

In the Ver Females Moira S: Liz C 8th

5. From the floor

5.1 A committee meeting will be held on Fri 21 Dec at 8pm.

5.2. As Dave spoke the Calendars arrived - hot off the press - and the gathered membership watched with breathless anticipation as Dave turned over each glossy page to reveal the unexpected photos!

5.3.

6. The Raffle had loads of prizes and 15 members won something.

The club photos proof were shown. Dave will choose the best for enlargement for the Notice Board.

Minutes of Meeting of 7th January 1994

① Previous meeting minutes were read. (starting some ¹⁰⁺ mins late)

② Matters Arising: 2.1. to clarify and stick to the appointed time for starting this meeting

2.2. Santa Clause complained he wasn't mentioned in the effusive thanks dished out to all helpers of the Christmas social scene. Many thanks now!

③ Last Weeks Runn.

3.1. The Essex League XC race at Upminster (on Boxing Day) saw a great performance from Paul Strutt; having led most of the way he was just pipped into 2nd place. The Other (A) team scorers:

Henry Gm Paul Spowag Tim Bart Paul McIf and Tony Seakins produced our best ever score

of 81 points. Amazingly (for Dave w) not enough to win. - but we secured 3rd place

In the (B) team Dave lacey was seen to vastly improve as he dried out after the Christmas guinness!

The ladies race saw a brilliant run from Lynn Higgs finishing 4th individually. Lynns partners Alison Sloan, Jojo Amelie, Niccole Litz ~~and~~ Lorna and Alison Simmonds all ran ~~well~~, & the scorers clinched 3rd place team place.

So overall, the joggers are only 1 tantalising point behind in 2nd place. and everything to go for in '94

Similarly the Girls, Colts and Boys races all saw good performances from our junior joggers. Scott Burge finishing 2nd in the Boys race. And which ~~exceeded~~ ^{justifiably} pleased with this excellent turnout.

3.2) The New Year came in with ~~smile~~ ~~weather~~ ~~forecast~~ to allow racewalks in Colchester on New Year Day ~~and our new walker Dave Sheppard came 6th 43.34~~ and at Victoria Park Hackney. Now Our squad is being strengthened by ~~the~~ new walker Dave Sheppard. And the news that Royston Walkers (a whole club) are joining CASC for ~~walkers~~ future walking races. Dominic King set a new clubs record of 16:27 for 2½k.

3.3) On Boxing Day the runners bear the ictus of Frigidus. ~~and the~~ Feet survived, but ~~bikes~~ were wrecked.

4) ~~Next~~ ~~dates~~ Run: 4.1. Tiptree PLAC 9 Jan
2. Springfield - 16 Jan
3. Mens National 12 March.
(6 men, 6 ladies to be entered)
4. International ~~at~~ London

(5) Other Club Matters

5.1 Paul McHugh explained the rules for the Total Turnout Trophy; all events between 1 Jan and 31 Dec 94 are included and meets club members simply fill in a standard form each week detailing which events they competed in. The prize is £100 worth of vouchers from Cope Sports.

5.2 Dave W. presented 8 certificates for the Smile race walk. Marion had elsewhere produced a new club record of 52:42 for 10k

5.3 Melvin Snell next outlined his Tuesday night plans for a 4 week trial of training sessions from the Wednesday.

5.4. The next committee meeting is due on Tues 18 Jan

5.5. Dave ~~invited~~ asked for a show of hands on London Marathon entries. - we had 6 present and offered the usual ~~waffle~~ draw for 2 spare place entries which we had received.

5.6 Dave next reported how quickly the Calendar had sold out. and the £75 raised was going towards the cost of Gerards Hamper

5.7 The runner of the month (decided by the running committee) was Paul Strett after his excellent performance in the Essex League.

5.8 Dave presented Green club award badges:

5 from the 10k 1 for Novice

3 for G1 Bentley, S- 1 for Hadleigh 10

5.10 Finally Dave reported that the University ^{venue} had been booked for our XC.

(6) From the floor

Margaret reminded us of the Lancashire bookings next Tuesday

The 39 hills of the Harlow XC proved too much for 10% of the competitors in the ~~last~~ Essex XC series. However, this did not stop our strongest team yet, how about the ladies.

In the Men event, Steve Thomas was 4th, Paul Stoth 11th Henry Emmerton 13th, Richard Gane 15th. Followed by Jim Wool + Carl Dunn, who formed our 'A' team finishing 2nd overall behind Basildon, but ahead of Chelmsford.

Our 'B' team fared just as well, by finishing 6th team. Our ladies team were 4th, with individuals running extremely well. Jo Bennett had her best position so far by finishing 8th. Linda Gane 14th + my Cudmore 23rd, not far behind was Fran Norris who made her first come back run for the club since giving birth.

The younger runners found the course tough going, but still managed their best ever team position of 4th.

In the Essex Schools XC.

Scot Burgeyone : was 11th in his Age group.

Chris Lynch 2nd in his group

Thom Cudmore was 3rd in his race.

In the Suffolk Schools:

Suzanne Barnum was a creditable 13th Overall.

Dave's expectations of Essex + other County medals for 1993 was exceeded:

In all the club members have 57 County Honours
43 - Essex, 5 Southern, 3 Eastern Counties,
1 Kent + 1 Cambridge.

However surprise, surprise, this is not good enough for Dave.

He expects more Honours this weekend, from the Essex XC champs for Men + women.

The Target set, is for our 'A' team to get County Medals

and the 'B' team to be placed with in the Top 10 finishing teams.

The likes of the Famous Dave Wright + the not so famous Nigel Powley, Melvyn Smith, are to take part in the Suffolk Champs on Sunday.

Hamilton Lodge: Card Service - a great time was had by all
Tollgate Store Collection. Dave Heather requested
anybodys assistance in collecting, on Saturday. Unfortunately he had
been given little extra.

Dave Announced Announced that the CJAC Calenders for 1994
will be ready next week + also, that the club is to have
its own style Tee clothes. Ideas for designs are required. Please
let Dave know if you have any original designs.

Margaret, is to prepare the Xmas Hamper for Garrow. £50 from Club
funds will be used initially, until the Calender Sales have been made.

Our clubs entry in the 'Sports Award for the Eastern Counties' is
coming on well & will be ready before the new year eve deadline.

A reminder, that, there will be no Club meeting on Xmas Eve,
but a run from the Arena is planned, between 6.30 - 6.45pm, followed
by the usualy sing song + dance pis at the Arena.

The Track is closed on 30th Dec. The Boxing Day Run at
Friday Woods, starts at 11%^o and, showers + refreshments
will be laid on by the Arena.

The track is closed on 30th Dec.

A New Years Day Walk or Run is to be organised,

Our Pace Walkers are taking part in Beaulieu Heath, at the weekend,
+ The first of the League Walks starts, at the weekend, from
Chigwell. 18th Dec. - 10km Distance.

A £20 boost to club funds has been rec'd from our visitors from
Wetzlar, Germany. a letter of their appreciation is ~~on~~ on the notice board.

Dave Lucy will be holding a special Xmas Raffle on Friday
17th Dec. £1. per ticket.

Melvyn Smith's Tuesday training sessions will be based from
Leisure World for a 4 week trial period.

The Athletics Quiz hosted by Jerry Everett, was won by Paul Willis,
Clairine, + Chris Akehurst.

