

St Mary's route.

- 6.6 Richard Knights 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 Codman, Bob Cotman, Dan Brooke, Bob Knibbs, 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ Mar. males, females and junior also the 5k Juniors.

In the $\frac{1}{2}$ Mar. we had 8 finishers in the first 17.

Dismal Amicable discussions between the assisted- and true-course finishers resulted in 2 sets of awards. One for the actual 1st time, ^{finishes} ~~rank~~ (starting with Dean Marshall.) and another for the race leaders

1:19:20

gone the confusion - and there were Paul McHugh,
Robert Malsed and Dave Lacy.

A thankyou letter with sincere compliments
from Robert Malsed was read out.

For the ladies team: Donna Robertson was
1st lady home in 1:40:45, well supported by
Louise Keeble (1:42:30) and Liz Cudmore (1:45:08)
Excellent times were also recorded by Julia Warner
(1:46:18) and Lorna Perry 1:52:20.

Glen Robertson and Steve King race walked the
marathon course in a 2:17:43 dead heat (and finished
dead heat!). with Terry Everett walking home
in 2:19:51.

Some notable times in the 5K were John Turton, (16:04)
Russel Goodridge 16:12, James Cudmore 17:04
and Nicky Everett 18:56.

3.4. Paul Willis resumed next with reports of
Steve Thomas' midweek Army 3k where he finished
4th in 8:31.5 - knocking 14 seconds off our club record.
Also here, Carl Dunn ran an 800m in 1:55.8

3.5. This year's South Downs 80 was downgraded
to the "DNF 65" as all our entries dropped
out at 65 miles, and Lance Williams, John Blundell,
and Martyn Longhurst didn't really want to
explain much more.

3.6. The latest Duathlon had 16 entries -

3.7. fame and Glory was again reported
for Junior Boys' 2.5k walk at the County
Schools Championships. Here we won the

Embleton Cup with Daniel King getting an individual silver (17:06.6) Dominic King ~ individual bronze for 18:43.2 and their team mates Andrew Rook and Gavin Robson finishing in 19:12.5 and 20:05.4 respectively.

In the Intermediate Girls' 3k racewalk Hayley Rook won silver for 20:35.3 and Rebecca Gardner got Bronze. Finally, in the Junior Girls' 2.5k our ~~brightest~~ ^{talented} new star Rachel Izzard won gold by a clear minute from nearest rival.

④ Next Week's Runs

- 4.1. Southern Mens' Track League at Canvey Island (2/7/94)
- 4.2 Colne Engaine 5.
- 4.3. East Anglian Track League at Colchester (3/7/94)
- 4.4 Essex Track Championships and Relays at Basildon (7/7/94)

and (4.5) two successive Fridays away from the Arena at the Stratford St Mary and Royal London 5's ~~finishing~~ together with the North Norfolk 5 on 17/7/94.

⑤ ~~(Hobbies etc)~~ Other Club Matters

- 5.1. New style certificates (replacing the shoulder strip badges) were presented for Athlete of the Month, backdated for 5 months. The recipients were:
January: Dave Wright
February: Paul Willis
March: Nicky Everett
April: Roy Malseed
May: Jenny Heiatt-Smith

- 5.2. Lots of event reminders:- Cricket, the next 3 Sunday runs. — and a raffle for 2 free places and the Tiptree 10.

the North Norfolk 5; - won by Kenny Walsh. (Who else!!)
and Simon Bartram.

3. Dave Wright developed hot flushes when he recounted the joggers St. Trinians ladies team ~~efforts~~ from the Hamilton Lodge fete's 'Tug of War'.
Dave Heather said over £1800 was raised on the day and it goes towards a hydraulic lift for wheelchair access to their Minibus.

4. Steve King reported his Police Racewalking success as 1st Novice (and part of 3rd team) in a Long Distance Walk.

5. The Total Turnout Trophy, now stands (as 1st July) at 192 ~~at~~ members entering 1 or more event.

Mason Dane leads with 38, from Jerry on 37, Paul Williamson 36, and Paul Strutt on 33.

For the Ladies: Nicky has 21, Liz Cudmore 18, and Annette Oakman ties on 17 with Chris Holmes.

The Juniors are led by James Cudmore 23, followed by ties on 20 points for Chris Jones and Ross Davies, and at jointly on 19 points are Hayley Rook and Gavin Robson.

5.6. The birth was announced of Annabel Rose to Rachel & Gary Arbor on Sun 26/6. - (knitters to start with green wool !)

⑥ From the Floor

6.1. Chris Akehurst invited entries for the Essex Way Relay on 4th Sept. (it clashes with the Triathlon)

6.2. Don Brooks reminded members of track safety-needs, in view of increasing numbers,

unsupervised children, and a breakdown of lane discipline.

6.3. Bob Kimber wants more coaches - perhaps in a rota to cater for the increasing junior membership

affy

⑦ The meeting ended with the Raffle

(won by Roger, Paul Willis, Ch. Akehurst, Lorraine H.)

MEETING OF 22 JULY

MINUTES OF MEETING OF 1ST JULY WERE READ.

(1) PAUL WILLIS TALKED ABOUT JOGGERS VICTORIES IN THE MENS AND LADIES TEAM RACES AT NORFOLK 5, STRATFORD 5, AND ROYAL LONDON 5.

