

publicity, and ultimately some useful funds.

5.5. Also on Thursday the Committee Meeting decided to reorganise Committee posts, as more help was currently needed on administration. That meeting also decided that Lynda Game, Bob Cartmroire, Ray Handing and Geoff Gibbons should represent the club at the Eastern Electricity Sports Awards in Norwich on Friday 29 April.

5.6. Dave Wright then presented Malcolm Dane with our Winter Track & Road Walking Cup. ^{the new winner}

5.7. Advance notice was given of the Hamilton Lodge Summer Fete on 25 June, where Tug of War teams are again needed.

6. From the floor:

6.1 Steve King had obtained all unsold photos from the Essex 20, for any interested members.

6.2 John Hedgehorn has the use of a surveyor's measuring wheel - if other members wished to borrow it.

7. Finally the Raffle prizes were won by John Hart, Bob Kruiken, Lynn Higgs, Trevor Cudmore and Dave Wright himself!

Minutes of Meeting of 1st April 94.

1. Minutes of previous meeting were read
2. No Matters Arising
3. 'Last Week' Runs reported by Paul Willis:
 - 3.1. On Sunday 27 March, we won 1st team prize and wrestling this from Taffa at the Suffolk 10 mile champs at Ipswich. Nigel Powley ^{easily 1st} was 1st in 51.04

Paul McHuge 11th and Steve Raw 12th. In the ladies Lindsey Plater won a bronze Eastern Counties medal for 3rd lady in 69:49.

3.2. On April 1st 2 members did the Sudbury 7.

Graham Clarke 39^{1/2} mins + Chris Akelhurst (41 mins)

3.3. Congratulations were offered to Ken Brookman and the 25 members who attended the Throwing Day on Sunday 27th at the Garrison Track. Emerging talents included Melvyn Davies' 30 metres in the javelin.

3.4. Other members were less forthcoming about their recent events: eg Chris Akelhurst in the Rutland 16, and (discovered after the meeting) Martin Longhurst in the Mendips long distance race.

Essex League

Dave Wright next reported the Racewalking results from Wednesday 30 March: the 10k at Hornchurch:

Sadly Kenney W & Mansfield were pulled. Leaving the rest of the team to clinch 4th place. Headed by Glenn Robertson 7th in 55:45, we had Terry Everett, Cath Reader, John Hedgeson.

4. Forthcoming Runs: listed by Dave Wright were:

4.1. Sat 2/Ap. 1st Track Open meeting at Northgate.

2 Sun 3/Ap. The big one: Southern 12 Stage Relay @ Thurrock

3 E.Mon 4/Ap. John Blundell's Beigholt XC

4 Also for 4. Sun 10/Ap., Lynda Gaine plugged the Brean tree 10k.

5. Other Club Matters: reported by Dave Wright:

5.1. Awards Dinner booked at Garrison Officers Club
- 6 October 22 (= two weeks before the Welsh visit)

5.2. Confirmation of 3 boys Phil Gurnham,
Hiles Copey & James Coldmire going to Sienna
Italy, with Steve Gurnham & about 50 other Colchester

^{various} funded
sports persons for & Twinning/competitions. in the
European Borough Young Games. at Whitsuntide.

5.3. Plans are progressing, and Borough money seems available for our hosting the 40 Woktan joggers on the Friday of their Oysterfeast visit in October 94.

(~~Appendix~~) (Kenny Walsh is still receiving correspondence from his ex-former guest.)

5.3. Dave outlined plans for a 2 day 'Star Track' event we will stage to (again hopefully funded from Dave's recent contacts with Rowland Hill). This should attract youngsters into the sport and into our clubs.

6. Presentations. Although many recipients were not present here Awards were ~~next~~ presented for two recent ½ Marathons: Roding Valley & Brentwood Diamond: Liz Cudmore, and Silver: Lindsey Plater for the Roding V. Then for her 1:34 in the Brentwood ½, a Gold to Lindsey. (IA) Next came awards for the Bury 20 and the Essex 20:

Diamond: Nigel Powley; Lynn Higgs.

Gold Carl Murdoch. John Carter

Silver Louise Keeble, Lorna Perry & Barry Gould.

Bronze to Neil Jewett Neil Myson, Tim Rushmer

Roy Malsed (Les Matheson - not paid up!)

7. From the floor

7.1. Lynda Caine reported a good meal out with the club's lady members; and asked for entries or marshalling help with the Braintree 10k

7.2. Roy Moore and others discussed our clubs position over the Andy Norman / ^{written} West Thurrock & Folkestone AC ^{AC} controversy. over the Andy Norman controversy.

7.3. Laraine announced that all members categorized membership cards were now available for collection.

7.4 Rachael reminded members of next week's vote on

proposed new constitution

3.1 Pa

A

8. Raffle prizes were won by Paul Williamson, Phil Higgs, Lorna Penny, Tim Clark, Linda Gasham, Lynda Cowie, Donna Robertson, Claire Willis, Dave Simpson, Dennis Taylor, Tim Rushmer, Bob Kimber.

win book totals x (3) times Raffle wins
at 6 months

• ~~£1000 cash~~

• £100 for Fun

• Lynda Cowie; Graham Clarke

x (4) Tim Clark
Kerry Walsh
Lynd Higgs

Meeting of 8th April 94

Previous minutes were read.

(2) Matters arising: Some members had won the raffle 5 times in past 6 months

3.3

3.1

(3) Last Weeks Runs ^{next}

3.2 Paul Willis launched into all the superlatives possible in reporting our qualifying 14th. in the Southern Counties 12 stage Road Relay. on Sunday 3rd April

On this very blustery cold day in Thurrock a good crowd of club supporters watched our strongest ever team gradually move up through the field from 41st, 31st, 23rd (for a long time); 20, 16, 13th to finish 14th.

The club's greatest achievement, said Paul, and thanked the supporters and the outstanding team - for a performance that even drew praise from the Essex Officials! there. By comparison, Chelmsford AC finished 24th despite a very good 1st leg by Adrian Mussell putting them in the 1st ten at that point. Ipswich Jaffa finished 41st. About 59 teams had started, from the entry of over 70.

3.4

4. N

Williss

3.1 Paul first discussed the Ipswich competition where our junior James Cudmore, Phil Gannam and Chris Jones competed in the 100m. track-event. In field events, we may have to late-maturing talent with Bob Kimber's 4.6m ~~shot~~ and Paul Barret's 7.4 m records in the shot put!

3.2

3.3 Truro results: 5-mile & 3-mile legs alternating

leg (d) ①(5m) ②(3m) ③(5m) ④(3m) ⑤(5) ⑥(3m)

Name Jim Wood Henry Gunston Nigel Powley Tim Bairstow Paul McHugh Dean Robinson

Time

Pos

1	Steve Thomas	8	Mick Bond	9	Paul Stratton	10	Paul Spawage	11	Richard Gaine	12	Pete West
---	--------------	---	-----------	---	---------------	----	--------------	----	---------------	----	-----------

4 April

3.3. in even worse weather on Easter Monday same 43 optimists turned out for John Blundell's Beigholt Cross Country.

The under 16's 2 miles was won by Phil Cudmore.

The Smiles (or 6 is it) was won by Melvin Davies

with Lynn Higgs and Liz Cudmore the 1st and 2nd lady finisher. First dog home was Barney Rumble.

but sadly no prize for that category! Jane W thanked

John Blundell for the organisation & others who helped make

3.4. Also on Sunday (3rd April), Ben Cudmore, ^{9th}

Bob Clarke, Chris Akehurst, Chris Holmes & Pete Thomas competed in the Suffolk Duathlon. That was 5K run, 26k cycle, 5k.

