinmoy 2: This turned out to be a high class race in which a new course record of 9.37 was established. Simon Wadey was 3rd. Chris Holmes completed the race in an excellent time of 11.59. Ken Walsh was 1st over 50 and Bob Kimber 2nd.

## 4. Club Camp at Kessingland:

As well as a good time being had by all there were some club successes in various competitions. In the Talent competition Tony Knights was 1st with a dance and Shandy King was his class with

a melodious rendering of "The Grand Old Duke of York."

Steve King swam 127 lengths of the cold open air pool - a distance of 2 miles in 1½ hours. Jim Clarke not to be outdone swam fully clothed.

Dawn reached the finals of the bowls and Margaret entered the glamourous Gravy competition but it was thought that Lance won. Steve reached the finals of the Yes/No competition.

Margaret is thought to have qualified for the Bob Kimber award when she walked into a lampost and had to be rushed to hospital.

5. Club Handicap: The first race of the season was due to take place immediately after the meeting. Roger said there would be a big field so runners should take care. Runners must be ready when called and when finishing they must go through the funnel where Sheila would record finishers numbers. Roger said the course record had been static for 2 years so it hoped it would be beaten this season.

6. Runs at the Weekend and During Next Week.

On Sunday there would be an Essex Walk Race in the Castle Park starting at 10.30. The distance of 20K would be made up of 7 laps. (Roger wanted some helpers to arrive at 10.0am)

The Harwich 10K on Sunday would start at 10.30 and from 1.0pm the Police Area Athletic Championships would be staged at the Crack (Lance offered members to run as guests and asked for helpers)

On Tuesday entrants for the Met Bully 10 should meet at the Arena at 5.15pm

7. Essex Ladies won the 20 mile Walk, Essex Men coming 9th

In reply to Ken Walsh's question on how the team was chosen, Richard said it was based on previous event results

8. Committee Meeting was held on Thursday and minutes would be posted on the notice board for discussion at a later Friday meeting.

9. Quiz: Adrian said a quiz was starting at 8.0pm upstairs and he hoped some members would join him to form a team

(Meeting ended 7.48)

## Minutes of the Meeting of 5th June 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. Mel Ballity 10: Chris Akehurst Martin Longhurst Steve King Melvyn Smith and Sonia competed

2.2. Club Handicap (1st race) The biggest field ever in the series of 73 starters and 68 finishers achieved 12 PBs. 24 entrants were running in the event for the 1st time. Results would be posted on the notice board after the meeting.

2.3. Essex 20K Race Walk: The team was 4th overall, Essex medals being won by Roger, Steve King and Ken Walsh. Roger said it was his first medal ever in 26 years. Ken Walsh's medal was his 3rd. (14 Essex medals have been won by club members this year so far). Jerry Everett and Duncan Robertson did very well.

(An Essex 20 mile race walk is to take place at the Gilbert School on Saturday 13th June).

2.3. Police Track Championships: Paul Willis beat Mick Gorman in the 800m. Mick Bond entered the sprint chase and was injured. Don Brooks ran in the 1500m, the 800m and the Relay. Our team was 3rd out of 8 in the relay. In the walk which Roger and Steve King entered, Steve was disqualified and Roger won. Moira competed in every event.

Lance thanked all those Colchester Joggars who helped with the arrangements.

2.4 Harwich 10K.

Simon Wadey beat Henry Emerton and won. Steve Woolcock, Chris Akehurst and Jackie Chapman gave good performances

3. Paul Strutt: is in hospital with appendicitis. He will not be running for several weeks

4. Runs <sup>at</sup> This Weekend: The Braintree 5K and 10K starts at 10.30. Entry

on the day is accepted. The Colchester 5K and half marathon is on Sunday. Dave would arrange teams on the day.

5. During the Week: The Sri Chinmoy 3 starts at 7.30pm on Tuesday and on Wednesday from 6.30 the Colchester Borough Team challenges the Colchester Garrison. Some of our Cob men are in the Borough Team.

6. Royal London 5 and Harlow 10. Forms are available for these and Roger urged members to enter.

7. Club Cricket Match: This has been booked for 5th Sept at GT Horkesley cricket field.

8. Ten Year Celebrations: These have now been finalised and will conclude with a barbecue and Karaoke night at GT Horkesley Cricket ground.

9. Steve Woolcock Jo and Family are to move to Shefford and this was their last night at the club. Steve said they would be back for the anniversary.

10 Runner of the Month: was awarded to Simon Wadley for his 53min time in the GT Baddow 10 and Roger for his walk race performance.