(1.1) JIM WOOD WON THE BRONZE MEDAL IN THE NATIONAL ^{VETS} 1,500M AT BEDFORD. SECOND CLAIMER CATH REEDER WON 2 GOALS IN THE 3,000 + \$5,000 M RACEWALKS AT THE SAME EVENT.

(1.2) CHRISTINE HOLMES AND CO. DID WELL IN THE IRONMAN TRIATHLON

(2) THANKS WERE GIVEN TO MARGARET FOR A GREAT DAY OUT AT THE CRICKET WHERE THE U10 GOT A LUCKY WIN. STEVE THOMAS PROVED TO BE AN EXPERT SKIPPER (WITH THE BOLE THAT IS) AND LINDA GAINES DID A TERRIFIC JOB WITH THE KIDS AND ADULTS WHO TOOK PART IN

orientering, skipping, Hockey, football AND
TAC OF WAR

1) GOOD NEWS WAS THE FACT THE THE KING TWINS HAVE BEEN SELECTED FOR ENGLAND AT RACEWALKING. THEY WILL WALK IN SEPT AGAINST THE IRISH IN DUBLIN. PICKED FOR THE IRISH TEAM IS JACK CHARLTON WHO WILL PRESENT THE WINNING TEAM WITH THE FIRST PRIZE OF A CRATE OF GUINNESS AND A VERY FRIENDLY SHEEP CALLED PADDY. MELUNATION BOOTS WILL NOT BE SUPPLIED.

2) AN EXTREMELY BORING COMMITTEE MEETING WILL BE HELD THIS THURSDAY. SICK CERTIFICATES MUST BE SHOWN OR ABSENT.

3) NEXT FRIDAY IS THE 2ND ANNIVERSARY OF THE PASSING AWAY OF OUR NUMBER 1 JOGGER THE GREAT DAVE CLEMENS.

IN MEMORY OF CLEM LOTS OF DIRTY JOKES ABOUT HIGHWAYMEN WILL BE THE ORDER OF THE DAY!

(SAMPLE OF A CLEM JOKE)

(Q) WHAT IS THE DIFFERENCE BETWEEN MARGARET THATCHER AND IRACULA.

(A) ONE SUCKS YOUR BLOOD DRY AND FAUCES YOU TO DEATH, THE OTHER

IS DRACULA.

(24) THE Essex League RACEWALK
IS AT ILFORD ON TUESDAY. MEET
AT JOHN HEDCOTHORPE.

(25) PETE THOMAS of ALMSHAWD
RAMBLERS ATHLETIC CLVB WISHES
FOR PEOPLE TO JOIN HIM ON A
WALK OVER THE NORTH DOWNS.
SEE PETE FOR DETAILS WHO WILL
GIVE YOU A REDUCTION ON YOUR
TICKET IF YOU LET HIM SIT
ON YOUR SHOULDERS, SO HE CAN
SEE OVER THE HEDGES.

(26) GERRY MADDEN OF TIDBEE ROADRUNNERS
WISHES FOR 2 PEOPLE TO HELP ~~TO~~
HIM WITH THE TIMING AT THE
MENS 10.5 MILE. SADLY THIS CLASHES
WITH AKE TRAIL RACE. BUT IF
ANY BOO CAN HELP PLEASE DO.

(31) SAD NEWS IS THAT DON BROOKS
IS TO STAND DOWN FROM THE
COMMITTEE ^{DOUE} TO WORK COMMITMENTS.
GOOD NEWS IS THAT COMMITTEE
MEETINGS WILL NOW NOT BE SO
STRESSFUL.

DON WILL ^{CARRY} ON WITH HIS
COACHING, BUT SAID THAT SOME
MEMBERS SUCH AS GRAHAM CLARKS
ARE ~~PAST~~ HELPING!

(32) THIS WEEKEND TIDBEE 10
AND AT BENNETT CHOOSE
YOUR OWN DISTANCE.
MEETING CLOSED AFTER RAFFLE.

Meeting of 29 July 1994.

Minutes of previous meeting were read.
No Matters Arising.

Last Week's Runs.

1. On Friday 22 July, several members did the Great Bentley 5: Mick Bond won it, Ken Baker was 2nd.
~~Half Marathon 23 July~~ Saturday 23 July saw our 1st Delta Eastern Counties Senior Men's Track medals at Ipswich, ~~our~~ 'Tourno' won silver pb 15:19 in a very high class 5k field. Tim Bartram ran a 1500m pb in 4:12, but although ~~he still~~ Carl Dunn blew up & finished a modest 4:06. Lady runners performed well: Nicky Everett in 800, 1500m & Denise Morely in 400m.

3. Despite the presence of Martyn Byford at the back of our meeting after delivering all the Tiptree trophies Paul Willis still congratulated Tiptree for ~~some~~ their brilliant organization of the 10 mile Essex Champs race. Sadly they couldn't stop the scorching weather topping the 80's. - and over 40 runners did not finish due to the heat. Joggers AC did very well to overhaul the Chelmsford Leapers to give us team gold from: Pete West 4th Pv (54:49)

- Richard Game & 5th (55:08); Dave Lacy 6th (55:19). Pete West also won an ~~an~~ individual Essex Bronze medal. Dave Lacy was 2nd Vet. (at 49½!).