Under 3A rules these ^{competitors} are now renamed

the Colchester Tri Squad.

4. Next week's runs

Sun 10 April: the Braintree 10k

5. Other Club Matters reported by Dave Wright
- 5.1 The Cotchester 20 made between £200 - £300.
- 5.2 We are applying for grant aid for 2 days track hire during the Star Track event
- 5.3. a coach will be hired for the competition and supporters going to UK finals of 12 stage RR. at Sutton Coldfield
- 5.4. a decision is needed soon about our '99 entry into the Round Norfolk Relay.
- 5.5. The Essex 3As have circulated a newsletter to all Essex schools listing sports clubs and opportunities. CJAC features well in this
- 5.6 Gerard Oxford has moved to a new customized house - suitable for his wheelchair - in Highwoods. CJAC have offered to help on Wednesday 18 May in the Disability Festival. Between 9am & 1pm
- 5.7. Recently Bill Pratt had died after an illness and his funeral was attended by John Hedgethorn. Dave Wright ~~out~~ commented on Bill's great contribution to local athletics during his lifetime and John Carter added substantial praise of Bill's work saying how sadly he was missed.
- 5.8 Of the 70 or so members gathered for the vote on our proposed new constitution, approximately 66 voted for accepting them, 3 were against and 1 abstained. Chairman Dave therefore recorded the majority vote for accepting the new constitution
- 5.9. Improving ^{club} ~~publicity~~ was reported in the Essex County Standard
- 5.10 Nick and Sonya Self were congratulated on their recent marriage and are hosting a Superbowl Party on Saturday 21 May.

From the floor

- 6.1. Jane Heather distributed the latest Hamilton Lodge Newsletter
- 6.2 Margaret Williams reminded us of the Gt Horkesley Cheese & Wine Party on Sat. 7 May.
- 6.3. Lynn Higgs has acquired a £1000 fund from Lewes and Hill to spend on the 2 Colchester Athletics clubs. She urgently wants ideas for sports equipment purchases.
So far Lynn has ordered start and finish banners

In the absence of a Raffle, members had a flutter on the Grand National.

Meeting of 15th April 94

- (1) Previous minutes read; (2) Matters arising: to correct vote abstainers to 2, not 1 as reported.

(3) Last Week's Runs

- 3-① Paul Willis' "wind up" with chapter 2 of "12 stage" glory!
- 3-② Braintree 10k n 200 runners. very high class field
1st = Ian Campbell (Mer Police) 31:15
OTAC 1st @ 5th place = Tim Wood in 33:15
12th place Doug Papworth 34:35
20 Paul Barnett 35:27
23 Steve Gannham 35:40
1st female = Lynn Higgs (33 pos) 37:50
Lynsey Plater (65) 41:05
Liz Anderton (80) 42:54

= Female Team 1st prize Our Mens Team 2nd.

- 3-3 Eastern Vets 10k Stoke Ferry. (? won 4 ap.)
1st Tony Seakins 33:08
Could have had more vets there, achieving!

10 Ap

- 4 Reading $\frac{1}{2}$ M. Chris Akelhurst 1:32:20
Steve King 1:59 (Essex Police)

5-1

Forthcoming Runs.

17 Ap

- 4-1 London Marathon - Crisis : Dame Lucy not on course
-2 Eastern Counties Champs 10k Kings Lynn 24 Ap
-3 30k National Race Walk Sat 16 Ap

5-1

Other Club Matters

- 5-1 Track Rep. Paul Strutt asked members for entries
(sign on board) for 1st track fixture May 7.

5-1

1 person to score in each Division A event, (none can
run but not score in other categories)

- 5-2 Dame Wright : reported we're well on his way
to our 150 medal target : with 28 County

4
⑥

→ 16 Regional medals

- 5-3 Nigel Powley's now a 'dad', wife produced a boy
"Tomie" - watch the publicity

6

- 5-4 We're to enter the Radio Essex Sports Awards for
all 'behind the scene helpers.'

6

- 5-5 Some Money from Lynn Higgs £1000 fund is going
towards "Star Track" event

6

- 5-6 Articles to Bob C. this weekend for Club Bulletin

6

- 5-7 TTT list for this year now available for checking

6

- 5-8 Friday 29 Ap. = 1st Summer Handicap at Arena

6

- 5-9 The week after see our Commemorative Mile
(in honour of R. Bamister, record <4 min.)
put on by Chris Akelhurst

6

- 5-10 Complaints about ^{14 Ap} track showers defunct
→ 2 lanes closed. are being investigated by Army

7

- 5-11 with promises to put right next week

- 5-11 Lorna Penny distributed London Marathon
maps for supporters

- 5-12 Starting Tuesday 19 April at Track. = Hammer event
hence 2-weekly
- 5-13 Colch. Twinning Soc. will probably give us £400 towards the Wetzlar visit. We'll need to raise £1000 ourselves
- 5-14. Hamilton Lodge received the £1200 cq from Dave Lacy's Primrose Day at ByPass Nurseries.
- 5-15. The Grand National [Winners ~~Flutter~~] f, Kew 2 Sun 3 John Carter + Adrian Copley netted £28 income for the club.
- 5-16 A + CJAC Runners Diary / Log is now on sale (£3)
Profits going to Samaritans.

- ⑥ From the Floor: ^{should be} good
- 6-1 D. Wright very pleased with increasing publicity acc. to Lance Williams & other members; thanking Dave for raising club standards by his determination, drive etc !!
- 6-2 Lynda Game thanked all members for supporting the Braintree 10K
- 6-3 Margaret Williams invited raffle prizes for the Cheese & Wine to raise money for the Wetzlar visit
- 6-4 Mick Self wants £4 deposits by 6 May for the Bowling event.
- 6-5 Terry Everett has entry forms for the Suffolk Coastal Marathon (Sun 1st May)

- ⑦ Raffle prize winners
Ben Chivers. John Carter. Lynda Gammie
Claire Willis

Meeting of 22 April '94

Previous Meetings' minutes read.
No Matters Arising.

Last week's Runs reported by Paul Willis

3-1. The London Marathon results included a new ladies/lady vets record from Liz Cadmire in 3:17:25; a record for non-stop chattering around the course from Lorna Perry in 3:51:46 and Jerry Everett doing his 112th marathon in 3:21:39. For the ~~new~~ total results: the other eleven "Joggers" were:

Geoff Noble 3:52:14

Bill Beards 3:44:53 (Bill's first Marathon)

Tim Rushmer 3:43:00

Roy Malsseed 3:39:00

Nick Jarrod 3:36:00

Barry Gould. 3:18:00

Chris Akehurst 3:17:26

Paul Barrett 3:04:00

Steve Gartham 2:58:45

Ken Walsh 2:56:16 (a great over 50 time!)

Steve Adamson 2:48:02

Doug Parkinson??

3-2 Next Paul reported on Pete Thomas's improving form in recent Duathlon (5k run/50k bike/5k run), where he finished 3 minutes in front of Christine Holmes. Pete is being backed for inclusion in the England team soon!

3-3 At the 3k Track Handicap Racewalk (Thursday 21/4) Daniel King leads on 16:55. Haley Cooke achieved a p.b.

4. Next week's runs.

- 4.1. Sunday 24th April: King's Lynn 10K, including the Eastern Counties championships
- 4.2. A reminder of the National 12 stage Road Relay finals: Sutton Coldfield. Saturday 30 April.
- 4.3. On Tuesday 26 April: the Harwich 5K.