Minutes of Meeting 8/17 December 93

① Previous minutes read. no matters arising

② Last week's Runs

2.1 Essex County XC Championships. on
An "incredible" result, Dave had declared, when
Toggers ^{mens} were lined up against the best in Essex!
The ^A team came 3rd (138 points) behind
Chelmsford (on 93 points) and winner Basildon (87pt)
Dave even chatted up Damon Martin - who
"was impressed". Our B team even finished
7th, beating the Ilford A team, and our C team
came 13th.

Highest placing was Paul Strat at 8th (winning
an Essex Vest)-and passing the drugs test!

Steve Thomas, Richard Gaine, Paul Spowage

Valentine McHugh, and Jim Wood (at 33rd) completed the A team.

2.2. Next Day. the Ladies XC team took us by surprise, finishing 2nd. overall.

Individual places were Lynn Hogg, 3rd. (winning her Sitter County Medal). JoJo 19th and Lynda Gaine 20th.

No other club got Male and female teams in the County Medals placings - a magnificent achievement!

2.3. In the Suffolk Championships on runners had a very hard time surviving the atrocious weather, where 15th d.n.f!

Nigel Powley won in 44.47, Dave Wright came 26th, Melvin 35th, and Tim Bartram was just pipped by a local Lowestoft runner with "local knowledge".

2.4. The Thursday night track handicap Racewalk produced ~~a few~~ classic headlines: "Dibble from Dave" as our new racewalker from Loughton just pipped Naben into 2nd place, with Jenny coming 3rd.

Also appearing was "Rook checks King": - Dave asked when Knights family would join in

3. Forthcoming Events:

The season's 1st Essex League Racewalk at Chingford

4. Other Club Matters

4.1. For the Kiddies Christmas Party: Ted Williams was magician.

Dave Wright expressed his thanks to Margaret and Jean for the organisation, and for the Hamper given to Gerard. He was said to be "over the moon".

Illustrated
The new Clubs Calendar's profits will go to Gerard's hospital cost.

Dave has arranged with John Hyland for the Boxing Day run at 11am.

On Sunday 2nd January a ramble will start at 11am from Friday Woods car park

Dave thanked Bob Cuthmore for his literary masterpiece (rivaling "War and Peace") of Joggins entine history. - even Dave was surprised by some of the ~~entines~~ facts!

In January Paul Shutt, Scott Bugoyne and Lynn Higgs will be representing Essex at Luton.

Dave wants new ideas for activities in '94
- one idea to start with is a 30 minute taster of Tai Chi - the secret of Kenny's eternal youth! - Tigers will be provided

On Tuesday 4th January a visit will be made to Leisure World at 6.30

Dave announced the final placings of the ~~Entines~~ Essex 3A,
'93 Road Championships results

Senior men: Dave Lacy 18
 Richard Game 21.
 Harry Emerton 24

Vets Men

Dave Lacy 4

Tim Wood 8

Henry Emerton 11

Tony Seakins 12

Sr Ladies Lynn Higgs 4

Bridget King 6

Morva Austin 7

Vets 50+

Pete Thomas 18

Colin Mackwell 21

Liz Cudmore 23

In the Vet females Moira 5: Liz c 8"

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③ Last Weeks Run.

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of 81 points. Amazingly (for our w) we managed to win. - but we secured 3rd place

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The ladies race saw a brilliant run from Lynn High finishing 4th individually. Lynns partners Alison Sloan, Jojo Annette, Nicola Lit ~~and~~ Linda and Alison Simmonds all ran well, & the scones clinched 3rd place team place.

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3.2) The New Year came in with

~~the~~ top class racewalks in Colchester on New Year Day
~~as our new walker~~ Dave Shepperd came 6th. 48:34.
and at Victoria Park Hackney. ~~was~~ Our squad is being strengthened by ~~our~~ new walker Dave Shepperd. And the news that Royston Walkers (- a whole club) are joining CJA for ~~walkers~~ future walking races. Dominic King set a new club record of 16:27 for 2½k.

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~~and in~~ Feet survived, but ~~glasses~~ were wrecked.

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2. Springfield - - 16 Jan

3. Mens National 12 March.

(Gents & Ladies to be entered)

4. Antwerp ~~XX~~ abdu

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5.2 Dave W. presented 8 certificates for the Smile race walk. Marion had elsewhere produced a new club record of 52:42 for 10k.

5.3 Melvin Smith next outlined his Tuesday night plans for a 4 week trial of training sessions from the Leisure World.

5.4. The next committee meeting is due on Tues 18 Jan

5.5. Dave ~~invited~~ asked for a show of hands on London Marathon rejects. - we had 6 present. - and offered the usual raffle draw for 2 spare place entries which we had received.

5.6 Dave next reported how quickly the Calendar had sold out. and the £70 raised was going towards the cost of Gerards Hampers

5.7 The runner of the month (decided by the running committee) was Paul Skrett after his excellent performance in the Essex League.

5.8 Dave presented Green club award badges:
5 from the 10k 1 for Novice
3 for Gt Bentley 5- & 1 for Hadleigh 10

5.10 Finally ^{venue} Dave reported that the University of Essex had been booked for our XC.

⑥ From the floor

Margaret reminded us of the Lancashire bookings next Tuesday

Bob Catamino revealed this week's amazings facts from his magus opus about the club

- 102 of members are on the Committee!

Lynda Gaine is inviting ladies to the Nabsat XC at Blackbun.

And finally Dave once again fouled up a smooth raffle by pulling some non-claimed tickets out of the bag which otherwise helped Pete Thomas, Doug Papworth, Clanc Willis, Laraine & Steve Raw to win valuable prizes ~~most~~ of which were ^{the} new club calendar!

Minutes of Meeting of 14th January 94

- ① Minutes of previous meeting were read.
- ② The only matter arising was a repeat for clarifying the starting time — as 7.15 amidst excuses from chairman Dave? — his "under stress"
- ③ Last Weeks Runs Sun
3.1 TRL XC at Tiptree 9 Jan. was quoted, Paul Willis a "mudbath": the "worst ever" conditions on a notorious course. Nevertheless 49 joggers turned out and gave a terrific performance. Joggers had individual firsts in both the men (Tony Seakins) and the ladies (Lynn Higgs) with the succession also neatly mirrored: at positions Senior men at 1, 2, 7, 9, ~~11, 13~~, and the ladies 1, 3, 6, 9, ~~12, 13~~. Tony Seakins finally beating Henry Gurnett on the run in. Other scoring senior men were Jim Wood, Mick Bond and Doug Papworth.

An amazing position of 39^t for Dave Wright, ^{led to} ~~surprised~~ numerous of only 2 laps completed - did he hide in the woods?

The 3 lady scorers Lynn, Jojo & Anne rapidly improving Annette Oakman totalled 10 points giving them the ladies team victory. Senior men's team had to be content with 4th place, although the valiant Veterans hauled themselves off the bottom to finish 9^t. (out of 11).

In the ladies, one of our "beginners" of 6 weeks ago Alison Siemanns ran a very brave race to finish 42nd lady.

So, in pool A joggers ^{senior} now lie 3rd: and in Pool B the jogger vets are equal 8^t with Witnam.

