

- Dave Healee advised that some 20 joggers had attended the Hamilton Lodge Carol Service.

- The Children & Men Party was a great success, thanks were given to all involved.

Adrian confirmed that the club have received a letter of thanks to the Club for 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 swimmers 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 Runners, jogger's first man was Tony Seakins 11th closely followed by Richard Gami + Doug Papworth. Tim Bartholomew 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 (eventually ~~£1000~~) £300 towards his Lada Marathon Fund.

- Charlotte Gott, was 15th in the Southern Counties County

In the first of the Essex League Race Walks, at Chipping, joggers, were forced into 5th position. The event produced a record field and it is understood that the established team have had their feathers ruffled, by the joggers during 1992. 8 joggers started but, then reduced to 6 by stringent judges.

Awards for 1992, were handed out, and joggers just missed out by finishing 4th, although Steve King is to receive the Best Newcomer prize @ the next League Event @ Colchester.

The New Years Day Walk had 37 Members attempting a Snail Walk in the snow. It pleased to see the return of Helena, from the New Czech Republic & her Companion Radick. Both ^{who} received certificates. Helena will be studying at Brighton University and hopes to visit Colchester during the year.

Dave reported that Bill Patt who is 80, has Pleurisy and is Hospital. & Major Morat has had a stroke. His replacement will be taking over next week.

- The club will be clearing for an update regarding the use of the track, with the new Mem, & will follow up with Colchester Borough Council if no joy recd..

- The clubs allocation of 2, confirmed entries in the London Marathon will be raffled amongst those who leave rejection slips. - tonight

- Paul McHugh has produced ~~a~~ a leaflet, advertising our Premier 10+5 race run. Copies will be available for distribution shortly.

- Tiptree Road Runners have a Quiz night on 29th Jan. Teams of 4 are welcome. See notice Board.

- The Area are looking for suggestions, to help celebrate their 10 year Anniversary -

- A Committee Meeting has been set for Tuesday 12th Jan at 8.15pm.
- The Tuesday Night training sessions from the Wilson Marriage Centre have resumed. The Hall booked for Badminton is under utilised at present + Members were invited to use the hall between 6.30-7.30 Tuesdays.
- Bob Cathro's Newsheet is in need of new material.
Please let Bob have your snippets of information.

Meeting of 8th January 1993

- Previous meeting minutes read - no matters arising.
- There were no runs last week to report upon, but the ~~most~~ successful quiz night which 60 Members attended was won by the Young Wigs Hawks + Co.
- A New member reported that the delays with the track were due to the contractors delay. Apparently the new surface may need to be replaced, + re sprayed due to colour changes. This will take at least a month or two to complete.
The committee have written to the Army, Roland Hill + the Borough to see the whole process could be speeded up.
- Entries for the National + North of the Thames + Country fixture have been sent in. 18 names have been listed, 12 to run. See Notice board or P.Wills. Date of the North of Thames, 30/Jan, + National 27/feb.
- Members were reminded of about this weekends events, namely the Easter Counties + County at Cambridge, + The 2nd of the Essex League ~~are~~ Walks, at Colchester. After the walk @ Colchester, Essex Police with the help of Margaret Williams, will provide showers, Soups + other refreshments at the Phoenix.
- Sunday is also the North East Essex Schools Race Walking Championships, with ~~medals~~ Medals for the first three home in each age category. Some junior joggers, will be taking part.

- B
There is also Cosby, Sponsor shirt from Reebok, £ time of £250 has
been recd. Reebok, will sponsor the Phoenix 5 mile event. Dave hopes that
John Chalkeley of Vantagefield Ltd may sponsor the 10 mile event.

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Adrian has application form for membership to the Reebok Racing club.
Membership is free, + entitles members, to 50% discount on ~~£10~~ Reebok sponsored
event, Discounted clothing, quarterly Magazine, discounted clothing.

Bob Clark has sponsored the Club Triathlon event to the sum of £300.00
which will be used towards, providing Tee shirts for competitors, + also subsidising the
cost of helmet hire.

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The Committee will discuss suggestions, in regarding the Arena 10 year Anniversary
Celebrations, + report back to the members.

Richard Reeve of Colchester + Tendring Athletic Club is involved with the Essex Hall
Sports Athlete day, aimed at Under 15's. details of the event have been given to
Bob. Any Juniors wishing to get involved should see Bob.

- Chris Holmes is forming teams for their years Swimming at Sudbury.
Teams of 5 are required. Cost £12 per team. please let Chris know if you are interested,
date is set for 6/3/93.

- John Hedgeson - handed out the 5 mile Standard Certificates, Award.

- Margaret Wilkinson is now collecting Names + Money for the Club Barn Dance,
in 2 weeks time, Cost £6.00 per person. includes supper.

- The 35 joggers who attended the Panto this year gave the good report
of the show + The Club gets its annual Mention.

- D
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Pro
Red Club President, Geoff Gibbons had the unenviable task of
drawing the raffle for the clubs entry to the London Marathon.

- Both, Bill Blund, & Trevor Ludmore were successful.

Meeting of 15th January 1993.

- Previous Meetings Minutes read - no matters arising.
- The penultimate Essex League X Country at the University of Essex, put on by the club, brought the name of Colchester Joggers to the fore. Not only had the club successfully staged the meeting, but, the individual success of Tim Bantum, winning the Youth's race with style, startled much of the opposition. This is the first time a jogger has won an Essex League race, and was a proud moment in the history of the club.
- A strengthened Senior Mens team beat Chelmsford ^{on the day}, but were pipped by Basildon. The Senior Men are now a clear 2nd in the league, and the title race is now open, with one race remaining.
- New member Captain James Wood established himself as a quality runner, finishing 35th, just a head of Doug Peppworth.
- Our ladies continued to perform well, finishing 4th team, Jane Lansdown claimed that she has not lost her form, by scoring for the ladies, a head of Chris Holmes.
- The Essex League fixture could not have been staged if it were not for the help of the many joggers, who put a lot of time + effort, in to making the event a success. Next year, the club will stage the event without any assistance from Col + Tendring AC.
- On the Sunday in the Today's Runner League at Tiptree, the club fared less well, although we still had, 22, Senior Men + 16 Jet Men out, + 5 ladies out.
- Overall in the league, CJC stand bottom in both divisions.
clearly reflecting the fact that many of our better runners have been ~~running~~ in the Essex League in preference to the Today's Runner League, + also that ~~they have been~~ there have been 3 back to back events. Nevertheless all is not lost yet.
- Dave reported that Leonard Oxford had had an unfortunate fall from his car and is not all well. Dave will be visiting him in the week + report back on his progress.

Committee Meeting Minutes are available on the Notice board.

Club Members were reminded to run in light coloured or preferably reflective clothing, also, to take care when running in unlit areas or whilst on the roads without lights.

New Forms Promoting the Club's Premier 5 + 10 mile road race are now available,
to Paul McHugh for his efforts.

New Road running Championship events have been decided, 18 in all,
handicap basis, ~~trophy for~~ all, ~~now counting~~ + also best 10.
Towards trophy

Majority Vote the club has opted to change the club Kit Sheets
back.

Kit, is now available from dawn @ half price.

Course Flags are to be made, to aid setting out & County Courses,
Committee Members have these in hand.

Bob Cathelors Successful Bulletin Sheet No 3 is out. Please keep
our information flowing.

Paul reported that the New Eastern ^{County} Association is staging a 6 stage
cycling competition some time in October, the club will be entering.

Letter of thanks from Hamilton Lodge, to Linda Gasham, has been brought
to the Club's attention. Linda had, presented, Hamilton Lodge with a Needle Point
charting the Club's 10 year Anniversary,
Jewelry designer Robert Gasham, was Gloucester United's mascot recently but
managed to promote the joggers in press.

Local Athlete Alan Taylor, offered his place in the London Marathon
to the Club, this was raffled & won by Mick Self.

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- if any Member of the club wishes to affiliate to the British Triathlon Association, they should see adnum, as he has the relevant application forms.
- Finally, Colchester Borough Council are Compiling a Coaching Register, + joggers coaches, should ensure that they are included.

Meeting of 22nd January 1993

- Previous meetings minutes approved - No matters arising.
- In the absence of both Paul Willis + Richard Game, Dave, had the pleasure of announcing, yet further success for the club - In the Eastern Counties + Country event at Cambridge, the Club, not only fielded more runners than any other club, but also, picked up the Trophy for the Team of 9. This was another Great Moment for the Club. The Club's point, was seen by all competitors during the awards ceremony, it was a great team effort by all concerned. In the ^{6 Man} ~~team~~ competition, the our teams were 5th, 20th + 31st.
- In the ladies event, our team had a solid performance, finishing 5th team. In at Fairness, The competition this year was stronger than last.
- Our Triathletes took part in the Ghostly Gooley Grand Duathlon
- Chris Adams achieved 2nd place or 1st Vet.
- Tom Cudmore was leading the Youth's event, prior to getting a puncture during a critical stage.
- It has been reported that the hill climbs on the bike were so severe that only the fittest managed to keep on 2 wheels.
- Meanwhile, whilst the runners + cyclist were doing the club proud, our Walkers did the same. In the 2nd of the Essex League events. The team were 2nd overall, thanks to the magnificent efforts of Roger Hinchliffe 3rd, Mabs Dow, Gary Kent + G. The 9% Mile Walk was back then

aged. Lance Williams took the 2nd Vet Trophy in the
at, which was also a Police championship.

A Junior 5km Walk was also staged in which, the King twins
dominated, finishing 1st + 2nd ^{out of a field of 49} with a split second apart.
The judges were particularly impressed with their style.

Lance had received his shield, for outstanding service to Police
sports.

Runner of the Month for Jan-Dec, went to Bridget King,
who has re-established her self, since returning to running.

