

Friday 6th January, 1984

19.30 hrs

- 1). The meeting was chaired by Chris Dawson.
- 2). The meeting was attended by 17 members + 2 prospective members.
- 3). The previous meetings minutes were read + agreed.
- 4). First Aid Course - as all who took the examination passed. It was decided to now purchase a first aid kit as we have five people qualified to deal with any emergency.
- 5). Raffle - to be re-introduced from next week. Fay is dealing with this.
- 6). Vice-chairman - as nothing has been heard from Mike Turner in reply to the letter sent to him, we can assume he no longer wishes to hold this position on the Committee. Nominations were asked for a new Vice-Chairman. Geoff Gibbons was proposed, seconded + unanimously voted to the position of Vice-Chairman.
Welcome to the Top Table, Geoff.
- 7). It was decided after a lot of discussion to limit our next fun run entries to 2000 because anything in excess of this would cause problems with administration etc. Final date for this to be fixed next week. Details to be put in Running Magazine + Running Review.

- 8). Reading run - proposed to hire a minibus to take runners to this event. Give names to Secretary + £1. each booking fee.
- 9). Norfolk Marathon + $\frac{1}{2}$ Marathon - a coach will be organised for this. Again names + £1. booking fee to Secretary.

Friday 13th January, 1984

19-15 Rio.

- 1). The meeting was chaired by Chris Downs.
- 2). The meeting was attended by 18 members.
- 3). The previous meetings minutes were read + agreed.
- 4). 2½ hour Jog around the clock - further details of the route etc. were explained to members. It is proposed to start at 10.00 a.m. on Saturday 4th April + finish at 10.00 a.m. on Sunday 5th April. Starting + finishing from Hamilton Lodge, Cft. Bromley.
- 5). Presentation of cheque to Charles Palmer Trust. This will take place on Monday 16th January at 12 noon at the Evening Gazette offices in Culver Street. As many members as possible are asked to attend.
- b) Club Fun Run - date fixed for 23rd April, 1984 Easter Monday.

Friday 20th January, 1981.

19-1b Rev.

- 1). The meeting was chaired by Chris Downs.
- 2). The meeting was attended by 14 members + 2 prospective members.
- 3). The previous meetings minutes were read + agreed.
- 4). Myland Hospital - date fixed for Wednesday 25th January at 4.30 p.m. for as many members as possible to see around the ward + look at the special syringes which were purchased with the money we donated.
- 5). Thank you letter received from Charles Palmer Trust, a copy of which was handed to all members present. David Heather also gave a short talk about the person who will occupy the "Colchester Joggers Club" room in the new building. He also invited the members to go + look round the new building. A date for this to be fixed by Chris.
- b). Vote of thanks to George for the use of his lounge to show the video of the Club's Christmas run. It was decided that the film was not of a good enough quality (photography wise) to charge people admission to see it, but that any Club members with video's could borrow it for a nominal fee.
- 7). 2H Run Jog around the clock - Chris has spoken to several police stations along the route + there doesn't appear to be any

problems. Details of the route etc. to be sent to them.

- 8). As there are a few people known to Club members who attend all the runs + would like to be associated with the Club, but can't really commit themselves to attending the meetings every Friday, it was asked if any special consideration could be given to them. After a great deal of discussion it was proposed that they still pay the £4-00 membership fee + be asked if they wish to purchase a Club vest. This was voted on + passed.

(George taken team trophy). ✓ returned 3/2/81+

Friday 27th January, 1981

19-15hrs

- 1). The meeting was chaired by Geoff Gibbins.
- 2). The meeting was attended by 19 members + 2 prospective members.
- 3). The previous meetings minutes were read + agreed.
- 4). Report given on visit to Myland Hospital to see equipment our donation helped to buy.
- 5). Job around the clock - the header newspaper was approached to advertise this. They will offer us 50% discount on their normal rates. This means a centrepage spread will cost £600

instead of £1200. With sponsorship from local firms & individual sponsorship it is anticipated that over £1000 could be raised for the Trust. Members were asked to come up with ideas for prospective sponsors for next week's meeting.

- b). The idea of a parachute jump for charity was put forward. All those interested give names to Fay. Further details next week.

Friday 3rd February, 1984.

19.15 hrs.

- 1). The meeting was chaired by Chris Downs.
- 2). The meeting was attended by 17 members & 1 prospective member.
- 3). The previous meeting's minutes were read & agreed.
- 4). 24 Hour Jog Around the Clock — proposed to get a rough draft from the paper of what the centre pages will look like, also a letter describing what is happening to show to all prospective sponsors. Graham is writing to the Running Magazine & also Anglia TV for publicity, & also the possibility of a 'personality' to participate.
- 5). Easter Fun Run — now almost definite that we will be starting from Sevenoaks. Ideas for a 13 mile & 5 mile route to be worked out for next week. Suggested that we have a Post Office box to have all the entry forms sent to, look into possible costs.