3.2 On Thursday night (13/1) at the track handicap mile walk, several new club records were set:

Steve King's 7:16 : and in the Boys U13. Dominic King clocked 9:08. for the girls Haley Cook came home in 11:18.

Meetings

4. forthcoming Runs

4.1 Saturday 15/1 at Lether, The Intercounties XC
4.2 - on Sunday Kenny Welsh's team race with 15k at southend.
4.3 Sunday 16/1 at Springfield, the TRL XC

4.4 Sunday 31/1 at Colchester the Eastern Counties XC and further ahead 26 March. Dean Robinson is running in the National 3 Marathon at York (where the going is good & soft):

5. Other Club Matters

5.1 As hosting a major event on March 19^t at Loughton: the Essex 20 miles race Dave Wright urged all members "who could stand" to compete, and those who couldn't stand, to marshall! Watch this space in your diaries!

5.2 Paul Willis was pleased to announce that the Club's debut in the Southern League Men's track events (in division 8) will be an Essex venue, as

- will most of the fixtures except one at Biggleswade in May. for
5.3. We were again shown the new TTT form
and all urged to start recording our races on them
5.4 Terry confirmed that he has booked the Cambridgeshire
for a field events day in Summer, and Dennis'
name is down for the Pole Vault (shouldn't that
be UP. for the Pole Vault).
5.5. In the East Anglian track league there is
a possibility, said Dave W that Bourne AC may
drop out and let in our Juniors and Ladies as
Scorers. They will be competing anyway.
5.6 Melvin S reported a good start to the pioneering
training sessions at the Leisure Centre; although
like true pioneer. Tim B managed to wreck the
showers. (not used to proper equipment)?
5.7. To relieve this and anyone else's stress.
the Tai Chi is arriving on 18 Feb !! If
popular, it will become a regular monthly
fixture.
5.8 Any suspicions of the Chinese influence
gathered pace when chairman Dave asked
chairman Bob (Cathmore) to hold up his little
red no green book - demonstrating yet another
friendly clever bit of merchandise: £2.50
the club diary! → ~~- cost of this space~~ → profits
5.9. On the publications scene, Terry Everett
will shortly be distributing our excellent fixtures
list for '94. - ~~be sure to~~ -
5.10 The chairman (Dave) announced a club
committee meeting on Tuesday 18/1/94 at 8pm
prior to which, at 7.15 a special meeting will
concentrate on details for the Essex 20 ~~points~~ arrangement.
As a county championship, club members competing

ay. for the County will be subsidised, and pay only £1.50.
Any other non-qualified entries will be £4.50.

On One hour after the 20 mile road race starts, the
20 mile Walking race will begin.

5.10. The draw was made for 2 free entries (from
rejects) into the '94 London Marathon

Lucky starters were Jeff Noble and Roy Malsed

5.11 Dave will write to the Mersea ~~cross~~ $\frac{1}{2}$ marathon
organisers to explain that it clashes with our
Camulodunum Trail Race on 29 August (Bank Holiday)

5.12 Events on the social scene were reviewed
and previewed by Margaret: The Xmas Party had
gone very well (although Rachael missed it) but plenty
of time to make diary notes of: Barn Dance (5 March)
Disco Karaoke (2 April) Cheese & Wine (7 May)
Kessingland Camp (28 May) Carnival (30 July) and
Cricket - some sunny day in August.

5.13 A belated presentation badge was given
by Chris Akhurst to Ken Bennet for the Tafta 5.
(we believe the 1993 race)

6. And lastly, despite another unclaimed raffle
drawing, Pat Beaud, Graham Clark, Chris Akhurst
Tim Clark and John Hart managed to claim
prizes!

→ profits will go to the Samaritans
- a deserving cause; if Tai Chi
fails in stress reduction.

Minutes of the Meeting of 21st January 1994

3.4

Minutes of previous meeting were read;

there being no Matters Arising

Last Weeks Runs

3.1. On Saturday 15th January there were awful, sticky conditions at Bleton for the Intercounties XC Champs. The club should feel (well) proud of being so well-represented here: In Senior Men Paul Strutt came 128th overall but was 6th severest for the 9 Essex County scorers - a great performance - egged on naturally by his female fan clubs. Nigel Powly, at 138th, was 1st home for Suffolk in the Under 13's. Scott Burgoine finished a brilliant 98th and Tim Bartram had a great race for the Junior Men.

3.2 In the TRL XC at Springfield on Sunday 16th Jan. Steve Thomas finished 2nd. Tim Bartram 7th.

- and this weeks "memorable mention" - Bob Cudmore at 160th overall. The Senior Men finished 3rd. In Pool B our Vets finished 5th in Pool A. However the ladies' ~~very~~ very high scoring (12 points, coming from Lynn at 2nd, Jojo 3rd, Nicola 7th) helped move joggers right up to 1st overall. on 192 points. This has excited Dave Wright so much he's convinced we're going to win the next 2 fixtures and get into the National finals.

3.3. A painful-sounding duathlon tested our joggers over a 2½ mile XC run, 12 mile ~~bike~~ bike, then a 2 mile run again. at the Ghostly Gooley Grind over the Hogs Back in Surrey. This this event, on 16 Jan. Tom Cudmore was first jogger home in 18th position. Other valiant grinders were Melvin Davies, (Basis) Bob Clarke, Paul Foster, Christine Holmes, and Keith May.

3.4 Joggers fielded 2 good teams in the Southend 15km Essex League Racewalk on Sunday 16 January.

In team A, Dennis Sheppard finished 6th - only 1 second ahead of Steve King, with Mabon, Jerry and Glenn all beating the B team, lead by flying Kenny Walsh at 16. In the team placing A came 1^{5th} and B finished 4th.

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O Other Club Matters

1. Paul Strutt becomes Track Captain, assisted by Paul Willis, for the Southern League fixtures
2. In the E. Anglian league, as Bourne AC did not drop out and leave us a place, we can only compete as non scorers. - this also means we can't do long jump, high jump, triple jump. Dennis appears to be still in with a chance at the pole vault!

Dave Wright wants to appoint a captain for this E. Angl League. Fixtures will be fairly close; Braintree, Bury St Edmunds, Colchester.

3. Dave also reported that we cannot officially give out (other peoples) race numbers at Friday meetings
4. On a safety note we were all reminded to wear bright white clothes during night time jogs.
5. Lots of Joggers are competing: 102 individuals so far for TTT.

6. Bob's Newsletter was distributed this week
and Terry's complete Events list will be out next.
7. The next Newsletter or Club Magazine will carry
important details of our New Constitution.
leaving 6 weeks for notice for a membership vote
on it.
8. Dane presented Bob Cathermire with his
Bronze Marathon Award. (4:02:22 in the Dublin Mar)
- and
9. The finished Joggers Club Book, as being
entered for the 'Services to Sport' award, is now ready.

From the floor:

1. Dawn wants ideas for the '94 Club Awards Dinner'
venue
2. Chris Holmes wants entries for the 5th March
Swimathon (3 teams)
3. Again members were urged to help marshall
the prestigious Essex 20 mile Championship race
4. Finally in a confusion of over names
starting with Melvin, members were advised
~~to~~ to comparing and contrasting important
recognisable features like muscle and hair.
when making an identification.

And our Raffle prizes were won by both Linda's.
Imogen, Dublin Bob and by ~~Roger's~~
Norfolk-Roger's friend Graham.