Lists for, the Rutland 16, Ennix 20, + Ennix Road Relays, are on the
Notice board. - a 50p entry fee will be required from those running in the
championship events.

Dave opened his trap by announcing the names of some army runners
who had discreetly obtained a fresh supply of tape for the club, to aid with
organising some running events. Captain Wood has been sworn to the secretary
as in true CSC style.

- Gerry Everett has achieved another milestone by completing 100 x county's.
- Club runner Paul Williamson's wife works for Rutherford Sports. We are advised
that the owner will stock items which club runners require. Suggestion
to Dave, or Paul. A discount, will be negotiated for club runners.
- The Club will in July, take Colchester High Street by storm. A Sea
of green of Woodland Pixies Fairies, Elves, Goblins + Pixeys will dominate
the Colchester Carnival. - Set for the last Saturday in July.

Bob White's Final Connection with the club has surpassed its
useful life. A Typewriter, which runs P+S., is looking for a new

- home. If anyone wants to see Dawn.
- Club Kit - old colours + styles is available at Half Price. Orders for new Kit are being taken by Dawn. £10 per item, cash up front please
- The last Essex League fixture at Southend is set for 13th February. The Club is well placed to take medals, the colour depends upon results. Consequently all available runners should make a conscious effort to take part.
- Adrian is to attend the Trackers Committee meeting & report back on the saga of the track. latest news is at best,
- The limited publicity received by the club in the Local Press has been far from satisfactory, especially bearing in mind the recent successes. We have been promised a better response by the East Anglian,
- Bob reminded the Juniors that X Country training continues this Saturday Sunday 10.30.

Meeting of 29 January 1993

- previous meetings minutes were read with no matters arising
- In the penultimate fixture of the Today's Runners X County series at Hylands Park Chelmsford, Joggers, returned to winning ways. With a strengthened squad of 28 Senior Men, they stormed the opposition, not only beating rivals Jaffa, but also winning the event. Our ladies also stepped up a gear, not to be left out, they also were victorious. This was the first time since 1986, that Joggers had actually won a fixture. The Senior men are no longer bottom of division 1 but our vets are holding up Division II
- Helen Clark finished 10th in the Essex School Cross County. In doing so she received the Club's 46th Essex Medal. Helen formed Part of the winning team, and is now the proud owner of a Gold Essex Medal.

Gerard Oxford returned to the club, now recovered from his fall.
Dave handed Gerard, £150, in form of a presentation Cheque. The Money was
used by Margaret + Jean from various social events.

Jean advised that the Barn Dance tickets are available at £6.00
head inclusive of Supper - 27/2/93

If any one has old Blankets or Towels, Jean + Roy would appreciate them
will be sent to the Netherlands for oil roping.

Dave advised that the Club will be staging a ^{the clubs contribution to} Mega Quiz,
and Handicap Run around the arena as part of the Arenas 10 Year
anniversary Celebrations -

John Blundell is making a large Toadstool for a float in this years
Carnival. Club Members will be required to dress up as Elves, Goblins + Piscops etc.
~~The Joke~~ The Event is set for the last Saturday in July; And ~~as~~ in true Dave
Wright Style there is no reason why the joggers should not win their category.

- Fast Track Sports have provided club vests within 2 days of the order.

Down ~~will~~ advised that the vests are priced £11, shorts £8.50, sweatshirts
£10 & Flannelette Tops £4.99 each. ~~in the first week of June~~

- T

- The Trophy Centre were very pleased to see Dave Wright, not
for the ~~the~~ new business he was bringing but, so they could return
a couple of Essex Medals, left by Dave 2 years ago. Dave Lucy
was finally reunited with his Medals at the meeting ~~as~~ albeit a little late.

- Dave welcomed the New Members present and requested
established Members to encourage participation in club and
social events.

- Adrian advised that the children's room on Friday night meetings had been taken over by the 5 a side footballers, mainly because the table tennis room had been left vacant. - Members Children must be encouraged to remain in the room & not play in the ~~big~~ reception area.

- Major Month replacement is a Lt Coln Holliday. Adrian will be writing to him to urge early attention regarding the Track.

A Triathlon Training weekend is available on 27-28 Feb - in Cambridge, Please see Adrian for more details.

- In preparation for the London Marathon, London Bridge Clinic is offering entrants a special health check for a mere £75.00; The Club Photo of London Marathon Runners to be taken tonight & will appear in the Hamilton Lodge Newsletter.

Meeting of 5th February 1993

- Previous Meetings Minutes were read with no matters arising

- In the absence of Paul Willis, Dave Wright announced the supreme success of our team in the North of the Thames X Country at Wing,

This event has been running since 1930. It is open to clubs from 5 Counties. Never before has the Solid Silver trophy been won by a Joggers club. Another first for CJC. The trophy displays the names of only a few well known established clubs.

Not only did our lads win the team of 12 Trophy, but were also 3rd in the team of 6 Event. This was another great team effort & names of individuals taking part can be found on the notice board.

With Major Honours in 3 Competitions, in successive weeks, it is obvious that interest among our club is running at an all time high - Success breeding Success. However credit must go to Paul Willis for his achievement in getting the team out on a regular basis.

Unfortunately the local rag appears to be loosing its way, as the publicity accredited to our success would not have filled a postage stamp. However we did make the National papers.

Dave advised that the club now intends to have those successes laid in tablets of stone in the form of a formal Honours Board.

James Wood is the new
x County Championships

Army Vets & Country Champion,

In the Army
Dean Marshall was placed 6th

overall.

Dean will be representing Cambridge, & Tim Bateman Suffolk in the forthcoming intercounties & County fixture. Tom Redman & Charlie Hoff will represent Essex in the intercounties schools & County & Tim Bateman Suffolk.

- Dave advised of the sad demise of former Member Roger Jaggard. Roger had been a well loved personality & a will be missed. A collection was made.

- Bobs Newsheet No 5 is out, well done Bob. If anyone has any ideas which they would like to air, ^{they may} use this forum. It is vital that your ~~depth~~ ^{suspects} of information keep flowing.

- Trophies for the winners of the Clubs Road Championships for 1992 have been promised to be available for Friday Week. This seasons Championships ^{are} upon the notice board. The First of these is the Redding Valley ~~Yr. 1992~~. Dave will ensure any club Member wishing to enter this event, be entered, if they see him tonight.

- Tickets for the Bonfire on 27th February are nearly sold so if you want to go please let Margaret or Jean know.

- Thanks to Dave Heather, John Wark + 2 others from Ipswich Town FC have confirmed that they are willing to attend a specially arranged meeting, (date to be confirmed tonight). to give a talk, and general advice on fixtures. (15th - 16th March ?)
- The club photo of Runners in the London Marathon, has been taken courtesy of Roy M
- Runner of the Month for January, went to Russell Goodridge, who has had an injury free & County season and has been performing extremely well. His inclusion in the 12 man team for the North of the Thames Capped it!
- The Committee has now been brought into equilibrium following the New Post of Triathlon Rep being established. Chris Holmes will be taking on this role, with Linda Game stepping into assist with the role of Womens Captain.
- Club Standard Awards were handed out for various runs. If anyone has not received an award which they feel due for then please see Chris Atchurst.
- The Women runners were requested to vote as whether or not they were in agreement with extending the Distance run in the Essex League from 3 to 5 miles. Linda has taken this forward. We also intend to suggest that both men's + women's championships be on the same day at the same venue.
- At long last the Garrison has replied to the Club, regarding the Track. New Plan. Lt Col. Bryan Davenport, basically gave no new information.

Dates for Your Diary. - Essex Road Relays - 6/ March - Names Entered on N.B.
County Track + Field Championships - 25/ April
Essex League 10 mile Walk @ Harlow 28/ Feb.
Essex Marathon @ Harlow 3/ October.

Bruce Longdon National Coach will be giving a Seminar
on 21 April at 7.30 - 9.30 pm @ Brentwood -
on lessons learned from the 1992 Olympics - Free of charge.

A Training Weekend for Young Athletes has been arranged for Sat 27 March -
you see Bob who has more details.

The Club intends to enter a team in the Essex Try of War Champion
Ships on the 11 July 93.

Finally - Lorraine has Arena Membership Cards at last, please see her
you have not received yours yet.

Meeting of 12 February.

- No matters arose from previous meeting.
- Outstanding results by Tim Barton & Dean Marshall were achieved
in the inter counties & County ^{County}. Tim placed 88th in the Youths, was not only
first Suffolk Boy home, but also would have been 1st Essex. Tim's achievements,
during the last few months have ranged from nothing less than brilliant to
dramatic & unbelievable.

Dean Marshall, was placed 195th in his event which had the best
runners in the County competing. It needs to be put into perspective. Because
less than 2 mins separated the first 200 Runners. Dean had, ~~no less than~~ 19
Runners ahead of him and the time gap was 3 secs. Dean beat many of the
well known local athletes, such as Elyn Thomas, Nigel Kirby.

- In the Ultimate & County at Hadleigh, Dean consider his
achievements by coming 2nd. Us lesser mortals should not be
wary of blaming bad performances on previous day runs.

- In all we had 49 runners out at Hadleigh and some good performances were seen with John Hart finishing 60th. + Paul Williamson making the strong team. I & Martin Bishop failed to finish, along with many others.
- Again our ladies out performed the men by not only winning the event but also the series. - It was pleasing to see Donna return to running after a spell of illness.
- On the Day Jaffa felt they had a fair chance + took victory in the event, + The Series overall. No doubt they will get overwhelming publicity over four pages in the Today Runner Magazine.

Pool A Saw joggers lifted to Third Spot, + Pool B, joggers Vch. were still holding strong.