Friday 10th February 1984.

19.20 hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 23 members.
3. The previous meetings minutes were read + agreed.
4. Old Heath Community Association - verbal assistance has been given. The members were asked if they wished to offer any practical help with their run-but as it is being held on May 6th when most of the Club will be going to Norfolk it was decided to tell them we are otherwise engaged.
5. Parachute jump - a group of 6 or more will cost £53. each for a weekend course. Training takes place on Saturday + Sunday followed by the actual jump, weather permitting. All equipment is supplied.
6. Bank balance - as at 4th February this stands at £342.64 with petty cash of £6.55.
7. Letter received from Running Magazine asking for details of our Club to update their records.
8. Post Office box - this will cost £32.50 per year. It was proposed + agreed to go ahead with this, as if we get one organised now, we can also utilize it for the Christmas Fun Run.
9. Easter Fun Run - unfortunately the idea to stage this at Saveralls has been turned down by their "Boss". Chris proposed a vote of thanks to Geoff for all his efforts in trying to

obtain this for us.

The possibility of using the Rugby Club is now being looked into. Further details next week.

All those interested in helping to sort out 13 + 5 mile routes meet on Sunday 10.00 a.m. at the Rugby Club.

Suggested that the medals are hung on ribbon (green). Limit the run to 1000 runners.

10. Dave Heather of the Charles Palmer Trust attended the meeting. The Trust are very kindly going to supply us with two minibuses + fuel for our 24 hour Jog Around the Clock. They would also like to donate a trophy of some sort, possibly a silver-plated salver but don't know for what category.
11. Details were handed out to members with regard to getting sponsors for the Jog Around the Clock. The cost per leg will be £1.00. Personal sponsorship forms will be available shortly.

Friday 17th February, 1984.

19-20 hrs.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 23 members.
3. The previous meetings minutes were read + agreed.
4. We now have a P.B. Box. The full address is:-
Colchester Joggers Club, P.O. Box 98.
Colchester CO1. 1FG.

5j. Discussions with the Rugby Club were very promising. They are very keen on the idea. A half marathon & a 5 mile route have been worked out.

An editorial will appear in the header next week & also a map of the route. Entry forms to appear the following week.

Entry fees - proposed + passed to make the entry fees £3. + £2 for full-time students, C.A.P.s + the unemployed.

Suggested that we give all entrants a small Easter Egg.

As the ground around the Rugby Club belongs to the Council we have to obtain permission from the Amenities + Recreation Department. As long as we can show that all the proceeds are going to charity + that we are not making any profit, then they will not charge us for the use of the land.

The Rugby Club will be handling all aspects of the catering, especially the alcoholic side of things.

b) Hargam Fun run - May 20th.

Decided to offer our assistance in marshalling if it is required, + hopefully they may help with ours.

Friday 21st February, 1991.

19-15 hrs

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 21 members.
3. The previous meeting's minutes were read + agreed.
4. Dave Heather of the Charles Palmer Trust brought the architect Peter de Raad to the meeting, who gave the members an interesting talk on the ideas etc. behind the design of the new building at Hamilton Lodge.
5. Bank balance is £397-49 at present.
6. Easter Fun Run - initial announcement appeared in header this week. Entry forms will be in next week. Letter received from Council informing us of certain conditions that will have to be fulfilled to satisfy them.
Royal London Club letting us use the car park to their sports centre.
Chris meeting Police on Monday to sort out problems. Printing costs will be £66. for 2500 entry forms + 1250 programmes.
7. Harry Mead is organising another fun run in Stowmarket. This will be in September possibly 23rd or 30th. 10 mile route again.
8. A Club First Aid kit is being purchased, the final choice of components will be left to Fay as she has expert knowledge in this field.

Friday 5th March, 1981

19-14 hrs

1. The meeting was chaired by Chris Downes.
 2. The meeting was attended by 16 members.
 3. The previous meetings minutes were read + agreed.
4. Stowmarket Fun Run date - 23rd September.
5. Easter Fun Run - Police will put No Waiting bollards from Rugby Club to Royal London Sports Club + we will need a large marshall to back these up. A note must be put in with the registration details that are sent back to the runners that they must not park in any of the surrounding roads at all.
 6. 24 Hour Jog Around the Clock - as the response to finding sponsors for this does not appear to be very successfull, it was voted + agreed to scrap the idea of the double page spread in the header + rely on the members to raise as much money as they can on personal sponsorship.

Friday 9th March 1984.

19-1b Rus.