5. Other Club Matters reported by Dave Wright:

- 5.1. Our own club's first Duathlon will be Tuesday 3 May 6.30 pm Arena
- 5.2 Committee Meeting set for same date 8.15 pm
- 5.3 On the new-members scene: Sarah West was delivered of a daughter Samantha (6 weeks premature). Dave has sent congratulation cards to Mrs Powley - and also to Gerald, Oxford, in his new home. (not babies!)
- 5.4. Dave was almost stuck for words on receiving a very very nice letter from Dave Smith of Taffa. congratulating our qualifying in the 12 stage relay:- "the coming of age of CATE" Postman of each
- 5.5. Still with Taffa: their football ground relay is fixed for 8 May, running before the kickoff, probably consisting of 6 men, 4 ladies and 2 juniors from CATE and Taffa: (yet more photos of Dave Wright with the Mayor!)
- 5.6. Still at Ipswich there is an Athletics Seminar on 28 April with Frank Dick speaking
- 5.7. Paul Williamson is being posted to somewhere in Germany for 3 years.
- 5.8. The Italian Job progresses: 3 boys are confirmed travelling so far.

5.9. Hell-bent on staffing Duke Street, Roger Hanks,
we will be taking a top class team (on a bus) to
the Norwich 2 Marathon (or? Sun 12 June?)

①
②
5.10. Dave next showed our official certification:
~~WAC~~ Certificate of Registration with SEAA / AAA
/BAF/ ITV /BBC etc etc

5.11. Members were reminded of forthcoming
track fixtures at Braintree (EA League),
Taffa (5-10-15); and Thurrock visitors here
on 17 May.

5.12 In field events our promising Javelin
throwers ^{now} number 12 to 15 bods.

5.13. Not yet on the fixtures list is the
3 mile Arlesford fun run & fete: Sat 21 May

6. From the floor

6.1. Chris Akelhurst: - "thanks to London M
supporters"

6.2. Marion Dane - Reminder of track central
grass safety during Javelins!
(don't cut across!)

6.3 Bob Cathmoor - No bulletin yet: more
scripts wanted (eg "memories
of my London Marathon")

6.4. Cheese, Wine still needs support

6.5. Cobras Sports: - Questionnaire & "Save cards"
distributed

7. Raffle won by Jo Bennett / Roy Matseca / John Hart /
Clare Willis / Nicky Everett / Doug ^{Wort} / Ken Bennett.
9 Lynda Gurnham

④ Ath
Congra
⑤ A
n

Minutes of Meeting 29.4.94.

① Minutes of last meeting were read.

② Runs previous weekend:-

ⓐ KING'S LYNN 10K - Club did well - Pete West 3rd in 33.03 winning bronze Easton Cannies medal.

D. Robertson was 8th and S. Raw made up the team who came 2nd overall. J. Carter was 3rd Vet Overall and the team was 1st Vet.

The Ladies race however was disastrous with them being sent the wrong way - Lynn Higgs however was 5th overall but an official complaint was put in by the club and the race was then abandoned. The ladies race is to be rearranged and a date will be confirmed at a later date.

ⓑ STOWMARKET ^{10K} Nigel Parry was 1st in 31 mins 11secs Jim Wood 2nd 33min 07sec, Paul McHue 34min 01 sec they won the 1st Team prize.

ⓒ EMMINGHAM & MARSHON - Mick Bond won the race in 73mins 06secs which makes him Regional Police Champion.

ⓓ HARWICH 5K - Simon Wadey has made his return and won in 15min 32sec, C. Copley ran a 19min 07, followed closely by P. Thomas and A. Copley.

③ Forthcoming Runs.

ⓐ National 12 Stage Championships at Sutton Coldfield Saturday 30th April.

ⓑ National Race Walking at Chesterfield.

ⓒ Felixstone 5, Hatfield Forest 5, Harstock 10K, Waltham & Gt Horsley run.

ⓓ Athlete of the Month was Nicola Barrett.

Congratulations to ^{who} Linda Game, Paul Barrett + Bob Kimber have

- (15) passed their club coach awards.
- (16) Paul Willis reminded men of the Southern League meeting at Biggleswade 7th May also of the East Anglian League meeting at Braintree on Sun 2nd May from 12.00pm - Everybody welcome.
- Duathlon - First Duathlon on Tues 4th May starting 6.15 with a run, cycle + run. Therefore Committee meeting put back to 8.15pm.
- (17) Dave Reminded members that Geoff, Linda, Ray, Bob + Tony ~~had~~ gone to Norwich to collect the Eastern Electricity Sports Award on behalf of the club from David Menor.
- (18) A letter had been received from Tony Nixon on behalf of Ilford wishing the club good luck for the National 12 Stage.
- (19) European Youth Games, Italy - Our three boys have now definitely been confirmed as going + Simon Gantham will be travelling with them. However, "unfortunately" John Hyland's girls team have let him down and (only) Charlotte Gott will be the only girl going - so Rawland has asked the club if we could send 2 girls as well.
- (20) Colchester + Tendring AC have now formed a jogging ^{section} club called Colchester Athletic Joggers Club!!
- (21) Cheese + Wine - Sat 7th May - tickets £4.00 from Margaret - it unable to go - perhaps raffle prizes could be donated.
- (22) Ipswich Jatta v Col. Jogg. AC at Portman Rd on Sun 8th May has been abandoned as Jatta do not want to be thrashed!
- (23) Anybody interested in Tai Chi - classes starting 23rd May - see Ken Walsh.

- ⑯ TSB Games 15th July 1994 - Information leaflet sent through - "will be" a very good evening out; anybody interested see Dave.
- ⑯ Garrison Track - Lynn Higgs stated that runners were able to run on outside of field at track - but not to run over patches.

Minutes of Meeting of 6th May '94. D.Wright:Chair.

- ① Minutes of previous meeting were read: ② No Matters Arising.
 ③ Last Week's Runs - (Reported by) Paul Willis set about reporting on a "mammoth weekend".

3-1. "Brilliant" results from the National 12-Stage finals at Sutton Coldfield. 30 April, where we finished 31st from a field of the 55 best teams in the country! Paul and Dave W. were clearly very pleased and very proud; and thanked those supporters who got up there - Melvin, Bob Kinken, Claine, Lynda G.

The Results: (odd nos. 5mi. even 3mi.) Total time 4:24:45

Stage: ① → ② ③ ④

Nigel Powley	Paul McHugh	Paul Strutt	Pete West
27:12 (27 th)	15:51 (33 rd)	27:24 (27 th)	15:39 (30 th)

⑤	⑥	⑦	⑧
---	---	---	---

Steve Thomas	Tim Bartram	Richard Haine	Dean Robinson
28:06 (30 th)	16:01 (32 nd)	28:21 (33 rd)	15:55 (32 nd)

⑨	⑩	⑪	⑫
---	---	---	---

Tim Wood	Steve Raw	Mick Bond	Mike West
29:00 (33 rd)	16:06 (33 rd)	29:06 (32 nd)	16:04 (31 st)

(6
May)

Essex Rivals Basildon finished 21st but we did beat Belgrave into 34th place. Special praise went to Mike West who drove himself up to Sutton C. for his last leg.