Similarly the fabulous ladies clinched team gold: Alison Sloane (3rd ♀) followed by Donna Robertson, Annette Oakman and Liz Cudmore who was 3rd ♀ vet!

Considering the heat and the competition this was one of our best performances ever.

3.4. If 10 miles in the heat was madness, Marty Longmuir and Kenny Walsh went 26½ miles in the Suffolk Flower Trail Marathon and finished 1st and 2nd.

3.5 Our Essex RaceWalking fortunes dipped a tad at the Ilford 10K on Tuesday 26 July when Mason was pulled on 3rd place. This left our scoring to Jerry Everett 7^t in 53:47, Glenn Robertson 12^t in 56:38, John Hart 16^t in 57:40, Dennis Stepperd 18^t in 58:18 and good old John Hedgerton scoring at 25^t in 63:50. Stomping in at 27^t, but 2nd in 65:17 was Patsy Grant clinching another Club Record. Overall we're still 2nd in the league.

3.6. Also on Tuesday, our Duathlon was won by Ken Baker. ~~On~~ and Graham White finished 3rd.

④ Next Weeks Runs

- 4.1. Friday night handicaps
- 4.2. Sat. Southern Mens at Basildon
- 4.3, Sun: E. Anglian League at Bury St Edmunds.
- 4.4 Next Friday: another MILE race.

⑤ Other Club Matters.

5.1. Dave Wright outlined items from the recent Committee Meeting, including aspects of the Wetlan visit, Startrack, Army Records standing as Club Records, our Triathlon, and no U8 kids around track unaccompanied. Our AGM is 23 Sept.

5.2. Dave then presented June Athlete of the Month certificates to Lynda Gurnham (ladies)
Robert Gurnham (juniors)

"the"
and "discus dynamo" Geoff Gibbons (new).

⑥ From the floor:

6.1. Roy Moore requested the annual crop of cakes and goodies for the Trail Race

6.2. Liz Cudmore reported ^{there's} no Nuttersweet 94 Hyde Park Run they'll review it for '95.

⑦ Finally, (~~*)~~) raffle prizes were forced upon ^{4 eager} ~~reluctant~~ winners. Pam Hart, Graham Clarke, John Carter, Tim Clarke.

Meeting of 5 August 1994

Minutes of previous meeting were read.
No matters arising

⑧ Last week's Runs ^{were} reported by Paul Willis: who began with the Friday Handicaps. Here we had an amazing 11 pb's - and not all of these coming from relatively 'newer' members. like Patsy Grant's 28:53 racewalk. Morva Ainsley clipped 17 seconds off her pb setting a club record for 17:29. Even old-timers like Russ Goodridge shaved his pb down to 15:24. So! the placings now stand with Tim Clarke leading on 195 pts followed at equal 2nd by Jenny Hiatt-Smith and Linda Cunningham, on 192. Next month's race points count double! for the final placings

3-3

On

3-2 Saturday 30 July saw our squad winning the Basildon meeting of the Men's Southern Track League. Our 94 points here, puts us 3rd overall, equal to Ashford and with 1 meeting to go we're confident of promotion to division 7. Individual winners of their events were
Paul Willis 100 / 200 [12.4 / 25.3] Paul Street 400 / 110H / 400H [58.6 23.1 67.7]
Steve Thomas 800 / PV / Trip J [2:08.6 / 2.40m] → 111.46m, a new club record!
Tim Bartram 1500 [4:17.2] Richard Gairie 5K [16:35.7]
Steve Raw 3K Steeplech. also another 4x 400m relay team. [10:59.3]

Even in the field events: new member Martin Morley clinched 3rd in the Javelin [22.62] and the absence of George Bennington was partly offset by his lightweight coach, Don Brooks himself, putting a creditable shot and swinging the hammer correctly out of the cage to score valuable points [Sh 8.22m H 12.04]. The discus dynamo: Geoffrey Gibbons completed the team scores [21.4m]

3-3 On Sunday 31st July we had 9 new club records thanks to the excellent squad mustered by Nicky Everett for the East Anglian Track League at Bury St Edmunds. The records were:-
 In the Discus: Lynda Gurnham FV. [13.78m]

Hayley Rook G.U.17 - [16.12m]
 and Naigen Firth (Female) [20.04m]

In the Shot Put: Nicky Everett ^a female record [5.16m]

On the track: Nicola Wheat G.U.13 100m [15.9s]
 under Sarah Lay G.U.15 200m [32.8s]

• Ian Akelhurst B.4.13. 80m H. [17.6s]
and Iuogen Firth f. 100mH [23.5s]

and of course the brilliant 4x100m relay team: I
Linda Game / Nicky Everett / Linda Garraham / and
Iuogen Firth = 63.5 sec

3.4 Dave Wright then reported how pleased he was
to have racewalker Cath Reader as our 2nd claim
member - she won 18^t individually in the World Vets
Championships in Toronto, and member of the winning
team in the W35. 20k race. Her finishing
time was 1:54.53

⑦ Forlcoming Runs: 4.1. Mon 29 Aug: Col & Tendo 10 mile Open.