- On the Saturday a weakened team of Walkers, with Hawks Dave + Walsh missing + attempted an outside event @ Crystal Palace. The Garnet Trophy was up for grabs. We had a realistic chance of winning it, as previous winners, + internationalists could not take part. However, our team just missed out by 3 points. The 10 lap, 10 mile event, ~~in which~~ was won by league rivals Southern, for 2nd year running.

Meanwhile Kenny, Dave, + Sonia took part in the staging of the Butterfly, a $1\frac{1}{2}$ mile x country event, with Dave Lacy finishing in 2nd place while Sonia was a little slower.

- The Today Runner x Country Season, Averaged 48 Runners per race.

Dave has promised Trophy for the Handicapped Winners, Don, Russell, Melvyn Davies, Duncan Roberts, Joe Moore + Scott Gibbons will each one, along with Bridget + big brother.

Runner of the series goes to Linda Gammon.

The 1993, Road Running Championships commences with the Roding Valley Marathon this ~~Saturday~~ Sunday

The Stratford St Mary Run is now on and the Date is fixed for July 9th.

Will all ladies please express their preference of distance run in the + County Championships.. details are on the Notice Board.

A Novel New event has been brought to the clubs attention.

This is the Annual Dynes Hall Horsebox Horse trials, for only foot & no horse. With a Rosette + a lump of sugar, as the potential Prize many loggers are expected to take part. Cost £2 per head. Set for 28th March - Please See Dave Wright. This event does close with the next Green legge Walks.

Geff. attended the funeral of Roger Jagger. Flowers were sent on behalf of loggers.

Dave + Dawn are to meet with the Manager of ButterEnd Sport & Softout Biscuit Co.

Dave Lewis has been in town from Nottingham. He hopes to start up interest in Pace Walking. He is ~~the~~ the only person carrying out the sport it seems + officials advise him that no one for 33 years has represented the county.

- A Meeting with John Wark of Ipswich Town is to be arranged for either 15/16 March, date to be confirmed.

- A Football match has been arranged against Lorraine Wark on evening of 17 March. Please let Kenny know if you wish to play.

- A Committee Meeting is set for Tues 23 March, if any Member has any burning issues that they wish to air, please see any Committee Member.

- Track Update, lines are hoped to be laid towards the end of March weather permitting
- Details of triathlons & Duathlons have been recd, all information is available from Chris Holmes.

Meeting 19 February 93.

- No Matters arose from previous minute.
- In the last of the Essex League & County fixtures @ Southend, CSC produced yet another fine performance, finishing 3rd on the day a mere point adrift from league leaders Chelmsford. However we consolidated our position in the league & secured the Silver Medals. In the ladies event, Foggers came up with the goods & forced off Havering AC out of contention. Our ladies have ended up with Bronze Medal Position.
- Our sole representative in the Youth race was Tim Bartman, humiliate the opposition, with an easy victory. Tim Talents will be tested again in the Anglian School event shortly.
- Dean Marshall eligible to score for the foggers for the first time finished 3rd, Richard Gaine 9th, Clotkey followed by the rest of the scoring team. The ladies team headed by Bridget King 13th, Sue Nicde 20th, got a head of Cathy Bishop and Jane London to complete the Scoring team.
- Individual awards for the Essex League were won by a Jet, with Maria 1st lady, Cathy 2nd lady & eve in 3rd by Clodmore 3rd lady over all. ~~Steve~~ Eric Relish Dan Lacy received a plaque for 3rd ^{Vet} man.

all likely hood Roger Hawks has competed in his last & Country fixture for the club, unless he can be persuaded to attend with appearance Money. However, all is not lost, as Dave, + Paul Willis have been very behind the ~~see~~ seasons and have come up with replacements such as Alan Munnell, Pete West, + Mike West, & if all goes well, the rest of Colchester Aces running squad.

Dave is hoping to use his renowned powers of Negotiation to secure a ban free transfer, although much depends upon Col Athletica School.

With recognition that our club is now one of the best in Essex, officials from the Southern ATHS have suggested the CJC, could easily hold its own, in the Southern & Country League. Your views on whether or not the club should enter this league are appreciated.

Thurrock A.C., suitably impressed by the club's rise in the standings has accepted a challenge, of a 5km track race, date to be arranged towards end of April. A coach will be laid on & 2nd classmen will be allowed to run.

- John Hedgebotham myself + ^{laking Part in} Twins, ventured down to Boxley Heath ^{for} 10km & ^{2½} Walks. The boys were well placed in the 2½ km walk, coming 3rd + 4th. Walkers in the sun were upto 5 years their senior.
- I Achieved a PB for the Distance of 53.31.
- A New fixture list is to be available shortly, thanks to Gerry Barrett. It is worth noting that the popular Sir Chinnery race on Tuesday evenings with feature on a regular basis.
- Those Members who are taking part in the Gymnastics on the 6th March should let Chris Hobbs know your entry fee of £2.40 each.

- Gerard received his finishing medal for completing the Hadley race 10. The horse brace was not handed out at the event.
- A Bottle of Wine, was won by Battling Bob Kimber, for the Today Runner League & County, This was a private league between the clubs better runner, Dave Heaton, + Dennis Taylors
- Prizes for the raffle for the Barn Dance on Saturday are required.
- Do not forget to bring your own drink, + Ketchup if required for the chicken + chips supper.
Now provided along with Salt + Vinegar
- Dates, to be remembered off of one

6. March, Even Road Relays

16. March - Visit by John Walk, Craig Corrent + one other.

- Finally, George Bennington felt that the fare trip ^{by Deneback} he took in the 1st Mar Middle, was not as he had expected, he felt that the cost of the food on board the ferry, was excessive.

Meeting of 26 February 1993.

- Minutes of previous meeting were read, with one alteration being made.
- Our ladies started the road running season with style. The first of the club's champion ship fixtures at Roding Valley which coupled as the Essex half Marathon Championships. See Beth Bridget, + Liz achieve Manne PBs. Bridget by 8 mins + Liz by 6 mins. Liz's time of 1.35 mins that she has benefited from her Marathon Training. Bridget also they picked up the team Gold medals in the Championships event, + Manne also received an individual silver for the vets category.

The weather conditions on the day were not at all favourable. Many of the top runners times were down. Roger, felt that the organisation at the start, had not improved, as many runners were able to join the race after the start. A letter from our club will be sent to Harold Williams stating our observations.

Mick Self, took the scalps of Geoff Gibbons, & Roger Steve Gammie, had good runs. Gerard found the hilly course, a touch on the tough side.

Nicky Everett, our sole representative in the women's National section was 25th.

Tim Bartnum was 3rd in the Anglian School & County at Long Lym.

Richard Gaine gained a new club record of 25.09 the very hilly class Hillingdon 5. Richard despite this magnificent time was place 35th. It is understood that the top lady runners were passing the times of Paul Willis after the ~~first~~ first mile @ 4.57. The race was won in a time of 23.18.

- In the Bury 20 Paul Bennett achieved a time of 2.09. 9. minutes ahead of Alan Banard, although Pete Thomas had a time of the Dave Wright, opting for the comfort of the Ambulance. John Blundell completed the race in 2.59.
- Minutes of the Committee Meeting can be found on the notice Board. Your comments are welcomed.
- Admin; when attending the Track Users Meeting this week will attempt to secure an additional night, perhaps a Tuesday or a joint night with Col' Athletic.

- Roy Bennington is to be asked to provide the Music for a 50/60's night, at the arena on August the 7th. This will be a fun evening, & every attendee will be required to wear a hat of sorts.
- For the Benefit of Bob Cathcart + Dawn, a beetle Drive evening will be arranged some time in the future.
- Gerry + Nicky have produced yet another fine fixture list.
+ This is very comprehensive, + is next after, by other local clubs
- Monday 15th March is a definite date for the talk by Ipswich Town footballers. It will be a question + answer session only. Commencing at 7.30 pm. a Charge of £1 per adult + 50p for children. Proceeds to Hamilton Lodge
- If any wos has ordered a 40" Mesh Vest from Dawn, will they please claim up!
- Dave confirmed that Pete West + C from Col AC have now resigned to the joggers - & resigned from AC. The ban to be imposed will be re-applied.
- It was suggested that Members May want to take advantage of some personal insurance for club members, arranged for Black membership, - details will be put on the notice board + a vote made in 2-3 weeks time. If the club agrees, then, membership will be increased by between 50p - £1.00p - to cover the costs.
- Details of the clubs Income + Expenditure for the last month can be seen upon request.
- Will all Members let, know, know if you qualify for Essex Championships, by virtue of Birth or Residence in Essex for you to be able

Dates to remember - 3rd April
Plumathon - 3 teams Entered.
— Cheese + wine Evening.

15 - 16 May - Essex Track & Field
Championships - See Paul Willis
who has the program of events.

Minutes of Meeting 5th March.

Matters arising Nil.

Although nothing was won in the last week as far as runs were concerned, our Walkers clinched Essex Bronze Medals for 10 mile walk at Ilford. It was the first time Mabon + Glen had the honour of Essex Medals. The team consists of R Hawk, Steve King, Mabon + Glen ^{Robertson}. Our B team were 4th, on a very cold Wintery Day. Donna our sole lady representative walked extremely well, & just missed out on an individual medal.

CJC, with just 3 races gone are placed 3rd overall in the League, with 9 races to go.

— Best Newcomer award for the 1992 Season was finally handed to Steve King.

— In the Mens National, a few joggers braved the 9 mile course at Parliament Hills, Paul Barnett was 1605, followed by Chris Atchurst 2023 + Garry Everett 2044.

— New Members, Pete West 202, Brother Mike 530.