Minutes of Meeting of 28/1/94

- ① Minutes of previous meeting were read.
- ② There being no Matters Arising.
- ③ ① There were no major clubs runs last week apart from the Eastern Vets Cross Country at Danbury. Here the first place went to Henry Emerton, 30 seconds ahead of Tony Seakins. These two were at least 2 minutes ahead of the rest of a relatively poor field.
- ③ ② At Cleyburn, Tom Cudmore came 14th in the Senior Boys' Essex Schools Cross Country.
- ④ Next Week's Runs.
 1. The big one is at Essex University, on Sunday 30/1/94 - the Eastern Counties Cross Country. Toggers are fielding their strongest team ever, and Paul Willis forecast, quote "the greatest day in Toggers' history".
- ⑤ Other Club Matters.
 1. Nicola and Jerry Everett's 6 page fixture list is now out; Sri Chinmoy fixtures to follow as a supplement. July includes 4 Friday fixtures away.
 2. Richard Gaine is standing down as mens Captain.
 3. The next clubs newsletter will include details of the Club's new constitution.
 4. Dave Wright has unearthed the Club's first Minutes Book and suggested it might contain embarrassing secrets about Dennis, and Geoff and other founder-members.

⑥ From the floor.

- ① Cherry wants to borrow ~~a pair of~~ size 4 spikes for the Sunday race. Member offered one of Ray Moore's shoes cut in half.
- ② Bob Kinken wants to recruit a Flaminathon team at very short notice.
- ③ A brief discussion was started on teams-make-up.
- ④ As Dawn was absent, a possible discussion on Club Dinner venues was postponed.

7. Once again the evening's greatest excitement involved Dave Wright trying to dispose of raffle prizes.

- are too many members falling asleep in the meeting?
- is Rambo sticking bogus tickets in the bag?
- has Dave Wright lost his touch?

Tonight's new Club Record was 3 mis-draws before Dave finally got rid of all the prizes to brave members:-

Pete Thomas. Kenny Walsh. Claire Willis.
Lynn Higgs. Imogen and Paul Strutt!

IT'S ALSO A NEW RECORD TAKING LESS THAN 2 PAGES TO WRITE UP THESE MINUTES!

Minutes of Meeting 4th Feb 1994.

1. Minutes of previous meeting were read.
2. Last weeks Runs.

a. Eastam Counties - Very good result for the club, the mens Team come 2nd, beaten only by the dominant Cambridge University. Paul Strutt ran brilliantly coming 4th and other great runs by S. Thomas (13th), Carl Dunn (18th), Tony Sealans (19th + 2nd VET), Henry Emerton (20th + 3rd VET) and Paul Spawage (22nd) making the teams total of 96 pts. (After Roger Banks' new team record produced). Third place was taken by Duke St Runners with over 200pts.

- b. In the Junior Mtns Race Tim Bartrum came a commendable 6th. In the Ladies ^{Race} team Linda Gairn managed to produce a strong team coming 5th overall. Brilliant runs by Alison Sloane (15th), Anette Oakham (23rd), Jo Bennett (30th), Linda Gairn (34th), L-Keeble (43rd), Liz Cadmore (46th).
3. Paul Willis reminded club runners to turn up on time at races otherwise he will have less hair and more grey hairs than he has now.
4. Saturday 5th Feb - Final Essex League Cross Country at Conwy Island. Men could finish 2nd or 3rd overall therefore Paul asked for a good turnout - individual honours are at stake! Mens race start at 2.30, Ladies 2.00pm and Juniors 12.30pm. Also Race Walking at Crystal Palace teams in all events ^{see} Ken Walsh for details.
5. Paul Willis awarded Runner of the Month to the man most women love to hate: Dave Wright.
6. Jim Wood will be holding a lecture regarding training & fitness (at the Calvary Barracks) on 7th March 94 at 7.30pm, refreshments will be available. There will be no meeting that evening.
7. Reminder of Tai Chi Evening 7.30pm Fri 18/2/94.
8. Dave Lucy will be running a stall at the Primrose Festival, Marks Tey on the 18th & 19th Feb, all proceeds going to Hamerton Lodge. Dave asked members for raffle prizes.

For Eastern Anglian League - fixtures have now arrived, and there will be a meeting Tues at 8pm for anybody who wants to help organise. For Southm league fixtures see Paul Willis or Paul Strutt.

Dave went to see Gerald - he is a lot better and now has use of his arms, and soon to be moving to a new home at Highwoods. He is very much still interested in the club and athletics and he is helping with the Athletics Disability Festival at Col. Track on Wednesday 18th May. The day will be from 9.30am-1pm, and almost all track & field events will be included. The club has agreed to sponsor the discus event.

11. Late news from the Triathletes of the Club - they competed in the Tank Trax Duathlon in Suny - a 5K run 30K bike and a 5K run. Paul Foster came 29th, B. Clarke 32nd, and S. Clarke was first in the junior race in 35mins 29secs.

12. Forthcoming Events/Runs.

a) Sun 6th Feb - 8.30 at Langham Village Hall for a 20mile run or 9.45 at the hall for a 10 mile run.

b) Hadleigh Cross Country - 110k on 13th Feb and Colchester on 21st Feb - there will be a junior race at 10.30 - marshals required.

c) London Marathon Club photo - next Friday

d) Barn Dance Tickets - see M Williams or Rachel
e) Meeting at Leisureworld after training re discussion on whether to stay or come back to Arora.

- f) Total Turn Out Trophy - members reminded to complete forms each week.
 - g) Dave Fletcher and Jerry Strutt are compiling the club history - any memories etc please see them.
13. Finally Dave re-iterated to the club about turning up on time for races. As during the week certain members or the committee had had abuse thrown at them about the organising or grants and teams. All major races are advertised on the notice board, Paul + Dave remind everybody each week, but still it appears that people still complain so please remember to PUT YOUR NAME DOWN ON THE ^{BOARD} ~~LIST~~ AND ROAD FIXTURE LISTS - IF YOU STILL HAVE A PROBLEM SEE THE TOP TABLE - DO NOT ^{AIR YOUR VIEWS,} ~~PUT YOUR PERSONALITY~~ AT ONE PERSON !!.

Minutes of Meeting of 11th February 94

- 1 Previous Minutes were read.
- 2 No Matters Arising
3. Lastweek's Runs
 - 3.1 At Canvey Island on Sat. 5th feb. the Club had a fantastic day, producing exceptional results & in the Essex League Cross Country. Paul Strutt finished 3rd (in the Senior Men), and Tim Bartram was 15th in the Senior Mens "A". Other scorers here were Tony Seakins (20th) Luke West (28) Richard Gains (31) and Pete West (44). This great result gave the club 3rd team placing on 141 points. We were just beaten by Chelmsford (91 st) and Thurrock (124 points). The B team was led in by Dave Wrigg. at 73 finally

making his mark.

In the Senior ladies Alison Sloane came 10th, followed by ~~other~~ ^{other} scorers Arnette (2) Linda Gaines (7) ^{and} Liz at (19). ~~and~~ Cally, ~~Linda~~ Lindsay Plotter, and Lorna - all inside 32nd position. The 4 scorers totalled 58 points giving them 4th team position.