4.2 On 17th September: the Round Norfolk Relays

4.3 also on 17 Sept at Birmingham, 6 CJAC juniors
have been selected to racewalk for Essex Schools
(Daniel & Dominic King, Hayley and Andrew Rock,
Gavin Robson and Rachel Izard)

4.4 A minibus will be laid on for the British 10 Miles
championships in the Trewash Classic 10 (in
Derbyshire?) on 4th September.

⑤ Other Club Matters:

5.1 At Hamilton Lodge a ceremonial "tree-of-friendship" - planting session will take place at 7.30 pm
on 7th September

5.2 In the week end of 13/14 August we host Star Track
from 10am - 3pm on both days, and thereafter
for 4 weeks each Saturday the Garrison
Track is open for ^{new} juniors to enrol. in CJAC.

⑥ CJAC

5.3 Once they enrol, young athletes can begin to take great pride in their triumphs and successes as they win trophies for running harder and faster. One of our older members received here a trophy for something he enjoys doing even more than running: Dave Lacy was presented with an engraved pint glass and a "Certificate of Consumption" from the arena staff for helping consume a barrel of Caffrey's Irish Ale on Friday 29 July.

5.4. Jane Wright and/or Roy Moore will shortly meet other ~~TRL~~ TRL organisers ~~to~~ with 2 key objectives:

- a) to avoid clashes with Essex league fixtures
- b) secure a favourable venue for that special 50th TRL race

5.5. Current leaders in the T.T.T. are
(M) ^{en}Terry Everett on 50 points and (L) Nicky ^{all}Everett on 36

5.6. Don Brooks has fixed the Club's Track Championships for Thursday 18 August, with 4 distinct events:
- 400m 1500m Javelin and Long Jump

[⑥ From the floor. - nil]

7) Raffle - ended proceedings:

winners: Fran./ Jean Moore / Rachel Abbott/Linda
Nomis Gandy

Meeting of 12th August '94

Minutes of previous meeting were read.

No Matters Arising

No Paul Willis: LWR? Dave Wright could not persuade even Chris Akehurst to cough up a chance entry in some distant fixture. No one's done any racing this week!

N.W.R: the Southern League fixture at Thurrock badly needs someone to have a bash at Long Jump 200m and Pole Vault owing to seasonal absences of our elite squad.

So, to fill in the meeting with Other Club Matters Dave Wright explained how the Club Bulletin will now be issued quarterly; but ^{only} crazy or juicy bits of topical, VERY IMPORTANT club news will appear in a smartly printed, green-headed, single sheet called the NEWS UPDATE.

(2) Dave W. has received invites for club to enter the Norfolk & Suffolk XC League.

(3) Likewise... news on the Essex League XC: good news that the XC Championships now have men & ladies merged into one fabulous race day at Essex University on 12 November.

BUT, the Essex Road Relays have split dates - with Senior Men on 4 March.

But ~~also~~ the Ladies and Veteran Men on Feb 26*!

(6) From the Floor:

6-1 Margaret Williams wants names & money for the Club Dinner.

6-2. Although clashing with our Triathlon on

4 September, the club hopes to enter the Essex Way Relays with a ladies' team being organised by Linda Gammie and mens team with Alan Akehurst.

Individual legs from Epping to Harwich (or other way??) are from 5 to 11 miles long.

6-3. Startrack is nearly up launch on Sat 2 Sep with loads of Tee Shirts and a bit more help needed 10^{am} → 3 pm.

- ⑦ The meeting ended with the Raffle which this week included one of the first ever athletics coaching handbooks. - even older than Dave Lacey's "sell by date" on the other prizes! Martin Bishop won it & we hope he learns a thing or two from it.
(Other winners Dave Simpson, Phil Knights, Tom Blundell, Paul Strutt)

Meeting of 19th August.

- ① MINUTES OF PREVIOUS MEETING WERE READ BY CHAIRMAN DUE TO ABSENCE OF SECRETARY.
- ② NO MATTERS ARISING.
- ③ PAUL WILKS SPOKE AT LENGTH ABOUT OUR VICTORY AND SUBSEQUENT PROMOTION FROM DIV 8 OF THE SOUTHERN LEAGUE. GEORGE BENNINGTON WAS SPOTTED OUT FOR HIS TERRIFIC PERFORMANCES IN THE THROWING DISCIPLINES. PAUL STRUTT HAS CONGRATULATED ON HIS CAPTAINSHIP WHICH ~~has~~ BROUGHT SUCH TERRIFIC RESULTS.
- ④ THE 1996 CJAC TRACK CHAMPIONSHIPS WERE RUN ON THURSDAY WITH MANY NOTABLE PERFORMANCES. DALE ROBERTS (JAVELIN) AND (LONG JUMP), AND DESIRE MOSLEY 400 METRES ALONG WITH PAUL BARRETT IN THE 1,500M WERE THE OVERALL WINNERS.

(5) Participating Trencarrow Results were attained at the Southern 50km at Basildon. 8 Southern and Essex Medals were won including Individual Essex Silver and Bronze for Marion Done and Alan Robertson.

(6) Events Numerous Joggers events are happening soon.