8 with

- What must be most runners dream, was achieved by Adam Munro, as he out sprinted Steve Cram in the National 8m race, finishing an incredible 53rd.
- It was pleasing to see so many new faces, at the meeting, including those from AC, + Lynn Higgs, recently posted in by the Army.
- Members were reminded to welcome these runners in the usual CJC way.
- Thanks to Margaret Williams + Jean ^{Moore}, our social secretaries, the Bon Dance proved to be a great success. Over 100 attended, on what was a gloriously night weather wise.

The Next Social event is planned for The 3rd of April when + Chess + Wine Evening is planned.

- Applications to change track claim clubs will be looked at by the AAAs Committee on 7th April. This is especially relevant to those members of AC, who are planning a move over to CJC, + have not yet take the step. Once The Committee have met, then, all will know of the Ban to be imposed.
- At The track users Meeting, Adnan, has secured the use of the track, on a Tuesday nights in addition to Thursdays. This has been booked till end of year with an option to cancel, should it not take off.
New Member Lynn Higgs, is the Army Athlete track representative + hopefully she will be able help our ~~good cause~~ cause.
Roland Hill from the Borough is unhappy with the delays with the track + is to liaise with the Contractors re rigging up + protective cover, to speed up the laying of the lines.
- The Box Ford Triathlon has been postponed until later in the year, along with the Clacton 10k Run.

Committee Members were ^{reminded} requested to sign for their vote on for
Committee of the Athletic Federation.

Adrian advised that he has had tentative talks with
the World, to see what they could offer the club. A deal
may be in the offering, but, before anything further is announced,
the Committee, will discuss his findings. Nothing is proposed
present; & in any case, nothing is anticipated to affect the
club, before November, when our Area Membership is up for renewal.

John Hart, has settled well into the club, by virtually
attending every function. He has been rewarded with running the
month for February.

With the publicity for the Colchester Half Marathon currently
within the local press, it was suggested that, we approach
John Hedgerton; with a view to also promoting our own
Premier 5 + 10 mile. - Dave is taking this forward.

2nd claim ^{Sillett} name Paul Sillett & his wife Jane are now
the proud parents of a baby boy. - ?

With regards on Club participation of relay events
there are 3 for your Diary

March 13th @ Clunyton

March 27th @ Thames Valley

April 2nd also @ Thames Valley for Vets

Please let Paul Willis know if you wish to participate!

Meeting 12 March 1993

- Matters arising from previous minutes - Wil.
- Saturdays Essex Road Relays Championships saw Joggers secure 3 more Essex Medals. with our ladies' 'A' Team of Nicky, Moira + Bridget, securing Bronze Medals. It was an exciting spectacle to watch with, Bridget holding off Ilford Park Duncans in the final. The B team were 8th, + C team 11th.
- In the Mens event, Joggers team were up against the very best in Essex. A mere 55 seconds separated our A team from a medal position. On the Day the A team finished 6th. However with the benefit of a Dave Wright Post Mortem, it has been proven that with the hindsight of team changes, Joggers would have come 3rd. As Jim Wood, lead off runner for the B team, surpassed the selectors expectations, finishing a head of Paul Sparrowe. Jim was 2nd fastest Vet overall, 1 place ahead of Tony Nixon.
- The Course distance is not precisely known although ranges between 3 1/4 - 3 1/2 miles. It is likely that in future the ladies may be required to run the same course.
- In the English Schools & Country - Tim Bartman was 180th despite a fall early on. Tom Lidman finished 252nd.
- Bob's Juniors, took part in the Young Athletes & Country fixture @ Hertford, finishing 9th team out of 14.
- Tony Seckins won the Border 1/2 Marathon. Melon Dave was 2nd in the Fun Run. + Ian Akelhurst was 3d under 11. Both Jerry Everett + Martin Longhurst completed the Marathon Distance + Gerald Oxford, tackled the hilly course, in 1:33.
- Final positions for individuals in the Essex League & Country, are available on the Notice Board.

Notable performances were by:

Pete West 1st
Richard Evans 4th
Paul McHugh 6th
Colin Dunn 8th
Mike Nash 9th

In the Vets, Doug Long 3rd
+ Graham Clark 6th.

Tim Bartman was 180th the Youth

Bridget + Nicky were 8th + 9th respectively. —

our Vet ladies had a clean sweep, with Moira, Cathy & Liz taking the 1st 3
places.

The Track has at long last been painted, although it is still not known when
it will reopen.

Upme, Surprise! Lonsdale Jaffa Won the Today Runner League Final
the 3rd successive year, Tiptree were 14th. A letter of congratulations
will be sent.

Results from the Subvention will not be available for a few weeks. Although our
boys are expected to have done well.

Part of the Arena 10 year Celebrations, a free Disco is open to all Members
from 9pm - 1am on 2nd April. A limited No of tickets have been needed for
celebration Meal. Roger + Geoff are to be given ^{each} one + the remaining 4
to be distributed ^{between} the Committee members.

Cheese + wine tickets are available for Saturday 3rd April
at £4, includes Supper + a glass of wine. Please see Jean or Margaret.

Dawn has fluorescent tops for sale @ £4.25 each.

- Following a meeting of CJC's Members, it has been agreed that
AC have ^{now} resigned for Road Running, + The relevant Governing bodies
advised. This effectively means that once approval has been received
from the Southern AAAs + Essex AAAs, Then those Runners from AC who
have joined the joggers as fully fledged Members, may run on behalf
of CJC.

A meeting with AC, is planned to discuss the implications this has
as the back + start training sessions etc.

- The Club will tragic vote whether or not to take up

The offer of BAF Personal Insurance, which if taken on board will mean a modest increase in a subscription.

- Bob Cathcart & Dave Heather are seeking further participants to join them in the Dynes Hall, Horseshoe Horse Trials.
- Various Awards, were handed out. - If you are still waiting for away, then please let Chris Akelhurst know.
- It has become necessary to remind all Members that the Friday Night Meeting fees are \$op per Person. Your Integrity is not doubted but Shortfalls have featured on a regular basis. So please remember to Pay as you enter.
- Dave, Confirmed that The Tuesday Night sessions at Wilson Marriage Centre ~~are~~ Continue, whilst it is self financing & the Members will have the choice of two venues, once the Track reopens.
- The coach for this weekend Rutland 16th, is set to leave at 730am.
- + ~~Members are required to book for the London Coach.~~
The London Coach list is up on the Notice Board - first Come First Served.
MUGS -

Meeting of 19th March.

Matters arising - Nil.

An other historic day was seen last Saturday at the Essex 20 mile Championships. In all 18 joggers took part, all finishing with good times. Another 5 Essex Medals were won, with Peter West, running in Green for the first time, not only beating the rest of the field by a clear 2 mins but in time of 1.49.44 smashing the old club record. Dave Lucy again produced the goods, coming 7th overall & 3rd Vet, picking up the Bronze Medal at the bargain. Our ladies team were not to be left out they also ran extremely well, finishing in the Gold medal positions. Both Bridget + Liz Cudmore broke the old club records for the Senior + Vet ladies. Donna's run also came close to the previous records, signifying her return to form.

John Blundell, did not fancy the Essex 20, but instead settled for the Wyndham 20, finishing in 2.52.

Colin Throckmorton, having pulled out of the 20 on the Saturday picked up the pieces by finishing the Brentwood half on the Sunday.

- On the track, both Nicola Everett + Denise Morely took part in the Hatfield Winter Warm up. Nicola won the 1200 meters in 3.54 + Denise ran in the 600m.

- Despite the lanes being marked on the track, delays are still evident, and the Garrison Agitator feels that we may be up + running again possibly within the next 2 weeks.

He has also advised that steps are being taken to

ensure the club may use the Garrison Pool early on the Afternoon
on the Day of the Club's Triathlon.

- It has come to our notice that the club may have been
paying VAT on the hire of the track, ~~tennis court~~ when we need not
have. Action to be looked into a rebate for the last 6 years.

- New Member Lianne Noble has produced a
professionally presented, Club Championships chart, and hopes to
keep it updated on a regular basis.

- New Walking + Track Records are currently being
produced & will be displayed on the notice board shortly.

Dave has promised to hand out the trophies for the Today's
runner league Handicaps tonight -?

- Although Colchester AC has now put a letter into
the Southern AAAs, regarding resignation from Road, it is
unclear whether our new runners will be able to run in
the 12 Stage relay. Dave has been in touch with the relevant
bodies, to urge prompt action. A letter from Richard Shneene
of AC, wanted to those runners from AC to confirm whether
their resignations had been affected by AC's decision to quit
from Road, & if their individual positions had altered, they
may should let him know.

- Dave sought Members views regarding a
forth coming meeting of the Today's Runner league clubs.

- Thame Harriers are also having their track relaid.
They have postponed our SK Challenge until April 21st
2 races are planned. 'B' + ladies & 'A' - Good liaison

A Proposal for the Committee to discuss the merits
of the Club taking forward BAF Personal Insurance
was agreed by a clear Majority - with 50+ Members
present. There were 5 against the motion + 2 abstentions.
A Second Vote, was that the Committee should discuss
the option of Wide Cover, which is the more costly of the
two options.

Members were reminded about the Arena Celebration
the free discs on the 2nd of April -
As the arena only gave the club 6 tickets to a celebration
each. It was advised, that Dave, Roger + Geoff,
who have had most contact with the arena on behalf of
the club, will get one ticket ^{each}, & the remaining 3, given
to those founder members still or members who have been
in the club the longest.

The Arena Netball Club, as part of the celebrations is
holding a mixed Netball rally on Monday 12th April Easter
Monday.

- Members were reminded about our next Social
function - the Cheese + wine evening on April 3rd
Bank Holiday.

- Bob Cattell still requires information to his regular
Newspaper.

- Anyone willing to enter the Great North Run + wants an
application form should see George Bennington who has
had a communication from the Newcastle Chronicle.