Leading in the under 13 boys came Scott Burgoine (3rd) and our first scorer in the Under 15's was James Cudmore (24). All the other successful junior runners from the Davies, Thompson, Akelhurst, Jones ~~and~~ Copley ~~family~~ and Robson family drew much praise for their coaches Bob and Paul.

Best news of all was that of selection for UK Trials on 18 February of Paul Shutt and Tim Bartram.

- credit here to Dr. Brookes as Tim's trainer.

~~deserted~~ Paul and Tim compete at Alnwick Northumberland - next stop the World Championships! Paul Willis wished them well, and members will be watching the CTAC programmes on the telly!

Individual medals from the Essex League go to Henry Emerton - Gold (Vets.)

Paul Shutt - Silver

Tim Bartram - Gold.

Liz Cudmore - Silver (Lady Vets.)

Tony Searkins - Bronze

and Scott Burgoine - Bronze - Boys U13.

3.2. Next came news of an ~~already~~ ^{even} greater success:

- the racewalkers had won the ~~unseen~~ Garnet Cup ~~at~~ at Crystal Palace last weekend. John Hedgecumbe spoke of the cup's famous history and tempered Dave Wright's excited praise by saying how competent and confident our walkers were. Marion even took the lead for much of the race.

Of special significance was our boys' success in beating their opposites in traditionally famous walking clubs in Sheffield and Leicester. - a great omen for the future! After showing in the Gamet Cup, Tom concluded that - whilst many of the "Joggers" were joggers who couldn't racewalk; - our racewalkers were certainly not walkers who just couldn't run!

* Future

4. North Essex Runs 4.1 Sunday 13 Feb: Hadley Tree XC.

4.2. Simon Bartram is representing Suffolk schools at Holbrook.

4.3. North of the Thames Sat 19 Feb. and Eastern Counties 10k at Kings Lynn on April 24th

5. Other Club Matters.

5.1 Eagle-eyed Dave welcomed 3 former members back for a visit: Sharon Ford, Eddie the Eagle, and Alan Smith.

5.2. Tuesday meetings switch from Leisure World experiment back to the Arena.

5.3 Extra coaches needed for Bob & Paul's growing band of Junior runners

5.4 Photograph taken of the London Marathon runner

5.5 Karaoke night will be postponed because of clashes.

5.6 The Club will have new, enlarged Notice Boards made by John Blundell and sited in a wider part of the corridor to ease congestion and give us ~~more~~ room for Triathlon and Walking notices.

5.7 The Joggers/ Thunrock head to head track meetings will be switched to a Tuesday (date to be announced)

5.8 "Tai Chi" starts next Friday at 7.30 [so the Club meeting better start on time!]]

6. From the floor

- 6.1. Laraine announced that Arena Membership Cards were ready for collection.
- 6.2 Margaret said the Barn Dance tickets were now available.
- 6.3. Jerry Everett wants helpers to research through the Club's Old Minutes to compile a history. Tonight's illuminating bit of history showed that the first of innumerable complaints about the Showers was recorded in February 1886.

7. Finally the Raffle prizes were won by

Roy Moore, John Blundell,
Doug Papworth and Diane Williamson.

Minutes of Meeting 18th Feb. 1994.

1. Minutes of last meeting were read and it was noted that Alan Smith was not a former member who has returned but a member who has just nor been seen at the club.

2. Last weeks runs.

Todays Runners League Cross Country - A total of 53 runners turned out and thrashed JAFFA. Steve Thomas was first home overall, closely followed by Paul Spawage, Richard Caine & Tim Barthum. The ladies also ran very well with Anette Oarcham first home for the club and ~~Anne~~ Linda Caine, Louise Keeble and Liz Cudmore following closely behind. Overall the Senior Men scored & Ladies gained 1st place - however the CJAC Vets were not.

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so lucky and continued to support the bottom position of Pool B.

3. Forthcoming Runs

- i Cross country Sunday 20th Feb - 10.30 start for Junior, 11.00am for Seniors; ~~Marshalls required~~
- ii Saturday 5th March - Essex Road Relays - whole of the club has been invited - teams will be picked on the day.
- iii 12th March - Mens National at South Shields
- iv 3rd April - Southern 12 Stage ^{see} Paul Willis for details.
- v Saturday 20th Feb - Paul Strutt, Tim Barnum and Charlotte Goff ~~will~~ will be competing in the UK Trials - to be televised on Sunday 21st 12-45 - 1-45 Ch 4.
- vi East Anglian League - the first meeting has been postponed from 4th April to 1st May.

4. The club is introducing a Beginners Evening on 9th March at the Arena. Dave is hoping to attract 30 to 50 beginners to attend. Advertising for the evening will appear in the Evening Gazette and Standard.

5. Essex 20 - Bob Cathmar asked for help in painting the mile markers for the race - Anyone who can help to meet him 9.00am Sat morning at Langham Village hall. The race is hoping to attract 4-600 runners.

6. 4th March - Jim Wood is giving a lecture at Colvans Barracks on fitness + training - that will be ^{no} meeting at Arena only a short

that evening.

① Dave Simpson expressed his thanks to all those members who encouraged the beginners at the Cross Country at Hadleigh.

② Remember to fill out Total Timer Trophy slips - leaders at the moment Mabon Dane, John Hart, Steve King, Dave Wright.

③ Club Records - Since 1st January 19 club records have been broken including Mick Bonds longstanding 15 mile record being broken by 7mins by Nigel Parry.

④. Dave Heather asked London Marathon entrants to stay after meeting for another photocall.

⑤. Jerry Grent + Dave Heather asked for help with Club Book. Volunteers for research through minutes books, photographs required - also someone with knowledge + access to a Word Processor with PageMaker and Word for Windows Package.

⑥. Saturday 26th Feb - Barn Dance - Margaret ~~Watt~~ asked for money to be paid and more tickets needed to be sold.

⑦. The club was reminded that Tai Chi was taking place after the meeting & all members welcome to stay + join in.

Minutes of Meeting of 25 February '94.

- (1) Minutes of previous meeting read.
- (2) There being no matters arising
- (3) Last Week's Runs
 - 3.1. In the first of 3 successive days' spectacular running, tri Steve Thomas finished 15th for the Army in a Interservices Road. The bad news is that he's now been picked for ^{an} even higher Interservices competition which clashes with our Essex Road Relay on 5 March. (Calls for desertion or redundancy were heard!)
 - 3.2. On Saturday: at Alnwick the belly cameras showed the flying ~~green~~ figure of Paul Strutt, who finished 54th in the UK XC Championships. Tim Bartram finished 32nd for the Junior men.
 - 3.3. Also on Saturday, at Hillingdon an elite squad battled around the North of the Thames in horrible muddy conditions. Joggers had their highest ever placing with Steve Thomas 10th, followed by Richard Gaine 32, Paul Willis 112, Mario 127, Jerry Everette 153.
 - 3.4. At Essex University the Joggers obliterated all competition in the Pre XC on Sunday.
Who was first? Steve Thomas.
Our winning Mens team of 7 scorers, clocked 59 pts
Sadly the Male Vets amassed 67th points (& 11th place)
But Glory again for the Ladies - 12 points and 1st team.
The Lady Vets clocked 73 points & came 7th out of 11.

final expressed thanks for the record number of members turning out. And also thanks Jean & Margaret for providing this crowd with tea!