CJAC TRAIL RACE BANK HOLIDAY SUN 28th
ESSEX LEISURE RACE WALK COLCHESTER MON 29th
COLCHESTER TRIATHLON (SENT 4TH)

HELP WILL BE REQUIRED ON ALL THESE EVENTS
Committee Meeting this Thursday 8.30
TODAYS RUNNER LEAGUE MEETING THIS ~~FRI~~ WED 8.00

(8) MIKE HOOD OF LEISURE WORKS HAS ASKED CJAC TO GET INVOLVED WITH A BRAND NEW SPARKLING FUN RUN NEXT YEAR.
(Geoff Gibbons was NOT invited to THE PRELIMINARY MEETING)

(9) GERRY MADDEN OF TIRRELL RD HAS ASKED WHETHER ANY CJAC MEMBER COULD HELP AT THE MENSES FEST.
GERRY SAID ANYBODY COULD DO, BUT IF GEOFF GIBBONS VOLUNTEERED TELL HIM TO STICK TO RUNNING.

(10) HAMILTON LODGE TREE PLANTING NIGHT IS ON WED 7 SEPT. GEOFF GIBBONS WILL BE CUTTING THE RIBBON ROUND THE TREE, AND THEN WILL USE IT TO DIVERT TRAFFIC. THE WRONG WAY OUT OF HAMILTON LODGE.

(11) MARGARET TALKED ABOUT THE GERMAN FROM WETZLAR FOR AN awfully long

time. Lists will be produced for

- (1) COACH TRIP AROUND SUFFOLK WITH GERMANS.
- (2) SUPPER WITH GERMANS.
- (3) RUN FROM FERNSHAWKE WITH GERMANS.
- (4) RUN FROM ROYAL LONDON CLUB WITH GERMANS.
- (5) TOWN HALL VISIT WITH GERMANS.
- (6) TRIP TO CASTLE DUNLOPUS WITH GERMANS.
- (7) ANNUAL DINNER WITHOUT GERMANS.
- (8) DINNER AT THE GARISON CLUB POSSIBLY WITH SOME GERMANS.

(12) RUNS THIS WEEKEND FROM THE ARENA
9.00 SUNDAY, SPINACERS 10, EAST
ANGLIAN TRACK LEAGUE AT BRAMFORD.

(13) THE RACE WAS WON BY GEOFF LIBBIRD
1ST PRIZE BEING A T-SHIRT COVERED
IN LIPSTICK. THIS SPECIAL PRIZE CAME
FROM THE BODY OF A DEAD LORCHESTER
1/2 MARATHON RUNNER WHO DID NOT
SAVE THE KISS OF LIFE ADMINISTERED
BY DAVE WEAVER.

(14) NEXT WEEK THE LAST SUMMER
HONDAIR.

(15) MEETING CLOSED IN DARKNESS FELL.

MEETING OF 26 AUG.

- ① Minutes of Previous Meeting Were Read.
- ② No MATTERS ARISING
- ③ RUNS Spoken About AT LENGTH
By PAUL WILKIN WERE
 - (A) EAST ANGLIAN LEAGUE
 - (B) SPARAKERS 10.
 - (C) WINTOCK (NAMIBIAN 5KM)
won By EXICO (JAC
Member DES BOWDON)

HIGHLIGHTS WERE - LYNN Higgs. DON MARSHALL,
AND PAUL MELHORN AT SPARAKERS.
LINDA (MUSCLES) GARNHAM AT THE
E.A.LEAGUE. + LOTS OF JUNIOR
WHO DONE INCREDIBLE THINGS OVER
SHORT DISTANCES.

- ④ DAVE Lewis HAD RETURNS FOR
3 DAYS From NOTTINGHAM IN
AN ATTEMPT TO RECLAIM HIS CROWN
AS MOST UNPOPULAR JOAGER From
GRAHAM CLARKE. BUT WAS WELL
BEATEN BY GRAHAM WHO REMAINS
AS POPULAR AS Jeremy BEADLE.

- ⑤ THE T.R.L. MEETING BOUGHT NUMEROUS
CHANGES.

- (1) FEES PER RACE TO RISE 100%
From 50P To £1 TO KEEP THEM

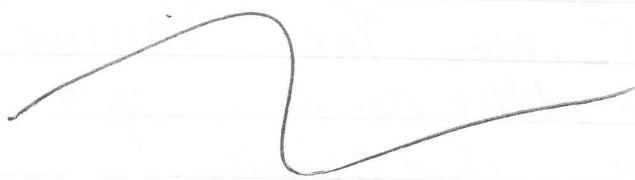
- IN LINE WITH TONY MP'S PAY RISES.
- (2) JAFFA RACE DROPPED.
 - (3) NEW EVENT AT FIRS HILL MISTLEY TO KICK OFF THE SEASON ON 23 OCT.
 - (4) 50TH ANNIVERSARY RUN TO BE HELD AT COLCHESTER ABBEYFIELDS ON 4 NOV.
 - (5) JUNIOR RACES TO BE HELD AT COLCHESTER AND HALSTEAD.
-

- (6) STAR TRACK WAS VERY SUCCESSFUL LINDA CAME, AND LOTS OF YOUNG BOYS.
- (7) DAVE LACY WOULD LIKE PICTURES FOR THE 1995 CALENDAR, (NO RUDE ONES THOUGH). NO PICTURES OF GRAHAM CLARKE WILL BE CONSIDERED.
- (8) IAN BROOKS WAS PRESENTED WITH A CERTIFICATE TO CELEBRATE HIS LONG DISTANCE RUNNING ABILITY (OR THE LACK OF IT) BY DAVE SIMPSON.
- (9) ROBERT MALLEED HAS STATED IN THE PAPER THAT HE INTENDS TO CHANGE HIS NATIONALITY FROM ENGLAND TO IRELAND IN AN ATTEMPT TO MAKE THE OLYMPICS. SUGGESTIONS WERE REVERSED FROM THE FLOOR THAT ROBERT SHOULD FURTHER ENHANCE HIS CHANCES BY MOVING TO EITHER THE "VATICAN CITY" OR SAN MARINO.
- (10) THE HARDBOARD IS TONIGHT TABLE POINTS ARE AT STAKE.