- 3-2. nearer home, in the Witham ½ Marathon (Sun 1 May)
Lynn Higgs was 1st in 1:22:05 with Don Brooks pacemaking
- 3-3 In the Halstead 10k Empire Run. (Same day)
Paul McHugh was 1st in 32:50. Jojo Bennet 2nd.
and Jenny Hiatt-Smith did a P.B. 47:00
- 3-4 The Suffolk Heritage Coast Marathon saw
Dave Lucy winning in 2:54. Terry Everett did 3:36.
and Kenny Walsh (3:37) did 3:06. Toggers won the team
prize with help from Martin Longhurst and Glen Robertson
- 3-5. On Bank Holiday Monday (2 May) Nigel Powley won
the Felixstowe 5, followed by Sean Robinson 2nd,
and Tim Bartram 4th. This gave us the Senior Mens Prize
The Ladies. Lynn Higgs, Alison Sloane, and Nicky Everett
won the ladies Prize - another clean sweep!
- 3-6 Continuing 2nd May races: Annette Oakman won for
the ladies in the Maldon 10k.
- 3-7 And in the Hatfield Peverel 5 miles Moira Ansley
was 2nd lady and Lynda Gaine 5th lady home.
- 3-8. In the Great Horkestone fun run Russell Goodrich ^{actually}
~~too won't~~ won, and Georgie Clarke won for the ladies
- 3-9 Dave Wright then reported on the R.W.A.'s National
Under 20's Championships (at Chesterfield 30 April)
we are now the National champions!
-fame and Glory again! The Colts (U13) 3k race
saw Gold Medals going to Daniel King (4th) - (just
missing out on an individual bronze) Dominic King (6th)
and Gavin Robson 7th. ~~and~~ Andrew Rook at 8th got a
consolation prize from John Hedgehog at the Garrison
track on Thursday ^{night} 5 May. Daniel King also
won the RWA's Walley Emery male style award!
These successes led to Daniel & Dominic (together
with a lad from Steyning) ~~are~~ being picked to
make up a Southern team to race the 'North' at

Bolton on Sat 7 May. Thanks are due to Kenny Walsh's hard work.

3-10. Although we don't score in the East Anglian League our members entered track and field events with typical gusto at Braintree (Sun 1 May). (27 entries were)

100m. (u13) Scott Bungoyne 15.5, Gavin Robson 15.6

(u15) Chris Jones 13.6

?

200m (u15) Chris Jones (2nd) 27.2. (Sr) Sarah Cay 32.8

400 m (u15) Chris Lynch 60.4. (Sr) Paul Willis 53.7
P. Hood 68.2

Steve Ganhorn 70.2

800m. (u13) S. Bungoyne 2:36.42

(u15) C. Lynch 2:22.3 N. Wilkinson 2:40.04

(u17) Ross Davies 2:35.4

(sr) Paul Willis 2:01.01, Paul Strutt 2:10.06

1500m (u15) Phil Ganhorn 5:13.

(sr) Nicky Everett 5:02.09. Sarah Cay 5:58.02

3000 m (s.) Steve Thomas 8:58. R. Cox 9:04.

Shot. (s.) Colin Harvey 7.51m (new club record)

George Bennington 7.39m (040. record)

Discus: Lynda Caine 12.9m

Javelin: Colin Harvey 26.32. George Bennington 20.02
(040 record).

Triple Jump: Mason Dave 9.18m

④ see one → over



Other Club Matters

5-1 Dave (W) reported more backdated good news when he produced sets of tankards as prizes

for the Eastern Counties Champs at Kings Lynn on 27 April

Here we'd won 2nd team, so tankards go to

Pete West, Sean Robinson, & Steve Raw. We also upon Vets Team, so tankards were presented to John Carter,

John Hart & Graham Clarke

④ Next Week's Runs.

4.1 Frinton & Walton 2 Mar.

Greenwich

4.2 National 100k run at Sutcliffe Park, London. 7 May.
(for Terry Everett, Kenny Walsh, Glenn Robertson)

4.3 Tonight: The DREAM MILE, anti-clockwise round to the Baths.

(2: cont.) For the Italian trip, 2 girls: Jennifer Clarke & Rachael Holmes have been ~~so far~~ accepted.

3 Bob Cathmore showed the Highly Commended certificate which the club received from Duncan Goodhugh on behalf of Eastern Electricity/Sports Council Garrison Awards to sport presentation last Friday 30 April in Norwich Sports Village. Bawler continued about the attractive P.R. lady from E.E. who'd telephoned Dave Bright - possibly the same one offering the ^{more} certain bus lifts home from Norwich to avoid map-reading hassles.

5.4 At last Tuesday, Committee meeting a decision to use a collect gatekeeper and collect ^{all} track money, is paying off:
A ^{Award} £67 - taken on Thursday 5 May. {Together with Tuesday 3 May totalling £81 for the week.}

race

5.5 Everyone must enter the track 5k on Tuesday 17 May when Thurneck visit. ladies at 8pm. men at 8.15

5.6 ⑥ The Raffle ended the meeting. (Prizes for Daniel King, Tim Clarke, Geoff Gibbons & Mel Smith)
who didn't want it broadcast that he's suffering from Gout!

Meeting of 13th May 1994

- ① Minutes of previous meeting were read;
- ② No matters arising
- ③ Last Week's Runs.

3-1 In the absence of Paul Willis, Dave Wright reported on the club's first successes in the Southern League's Track day at Biggleswade on 7 May. We finished as 2nd team behind Newham, Essex. Individual triumphs included Richard Gaines' 1st in the 5k (a new league record time), (and) Paul Stretton's 1st in the 400 m hurdles, Paul Willis 1st in 400m.

Multitalented Mason Dano ^{came} 2nd in 110m hurdles and 3rd in the Triple Jump; but gravity defeated his pole vault!

3-2

At Bolton, our young racewalkers represented the South against the North & came 2nd. ^{with 75 points, beaten by 1 point!} The 2k race saw Daniel King clock 11:11, Dominic 11:49, & Gavin Robson 12:39.

3-3

Yesterday's 3k handicap racewalk on the track saw pbs from Jerry Everett and Roy Moore.

3-4

Last Friday's Dream Mile race had 41 runners, of which 28 got under 6 minutes! Dave Wright presented certificates to the winners of each pool.

3-5

The Frinton & Walton ½ M was won by Simon Wardley & Pete Thomas did a P.b. in 1:28:02

3-6

CGAC did very well in the National 100k (Running) Championships, coming 2nd team behind the "National 100k Club"! 100k times were 9h.47 for Glenn Robertson, 9h.47.m for Jerry Everett and 10h.11m for Kenny Walsh.

3-7 Tom Cudmore, Bob Clarke, Chris Holmes took 2 feet
and 2 wheels into the National Sprint Trials champs

3-8 Also on cycles: several club members entered
the Colchester Rovers 10 mile Time Trial including
Paul Foster & Pete Thomas.

4) Upcoming Runs:

- 4.1. Tuesday 17: we host 5k track heads to head with Thurneck
- 4.2 - Round Mersey Island Race.

5) Other Club Matters

5-1. Dave Wright displayed photos of the Norwich
Services to Sport presentations

5-2 Help is needed at the Disability Games on
Wednesday 18 May

5-3 The club will enter the North Norfolk 5
on 17 July, and have a holiday by the seaside
afterwards!

6) From the floor

6-1 Margaret was pleased with the £103 raised at the
Cheese & Wine; members were invited to start
paying towards the Awards Dinner, and if they're
feeling really flush - go on to start a Xmas Savings Club.
The Annual Cricket Match will take place on Saturday 9 July.

6-2. Several members contributed to a useful discussion on
the Upcoming Colchester Marathon; there's a new venue,
better course and SCR Radio are getting involved.

Geoff Gibbins & John Hedgethorn will coordinate the club's
wholehearted involvement in entering a top class running team
as well as providing the scores as usual at the
finishing funnels. We have 25 free entries.