5.3

3.5. Bob and Paul Bennett had entered 37 Juniors in a shorter RL race, (competing with Juniors from 7 other TRL clubs) and they did us proud: we had 4 in the first 5. finishers.

5.4

3.6. 15 ^{club} members battled against high class opposition in the Tiptree Duathlon.
Thanks were given to Take B for organising this & the next one will be on 7th April

5.5

3.7. In the Thursday night Track Mile Walk HCap a new winner on his debut was Simon Bartram in 10:19.

5.7

Overall, the ^{positions} winners are 1) Mason 2) Jem 3) John

5.8

(4) Forthcoming Runs

5.9

4.1. Sunday 27 Feb Roding Valley 1/2 M

4.2. Same day Essex 10 mile Racewalk Chigwell

~~4.2 Hillingdon~~

5.10

4.3. Same day - a training run from Areas

4.4 Sat 5 March. Essex Road Relay
- everyone is entered. - Meet 12 noon Areas

5.11

(5) Other Club matters

on fitness

5.1. Next Friday Tim Woods lecture at Cavalry Barracks

5.2. Dr. thanked Bob Cartmire for:

Essex 20 mile markers, & University Xc course setting
Roy Moore gave a vote of thanks to Bob.

5.14

Bob was also granted to the Bulletin.

- 5.3 Dave expressed concern about confusing news of our application for Best Club award; is writing to the Eastern Sports Association.
- 5.4 Dave is writing to Leisure World thanking them for the Tuesday nights trials, but we'll stay at Arena for the time being.
- 5.5. Dave is going to have his shaking hand held by Lynn Higgs in front of the Garrison Commandant at a Track Users meeting on Tuesday 1 March
- 5.6 Also on Tuesday - a Committee Meeting
- 5.7 Thanks go to Dave Lacey for raising £200 for Hamilton Lodge at a Primrose festival
- 5.8 New Noticeboard is now ready.
- 5.9 Dave sending donation & letter of thanks for the amazing Tai Chi evening last Friday
- 5.10 Not Advanced notice of a Running Beginners Seminar on March 9th.
and a Throwing Seminar on March 27
- 5.11. Dave ~~wings~~ presented ~~over~~ 3 trophies
overdue from the Awards Dinner (to Liz Cerdue, Steve Graham & Joisty & Bob Kimber / Paul Willis)
- 5.14. Then Geoff Gibbin, the club President presented the 93 season Road Race Championship trophies to winners of each division;

14 cont)

- Div 1 Dave Lacey
2 jointly John Haw / Mason Dan
3 Glen Robertson
4 Tom Blundell
Ladies Liz Audmone

6. From the floor.

6.1 Margaret recruited members to bring own drink to the Nayland Barn Dance & further ahead to provide tins & jars etc for the Tombola stall at the Club's Cheese & Wine

6.2 John Hedgeshorne confirmed that CTAC and Col Athlete are jointly hosting the 4th June fixture here in Div 8 Southern League & outlined plans for a Race Walk to be staged jointly with this event.

6.3. Prompted by members. Dave Wright commented on the ^{proposed} New Constitution presented in the Bulletin

7. The Raffle prizes were won by

Don Brooks, Graham Clark Roy Matseed and a sight

in the absence of Chris Akelhurst, the his winning ticket holder Pete Thomas found himself victim of Dave Wright's obsession, with votes, when the meeting had a quick show of hands about to help Pete choose the prize!

Minutes of Meeting 4th March '94

- ① Minutes of previous meeting were read.
- ② No matters arising
- ③ Last Week's Runs were reported by Paul Willis:
 - 3.1 On Sunday 27 Feb. at the Roding Valley ½ Marathon was run in very windy conditions around a hard course. Paul McHugo was first jogger home in 15th position. Paul's time of 73:44 reflected the hard conditions. Next came Tony Seakins who won a bronze medal for being 3rd vet. Other members making history were Geoff Noble - doing a PB Adrian Copley staging a great return from injury. Colin Thackwell, Liz Cudmore (1 minute faster than '93 time) JoJo battling with her own problems!, and new member Lindsey. In keeping with 3AB organisation Paul reckons the results are still being checked, but he's sure we came 3rd in the ladies team.
 - 3.2 Sunday 27th also saw the legendary Bury 20 with a legendary performance from Nigel Powley. Leading for the first 15 miles, Nigel finished ^(new club record) 2nd in 1:46:05 ^{winning} ^{Suffolk County Silver medal} (that's a fair time for most members' half marathons!) Paul Barnett did a PB in 2:08. Chris Akelhurst ran well, and Barry Gould managed to find an extra 6 miles somewhere in the course! - all good omens for our own Essex 20!
 - 3.3 The third event on Sunday was a top class 5 mile race at Hillingdon. 2nd first class teams were entered. Paul Shutt ran a superb race to finish 24th in 24:56 (it was won by Rob Denmark in 22:53!) Tim Bartram set a new Club Junior Men's record: 26:29

Our 2nd team caused raised eyebrows & ~~continued~~ chauvinistic comments about "the continued appearance of a few female runners in the Hillingdon Mens 5., despite their own ladies race later in the season..."

Nonetheless : Lynn Higginson 7th. - 30:19

Aision Sloan clocked 31:26 , Moira Atisley 32:37 and Nicky Everett 32:53 - great times, ~~that~~ but no medals!

34. Still spreading our talent far and wide. the Essex League Run 10 mile racewalk at Clugwell netted 4 more Essex medals: Denis Sheppard 1:33

Jerry Everett 1:35 (clipping 3 minutes off his PB to get his first EVER Essex medal!)

Cileen Robertson 1:35 and Kenny Taichii Walsh 1:36 - this team winning Bronze Medals.

for the ladies, Cath Roader (on her debut) was first lady. The missing names? ?? Maben's John H still made history. ^{Pulled-out} John got lost on his return, & needed Police Car assistance

The 10K racewalk rankings put our famous 5 in the top 100: For 20km race: MabenDane = 29th

Kenny W. 46th. John H 50 Steve K. 53 and John Hedge Thom 63rd

④ Next Weeks Runs

① Sat. 5 March: Essex Road Relays at Melbourne Park

② Sun 24 April (?) Eastern Counter 10K @ Kings Lynn

⑤ Other Club Matters were then reported by Dave Wright:
5.1. - The Barn Dance at Nayland was a great success. Paul Willis' homebrew literally knocked people out!

5.2. The Eastern Sports Award confusion (reported

(last week): it has not been judged yet!

5.3 Our Quiz Night is Saturday 5 March

5.4 Jerry's updated fixtures list was distributed, including new records.

5.5 Wednesday 9 March sees ^{our} ~~the~~ Beginners Night

5.6 The now enlarged Notice Board is up: Dave urged members to fill it!

5.7 Dave reported a good meeting with the Army about the Track problems: Thursday costs go up £32 / night (= £1/hr)

- - the wind-sensitive boiler will be fixed; and the new BAAF rules on a 150m ~~race course~~ for youngsters will get only temporary distance markers
- Each Tuesday fortnight we hold our 'throwers' events to be subsidised from the Thursday meetings.

5.8 We might be sending 2 or 3 juniors to compete with ^{in Steina} Avignon on May 27 with a Colchester Borough Twinning event.