- (11) THIS WEEKENDS THE "TRAIL RACE"
Loy Moore AND Bob Catemoire ARE
IN CHARGE OF THIS POPULAR EVENT.
- (12) CHARTERED RESOURCES HELP AT THE
TRAIL RACE NEXT WEEK.
- (13) AND KNOWN NO REPORT WAS
GIVEN ON THE COMMITTEE MEETING
BECAUSE DAVE WHITIN HAD NO
MINUTES; BUT IT WAS ~~Pretty~~ PRETTY
BORING AND EVERYBODY WAS GLAD
TO GO HOME.
- (14) MEETING CLOSED AFTER RAMBO'S
RAFFLE WHICH WAS UP TO ITS NORMAL
STANDARD. (LOW).

P. S ALMOST FORGOT! PETE WEST
WISHER TO THE CWD TO LOOK INTO
ILLEGAL SUBSTANCES IN THE LEANT
OF THE INDIA TAKING SCANDALS AT
THE COMMONWEALTH GAMES.

GLEN GRAM INSISTED THAT THE ENGLAND
TEAM ARE INNOCENT OF ALL DRUG
TAKING, BUT COULD NOT EXPLAIN
WHY JOHN REAS HAS A HEAD LIKE
A PIN AND THE BODY OF BILLY BUTTER,
OR WHY BRITISH SHOT PUTTERS TRAVEL
IN ZIPPED UP PLASTIC BAGS.



MEETING OF 2 SEPT

- ① MINUTES OF PREVIOUS MEETING READ
NO MATTERS ARISING.
- ② PAUL WILLIS SPOKE ABOUT LAST WEEKS
RESULTS
① HANSCOM - AT THE END OF ANOTHER
SEASON: OVERALL WINNER IS JIM CLARKE
AN ACCOMPLISHED ATHLETE FROM LANCHAM
ROAD RUNNERS. FIRST LADY WAS "MUSCLES
GARNHAM," WHO IS ALSO WELL KNOWN
FOR HER BOOK 101 THINGS TO DO
WITH A JAVELIN!
- ③ TRAILRACE WAS EXCERPT MAIN POINTS
WERE:
 - (1) DAVE LACY WON IN 5 HOURS AND A
HANDFUL OF SECONDS
 - (2) GRAHAM CLARKE AND DON BROOKES
SURPRISED EVERYONE BY FINISHING.
 - (3) LIZ ARMORE WON THE VETS PRIZE.
 - (4) BOB MANKS AND PETER THOMAS
WON THE OTHER VETS PRIZES.
 - (5) DAVE WHITWELL TOOK DRUGS.
 - (6) GEOFF GIBBS WAS NOT LAST
 - (7) EVERYBODY WAS THANKED BY ROY
MOORE FOR A WONDERFUL DAY.
- ④ COLCHESTER LEISURE WORLD 10 + 3 MILE
FUND RAISING FOR NEXT YEAR, THE
RACE WILL INCORPORATE THE EASTON
COUNTIES CHAMPIONSHIP.

- (4) NEGOTIATIONS ARE UNDERTAKEN WAY TO HAVE A DISABLED SECTION OF THE CLUB FOR ATHLETES IN THE TOWN.
- (5) THUR 15 SEPT CIAC v JAFFA, AT CARLTON TRACK.
- (6) COLCHESTER AND TENDring HAVE A CLUB PROFILE IN ATHLETICS WEEKLY, WE ARE TO HAVE ONE TOO.
- (7) THIS WEEK.
- NOTTINGHAM 10 (INCORPORATING BRITISH GAMES)
10 IN COLCHESTER TRIATHLON: SEE CHRIS HOLMES
ESSEX WAG RELAYS: SEE CHRIS ALEXANDER AND LINDA GARDNER
- (8) "TREE OF FRIENDSHIP" TO BE PLANTED THIS WED AT HAMILTON LODGE 7.30.
- (9) THIS THURSDAY 3,000m RACE WALK AT TRACK.
- (10) TIM BARTON FINISHED $\frac{1}{2}$ WAY UP AND $\frac{1}{2}$ WAY DOWN THE FIELD IN THE SOUTHERN 3,000m.
- (11) COLCHESTER MARATHON + LANCASHIRE 10KM SUN 11TH SEPT SEE JIM CLARK AND JOHN HODGETHORPE.
- (12) RAFFLE WAS HELD, AND JANE LANDSCAPE, SLICK REAPPEARED MUCH TO THE PLEASURE OF

PETE THOMAS WHO WAS LAST SEEN DANCING
UNDER A HEN LEGS AT THE ANNUAL DINNER.