7) Finally the meeting ended with our nail-biting raffle.

Minutes of Meeting of 20 May '94

1. Previous Minutes read; ² no matters arising

3. Last Week's Runs

3-1. The weekend of 14/15 May saw the 2nd & 3rd days of the Essex Track Champs at Newham. Adrian Mussett (CTAC 2nd claim) was 1st, in the 5k race, with Paul Strutt 4th, Steve Thomas 5th.

In the Jts 1500m Tim Woods finished 2nd, winning Silver in 4:07, and a Bronze medal went to Donna Robertson for the 3k racewalk.

3-2. Day 4 of the Track Champs, Wednesday 18th at Woodford Green saw Steve Thomas gaining Silver in the 3k steeplechase.

Stevens 9:27.07 was followed by 9:42.04 for Paul Strutt in 4th place. Apart from the Racewalkers, this is our first Silver, County track running medal.

3-3 Also on Sunday 15 May, The Great Eastern 5 Mr. at Peterborough had Nigel Powsey coming 3rd in 66:33.

3-4. Here at the Garrison Track, on Tuesday 17th May we hosted a 5k head to head with Thurrock AC. Having braved the foul weather and M25 to get here, they could almost be forgiven for just beating us. 64/96 most points came from their rather fast first 5 in the "slow" B pool. Toggers did win the 'A' pool 33/45 so Dave Wright was generally pleased with the event.

3-5 Also during the 14/15 May weekend, the Round Mersey Island race was won by Steve Thomas in 1:15:20 ~ 5 minutes ahead of 2nd man Doug Papworth. The field included an amazing number of unheard-of so-called CTAC members, as well as well known members masquerading under strange club names (?) Langham road runners?)

Some great times were clocked by our younger runners: Sarah Davies in 14:37m!

3-6 Sweeping the net wider, members confessed to a smattering of distant competitions: such

as Chris Akelhurst; 1:31 in the Canterbury ½ Marathon
and on the track (somewhere) James Cadmore did a 1500m in 4:45.

/ Next weeks Runs

- 4-1 Sat. 21 May: Arlesford 3 mile (Sun 22 May: Gt Baddow 10)
4-2 Mon 23 May: Club Duathlon at 6.30pm
4-3 Sun 29 May: Taffa 5-10-15

1. Other Club Matters

5-1 The clear leaders so far in the Total Turnout Trophy
are Mason Dane - 31 points; Terry Everett - 27 points
and John Hart - 24 points.

5-2 The 17 July North Norfolk 5 looks like being a
good one - the club has received 2 more free
entries - to be raffled off soon.

5-3 The annual Tug of War at Hamilton Lodge Fete
will have mens teams organised by Geoff Gibbins
and the ladies teams trained by Lynda Gaine

5-4 Dave Wright presented every Dream Mile runner
with a certificate. Notable junior times were
Scott Burgoynes 5:11, Giles Copley 5:30 and
Ross Davies 5:33.

5-5- Dave thanked Margaret Williams for her loyal
support at the track in making teas on Tuesday,
Wednesday and Thursday evenings.

6/ From the floor: 6-1 Mason Dane reported a good
turnout and club support last Wednesday (10 May) when
8 members helped at the Disability Games. Dave said
we expect to receive a wheelchair competitor and a blind
runner; joining our club soon

7 The Raffle was won by Lynn Higgs, Graham Clarke
Pat Beards and Nick.

As usual, the "last" prize had to be forced onto Don Brookes.

MINUTES OF MEETING 27TH MAY

(THESE MINUTES ARE NOTABLE BY THE FACT THAT I FORGOT TO ASK ANYBODY TO TAKE THEM AND SO HAVE MADE THEM UP) CHARMAN!

Previous Minutes - No MATTERS ARISING

Last Weeks Runs, BRAINTREE RELAYS- THE JUNIOR TEAM BEAT THE SENIORS!

At Brookwood: STEVE THOMAS HAD A MELL OF A GOOD RACE TO FINISH THIRD. SO DID VALENTINE TO. ALISON SLOANE LOOKED GORGEOUS AND ALSO ROW WELL.

TRIATHLON - CHRISTINE HAMER RAN WELL CONTINUED TO IMPROVE. PETE THOMAS DID WELL FOR AN OLD ONE.

DUATHLON - JUNIOR'S DID BRILLIANTLY. PETE THOMAS DID NOT TAKE PART

Runs Next Week SOUTHWAY LEAGUE DIV 8 AT BOLCHESTER RIVERTOUS SUPPORT NEEDS.

Runs This Week JAFFA 5, 10, 15, WE MUST WIN BY A LOT.
ALSO, ESSEX 20KM RACE WALK AROUND CARRIGAN WE MUST WIN.

DAGENHAM 88 JOGGERS HAVE CHANGED THEIR NAME TO DAGENHAM 88 RUNNERS. THIS HAS CONFIRMED WHAT WE ALWAYS THOUGHT. THAT DAGENHAM ARE A LITTLE OF TARTS!

10 PIN BOWLING MIKE SELK PRESENTED JOHN HART AND DAWN KNIGHTS (REPRESENTED BY SON RICHARD) WITH A BOTTLE OF WINE FOR BEING DYNASTY WINNERS AT THE BOWLING NIGHT. 38 JOGGERS TOOK PART, THE HIGHLIGHT OF THE NIGHT WAS PAUL WILLES WHO BOWLED HIMSELF DOWN THE LANE INSTEAD OF THE BALL. THANKS WERE GIVEN TO MIKE FOR A GREAT NIGHT.

ITALY TRIP LJC HAVE SENT BOTH TEAMS AND THE COACH STEVE GRANHAM TO THE EUROPEAN YOUTH GAMES IN ITALY.

NEWSPAPER MORE PROBLEMS WITH THE NEWSPAPERS THIS WEEK. AFTER AN ARTICLE APPEARANCE IN THE EVENING GAZETTE WHICH WAS A PACK OF LIES, THE CHAIRMAN HAD IT REMOVED FROM THE STANDARD UNDER THE THREAT OF LIBEL & ACTION. THE GAZETTE SAID THE ARTICLE WAS NOTHING TO DO WITH THE FACT THAT JOHN HYLAND IS THE NEXT DOOR NEIGHBOUR OF THE STANDARD'S SPORT EDITOR HOWARD (2 FACED) WALKER!

N NORWICK 5 THE DRAW WILL BE MADE ON THE 1ST OF JULY FOR THE 2 FREE ENTRIES FOR THE NORTH NORWICK 5.

HADLERIAN REESE ALL CLUB MEMBERS ARE ENTERED, PLEASE TELL PAUL WILLES IF YOU CAN NOT RUN.

COLNE ENGINE 5 DOCTOR SPONAGE HAS ARRANGED HIS 5 MILE RUN FOR THE 2 JULY (SAT). THE FIRST LADY HOME GETS A FREE INTERVAL. JOHN BLUNDELL IS UNSURE AS^{WHETHER} TO ENTER AS A MAN OR A WOMAN.

Harrow is Tovant!

Today's Funken League Trophies were awarded to

- | | | |
|--------------|--------------------------------------|--------------|
| DIV 1. | PAUL WILLIS & | PAUL BARRETT |
| DIV 2. | PAUL WILLIAMSON | |
| DIV 3. | CHARLES AKEHURST | |
| DIV 4. | JIM CLARKE (Lancashire Road Runners) | |
| DIV 5 | BARRY (LOOK AT MY HAIR) GOLDA. | |
| DIV 6 | JAMES (UPMORE | |
| LADIES DIV 1 | LINDA GAGE | |
| DIV 2 | ANNETTE (WET LIPS) OAKMANN | |
| DIV 3 | ALISON SMITH | |

The trophies were presented by Geffrey
Ribbins THE NUMBER ONE MAN!