5.9 Dave drew members attention to the "Code of Conduct" (#¹¹ the draft constitution)

5.10 Don Brooks has been approached for coaching a help when Springfield strikers meet at Braintree Track

5.11 The Committee had discussed the need for a club Computer and Printer: £700 + £300 is the likely price, and a grant might be available.

5.12 Dave will shortly circulate a best wishes card for signing for Bill Pratt who is very ill in hospice.

5.13. Following the Tai Chi success, other "taskers" will appear on Friday nights: Lorraine Myers - a Natural Health Practitioner will work on our "weak muscles and bring spontaneous relief". - Dave says he's fully booked her.

4 Mar

⑥

From the floor

1. Christine Holmes reminded us of the Swimmers on Sat 5 March
2. Melvin Smith asked an innocent question "what's happening to the Arena Showers?" When the howls and subsequent discussion died down Dave said the immortal words:
|| quote: "I will sort out the showers whilst members are out for a run tonight"
3. Finally, ^{an event} I even ^{to} eclipse the Raffle prize winnings of Donna R, Kenny W, Steve Law, Margaret W & Fran Q ;
For an undisclosed modelling fee. Our Richard Game took to the catwalk with commentary by wife Lynda to display a very fetching shellsuite in Toggers' Green and Black. Queue here, for your £50 - with logo shell suite!
Measurements and Cash must be provided.

Minutes of meeting of 11/3/94

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

In Paul Willis's absence (away up North with competitors in the National). Dave Wrigg reported (the 5 Mar) the Essex Road Relays results. A magnificent effort by all our teams, especially the 'A' team, winning Bronze medals in 3rd place behind Chelmsford A & Woodford Green. Our 'B' team finished 7th & beat the Chelmsford B team. The ladies won Silver Medals. Our best individual 3 swimmers in each team:

time was Paul Strett in 16:55, but Steve Thomas probably ran as hard as anyone in ^(the A-teams) the 5th leg during the worsening conditions. Our massive presence with 5 mens, 1 vets' and 4 ladies teams is a great credit to the club, and even caused officials to fraternise with Dave Wright. (is this a new trend?). Other team placings: Mens C(23), D(26) E(28). ladies. B(5) C(4) D(15) /^{ex} 23 // Vets 7 /^{ex} 21 //

At Great Conford (Mabon) John Tuxton did well in the 4 mile fun run. ^{Mabon 2nd} (See Marathon page) Kenny Walsh ^{but} ran a blistering 1:22. ^{at} half H, but his finish time was a ~~bit~~ more than double this. Perry Everett clocked 3:17 in his 111th marathon. In the half marathon John Hart ran a Pb in 1:26 and Julie Warne finished 3rd lady overall - a great run in 1:37.

Other:

Dave Wright then reviewed our progress to his target of 200 county medals - 15 so far!

Other Club Matters:

Dave thanked Dave Simpson for his work ^{the first} on beginner nights. Wednesday 9 April: we had signed up 4 new members.

The club had replied "yes" to a letter canvassing interest in constructing an indoor track at Braintree.

The Essex 20 trophy was on show, and entries so far top the 400 mark. None plug, four Marshalls on the day. - our membership should manage it. we have 190 members.

Dave has booked Lorraine Myers, the Natural Health Practitioner.

between Dave Wright and

A meeting has been arranged ~~last~~ Rowland Hill (I.C. sport in Colchester) to review our club's 5 year development plan. Lynda Caine and a subcommittee are working on this plan

At the Thursday 10/March track meeting ^{for} & taking ~~not~~
match the numbers attending - please all pay up.

Christine Holmes' 3 teams in the recent Swindon
finished in first 3 places. Christine thanked all participants

The London Marathon coach now has 53 filled places.
A card was circulated for members to sign and
with Margaret Williams well after her recent op.

From the floor.

Melvin Smith asked again about Arena showers, ^{men}

~~We still should share the Gymnasium shower.~~
~~but Melvin ^{should feel} free to pursue the Arena in his own enquiries~~
exact proposals for our ^{the} inadequate showers.

Bob Kimber has started a 3rd junior group
at the track on Thursdays. Diane confirmed we have
got 5 more volunteer helpers, but we hoped the
juniors were sensible and one 8 year old.

A £50 voucher is available from T.R.L.
Diane Wright and Roy Moore are going to an
end of season meeting on 23 March.

The Q Club Quiz Night on ^{was won}
by a Colchester Athletic Club team; Roy Moore and
a massive team of 7 were second.

The Raffle prizes were won by happy members.

Paul Williamson, ^{Young} Miss. Keeble Hayley Clarke
and Lorna Perry But Lynda Gaine had to
be forced to take the last prize so we could finish
all go out for our run.

Minutes of Meeting of 18/3/94.

- ① Minutes of previous meeting were read.
- ② no matters arising
- ③ Last Weeks Runs

3.1 The most "entertaining" one reviewed by Paul Willis was the National at South Shields ^{on 12 March}. Even before the hazards of the 9 mile 3 lap course, certain squad members encountered their own problems with the natives, and with the bear! In a field of over 1500, we had some excellent placings: Paul Stene Thomas and Paul Streett finished only 15 seconds apart, but the placings were 129th and 162nd respectively. Richard Gaine came 314th, Tim Bartram 437th. (Is dead? success linked to heavy drinking?) Paul McHugh 457, Dave Lacey 740th. These scores secured our 39th team place, and we were 2nd Essex Team (behind Woodford Green) and 2nd Eastern Counties Team (behind Hene Valley and ringers). Other National runners were Paul Barrett 948th, Terry Everett 1359th, and Chris Akehurst 398th. Paul ~~willis~~ ^{is confident} hopes that in next year's National, at the nearer venue of Luton, we will do even better.

3.2 In a track meeting at Havering Nicky Everett set some good times running ~~over~~ 600m in 1:47 and 1200m in 4:00 dead.

3.3 At Bexley the Junior racewalkers did brilliantly. Daniel King won a Southern Gold medal in the 2½k. The rest of the team ^{were} Andrew Rook, Garry Robson, & Dominic (who sadly got pulled!). ^{we} ~~the~~ gold team ~~were~~ ^{had} this team ~~was~~ ^{was} picked for the Nationals at Bolton. At the same event - the 10k ~~the~~ Southern Meet, the Toggers ^{finished} came 2nd team. lead in by Dave Sheppard 6th, Maben 7th, Glen 13, Kenny 16, Tom Hedgehog 18th.

forthcoming runs

- 4.1 The big one for which all help was needed marshallling the Essex 20 at Langham, Saturday 19/3.
- 4.2 The 10k at King Lynn will incorporate the Eastern Counties 10k
- 4.3 At Thurrock on April ~~the~~ 3rd is the Southern 12 stages.

5. Other Club Matters.

- 5.1 Dave Wright has accepted an invitation for the club to race Ipswich Jaffa in a 12 stage relay around Portman Rd football ground during ~~2~~ time in the Ipswich v Colchester United match there on Sun 8 May.

- 5.2 On 22 March Dave Wright will meet Rowland Hill to show ~~as~~ Lynda Gaines' 5 year Development Plan for the Club. Rachael is going along as a "truth-referee".