11. Essex Walkers on 13th June: These will comprise, in addition to the Essex 20 mile walk, the National 5K women's championships and the Essex 5K men's championships. Many national star walkers will be present.

12. Essex Schools Athletics Championships will take place at The Crack the following week after the walk. Tom Cudmore and Helen Clarke will be our star representatives.

14. Anniversary: Roger detailed the 10 events to take place on 11th July. These also appear on the committee meeting notes on the notice board  
Meeting ended 7.50pm)

# Minutes of the Meeting of 12th June 1992

About 50 members were present with Roger in the chair.

1. Minutes of the last Meeting : were read. Matters arising : Chris Akehurst said his check of the Handicap results revealed 15 PBs.

## 2. Last Week's Runs

### 2.1. Colchester Half Marathon and 5K.

Our team in the half marathon won. It comprised John Ryan 1.12.57  
Tony Seakins 1.14.56 and Paul McHugh 1.16.55.

Dave Wright's Army Team won the military trophy.

Six Colchester Jogger's ladies finished Chris Holmes being 3rd lady overall  
in a time of 1.37. Liz Cudmore, who has been showing great form, finished  
in 1.47. Graham Goodenough walked the course but still achieved a good  
position. A total of 944 finished the half marathon.

In the 5K John Turton was 3rd followed by Tom Cudmore. Sonia  
was 1st lady. Rachael, who was ill in the race, was taken in the ambulance.  
Roger thanked all those who helped at the finish. John Hedgeshorn  
said Roger himself had worked on the results at his computer for 3 days.

2.2. Sri Chinmoy 3 : The winner of the race finished in 16.39, only 15  
secs ahead of Simon Wadley (15.33). Ken Walsh, in 18.33 was first over 50  
with Bob Kimber 2nd. Chris Holmes was 2nd in the ladies race, closely  
followed by Jackie.

2.3. Colchester Borough v The Garrison : Although all the top town  
runners were present they were beaten by the army who widened  
their definition of the Garrison to include the British Army.

Paul Willis, who was 2nd in the 400m produced a record in the 4x400m  
relay. Nicky achieved 6.26 in the 800m.

Roger said the Army's determination to win at all costs was a  
great disappointment to local runners.

3. Runs at the Weekend : Bury 10 was on Sunday. Whilst entries  
on the day were permitted those entrants would not be in the results.

A Training run would leave the Arena at 9.30 pm on Sunday.

2. National 50K Race Walk combined with Essex 20m. & Ladies 5K.

John Hedgeshaw gave a very entertaining description of the race.

He warned that as a national race strict rules would apply. There would be no entries on the day and 10 judges would be there to catch any walker not walking in the prescribed manner. The national course was F 14 laps but for the Essex 20m. only 13 laps need be completed. Potential Olympic athletes must complete the 50K in 2hrs 50mins Water Station: Since one lap of the course is less than the distance allowed for drinking, water could only be dispensed at the referee's discretion. The ladies would not be permitted water at all during the race. Permitted drinks could only be issued in the refreshment area and those staff members who sat on the chairs were not allowed to chase the walkers with drinks.

Margaret will provide a range of refreshments for the general public.

BBC TV would be present and screening would be on Sat and Monday evening.

3. Hadleigh Relays: Dave said he had entered everyone so those who could not run should advise him. The race would be included in the club championships.

4. Harlow 10: Dave said plenty of forms were available. The race would count in both Essex and Club championships.

5. Track Event at Basildon: A wide variety of events would take place including 3 different relays. Paul Willis had the details and any member interested should advise Paul.

6. Colchester Half Marathon Results: Roger had these for members perusal.

7. Committee Meeting: minutes were now on the notice board and Roger would invite committee next week.

8. 10th Anniversary: Roger gave further details about the events.

There would be a charge of £4 for the full breakfast and £3.50 for a lunch of sandwiches & quiche. Pints would be 30 for 10p. All other events were free but members should bring their own food and drink for the barbecue.

Margaret was concerned about possible noise from the Karaoke upsetting the owner of the cricket ground. Roger said the machine would be in the pavilion with the singer facing the door so he didn't think there would be a problem.

In the event of bad weather, a fall back arrangement had been made by booking a room at the Arena. The barbecue would still be possible.

Roger said the photo competition would be in 4 classes

1. Joggers running or walking
2. Humorous group
3. Landscape including Joggers and
4. Family Holiday.

Photos would be handed to the organisers Steve King and Dave Heaton and be judged after lunch by Clem.