MARATHON MEETING A MEETING WAS HELD
ON TUESDAY TO DISCUSS THE COLCHESTER
MARATHON. JIM CLARKE CHAIRMAN OF LANCASHIRE
ROAD RUNNERS, JOHN HEDGEMANNA MINISTER
OF FUNNY WALKS, AND DAVE WRIGHT THE
BOSS LOOKING ON. THE MARATHON
IS ON COURSE TO BE A SUPER DUPER
DAY OUT. (P.S. ALSO FORGOT TO MENTION
OLD MAN CATHMOORE WHO WAS ALSO
PRESENT)

CHRISTINE HOLMES RAISED UP DOUBTS
ABOUT THE TOTAL TURN OUT TROPHY RULES.
AFTER A LIVELY DEBATE THE MEETING
ENDED. WHEREUPON ANOTHER LIVELY MEETING
TOOK PLACE WHEN THE MEMBERS HAD
GONE. THE OUTCOME WAS THE CHAIRMAN
TALKED HIS WAY OUT OF ANOTHER
DESPERATE SITUATION!

MINUTES of MEETING of 3rd JUNE '94

3.3.
Minutes of previous meeting were read out by Dave Wright.
they had been written long after that meeting, by Dave, himself
ably assisted by a few jars of Guinness no doubt!

No matters arising.

Last week's news reported by Paul Willis

1. Paul Congratulated Chris Akhurst on organising last month's Friday Handicap ^{when} - 24 pbs were recorded.

Paul Shutt won 13-44, Richard Game 13-47

Paul McHugh 14-05. Ladies winner was Jojo 17-13.
^{May 27th}

2. The Italian Visit to Sienna by Steve Gurnham and our youngsters was very well-hosted, - put up in a monastery, amply supplied with wine, ^{not the youngster}, a disco, and a Sienna tour. They also enjoyed the running. Even in 80°:-
the girls seconding: 4+. Rachael Holmes 12:50

8 Jennifer Clark 14:28

10 Haley (Clark) ^{Rooke} 14:32

and the boys placings in the 5k - also a surprisingly good run in the heat -

9 Phil Gurnham - 17:12

11 James Cudmore - 18:00

12 Giles Copley 18:22

Although there were no individual awards, we did win a Bronze Trophy.

3.4.
Steve Gurnham presented medals to Bob Kimber, Paul Barrett, and a bottle of monks wine to Dave Wright (which he subsequently donated to the raffle prizes, with a little persuasion!)

3.5.
Despite the indifferent press coverage, Paul Willis said these youngsters, their coaches & managers were all a great credit to the club.

3.3. At Ipswich, the Toggers made a clean sweep in team prizes
At the Jaffa 5, 10, + 15. (on Sunday 29 May) and also won
individual prizes. Paul Strutt, 1st in the 5mile (24:48)

Nigel Powley 1st in the 10mi ()

Richard Gaine 1st in the 15mi (1:22:42)

In the ladies 5mile Ffion Bennett came 2nd (31:55)

Annette Oakman 4th (32:17)

& Lynda Gaine 6th (34:17) gave them
the ladies team prize

The mens 5 mile winning team was completed by Paul Spowage at 3rd
by Simon Wadey at 6th

The mens 10 mile team was completed by Paul
Val. McHugh 3rd (53:08)
& Keith Marley 4th ()

completing
and finally the 15 miles team: Dave Lacey 5th (1:25:38)
Chris Steelhurst 29th (1:41:43)

3.4. Further afield, Martin Longhurst had battled around
the Dartmoor 100 ~ taking rather more than 1 day.
(30 h. 42 mins to be precise)

3.5. Still with long distance, the 20k racewalk at Abbey Fields
on 29 May saw Cath Reader coming 1st &
Dawn Robertson 2nd. After some confusion the
rules were strictly adhered to, and Cath (being our
2nd claim -) could not score in Southern League
placings, but could for the Essex League.
Lorina Feeny did well to help the team's placings.

The men's team led in by Malcom Dane at 6th place (1:49:09)
finished 3rd. New member Rod Clayton followed Malcom
in at 7th. So the combined teams secured 1st place

and Diana made the national Sunday press with her Southern League 'Silver.'

(1) M
(2) wo

Next Weeks Runs:

- 4.1. Lots of support requested for Sat 4 June Southern Mens Track fixture at the Garrison - it will include racewalks. 4.3 Norwich½ Marathon Sun 12 June.
- 4.2 Hadleigh Relay. Sun 19 June 4.4. Swindon Triathlon Other Club Matters
- 5.1. No club Avenor meetings on Friday 8^t-& 15^t July as the entire club attends the Stratford St Mary, and Royal London evening races respectively
- 5.2. Quiz night set for Sat 11 June here at Avenor
- 5.3 Committee Meeting Thursday 9 June
- 5.4. Geoff Noble's London Marathon sponsorship has raised £300 for Hamilton Lodge
- 5.5. Letter was received from Thurrock AC thanking us for the Track 5k head to head organisation.
- 5.6 If Kenny Walsh's recent performance is suspect, he puts it down to drinking beer from old socks (in Greece?)!
- 5.7. Finally the top table wished Paul & Diana Williamson "well" and said "cheerio" as they soon depart for Germany.
6. From the Floor. 6.1. Roy Moore reminded us of Track safety when Javelins were being thrown.
- 6.2 Lynda Gaine added more epic results to the ladies Taffa 5-10-15 story: Jenny Heath-Sinclair was 1st in her age Gr. Julia Warne did 74 mins in her 1st 10 mile race
- 6.3. Meeting agreed to write a thank Taffa for organising their 5-10-15.
7. Raffle winners. Graham Clarke (!) Maben Dane, Claire Willis, Bob Clark, Deena Robertson, Lorraine Hardinge (!) (Dane's wife.)

Minutes of Meeting. 10th June

- (1) Minutes of previous meeting were read.
- (2) no matters arising

- (3) Last Week's Runs: reported by Paul Willis

3-1. On Saturday 4th June at the Southern Mens Track League, Cd Garrison track. the club put on a great performance to show the breadth and depth of our strength especially in the field events. Needless to say many new club records and PBs were set: ^(R) George Bennington 4th in Hammer 20.0m ^(R) and ^(P) 3rd in Shot 8.55m. ^(R)

Geoff Gibbons 3rd in Discus: 22.56m ^(R)

Phil Scallitoe 3rd in Javelin 33.52m. ^(R),

and 4th in Pole Vault 1.52m,

and 3rd in Triple Jump 10.78m

Makson Dane was 3rd in the Long Jump @ 5.20m and young James Clarke leapt to 5th in the High Jump at 1.20m. On the track we had PBs with Paul Spowage's 5k (15.34.8) and Paul Willis' 400m : 52.7 Paul also came 2nd in 200m at 24.8

Makson Dane hurdles the 110m to come 3rd (23.1)

Mike West's 1500m got him 2nd : (4:15.2)

with Tim Bartram a close 3rd at (4:20)

Simon Warday was 2nd in 800m (2:10.8)

Phil Scallitoe 3rd in 100m (12.7) but priced place should go to Paul Strutt's 3k Steeple chase, finishing ^{15th in 9:34.6 - not only a PB for Paul but a Division 8 record, and faster than ~~any other~~ ^{the higher} Divisions that day. In fact it's the 3rd fastest in}

the whole Southern League. Paul also did a shorter run, coming 2nd in the 400m Hurdles in 67.2

In the Relays the club came 2nd in both the 4x100m and the 4x400m

So,

on the day overall we finished ~~as expected~~^{2nd} on 84 points, with Newham's Essex Beagles winning at 105 points - 5th/24. (3) Longton 81 // 4 Castle Park 63 // 5 Thurrock 39p. Paul acknowledged the ~~essential~~^{valuable} role played by Col Terra AC in providing officials and scorers for this prestigious home event.