MEETING WAS AT 7.56.

P.S. BOB KIMOC HAS A JUNIOR TRACK
MEETING AT THE GARRISON TRACK ON TUES AT
6.30 HELP IS REQUIRED.

Minutes of Meeting of 9th September 94

- (1) Minutes of previous meeting were read.
- (2) Matters Arising:-

2-1 Linda Gaine said we needed more information about what the club will be committing itself and its coaches to, in having a Disabled section

2-2 Other matters were raised about Leisure World 10 mile race and Dave Lucy's precise time of 54.50 seconds in the Front Race.

(3) "Last Weeks Run" started with the report of ^{our} a truly excellent Triathlon (^{4 Septh}) the best ^{many} event ever with over 122 entrants. ~~Our~~ ^{Some} high quality Triathletes came, and of course took the top prizes. Chris Holme thanked all for their help.

3.2 Linda Gaine was reported on the Essex Way Relay where our team of 10 gallant gals came 2nd. (out of 3) - but thoroughly enjoyed it. Dave Wright presented some more of Chris Atchurst's slick, eye-catching certificates to both ladies and mens' teams in this event.

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3. After another bit of John Hedgehogone's brilliant social engineering on Thursday at the track, racewalkers regretted not taking their abacus or string of beads around with them.

3k handicap walk had a few walkers finishing at 2.6 k; but, in the season's last race Mabon was declared winner, followed by Daniel King and Terry Everett.

Mabon returned the cup to Dave Wright on Friday, and was promptly presented with it again for another year with very few of Dave Wright's claiming prints on it.

Loud hisses heralded the late arrival (courtesy of BR) of Paul Willis, who next described the Club's brilliant performance in Nottingham on September 4th.

At the British 10 mile championships in the Erewash Classic 10, the field was naturally led by several Kenyans, but despite a "beery" saturday night we got 3 runners in the first 100. Our 1st man was Richard Gaine 54th : 52:40.

Paul McHyer was 65th, Dave Lacey 94th in 55:28

Just 22 seconds faster would have given Dave Wright a sub 60 minute time; but old boy and world famous coach Paul Barnett clocked a p.b. in 59:22. This race was so fast, at least 22 athletes ran sub 50 minute 10 miles times.

Paul Willis thanked the club's 9 competitors and their supporters at this event.

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Next Weeks Runs

- 4-1 The big ones at Langham ~ our classic 10k organised by Langham Road Runners' Tom Clarke and the Essex County Marathon champion slips Stan entrants 50 years young Dave Lacey.

- 4-2 Chris Akelhurst announced the Highwood School Run for young 4-3 track 5k head to head with Taffa THU

(5) Other Club Matters

- 5-1 Linda Gaine reported the success of new youngsters joining Bob and Paul's training after the Star Track initiative

- 5-2 Dave Heather has won ^{some money} an Essex County Standard competition prize of a 5 day crossing for his car on PandO ships. He's looking for 3 suitable people to fill his car but won't say where he's going.

- 5-3 Committee Nominations are due

- 5-4 The Hamilton Lodge tree of friendship, when planted, was not the puny sapling Dave Wright expected.

- 5-5 Linda Gaine wants names for the Southern Relay (15th October)

- 5-6. Bob Cathmoire wants scandal, recipes, and jokes for the quarterly Bulletin.

- 6) The raffle brought the meeting to a close (winners: Liz Cudmore, Bob Kruiper, Geoff Gibbin, Lancome Headley & the King twins)

Minutes of Meeting 16 September 94

1) Minutes of previous meeting were read

2) No. matters arising

3) Last week's Runs

3-1 At the Loughborough 10k we won everything: ~~the~~
Toggers teams
CFC team (A BC & D) were 1st, 2nd, 3rd, 5th. 8 men in the 1st 10.

Paul McHugh won in 32:06 Jim Wood was 1st V40
and Nick Herel did a pb (36:20)

Alison Sloan was 2nd lady finisher (39:37) and
Liz Audmone 1st V40.

3-2 At the same venue the Marathon was won by
Dane Lacey in "unbelievable" style (1:46 minutes
clear of 2nd man) in 2h32:49. - probably one of
the half dozen fastest ever times for a 50 year old
Paul Willis succeeded in embarrassing
Dane with a standing ovation.

Glen Robertson did a pb 3:21:40 and Jerry Greville
at 20th in 3:24:46 logged this one as his
100th sub-3hr:00 marathon. So, in addition to
these outstanding performances, we took Silver
County medals with Barking RR winning gold.

3-3 On Thursday the track head to head 3x5k with
Taffa pleased Dane Wright on 2 accounts.
- one a huge turnout from Taffa in grim weather.
- two - we won! (618 pt to 815)

(4) Next week's (Road) events

4.1 Round Norfolk Relays

4.2 Dedham fun run.

4.3. 5 mile racewalk at Southend. Full turnout to clinch league

(5) Other Club Matters

5-1 Glen Robertson received the award of
Athlete of the Month for his many talents

in racewalking and marathon running

5-2 Jerry Everett has full details now of all our County, National and World medals, together with the invaluable new fixtures list.