11. Hamilton Lodge Fete: would be on 27th June from 2-5pm.

Events would include: Colchester Corps of Drums; a Ford Motor Co driving skills test; a tug of war - Colchester Joggers & Young Farmers; an MG car owners club display; a Tombola and jewelry stall run by Dawn and a home-made-cake stall run by Sue Walsh. Both ladies would like contributions.

12. Matters from the floor: Margaret said she felt that paying for the track until 9.00pm on Thursdays was a waste of money as the premises were still cleared by 8.30. Dave said the arrangement would be continued only until the track closed for maintenance.

- Meeting ended 7.30p

## Minutes of The Meeting of 19th June 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. Race Walk: Our team comprising Roger (5th), Steve King (8th) and Duncan Robertson (9th) came 2nd, qualifying for a silver Essex medal. Roger completed a further lap to qualify for the national - the first club member ever to do it. Of 108 starters only 36 finished, including 5 Colchester Joggers, the only Essex club to finish a team of 5. There were many disqualifications including Ken Walsh who was taken out at 15 miles. 3 ladies, Sonia, Donna and Emma von Essex vests. Bridget, who entered at the last minute was 3rd from last.

Roger thanked Dawn for arranging an ambulance and Margaret for organising refreshments as well as all those who turned out to support the competitors.

2.2. Essex Schools Athletics: Tom Cudmore and Helen Clarke both won bronze Essex medals, Tom completing 3000 metres in a time of 9.28.

2.3 Thursday's Walk Race Handicap: Roy Moore won overall.

2.4. Plastic Man Triathlon: In this unusual event a 500 metre swim, a 10 mile bike section and a 5 mile run were completed on different days.

Jane Lansdowne was 1st of 4 ladies in the event.

2.5. 5K Insurance Track Race in London: Chris Akehurst finished in 18 mins 23.

3. Hadleigh Relays on 21st June (Sunday): Dave read out a list of team captains for teams A-M. He said captains were responsible for seeing that their team members got there, collecting £1.50 from each team member and issuing numbers collected from Dave on the day.

4. Hunstanton to Cromer 43 mile Event: Sonia, Donna Robertson, Dave Lacy, Ken Walsh and Bob Kimber planned to take part on Sat 20th June.

5. Sri Chinmoy: The next event would be a 2 mile race at 7.30pm next Tuesday.

6. Essex Way Run/Walk: Dave now had details of this event which would cover 81 miles from Epping to Harwich in 10 stages. Teams of 10 could be entered at £20 per team
7. CJC Relays on 9th July: posters had been distributed for the event. Competitors should turn up on the night and enter. Teams would be organised finally then.
8. Jog-In End of Year Sale: was in progress - general discount was 12½%.
9. 24 Hour Race around the Arena: The Army had now agreed to the details of this race to be run from noon 15th August to Noon 16th August. Entry fee was £5 - all finishers would receive a certificate and various prizes would be awarded. Adrian was organising the arrangements.
10. Hamilton Lodge Fete: Handbills were available on the top table - Dawn and Sue Walsh needed items for their stalls by next Friday at latest.
11. Committee Meeting: Roger asked for any comments on the minutes. Steve King wanted to know how much Dave Lacy had raised through his raffles - the current figure was £331.43 - and how this would be spent. The money would pay for the karaoke equipment, artwork for T-shirts and prizes for games and the quiz, charges for hire of a room for the tea-dance and the cost of food for the picnic. There would also be a contribution to Gt Horkestone cricket club.  
Steve went on to say that, in his experience, karaoke equipment was expensive and volunteers to sing were few. Roger said our equipment would cost £100 and, on a show of hands 21 members were in favour of the equipment and only 2 against with many abstentions.  
Roger said T-shirts would cost £4.50 for XL, £4 for adult and £3.80 for children. Margaret asked how many T-shirts would be ordered - 100 - and promised to provide £50 from the track club to subsidise the ~~high~~ prices.

The Meeting ended at 7.58

# Minutes of the Meeting of 26th June 1992

About 55 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. Hunstanton to Sheringham 43 miles: 8 club runners entered this challenging event. Lead by Dave Lacy, who completed in 6 hrs 27 mins and came 2nd, Martin Langhorst was 3rd and Ken Walsh 5th. Mick Self was listed as 1st walker and the indefatigable couple Donna and Glen Robertson. Sonia boosted by her usual 40 fags completed the course in good time. Bob Kimber knocked 2 hrs 16 mins. The contestants thanked Clem, Dave Heatter, who got Sonia her 40 fags and John Blundell for their support.