Overall after 2 meetings were

3.2 At the Army Championships ? Wed 8 June, Aldershot Steve Thomas started in the Steeplechase and came 2nd in 9:25.0. — a new club record for us

3.3. Lynda Gaine's Witton Relays ^{saw} allowed Toggenburg finishing a brilliant first, at 12 minutes ahead of next team Chelmsford. Our team was Annette Oakman → Paul Willis → Richard Gaine → Paul Strutt,

(4) Near Weeks Runs

4.1. Norwich Half Marathon (Sun 12 June)

4.2. Anthony vs Colchester Borough (Wed 15 June)

where Dave Wright will be exercising his new found status with the Borough dignitaries and exercising his jaws in the VIP's food tent.

4.3. Duathlon Tuesday 6.30 from Arena.

(5) Other Clubs Matters

(5.1. At the Southern Walks Games, our Racewalkers ^{Also} were involved in a race which

5.1. Alongside the Track & field events on 4 June, our Racewalkers found themselves being tapped by some ace Aussie walkers. — perhaps a chance for Twinning!

5.2. Dave Wright's calendar is so full he can't attend an important lecture on Policy Changes in Sport. — and so wants a volunteer.

- 5.3. Last Tuesday, Committee meeting reported 210 p.m. fully paid up members, and are even proposing to invite Riverside Runners to train with us at the Track.
- 5.4. Members were reminded of importance of using official Club Notepaper, with copies to Rachael, and receipts to Pat for any club correspondence or transactions.
- 5.5. Runner's own P.B.s will have to be entered on the noticeboard in future.
- 5.6. Garrison Track is ~~open~~ booked for each Tuesday and Thursday until end of August, although Bob K reminded Tavelin Runners to avoid those Tuesdays when a Junior Track meeting is held.
- 5.7. Rachael needs a printer for her PCW 9512.
- 5.8. Club Vests will now come in a choice of either letters or logo.
- 5.9. Mason D leads the TTF on 35 points
Nicky Everette is first lady on 17 points
- 5.10. The Awards Dinner will consist of a starter, a choice of main course, plus glass of wine/dessert/coffee + mint, all washed down listening to a live group.
- 5.10. Serious Beer bills are looming: a barrel from the losers of U40 vs O40 Cricket on 9 July, and quite a few pints from the team finishing 2nd at Shatford St Mary on 8th July, 8th.
- 5.11. Quiz night on Sat 11 June
- 5.12. Finally Dame W ^{reminded} members to ^{supervise} youngsters on the trackside and around the Areas.

6. From the Floor:

- 6.1. Steve Gougham awarded our own Bronze medals to the 6 youngsters who ran in Siena.

- 6.2. Bob Kinsler took over the Shared trophy & of Club Person of the Year for his 6th month share of it after Paul Willis
- 6.3 Adrian Copley confirmed our team of 17 had been entered in the forthcoming Round Norfolk Relays.
- 6.4. Don Brooks had a Coaches' Meeting am^o finally ~~last~~ ^{3.0} ended the meeting.
7. The Raffle ~~organized~~ ^{held} ended the meeting.
Prizes: - Melvin Smith, John Blundell, Bob Kinsler and Dave Simpson

Meeting of 17th June 1994

1. Minutes of previous meeting were read, there being
2. no matters arising
3. Last Weeks Runs - were reported by Paul Willis starting with 3.1 the City of Norwich ½ Marathon. There was a good turnout for this hot, hilly course. Cogges AC finished 3rd club. with our first placing individual placing being Nigel Bowley 3rd in ~~1:07:56~~ 1:07:56 Many other members ran well, including Mark Scott and Louise Keeble - both finishing around 1:41.; Paul Barnett still doing pb's (1:20) at his age and messer G Clarke & Don Brooks holding hands to finish in 1:26.

However Pete Wests (2233) 1:17 results from Medical attention stops. Because of Tony ^{Nixon} Seakes finishing 2nd V040 in 1:14:35, he's now been picked for the Eastern Vets 10k (other times: Alan Barnard 1:23:07 Steve Garrow 1:23:56 Pete Thomas! 1:30:47 60+!) Pete

3.2 At the mainly off-road Poppyline Marathon would-be hardmen Dane Lacy finished 2nd in (3h.34.) Kenny Walker 5th & (3h.48) and Glen Robertson had a gummy knee & walked the last half.

3.3 Bob K. & Paul B's youngsters ran at Nortgate Stadium in the Ipswich Young Athletes Track Open competition and set new Club records:

26.8s for 200m from u15 Chris Lynch

28.3s for 200m from u17 Mark Wyatt

also 63.5 for 400m from Mark

We had 4:42.5 in the 1500m from u17. James Cadmore and a 4.65m Club Record from long jumper Chris Tones

(Also Sarah Lay 200m + 1500m

Neil Wilkinson 200m + 400m

Chris Tones 3rd in 200m final

3.4 On Wednesday 15 June at the annual Cotch. Borough vs the British Army. - organised superbly by Lynn Higgs - CJAC had some very good placings with

Alison Sloan 11:18.3, Annette Oakham 11:26 (coming 3rd, 4th respectively in the ladies 3k.

Mike West won 5th in the 800m (2:03.7) and in a closely fought 1500m.

Paul Spowage came 4th (4:08), Richard Gaine 7th in 4:14

We literally had feet in both camps when Paul Shutt came 2nd (9:28.0) in the 3k Steeplechase, behind Steve Thomas winning (for the Army) in 9:23.9!

Paul wins a Crystal Palace Southern Counties entry on this form.

Team manager himself (Paul Willis) did 53.3 in 400m

and Dale Roberts got 43.32 m in the Javelin

6.

5 Thursday, Handicap 3k track walk saw
Patsy Grant finish 1st, followed by John Hart &
Dancel King. The night's fastest was Terry Gruett
in 14.58. Hayley Rook got a pb by 20 sec-

Next week's runs:

- 4.1. Southern Counties meeting at Basildon (Sat)
4.2 Hadley Midsummer road relay (Sun)

6.

6.3
and

Other Club Matters

5.1. Dave Wright showed us a "John Groom's Housing Association" brochure with Gerard Oxford on the cover (Homes for the disabled)

(7)

go

5.2. A letter has been received from Cobus Sport thanking us for the Promotion leaflet. Dave W thanked Geoff Gibbons for his work on that.

5.3. A hung vote of the club members left the new/old route decision back in Tony Nixon's hands, for next month's Stratford St Mary 5.

5.4. Last Saturday Quiz night set new Club Record for noisiness, number of photocopies, and paper-fights. Lynda Gaines team won their

5.5 A reminder for Cricketers to bring own plates of food at 2pm, to which bits of Bar-B-Q can be added afterwards, on 9 July

5.6 Next Saturday Hamilton Lodge Fete: See Kenny W for selling raffle books; bring tombola prizes; and previous Sumo award winners qualify for the Tug of War Team.