5-3 Dave Wright will send condolences to Joyce Blinson whose husband died recently.

5-4 Steady progress on funding for disabled athletes is expected from Eastern Electricity and Colchester Council. The local disabled swimmers' club Phoenix wishes to affiliate with us. Dave will check with 3As.

5-5 AGM is next week.

5-6 After flipping his lid on news of Nigel Bowley, & confusion of over Maltseeds, Mussets, Dave Wright finally became normal again and thanked all helpers for great support during the past few weeks' events.

⑥ from the floor

6-1 (DL) Rambo - wants club photos (printable ones!) for next year's Dogger's calendar

6-2. Next week's Raffle ticket costs £1; prize - 9 years free membership.

⑦ The meeting ended with high tension as no one owned up to holding the last winning raffle ticket for body oil. After 2 failed draws, the brave John Blundell took it, but wouldn't say who his masseuse would be!

Minutes of Meeting of 23rd September 94

Minutes of the previous meeting were read out.

Matters Arising: Dennis Taylor was "shopped" as being the silent winner of the body-oil raffle prize who didn't own up!

Last Weeks' Runs.

3-1. The club performed well in horrendous weather at the Round Norfolk Relay (Sat 17 Sept 94), by finishing 6th in 20 hours 57 mins 39 seconds.

Individual stage winners were Richard Gaine and Dave Lacey; and Stage Records ~~were taken by~~ taken by Moira Ainsley (FV) Linda Gaine and Annette Oakham (F) and by Tim Bartram (To Men)

Paul Willis thanked all helpers, especially Adrian, Phil, Trevor, Roy, Lance and Terry.

3-2 Spectacular results from the Great North Run (Sunday 18 Sept.) with Nigel Powley finishing 23rd out of about 30,000 in 66:58, and old Nick Bond doing a pb in 71:11.

3-3. At the Dedham Fun Run (Sun 18 Sept) Roggers were the winning team, and the first two runners home were Glen Grant and Paul Mottagh. Lots of our juniors ran in the 2½ mile race

3-4 In the Southend Racewalk 2 of our members took medals for the British Police Championships - Dennis Shepherd - Silver; and Steve King Bronze Essex Vets were won in the British Schools Racewalking championships by Rachel Brand, Gavin Robson and the two young Rooks.

(4) Next Weeks Runs were announced

(5) Other Club Matters.

5-1-8 Dave Wright presented lots of ribbon to over 30 members for various levels in many recent races.

(6) From the floor

6-1 Mason circulated a 'get well' card for John Hedgehorn after a recent serious op.. Dave Wright will visit him in hospital.

The meeting was immediately followed by the AGM
Annual General Meeting 23/9/94

1. Appointment of Committee Members:

Chairman Melvin Smith

Vice Chair Richard Gaine

Secretary Rachael Abbott

Treasurer Pat Beards.

Membership Laraine Harding

Minutes Georgie Clarke.

Social Margaret Williams & Team Moore.

Team Capt. Paul Willis.

Triathletes: Chris Holmes

Veterans: Chris Akehurst

2. Life Membership

Outgoing chairman Dave Wright was taken by surprise when President Geoffrey Gibbons stood up and presented Dave with a Life Member certificate,

praising his past 9 years when he had "held all the positions going." (Hysterical laughter from the floor!) Dave had led the club 'from the front' said Geoff, and we

were now a club with respect and dignity" in the running world.

Outgoing Chairman Speech

Advising members to "get their hankies out," Dave summarized the year as one of "change for improvements." The recent affairs with Colchester and Tendring AC were reviewed, culminating in the proposed merger stalemate, but our having signed up a lot of good athletes. Highlighting our greatest successes was Dave Lacy's Marathon, and the National 12 stage relays.

The chairman gave his thanks to all of his committee for their loyal, hard work and their "caring" attitudes despite anggements. - to the secretarial, minutes, and membership services; - to the Juniors' coaches, to the Seniors and ladies' coaches.

To Chris Akehurst for lighting fast results-processing; to Adrian and Mel for keeping him on the straight and narrow
to Team and Margaret for trackside drinks
to Geoffrey - the original Mr Reliable.

To the Racewalkers for winning lots of medals.

To Terry for the Club records lists

- to Dave Simpson and Steve Gurnham for ^{shepherding} new members

- to Paul and Clane Willis

- to Roy Moore - for unpaid heckling

- to Graham Clark for being the butt of Dave's jokes.

- and to the 3 old boys Dave Heathers

, John Blundell, and Bob Cathmore who can't run" but represent the "true spirit of the club!"

Dave urged all club members to continue supporting our varied fixtures and events, and to continue paying 50p on a Friday night to listen to "is garbage" and to air their views!

H Dave concluded by offering his full support to the new incoming chairman.

Next the Accounts were given as £2442 in the Current Account and £1618 in the Business Account making a total of £4061

From the Floor Lanaine distributed new membership forms.

Geoff Gibbins asked that the full accounts be brought before the next meeting

Brave Tim Clarke raised the perennial question about the showers! - we continue as before, sharing with the Gym.

Deafening cheer then greeted the new chairman Mel Smith taking his seat.

Mel was immediately struck by the "Dave Wright Raffle Tin" when Linda Gaine (bless her) won the year's free membership yet AGAIN!