- Dan advised that National Coach Bruce Langdon has been noting the Club's good results, and is happy to make a further visit to the Club on a Track night, date to be confirmed.
- Melvyn Smith suggested that it may be beneficial for the Club to have an additional Committee Member whose role would be to look into the rules & ensure that the club stay white & then white. A Non runner would be most suitable. Dave advised that his proposal would be discussed at the next Committee Meeting.

Meeting 26 March.

- No matters arose from previous minutes.
- The Club's ball of success continues to roll forward picking up new prizes & trophies along the way. This week at Portland, Bridget was 3rd lady in the 16½ mile event, in 1:58:01, Cathy and Liz Cudmore ~~soon~~ finished off the Scoring team, with Donna just missing out. They were placed 1st team, & with the exception of Cathy, all three had run in the previous weeks Essex 20.

Dave Lucy took 1st Vet + 5th Man in 1:33:34.
Gerard was 1st wheel chair mowing the opposition out of sight, finishing a clear hour & half ahead of 2nd + 3rd Men.

The rest of the Club runners achieved good time some with PBs. Paul, Robert, Mark.

In the shorter fun run, our boys ran in the 3½ mile event, Lianne Noble had her first competitive run and finished the course, in a good time. However, Paul Willis will have you believe that he was helping Gerard look round the short course, when he finished in just over the hour.

In the Eastbourne 10K, Jo Bennett was 3rd + hubby Ben, achieved a PB by 2 mins.

Jim Clark, foobed the handicaper, ^{& took} at the Felixstowe mini Series, with ease.

Chris Akehurst took part in the York half marathon, Carl Dunn + Kev Newnham, ran in the Fleet half. Carl did 72 min + Kev 74.40.

A team of Walkers took the 3rd prize in the Blackheath 9K handicap. John Hedges, Marion Dunn + Sonia formed the team.

Gernard's 1/2 Marathon in Portsmouth, was not mentioned last week, he, competed against 150 chaps, + finished 33rd.

Dave Lucy rec'd his Essex Bronze medal for the Essex 20. The trophies for the Today Runner League were handed to the respective winners.

In the Meeting of the Today Runner clubs, it was agreed that the 1992 / 1993 Season went well. A proposal by Tiptree to oust, the Dogger + Jaffa Vets from the B Pool, was quashed by vote 9-1.

- The Track is likely to be open within the next week more details to nights

- Application forms for the Club Triathlon are now available. - Entry is restricted, 9.50 per person, with £2 off for BTA Registered people.

- Committee Members are reminded of the next meeting on 6th April, if any Member wants any subject raised please see any Committee Member before this date.

- Any runner who took part in either the 6mn road Relays + Event 20.; who has not yet paid their \$20s should do so tonight please. give money to Pat Beards.
- Dont forget the Arena Celebration tonight, free Disco for all after the runs.
- ~~Thursdays~~ We have been advised that the Colchester leisure centre have started up a new jogging for beginners club. It is not anticipated that them venture will affect the Club, but may in the future prove to be a useful stepping stone for any future CJC Members.
- In the Gazette, John Hyland of AC has written in urging all runners to unite under one roof.
- Richard Gaine has been refused from entering in the Southern AAAC track championships, because CJC are not affiliated to the track. This issue will no doubt be discussed at our next Committee meeting.
- Dawn has long sleeved T shirts for sale priced £8.50, includes printing.
- The Club have entered at least 4 teams in the Ipswich Jatta Etched Marathon. Please let Dave or Paul know if you wish to run.
- The Subs for last Friday's meeting was donated to the Sponsors Society As A few joggers were taking part in the Dynes Hall Horseless Horse Trials -.
- Marion Dane has followed in Pete Thomas footsteps he has forsaken running + walking for a part in a play called LYSISTRATA. - Members were welcome to go along.

for you diary :-

21st April : Wednesday evening 5Km track
challenge @ Thurne.

9th May Tour de Tendring for cyclists.

15-16th May Essex County Track Championships

26th May - Wednesday evening, Braintree

Relay Dash, for teams of 4 - 3 ^{Men} + 1 ^{Ladies} /
lady.

Minutes of 2nd April.

In the Suffolk 10 mile, 3 Club records were broken.

Jenny Higgs, 2nd on the day did 63:40, Adron Munsell also Second on the
day did 52:29, & Jim Wood 5th overall, ^{1st Vet} 53:30.

The West also achieved a top 10 position.

Gerrard achieved a PB for the Distance.

Maria was 2nd Vet in the National Police & Country Championships.

Malon Dane improved his best time for the Reading half, Colin Thackwell,
Chris Akelhurst, also took part.

The Clubs Essex Medal Collection increased by one with Dominic King
picking up a Bronze for the Essex Schools 3km, ^{Walking} Championships.

- A New event in the diary of C.Jc, saw a group of joggers
attempt the Dynes Hall Horseless Horse trials. The First Report
went to Geoffrey, for ~~not~~ refusing to get out of bed in the morning. The event
proved to be a great success.

- The Part of the Essex League Walks saw joggers team hold on to

3rd position overall. The 10km track event saw Herts lead reduced by Southern. It is hoped that a jogger team which completes the forthcoming 50km walk would ^{walk} well close the gap considerably. Kenny ~~has~~ has arranged for the National Pace Walking Coach to give the club a training session on 21 November.

- Dave Lewis along with past Member Bernie Ford are spreading the message of Colchester Joggers to Newark AC.
- Roger Hanks who left Colchester for Pasture Newe will no doubt do the same in Norfolk. The committee will among other issues discuss making Roger a life Member of CJC.
- Despite the efforts of Dave & Paul, ^{some of} our new runners have been disallowed from running in the Southern 12 Stage Relay. However we understand that the bans will be lifted following the meeting of the AAA Committee on Wednesday 7 April.
- Any Member wishing to take part in a Quiz Night, put on by the Arena should let Dave know. The club hopes to provide 2 teams of 4.
- Linda is looking to make up a mixed Netball team for Bank Holiday Monday. If you want to participate please let her know.
- Members were reminded about the Eddenden Marathon on Sunday, + John Blundells, run on the Monday.
- The Army v the Borough Meeting is set for 16 June. Our Club have been invited by the Borough to attend a meeting to discuss the Borough team.

Minutes of 9th April.

Joggers team in the Southern 12 Stage relays at Thrunderuk were 34th team out of 57th. The 48 miles total distance was completed in 4 hours 6 min + 38 secs. Richard Gaine achieved a new club record for his 5th leg of 504, which was a little longer than 5 miles. Tim Bartman was not at all hampered by the opposition he had to run against. In fact the whole team performance was good. Full details of individual times is upon the notice board.

likes of Martin Longhurst, John Blundell + Dave Lacey attempted Mendip Way 40 mile. Dave Lacey was well placed in the event, which felt was a little short.

In the track @ Northgate Stadium, Nicola did the 400m in 64 secs, Envi Morley did the 200 + 400, in 27.1 + 60.4 secs. Adrian Murrett Blasted round the 1500 m in 40.5.

Meanwhile a few of the other joggers flew the flag at the Bangay 1½ with Mabon Dane, Lance Williams + John Hart all doing well.

The Sudbury 7, saw success for New members of the club.

Kelt Bunting won the event in 36.07, + Lynn Higgs was first lady in 36.07^{42.00}. Jim Clark, took part + beat Mario who achieved in 27th DNF..

- 3 Even Gold Medals for the Essex 20 ladies team event have been recd + were handed out to Donna, Liz + Bridget.

- The Southern AAAs, Meeting, in which the bars to be imposed upon our new runners from AC was to be decided, did not go our way. It was left in the balance with no decision being made effectively placing these runners in limbo, at least until the next meeting in a few weeks time.

Members who intend running in the Colchester Half, should let Dave know this week, as a photo call is planned. It is hoped that some free publicity may be obtained towards the promotion of the Club's Premier 5 + 10.

- The London Coast is set to leave at 6:45 AM, to ensure that Gerrard gets there in time for his compulsory Drug Test.
- A reporter from the East Anglian Daily Times will be reporting upon the successes of our club runners + will take photos at the finishing line.
- Dave Lacey from home sponsored the New style Hamilton Lodge Newsletter.
- The Committee discussed the problem of dealing with total Non Runners who wish to join the club + require guidance + patience by other club runners. Dave Simpson, Roy Moore + John ^{have} have all volunteered to assist on Thursday + Friday with these people. It was essential that some commitment by the club be obtained as the club felt that in the past some disservice had been given.
- By all account the Cheese + Wine Social Evening was a good success. - Thanks were given to all involved.
- In the Dramathon Tiptree once again beat us but, our Juniors ^{did 762} were much closer to the Seniors who did 798 runs in the hour.

Minutes of 16 April

Joggers A team were placed 3rd in the Ipswich Jaffa Ekiden.
our B team were 6th overall, but took the prize for 1st B team.
our ladies were forced into 2nd spot, due to a special effort of Sally Eastall for Bury Pacers.

46 Joggers took part in John Blundells 6.
John Carter, was 1st m., Linda Gaine 1st lady. Simon Bartram won the Junior event & Jamie Turner was 1st girl.

Adrian Mursell was 8th in the Victoria Park 5. in 24.32.

9. Essex + Southern Medals were won by our Walking Squad in the Grueling 50Km, 31 mile Walk. The 20 lap course around an Industrial estate in which a Burger Van was not as boring as one would think, as a Burger Van had parked alongside the course and proved a temptation to all competitors. Only Sonia succumbed to temptation & stopped for a long & unauthorized refreshment stop, only to be disqualified from the race after having walked 20 miles.

Mabon Dame was 8th, and 4th Essex Walker, in 5 hr. 36. Glen Robertson & Ken Walsh, from the Strong team, & took Silver Essex Medals, + Bronze Southern Medals. The Bronze Essex Medals were won by Duncan Robertson, Steve Kuij, + Mick Self. During the event an over 50's World Record, was won by a guest Spanish lady, in 5 hrs. 37 minutes.