1. M
2. L

see
ne

3. L

P

- C

co

11

6. From the floor

6.1. Laraine gave out Arena membership cards,

6.2 Paul McHugh enquired, Geoff Gibbons answered matters concerning the Clubs involvement as runners and helpers in the Colchester Marathon. (22 helpers, 50⁺

6.3 Dave Wright reminded members to make our new wheelchair member welcome at the track.

6.4 Lynn Higgs gave notice of the Track Users Committee meeting on Tuesday 21 June

6.5 and members are expecting sartorial elegance from chairman Dave (wright) after being censured for wearing shorts when not crossing his legs at the top table. Dave worry when he went on to

(7) Dave showed no signs of ~~embarrassment~~ when he finally gave out raffle prizes to the 5 lucky winners -

(Donna Roberts, Graham Clarke, Tim Clarke,)

Tony Bennett, Steve Thomas

embarrassed 5 other members with Raffle prize winnings

Meeting of 24. June 1994

1. Minutes of previous meeting were read.

2. Matters Arising: Members pointed out, & minutes have been corrected to show reference to Tony Seakins should read Tony Nixon.

3. Last Week's Runs were reported by Dave Wright as Paul Willis was absent with Post Natal Confusion.

- Clare having given birth to a Daughter: 7½ lb. Charlotte Feeny today. (24/6/94). Clare was complimented on her timing: - very conveniently slotting in between last & next weeks Southern League fixtures!

3.1 Well that Basildon, Southern League fixture (18 June) was rightly described as absolutely marvellous. C.JAC finished 1st equal, tied on 93 points with Newham & Essex Beagles.

Amazing FIRSTS included. Geoff Gibbins' Discus (23.81 m) (CR).

Steve Thomas, (CR) 2.80 m Pole Vault, & 10.67 met Triple Jump (CR)?

and 4.014 m in the 1500 metres

Dale Roberts: 43.82 met Javelin

Steve Raw 17 min 28.3 sec in 5k, flat, and 11 min 41 s in (3rd) Steeplechase

Mike West 2 m 04.1 s in 800m

Other club records were set by George Bennington, Shot Put (CR) of 8.63 metres.

The other clubs' competitors still had good 2nd, 3rd & 4th placings: incl 2nd in 4x400 m R, 4th in 4x100 m R.

George B. 4th Hammer 19.41 met M. West. 4th Long J 4.38 met

Paul Willis 2nd 100m 12.6 sec, 2nd 400m 58.2 sec

Paul Strutt 3rd 110M Hurdles 22.4 sec & 3rd 400m H. 65.2 sec.

J Wright 3rd 200m 25.2,

and the Relays brought us 4th in 4x100 m 51.9 sec (Paul, M. West, R. G. Strutt, P. Strutt)

& 2nd in 4x400 m 3 min 43.2 sec. (R. G. Strutt, M. West, Paul, M. West, Steve Thomas)

All efforts will be concentrated on winning the July 2nd S.L. fixture at Canvey Island, which should put C.JAC at the top of the league!

3.2. On Sun 19 June, the club entered 14 teams of 4 the Hadleigh Road Relays, and Dale Wright thanked Paul Willis for his effort in organising entries so successfully that we won 1st and 2nd team placings, whilst our (CR) and (D) teams finished 9th & 14th respectively.

A team =

B team =



5.

24 June

3.3. Mason Done finished 3rd in the Brighton to Steyning Race Walk

3.4 Clavis Akehurst and Nick Hard did the Brands Hatch 10k and found it tough and hilly (Fr 17 June)

3.5 Clavis - ever in search of unusual runs for "quality" in his T.T.T quest - did the Cliff Temple memorial mile on the Goodwin Sands. (Competitors got there by hovercraft at low tide !) (he didn't say whether they swam back on the high tide !)

3.6 Bob Kimber & Paul Barnett's junior squad featured well in their recent track meeting (at Garrison Track on Tuesday 21st) Competing with other local clubs Hadleigh, Halstead and Tiptree. Almost 20 of our youngsters took part in a range of track distances from 50 to 800m and also the Long Jump. Some notable performances were Chris Jones' 13.68 m 100m. Chris Lyndis 27.33 200m Jake Loughnane 65.5 400m & James Cardmone; 2.23 in 800m. Ross Davis did 4.31 m in long jump.

Thanks were expressed to coaches Bob & Paul, and to Martin Loughnane for logging all the results and to Margaret W for providing lots of tea and gallons of coke.

4. Next Week's Runs

4.1. South Downs 80.

4.2. Paul Spowage: Col. Engaine run.

4.3. Friday handicaps.

5. Other Club Matters

5.1. Last Tuesday's meeting of the Garrison Track Users Committee raised several matters which were reported here - notably the wish of Lt. Col Danesport

24 June

local the annual Garrison/Town event
to raise the profile of local ~~local~~ athletes, and to
keep chasing that £1/3 million Nuffield Grant for sport.
5.2 Our new young wheelchair athlete
is showing some talent. Dave W.
wants some fund-raising for a racing wheelchair for him
in order to continue his greatly improved motivation
and enthusiasm.

5.3. Diane Heather is selling group photos of members
at the Jaffer 5/10/15 at £1.00 each; profits go towards
the Wetlan visit.

5.4 Geoff Lissens outlined final plans for the Club's
involvement in the Colchester 2 Marathon at the Army's
"Country Day"

5.5. The Club has written to Roy McFadden,
(world famous Australian Race Walking Coach) and
sent him photographs of his visit here posing his
team members with Dave Wright. (world famous
Club Chairman).

5.6 A reminder that Fri 1st July is ~~last~~ the
Annual meeting & 2 weeks' attending 2 Friday race
meetings instead

5.7. A request for big George look-alikes to
take on (or even pick up) the Hammer during
his absence from the next Southern League fixture

6. From the floor:

6.1 Bob Künker planned a meeting of track youngsters' parent

6.2. The County Schools championships are on 25 June
at Basildon. (Introducing Essex League Race Walking).

6.3. Any members can enter Southern League Div 8 events
as non-scorers

6.4 Tuesday 28 June is the next Duathlon

6.5 Tony Nixon confirmed the use of ^{the} original Shafford

SF May Smile route.

6.6 Richard Knight goes on the razzle to celebrate his engagement on Sat 25 June, but hopes to have enough energy left for the next day's Colchester Fun Run!

7. The meeting ended with the Raffle, ^{Dave Wright still} wearing shorts (winners Liz Cadman, Bob Cottermore, Don Brooks, Bob Kneller, Martyn Longhurst).

Meeting of 1st July 1994



① Minutes of previous meeting were read.

② No matters arising.

③ Last week's Runs were reported by Paul Willis, starting with (3.1) the Friday Handicaps of 24 June. A total of 42 members entered and 13 PBs were achieved(!), including Terry Everett 23:32 walk. Phil Knights was first on handicap.

(3.2) On Saturday 25 June the names of two famous' joggers were wafted over the tannoy at Crystal Palace, as Steve Thomas and Paul Strutt battled round the South of England Championships 3k steeplechase. Steve did 9:27.9 and Paul 9:28.5 ~~exceedingly missing~~

3.3. Geoff Gibbins then reported on the Colchester ½ Mar and fun Run, -apologising for the confusion at the finish. The club had 62 entries ~ (our 2nd best - ever after Dedham's 70). We won team prizes for the ½ Mar. males, females and junior also the 5k Juniors.

In the ½ Mar. we had 8 finishers in the first 17.

-Discussions between the coisted-and-true-course finishers resulted in 2 sets of awards. One for the actual 1st time, ^{finishes} ~~and~~ (starting with Dean Marshall.) and another for the race leaders 1:19:20