- 5.3 Dave W received great news about the club being "highly commended" in Category 4 of the Eastern Region Services to Sport Top Clubs Award. (the winner was Eastern Region Netball Association) Dave thanked Bob Cathcart for the massive effort put into our report. As a result the Regional Director, Harold Darbon has invited the club to send 4 guests to the ^{awards} presentation evening in Norwich Sports Village on Fri 29 April.

- 5.4 Margaret Williams had written a 'thank you' card for the club's good wishes for her post-op recovery, but she hinted that Lance was somehow ~~somewhat~~ hindering this recovery.

Lyn
Hodge

5.5 Yet another amusing card had been received by Dave W. this time from Dave Staines of Thunrock AC confirming our joint track fixture for a 5k race on May 17th

5.6. Dave Wright reported that Athletics Weekly has ranked our Pete Thomas as 6th in the County for over 65's. ~~Male~~ Vets' 10 miles. Peter's 1:08:6 sec is only 7 minutes short of the current leader. Dave congratulated Pete, & we're all save his working on clipping off those 7 minutes.

5.7. On a serious note Dave reported more Athletics Weekly correspondence: this time from more aggrieved ladies from the 'Hillingdon mens 5'. Then came a letter from a Mr. James Bond of Hillingdon explaining their ~~event~~ event. ~~Dave has now~~ So Dave is finally putting in his boot (or trainer) by writing his own letter to Athletics Weekly. Hopefully the clubs won't be excluded from Hillingdon events!!

5.8. Finally notice a reminder was given for Comm. Mtg, ^{Fri 24/3}

6. From the floor

6.1 Rachael reminded ladies of their Dinner booking at the Cricketers 26/3. £5 head. dep.

6.2 Bob Kimber wanted parents to see him about the Thunrock Junior Road Relays entrants

6.3. Liz Cudmore and Marion Dame discussed a misleading Express article by Bob Tucker about the Foggers and Colgate Clubs related to Dave Wright's meetings with Rowland Hill

7. Finally the Raffle

was won by Graham Clarke, Nicky E. ~~Kiddell A.~~

Lynda Game and Imogen and Rachael A. after John Hodge (from Bantam eggs he'd donated as prize)

Minutes of Meeting 25 March '94

- Minutes of previous meeting were read.
There being no Matters Arising
Last Weeks news were reviewed by Dave Wright, as Paul Willis
was away in Belfast.

3.1. Last Saturday's ^{19 March} Essex 20 mile road race was considered a great success. Helpers in the kitchen did a superb job serving drinks and snacks. Sadly the police failed to turn up on Boxed Straight Road as planned, leaving Geoff Gibbons alone on traffic-marshalling. This & traffic volume on a Saturday as anticipated. The 3.A's insisted ~~were~~ stage it on a Saturday. But we may choose a Sunday next year when running our own 20 mile race, - perhaps incorporating the Essex 10 m.r.

The race itself had a high quality field: 20 runners finishing in under 2 hours. Dave Lacey was our first runner home in 1:56:49. - 9th overall. Of the Ladies, Lynn Higgs finished 2nd lady overall and ^{in her first} smashed the club's ^{record} to 2:11:37: winning individual SILVER. The winning team in the Open race was Thurrock Hornets A. Nevertheless some ^{more} medals were won by our ladies. Lynn Higgs, Liz Cerdman & Louise Keeble winning Team Golds. Sadly Lorna Berry missed ^{a mere} a medal by ^{12 seconds!}

More ^{Essex} medals were won in the 20 mile Racewalk which started 1 hour earlier on the same course.

Mabsen Dame finished 2nd overall 3:10:28 sec another club record. - an individual Silver, and 9th Gold for the team of Mabsen D., Glen R. (5th mid), Kenny W. (7th mid). Thus we retained the Mexico Cup. - A great day all round said Dame W. as the club netted 13 Essex medals. - AND the officials proved quite friendly.

Dave W. himself, then received an unexpected presentation from the floor: Roy Moore presented the Essex 20 ^{DNF} medal, and Paul Barnett presented an attractively-framed photo of Dave dying, and

apparently 'crying' on the last hill as Graham Clarke overtook him! - the camera never lies!

3.2 Other weekend races: At the Bildeston 10K on Sun 20/3
Nigel Powley won in 31:20, and Paul McHugo was
3rd in 33:32.

3.3. Scott Burgesyne had a great run in a Schools Relay
team up with Neil Quiller & Shaun Davies.

3.3. In the Juniors Essex Road Relay on Sunday 20/3 at Thurrock, our club finished 6th out of 20. Our time of 33:17 was only 20 seconds off a Bronze medal. and Scott Burgesyne had a great run. The under 15's finished 8th out of 13 teams. These 9/15 comprised James Ludmire, Phil Gannam, Giles Copley. The Dave Wignall then led a vote of thanks and applause for the great work put in by Bob Kimber and Paul Barnett with these juniors.

3.4 Finally Dave reminded us that Mabon Jane had set a new track-walking mile record for the club: in 7:12⁵.

4. Upcoming events:

4.1. With no major weekend races, we were reminded of the 'Throws Seminar' on Sunday 27/3, and the Hurdles, Sprints, steeplechase starting on Tuesday 29/3. at the G. Track.

4.2 On Easter Monday 4 April. John Blundell will still be organizing his Bergholt XC despite recovering from his hernia op.

5. Other Club Matters outlined by Dave Wright:

5.1. We have the opportunity to hire the Officers Club at the Garrison for our '94 Awards Dinner, so that we can host the visiting Wetzlar Club. They will be paid for by the Colchester Council as part of the twinning arrangements.

- Dave had a busy week for meetings.

5.2 On Tuesday 22/3 with Rowland Hill and 2 representatives from the Col. Tendring A.C. Our Syear plan and its presentation certainly impressed Rowland Hill; by contrast the Col. Tendring had no forward plans other than proposing a bizarre name change for our 2 clubs.

5.3. On Wednesday 23/3. Dave had an enjoyable meeting to review the T.R.L. XC season. Next year there will be a new fixture around Mistley, probably replacing an existing one ^{elsewhere}. Clubs will try to space out the fixtures more evenly: 3 before, 3 after Xmas. All delegates agreed that runners should have had updated ^{ant}Telstar jobs, and First Aid cover must be available by ^{each} course. - last season's 2 bizarre and unrelated incidents ^{absent} all Taff's runners - becoming ^{fall} after Tiptree, and a Halesworth member dying of Weill's disease.

Member's suggestions for a T.R.L. pied piper were politely ignored. One of next season's fixtures will be the 50th T.R.L race - an event we should celebrate specially in the Colch. group.

5.4. Thursday 24/3 saw Dave being photographed amongst the spring flowers, ^{then} with Leisure World's weights, and, with our own famous trophies:

- in the Eastern Electricity Leisure Awards

This, together with photos of Dave posing with Rowland Hill and Bill Tucker should all give ^{the club} good

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 Cuthmore, Ray Harding and Geoff Gibbons should represent the club at the Eastern Electricity Sports Awards in Norwich on Friday 29 April.

the new winner

5.6. Dave Wright then presented Melson Dane with our Winter Track & Road Walking Cup.

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 Hedgebotham 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's Runs reported by Paul Willis:

3.1. On Sunday 27 March, we won 1st team prize and wresting this from Taffa at the Suffolk 10 mile champs at Ipswich. Nigel Powley easily 1st in 51.04