A photo of CJC Participants in the Waltham Halls will be taken this week. Joggers have been asked to man a baggage tent, as well as the finishing funnel at the Waltham H.

Preparations for our own 5 + 10 mile run are going well.

- Ipswich Jaffa have produced a comprehensive list of standards for all age groups. Dave Wright, suggested that the club should adopt these standards. He will discuss the possibilities with Chris Akehurst.
- Chris who has taken over the Handicap Series, since Rogers departure, has announced, a few changes. It is to be renamed the "Clean Handicap" each runners handicap will be based upon results over the past 2 years.
- Btne Ac. have offered our athletes to join them as 2nd claimers so that they may run + train on the track if they so wish.
- Martyn Longhurst is to organise a team in the 17 stage Road Relay around Norfolk over the weekend of the 18/19 Sept. The 195 mile course is to be split between legs of 6 - 20 miles.
- A sub committee is being formed to sort out and find an acceptable solution to problems we have recently had following the meeting of the Southern AAAs, + the ~~AAAs~~ way their decisions have affected our new runners.
The club has written to the chairman of the British AAAs.

Meeting of 23 April -

- The London Marathon provided the club with 2 New Club records. Dave Lucy 4th Vet over 45, just missed out on prize money by less than £10000- his time 2:33:20, Liz Culmore smashed the Ladys Vet record, reducing it to 3:27.
- Good runs were had by all CJC runners, details on the Notice Board TV coverage was limited to a few, Lance had more than his fair share + David improved his pb to 306, largely due to the expert pacing of the front runners, like sauna night around city Sack.

In the first of the 5K track challenges versus Thurneck, a brother

4 records were broken.

Richard Gaines led from the front in 15.22, followed home by Carl Dunn in 15.40.

Lynn Higgs finished in 18.17, Joe Norris 18.22, + Maria Ainsley in 19.31., with the exception of Carl, all 4 broke their respective club records for their category.

In all, 19 joggers turned out, + were well rec'd. A rematch is planned for August / Sept. Overall, Thurneux, pushed the joggers to 2nd spot.

Pete Thomas has details of a Ramble / Walk from Coggeshall on 8th May.

John Blundells Bowls night @ Walton is set for 5th June.

The Tuesday Shri Chinnay series ^{starts} on May 4th. This series part of the junior joggers' championship.

The AAAs committee are to have another meeting to discuss the situation regarding our runners from Ac. This follows, much behind the ~~recent~~ ^{recent} work by the committee, resulting in a communication with the secretary of the England AAAs. (Derrick Johnson).

In all likelihood, Ben Brooks will be voted on to the Southern AAAs, as representation of club runners.

- The British Athlete Association are to have Seminars in Croydon + Peterboro - details from Adrian if you wish to attend on.

- The Anglian Fun Run is on 9th May from Danbury.

- The Mersea Round the Island run is 16th May.

Jo Bennett + Maria Ainsley were given the trophy for the fastest legs in the Ipswich Taffa 5k.

- New fact: - Dave Lucy appears to be the 1st jogger to appear on Cefox.
- New Club record of 92 joggers attended last weeks Friday Night Meeting.
- A few Handicaps, start tonight.
- The Meeting fees for Friday is £5.00 per family.
- Bob Cattman is still in need of info for the Bulletins.
- The Tuesday + Thursday night track sessions have taken off well.
- Runner of the Month for March, went to Bridget Knij for her Blistering leg in the Essex Road Relays taking the ladies from 6th to 3rd. on the last leg. + thus securing Essex team Bronze.
- Our Previews 5+10, is on Sunday. How many of you have yet to enter. - Remember T Shirts for first 100 finishers.

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### Minutes of Meeting 23rd April 93

- Tony Seakins was 2nd Vet + 2nd overall in the Stowmarket 10K.
- Don Brook & Moira took part in the Upminster 5K, with Moira breaking the course record in 19.28.
- Alan Barnard has now confirmed his own finishing time for the London, in 2.59.59.
- Thanks to Ken Walsh, for getting our Walkers out his efforts have certainly paid off with many recent successes. The last of the long walks, the 20 Mile, Essex League + Champs Meet, was held at Southend, over and 8 lap course. In all 8 joggers took part, in a field where 22 finished.

Steve King + Mabon Done, completed the course together, in a club record of 3 hours 15.07. & were placed 6+7<sup>th</sup>, respectively. Robertson completed the Scunney team, which, on count back, was enough to defeat the opposition, with joggers for the first two winning Gold Medals.; we also, won the Bronze Medals, Ken Walsh, Duncan Robertson + John Hart.

This was not enough, the team went better still, by winning the Mersey trophy, which is yet to be decided, & also, our team is Southern out of 2nd spot in the League overall.

Individually, Steve King was asked to represent, the Eastern Counties in inter Area Matches, at Hornsey in the 3Kai Walk.

Results of the 3K Walk Handicap, were not available, although Woodhead, won, on Thursday night.

Roger Hanks + Graham Clark, took Part in the Great Yarmouth 5, but that neither had PBs. Must be put down the wind resistance, holding hands. Roger is to be made a life Member of the club, & a presentation Certificate had been prepared, + will be sent. Shortly.

Clem's daughter, will attend the next, Friday night, handicap session to hand out medals to the winners.

The London Marathon 'sponsor ship' saw joggers raise, over £2000 between them, with Liz £500, Alan Barnes £1000, Linda Gantham £450.

Pete West has been picked to represent BAAK in the 20 mile event, Dave Lucy will be reserve.

On Saturday May 8th, there is a raffle of £1 Approx 10m.

from Coggeshall Public Car Park @ 10:30 am. See Pete Thomas for more information.

- The junior jogger champion ship series, kicks off, with the start of the Shire Chimney race.
- Lynn Higgs, is hoping to organise a warm weather training group, at Club le Santa for ~~Women only~~ <sup>Open to all</sup>. hopefully in Sept. See Lynn if you are interested.
- The club will be having a team in the round Norfolk relay 18/19 Sept. £4.70 per individual, running.
- The 1st Admins Committee are going to meet again to discuss the plight of CSC runners.  
The South of England AAs are looking for nominations for Club representatives to sit on the committee. Adrian will be looking into this.
- Don will report back, from the South of England AA AGM which he is due to attend.
- The Club Duathlon <sup>series</sup> starts on Wed 12<sup>th</sup> May @ 6:30pm with the first race.

Joe thanked the club members who had supported his school in fund raising, + those swimmers who had swum, in the sponsored event.

Finally. Next Friday, a presentation will be made by a few members, to discuss, 'Planning for the future of the club'. Your input, will be most welcome.

As there had been little support <sup>for</sup> of the joggers by the local press, Evening Gazette + Standard, during recent months, it had been proposed by the floor that we take action, + remove our support from the Colchester Half Marathon. a full, + frank discussion took place, & it was agreed that, this situation would be discussed again to night.

Paul, Willis, "Don Book", + Linda Gami, are to give a presentation, on "The Way Forward", & planning for the future of the club.

#### - Dates for your Diary:

Tues 11<sup>th</sup> of June, Mel Batty, 10-, looking for a team of 12 to run.  
7pm Start.

Sat 6<sup>th</sup> June Hamilton Lodge Fete. Note Ken is trying to form a Tug of War team for the day.

Club Triathlon Entry Form now out, for 12 June.  
11 Sept.

Trail Race Entry Form out now

On the 'Social' side.

A Car Rally is being organised for Sunday 25 July, followed by a barbecue + social gathering.

31<sup>st</sup> of July is the Carnival - , its time that you <sup>should</sup> work on your costume!

Minutes of 14th May 93.

- Matter Arising from previous Meeting - Motion Done + Admire Net with Gazette - Motion to be open officer in future.
- Communication problems have been main reason for our trouble
- Intention written to Highlight Joggers + take photo etc.
- Club voted on whether or not to support this years Fun Run -
- Majority Decision of Approval - only 5 against the motion.
- Dave Lacey is looking for ideas on what to spend money on from ~~this~~ His raffle Profit.
- The rest of the Meeting was taken up by a presentation by Paul Willis, Ann Bowden + Linda Gaine, on planning for the future.

Minutes of 21st May 93.

- In the Essex track + field Championships @ Basildon ~~the~~ ~~Weekend~~ ~~for~~ ~~the~~ Joggers did extremely well, with a number of Essex Medals being won.

Jim Wood was 2nd in the Vets 1500 in 4.17, + won the clubs first Vet medal on the track

Adrian Muzzet got bronze in the 1500 in 3.58

Donna Robertson took bronze in the Ladies 3K walk on the track

Steve King took the 3K walk club records lower in the 3K event + was placed 8th overall.

Other club members taking part, in the <sup>in the changes</sup> included Richard Evans

5<sup>th</sup> in the 10000, Paul Stutt, + Simon Wadley did the 5000,  
Mike West, did well in the Heats of the 1500 mtrs, in 4.13.  
Nicole Everett, got a PB in the 800, + Denise Monley 5<sup>th</sup>, in the 400 m.  
BDS 59.05

Mad Man Kenny Walk Competed in the 100 mtrs, 400 mtrs + the  
3K Walk.

John Hart, has really taken well to Walking + was placed a  
head of Glen Robertson + Roy Moore, in the 3K Walk. As Team  
Joggers were placed 3rd in the Essex League + are still  
holding on the 2nd spot over all.

With 7 of the 12 races in the Essex League Walks, Joggers  
are placed high in the individual placings, with, Steve King 3rd,  
+ Glen Robertson 4th.

The 2nd of the club Handicaps Walks, the club record ~~was~~<sup>now</sup>  
lowered to 14.33, by Steve King, a fourth consecutive reduction  
in 4 walks within the last 3 weeks. ~~from~~

- The Club welcomed, an overseas visitor, Reg Harry  
from Tasmania, who is 70+ years + specialises in Walking.