2.2. Hadleigh Relays 14½ club teams, a total of 60 runners were entered for the event. Our 'A' Team won the Essex Championship shield. The team was Paul McHue, Tony Seakins, Fran Quinn & Dave Lacy. Dave beat his Ipswich TAFFTA opposite number by one second. Colchester Joggers Club was 4th overall and 1st Essex club. 5 of our teams were in the first 25 in a total field of 90 teams. Full results would be on the notice board next week.

2.3 Sri Chinmoy 2: A few CJC runners entered. Ken Walsh was 1st over 50 with Bob Kimber 2nd. Steve King achieved a PB.

## 3. Events at the Weekend:

3.1. South Downs 80: John Blundell, Dave Lacy, Lance and Ray Wellott were due to compete on Saturday. John Blundell has completed the event 4 times.

3.2. Braintree AC Open Meeting Saturday and Sunday: This is to be mainly a fun event in which anyone can take part. Events start at 2pm each day. A barbecue will follow at 6.30pm.

3.3 Coops 5½ - starts at 11.00am on Sunday.

4. Hamilton Lodge Fete: It was hoped many members would support this event. Dawn's stall still needed contributions - meeting dues for the day would be passed to Dawn to purchase items for tombola. Sue Walsh still wanted cakes.

Colchester Half Marathon Trophy Presentations: Paul Barrett attended the Town Hall to represent our team

Future Events:

- 6.1. Harlow 10 - a list for the coach was on the notice board
- 6.2. Diet Coke 10K is unfortunately on the same day as the Softball 10K - an Essex championship race.
- 6.3. Halstead Relays on July 12/11 - Dave asked everyone to turn up on the day to make up teams of 3 men and 1 lady.
- 6.4. 24 hour race - the ultimate change - forms are now available £5 entry fee.
- 6.5. Stratford St Mary 5: Because members will be attending there will be no meeting next Friday.  
(starts 7.45pm)

7. Photos: Dave Heatter had displayed photos from the Essex Walk on the top table - members could help themselves  
The photo-frame downstairs - for some inexplicable reason - was filled with pictures of Richard Gaine.

8. 10th Anniversary Breakfast and Lunch: Roger wants those planning to have either or both of these to enter their names on a list  
Roger said we have now hired a marquee for use at G1 Hockesley cricket ground in the event of rain. - to avoid having to change venues.

9. Track Users' Meeting: Roger, who represented the club, reported that the track will not now be closing until October which meant we wouldn't need the grass track. It was agreed that we would cancel the grass track, for which, because of the short notice we would not expect to pay a cancellation fee. The track contract, Roger said, covered complete re-surfacing, a cover over the grandstand and provision of electric points around the track for communications. Roger had raised a number of points: (1) The heating remained on throughout May; the mens toilets were disgusting - although cleaners were paid to do them; the water jumps were not covered. The committee promised to investigate these matters. Roger had also questioned the wider composition of the "Garrison Team" in the Borough v. Garrison contest and was advised there was not now a sufficient number of competitors of a satisfactory standard within the garrison to provide worthwhile competition.

The club welcomed the retirement of Major Moratt at the end of this year.

10. District School Sports: would take place at the track on Wednesday starting at 10.00am. Helpers were needed
11. Wheelchair Competitor. Roy Moore invited the man to come along to the track. He wanted to find out which marathons are suitable for wheelchairs
12. Classical Concert at the Albert Hall: Roger wants to assemble a party to travel on a coach to the performance on Saturday 14th November. He said seats have to be booked very soon at a cost of £25 each. Since the concert does not start until 7.30pm and we have to pay for coach hire anyway, Roger suggested we leave in the morning and make a day of it. A notice would be put on the notice board
13. First Road Running and Road Walking Vets Championships at Birmingham: Bob Culthorpe is hoping to organise a mass club attendance at the event. A notice will appear on the board for members to indicate their interest.
14. 10th Anniversary Programme: Thanks to the efforts of Chris Atchekurst a very classy looking printed program is now available. One copy will go on the notice-board. Other copies are available for members.
15. Ongar Triathlon - 800metre swim, 24-mile cycle and 10K Run: Tom Cudmore and Jane Lansdowne are entering this event.
16. Football Run 6th Sept. The inventor of this event, Dave Lewis, is to move to Nottingham so will not be available to organise the race. Dave Wright suggested a meeting be held in 2 weeks time to discuss organisation of the event in Dave Lewis' absence. Members offering their services and ideas would be welcome.

(The meeting ended at 7.50)