- New Recruit Nigel Pursey, started his first race  
in a CJC meet with a convincing victory <sup>in a 10 min race</sup> in the Retebury  
half. ~~he was~~<sup>placed</sup> second, but, only by 2sec in 66.34, + beat  
our existing Club record by 3mins.

Mike West ran in a Midweek run @ Woodford + ~~did~~ did 201  
for 800.

The Round the Island run at Mersea saw Doug Papworth  
placed 2nd.

Melvyn has passed his club coach award.

- Nelson advised that the gazette will come to the Thundersley  
track sessions to take photos.

- On a once monthly basis, Rick Warne physio, will attend track on Thursday to run a sports injury clinic.
- Dave Lacey still requires ideas on what to spend the profit made & from his weekly raffles.
- The Club photo is to taken, at the <sup>next</sup> club Friday Handicap, ~~after~~ but not tonight.
- The Committee met, among other issues, agreed that with effect from 1st June, the use of the track, on Tues & Thursdays with entry increased fees, of £1 per individual or £1.50 per family.
- Details of an Extra ordinary Meeting to be held on Friday 2nd July were handed out to all members.

- Awards - were handed out - for various events.

April Runner of the Month went to big Cudmore.

Special Track achievement awards went to Ken Walsh + Jim Wood.  
+ Walking awards went to Steve King, Glen Robertson + Mabs Dame, for winning the Super Mexico trophy in the 20mte Walk + also winning the Eric Edd team award. Medals.

- In future Roy Mar, is to keep record of all trophies won by the club + their whereabouts.
- After some 8 years on the Committee, Dawn Knight, has gone into retirement, She has done a great job in many areas, particularly the Club Kit, Clive Willis has agreed to be assist, until the AGM.

Adrian has reminded all members that the Club Triathlon was in 3 weeks time.

May 28<sup>th</sup> 1993

Paul Strutt + Paul Spawage Contested in the Southern Mens Match  
+ Spawage Coming 2nd in the 5000m for Braintree AC.

Lynn Higgs was crowned Essex Champion for her run of 63.12  
in the Baddow 10.

Yvonne got 2nd, Vet in 66.54. + The team finished in 3rd  
placed position, with Donna completing the course in 73.06.  
Linda Gaine + Jo gained the 1st open team of 4 prize.  
Lorna, Dolly + Caroline Dersley all did well in the grueling  
battle against the wind + hills.

In the Mens event, Richard Gaine took the club record down  
52.22. + finished 5<sup>th</sup> individual. Dave Lucy improved his  
PB. to 54.23. + Men team, finished 4<sup>th</sup> overall, a head  
of New Rivals Thurrock.

Meanwhile Ken Walsh + Gery Krevett took part in  
the National 100Km. Ken Dropped out at 50K, but Gery  
Stayed the course, + finished 31<sup>st</sup> overall in 10.32 hrs

Dave announced that Fran + Jo are now the proud  
parents of Matthew Joseph Norris weighing in at ~~8.4~~ 8.4<sup>16.5025</sup> lbs

Mabon has been successful in getting 3-4 articles in the local  
newspaper.

- Help is still required on the finish line for this weekend Fun  
Run + Olcherton half.

- John Blundells Bowling night is on Saturday. Please  
let him know if you want to play.

- Barry Gold is raising money for Menigitus research, with Colchester Half + Dolly for Hamilton Lodge.
- Draw requires a prize for the tombola, which is for the Hamilton Lodge Fete.
- The club has entered the North Norfolk 5 - which will no doubt be a concern of Duke Street Runners.
- The Today Run League will next year be sponsored by Amico's.
- The Junior track competition with Hadleigh Hares is set for Tuesday 27 June.

All Members are reminded of the extra ordinary General Meeting on 2nd July, to discuss vote upon proposals to amend the name of the club to Colchester Joggers AC. It will now be possible to appoint a proxy if you are unable to attend the meeting. Proxy forms are available from Adrian.

### Meeting of 4<sup>th</sup> June 93.

C5c runners dominated the important positions in the Jatta S, 10, 15

with Tony Seckins 8<sup>th</sup> overall, + 1<sup>st</sup> Vet in the 5 sub, + Roger Hawks 3<sup>rd</sup> Vet  
Mona was 3<sup>rd</sup> V3S in a PB time.

Izzy was 7<sup>th</sup> overall + 1<sup>st</sup> Vet 45.

Nigel Powley took the 10 sub event with ease, over 4 mins ahead of the ~~next~~ 2<sup>nd</sup> runner.

- Dave Lacy won the 15 min event in 124.27

The Friday Night Handicap had 54 runners + 1 walker  
contesting, with a total of 21 PBS.

Our Walkers secured 3 more Exon Medals, the team being -  
the 20km walk around 8 laps of Castle Park + Maidbury Street.  
Helen lowered the club record to 1-51-59 + was 8th overall, followed by  
Mike + Helen. John Hart + Steve King also help to secure our position in  
the league event, ensuring that the Club stays a head of Southern for  
a little longer. Individually Steve King is 3rd, + Helen Robertson 5th overall with 4  
medals remaining.

About 300 or so joggers had an enjoyable stay at Park Dene Holiday Park, Kessingland, & reported that the entertainment this year was better than ever, & extremely professional.

Members were reminded not to leave valuables in the changing rooms, as there have been a number of thefts of cash from the bags.

Forth coming events include:

The Colne Longrun 5 this coming weekend - which is also a  
championships event

The Hadleigh Mid Summer relay on 20th June.

The North Norfolk 5 on 18 July.

also the two Friday night races, which are the Royal Landa 5 + Stratford St Mary 5, The club meeting on these Fridays will not take place.

The Junior challenge of Jigge v Hadleigh v Halstead Road Runners is set for Tuesday 22 June. Help will be required on the day.

The Club will be supporting Jean Moore financially so that she may attend a First Aid course. If any other member wishes to join Jean, + become club First Aiders, then they should let Dave Wight know.

A Warm Welcome was given to New members, in cluding  
Seigned or (Ziggy) from Germany.

- Dawn is still in need of tombola Prizes for Hamitonedge Run day
- any article, tin, what ever value from say 10p upwards would, be acceptable.

Finally, Don reminded all Members that there was a Need for Discipline for the Track, which should be observed at all times home, 2 should be kept clear, + only used for overtaking.

- A Meeting of all Parent of Children attending club meetings + track sessions, is arranged for 7.5 mins after tonights ~~at~~ tonight, before you go for your runs.

### Meeting of 11<sup>th</sup> June '93

Steve King read the previous minutes; - no matters arising.

Last weeks Runs Dave Wright was pleased at our good publicity at the Colchester 2 M. This event had 803 finishers. There were 700 finishers in the 5K.

Dave thanked all who helped on the finish line in the 2M. Dean Marshal - 1<sup>st</sup> (running for the Army)

Tony Seakin 2<sup>nd</sup>.

Paul McHugh 3<sup>rd</sup>.

Col Joggers won the team prize - to be presented at ~~Dawn~~ the Town Hall on Tuesday 22 June - at 7pm = another chance for valuable Club publicity.

Dave praised the efforts of all our lady members especially Lynn Higgs - the 2<sup>nd</sup> lady overall who set

a new Club record of 1 h 28 m 03 s.

In the 5k Cl Foggies won the Ladies Team Prize.

and the men had good performances: especially John Terton (3<sup>rd</sup>) and also James Cudmore 9<sup>th</sup> on

Other runs reflected the Club's great wealth of talent.

Dale Kable broke the Club's 400m record, imagining he was chasing military escapees; while further North, 2 members got literally bogged down in (#) separate events:

Martin Loughurst trekked 102 miles around the North York Moors in 32 hours.

and Lance Williams charged around the Cheviots: over 23 miles in 8 hours.

### Upcoming Events

1. Saturday Colchester Triathlon: has 25 more entries than last year (now set for 75 starters) and both Dave and Adrian urged the many Club helpers to make this high profile event a success.

2. Sunday 20<sup>th</sup> June sees almost all of Colchester Foggies entered into the Hadley Road Relays - always a good event, and, of course, a Club League race

3) On Wednesday, 16<sup>th</sup> June the Garrison Track hosts the annual 'Colchester Borough vs. the Army' events and Club support would be welcome.

4) The good news was reported that Chris Holmes had been picked as 1 of 5 women for the Great Britain (World) team in the World Triathlon

in Manchester.

- 4) Dave urged the Club to support the Hatsfield R.R.'s festival of Running on 11<sup>th</sup> July

Always a popular event in the Joggers' social calendar:

the Hamilton Lodge fete - on 26<sup>th</sup> June - £

(Help Dawn still wants more tombola prizes)

Kenny Walsh wants to assemble a Tug o War team

Sue Walsh wants cakes for the cake stall (not via Ken who might eat them first)

Dave was disappointed when some lost tracksters - (always a potential prize for our nailbiting Raffle) were claimed back by Paul Barratt.

- Returning to more formal matters, Adrian is providing Proxy forms for absent members' votes at the 2<sup>nd</sup> July meeting.
- Various correspondence was reported ...
  - including a remarkably quick thank you letter from Essex County Newspapers re. the Fun Run help.
  - the Club's hard notable performances in a recent Essex AAA's championships:-
    - (Men) Pete West - 3<sup>rd</sup> (Vets) Dave Lacy 3<sup>rd</sup>.
    - (Women) Bridget King 5<sup>th</sup> (F.Vets) Liz Cudmore 10<sup>th</sup>.
    - Moira Ainsley 7<sup>th</sup>.
  - Advance notice was given of the Essex County Relay on 14<sup>th</sup> July at Basildon
  - Also on track events: Nicola Everett became our first member to win an ~~Eastern~~ Counties track medal: (Silver) coming 2<sup>nd</sup> in a time of 2:23. (? 800m)

- Denise Morley won bronze.

- Adrian requested any club items for his forthcoming meeting of the Track Users' Committee on 22<sup>nd</sup> June.
- Finally a request was made for adult supervision of the clubs youngsters playing around the Arena during this club meeting each week

### Meeting of 18<sup>th</sup> June 1993

Previous Minutes read by Ray Handling: - no matters arising

#### Last Week's Runs

1) Triathlon <sup>SAT</sup> Paul Willis thanked the 30 or so helpers, and thanked Adrian for organising a very successful event. Adrian to discuss results later. \*

2) Colne Engaine 5. (sun) - organised by Paul Spowage, CJC had 28 entries. First 3 men's places went to Richard Gaine, Tony Seakin and Paul Bryan. (Richard clocking 25:56)

The most significant result appeared to be the 16 seconds by which Dave Wright (29:40) beat Lynn Higgs (29:56)! Of the other ladies, following Lynn, -

Jo, Cathy, and Louise Keeble had good runs. Gerard "Whelton" a good 35:42 and Take Loughurst won the 'Juniors'

3) Army v. Colchester (Wednesday). at Garrison Track, saw about 9 CSC entries.

In 5K. Richard Gaine came 3<sup>rd</sup> ((15:26)) followed in 4<sup>th</sup> by Paul Spowage (15:30). Tony Nixon also ran a valiant race

(Bronze)

## (Garrison track meet)

In Ladies 3k. Moira Ainsley ran well to get bronze.

Nicky Everett won bronze in 1500 m (4:59)  
and Denise clocked 58:1 in 400 m.

In the steeplechase Paul Skutt achieved a pb. and  
Carl Dunn. clocked 1:57 in the 800 m

## 4) Sri Chinmoy<sup>2</sup> (Tues)

First boys were James Cudmore (12:11) Scott Burgoine,  
Phillip Garthwaite (13:06) Chris Jones (13:32) and Harry Loughnane (13:33)

This puts the championship placings (after 3 events)  
as Harry L. 1<sup>st</sup> (69 points). Ian Akhurst 2<sup>nd</sup> (61 points)  
and Andrew Rushmer 3<sup>rd</sup> (55 points)

## 5) "The 8 Parishes Walk of Bracken Head."

- had been completed by Terry Everett - (a 32 mile  
cross-country), taking 5 hours 20 minutes.) earning him  
a spectacular presentation plate.

- Terry had also recently received his '100 club'  
medal -(for completing 100 marathons) - a gong the  
size of a beer mat!

## 6) (Thursday) Track Walk (Handicap Racewalk)

- Mason 1<sup>st</sup> (14:46). John Hart 2<sup>nd</sup> Roy Moore 3<sup>rd</sup>.

So far: Steve King is leading on 39 points; John Hart 2<sup>nd</sup>  
on 36 points.

Dave Wright confirmed that the parents' organisation of their "juniors" was working well at  
track meetings now

## • Forthcoming Events: outlined by Dave Wright.

- (Sunday) Hadleigh Road Relays - 12 CSC teams declared

- (Tuesday) Town Hall presentation of ½ Marathon prizes

also (Tuesday) Bob Kimber's junior track 3-way event

- help needed.

## Other Club Matters reported by Dave Wright.

- the original 9 month ban still stands on those members joining us from A.C.  
Dave has written to Athletics Weekly complaining about this baffling decision by Southern 3A's
- Dave Lucy now has £330+ from our Raffles  
- suggestions on what to buy with it are welcome  
Decision due in next few weeks (sensible suggestions!)
- Adrian reported results of our Triatlon  
It had gone very well. - especially pleasing was our passing scrutiny by official referees from the BTA!  
64 had finished. CJC won team prize at positions 3<sup>rd</sup>, 5<sup>th</sup>, 12<sup>th</sup>, 22<sup>nd</sup> and 23<sup>rd</sup>. These last 2 positions had produced some erroneous prize givings and even as Adrian spoke, Martin Loughurst (23<sup>rd</sup>) approached the Chair to return his prize, only to find it handed back to him at the same time as matching prize was awarded to Martin Bishop (22<sup>nd</sup>)  
- who says C-Joggers are not magnanimous (as well as magnificent!)

2nd team was Runners Centre Tri

|                     |                     |                |
|---------------------|---------------------|----------------|
| Fastest <u>Swim</u> | Ross Johnson (5:04) | Col. Swim Club |
| fastest <u>Bike</u> | Mike Klisky (35:17) | Essex Police   |
| fastest <u>Run</u>  | Tim Woods (39:14)   | CJC            |

Overall, the winner was Brian Ward (1:24:27) with Mike Klisky 2<sup>nd</sup>, and CJC's Tim Woods 3<sup>rd</sup>. (1:26:33)  
Tom Ludmire's 5<sup>th</sup> place, was 4 minutes faster than his '92 time (1:28:20)

('93 Matchday cont'd)

Jim Woods was also 1<sup>st</sup> Vet.

First lady was Chris Holmes in 1:46:10.

- Adrian read out various correspondence received.  
Ambitious members were urged to make a note in their diaries that the World Cross Country Championships is in Budapest on 26 March 1994.
- Adrian wants North Norfolk Relays entry fees.
- CJC awards were presented to several members.
- ADB
  - reminder that next Friday is the monthly Club Handicap.

### Meeting of 25 June 1993

- Previous Minutes read; - no matters arising
- Last Week's Runs
  - (1) Southern Counties Athletics meeting at Crawley (Saturday): Paul Willis reported first placings for Richard Gaine in the 5k (15:29), and for Paul Dunn in 800m. Nicky Everett ran well in her several events.  
(3¾ mile Road Relay)
  - (2) Hadleigh (Sunday). Paul congratulated all who took part. The CJC A team finished 2<sup>nd</sup> - a mere 7 seconds behind winners St Pollicards Pacers. Great pride was expressed in our 'B' team's coming 4<sup>th</sup>, thus beating Taff's best team into 5<sup>th</sup> place. The 3<sup>rd</sup> place went to Norwich Road Runners. Our A team was:- Lynn Higgs (2<sup>nd</sup> fastest female after Sally Eastall); Richard Gaine (in the first 3 fastest men); Tony Nixon and Jim Woods (1<sup>st</sup> and 2<sup>nd</sup>

Fastest Vets respectively)

So Dave clearly identified the opposition's success - Sally Eastcott! Dave has decided to marry her and get her into the Club - "Col. Toggers" that is!

(3) Juniors' Track event (on Tuesday) CJC v Hadleigh v Halstead v Tiptree

Dave praised the organisers - Bob Kimber and Don Brooks for a marvellous event, and also thanked the many parents and Margaret who helped and served tea. Paul Davies did a superb job producing a swift set of results for prompt use in prizegiving. Everyone expressed amazement at the number of juniors turning up: - this all bodes well for the future of running!

(4) The Corporate Games ½ Marathon - won by

Colin Thackwell in 86 mins. - for which he received a giant glass gong on a blue ribbon

(5) The North Downs 19½ miles - won by Bob Catmorn

in 3 hr 12 minutes. This prompted Dave to ask if Bob went round twice!

- several new trophies were shown:-

(a) The Evening Gazette top Athletic Club Trophy  
for the Colchester ½ m.

(b) The Essex Team Trophy from Hadleigh Road Relay

and (c) Tim Woods shield.

## (Monday) Club Duathlon at 6.30

\* Upcoming events were announced, including:

- Wednesday 5k at Warley Park
- September 5<sup>th</sup>: Cross Suffolk Relay (10 stages) to which we have been invited by Hadleigh Hounds.
- July 18<sup>th</sup>? North Norfolk 5. At this event the club will present Roger Hanks with a framed plaque of his CJC Life Membership (He doesn't know yet!)
- Saturday, Hamilton Lodge fete - all to support this event.  
+ South Downs 80

## Correspondence and Other Business

- In Adrian's absence, some important points of the 22 June's meeting of Track Users Committee were read out:

- fees expected to rise to £10/hour. (thus costing CJC £40/week)
- Sports Council were making a grant of £800 for new track equipment. - CJC will be able to share in its use
- if we give adequate notice. CJC can use existing portakabin and P.A. system
- individuals training outside club bookings are not allowed:

- some concern was expressed about Colchester Borough policies (in the person of Councillor Roland Hill) he was "not happy" about 2. athletic clubs in the same town using the Gammon Track ??!

On yet another aspect of this perennial problem, Mabon stood up to tell the meeting about CJC's publicity in the local newspapers. - or the lack of it these past few weeks!

Mabon is building up a good understanding with Ian Patterson. He had been absent on vacation, and his 'vacum', Paul Middleton had lost, cut, or muddled

all of the carefully prepared reports that Mabon had sent in. At a 'heated' meeting, with Middleton, Mabon had stressed the need for equal coverage. Mabon's sincerity and determination to improve our Club publicity was applauded as he sat down.

Dave reminded the meeting of next week's vote and explained the Proxy form system. When Dave declared his own absence next week Tim Clarke instantly asked for his proxy vote? Geoff Gibbins was invited to chair that meeting

- from the floor - Bob asked for items for the Bulletin  
- Margaret reminded us of the forthcoming Treasure Hunt, Carnival and Disco.

Finally Dave wished Kevin Newman all the Best in the future; Tonight being his last at Toggers.

Minutes of 2/7/93

- Note Matter arose from previous Meeting
- Geoff held the chair in absence of Dave Wright, and Votes were counted in respect of the proposed name amendment.

When Counted, there were 94 who voted.  
57, for the Motion,  
31 Against  
5 Abstentions & 1 spoilt Paper.