1. The meeting was chaired by Chris Down.
2. The meeting was attended by 21 members.
3. The previous meetings minutes were read & agreed.
4. Bank balance stands at £114-45.
5. Letter received from Anglia TV, Norwich. Unfortunately they have not got any personalities available for our Jog around the clock, but they have passed our letter to the local Chelmsford office.
6. Trip to Reading 25th March - decided by all members to have one minibus & the remainder to share cars.
7. Report given on Berkhamsted Half marathon. Tough, hilly two lap course - well organised.
8. 24 hour Jog around the Clock - all the necessary Police stations have been informed - everything O.K. Members are reminded to raise as much sponsorship as they can.
9. Members were asked to come up with ideas for a venue for a Bar-B-Q to be held later in the year. To be discussed next week.

Friday 16th March, 1984

19-15 Run

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 16 members + 1 prospective member.
3. The previous meetings minutes were read + agreed.
4. Dennis Taylor has gout of the knee. After the members had finished laughing, he was wished a speedy recovery.
5. Jog around the clock - proposed to get some reflective vests for the runners to wear.
Each member to bring their own food, coffee etc.
Graham to inform Radio Orwell.
George + Ray ~~have~~ are willing to loan their cycles.
6. Easter Fun Run - Chris + Geoff had another meeting with Rugby Club - there doesn't appear to be any problems. The actual route is a bit short, but this can be made up by running round the field before finishing in front of the pavilion.
Entry forms to be distributed at as many runs as possible. All arrangements going smoothly.
Trophies (10 required) to be discussed next week.
Medals - 1000 certificates + 400 medals have been ordered. There will be on ribbon - depending on the cost.
Insurance required by Council will cost £30 for the long weekend.
All members will be expected to help pick up litter after the run.
Drinks to be supplied free to runners at the finish.
Running clock start + finish banners etc. will

cost £12.11 - 20 including VAT.

7. Report given on St. Edmunds 2 marathon.
8. Reading 25th March - a 29 seater bus has been booked, so there are still seats available.
Prices - £3.50 adults £2.50 children.
This will leave Sports Centre at 6.00 a.m.
9. Mersea Island Half marathon will be held on 24th Aug.

Friday 23rd March, 1984.

19-15 hrs.

1. The meeting was chaired by Chris Downe.
2. The meeting was attended by 17 members & 1 prospective member.
3. The previous meetings minutes were read & agreed.
4. Reading coach will now leave at 5-45 a.m.
5. Easter fun run - insurance cover sorted out.
The entire Lt. Horkesley police force will be on duty (all two of them). Will need a minimum of 24 marshals.
6. First Aid kit - only to be used by a qualified first aider of which we have five in the Club.
7. Agreed to purchase a video of the Reading run.
~~all participants to~~

8. Running suits - a selection were shown to members. These can be purchased at very reasonable prices from Fay or Chris - money with order.
9. Members were asked to come up with ideas for the Christmas Dinner & Social evening.
10. Voted & agreed to hold the Bar B Q at Hamilton Lodge, Great Bromley. Look into possibility of one of the local pubs arranging the alcoholic refreshments. Use "Big Daddy" for the food. Food will only be handed out on receipt of ticket.
11. Trip to Crystal Palace - members were asked to decide what they wanted to see. Tickets must be paid for in full when ordering seats.

Friday 30-3-84

19-15 Ris.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 20 members.
3. The previous meetings minutes were read & agreed.
4. Report given on Reading run. Dave Pole writing letter on behalf of the Club thanking the organisers for such a well organised & enjoyable event.
5. Report given on Wolverhampton marathon.

- b). 24 Hour Jog around the clock - everything in Rand.
All runners to turn up at appointed times.
Signed certificate will be issued as proof that each runner completes their leg.
- 7). It was decided that once we have got the Easter fun run over, the Club will not organise any more until December 85. This decision was made to give the few people who do all the work a break + also to concentrate more on the social side of things + getting back to being a jogging club.
- 8). Christmas Social - voted + agreed to hold this at the Marks Tey Hotel on Saturday 1st December. The cost will be (provisionally) £8-10 per Head, we supply own disco.
Tickets to be paid for in full by 16th November.
If you wish you can pay by instalments - see Secretary.
- 9). Members were reminded that the minutes are available for them to read + catch up on any meetings discussions that they may have missed, + not waste time at later meetings by asking the chair to recap on some items.

Friday 6-4-84.

19-11 Res.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 21 members + 1 prospective member.
3. The previous meetings minutes were read + agreed.
4. Final arrangements for the Jog around the clock were discussed.
5. Report given by those members who went to the Arena Sports Club. Full details of costs etc. will be sent to every club member. Vote was taken + passed that we apply for club membership.

Friday 13th April, 1984.

19-15 Res.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 20 members.
3. The previous meetings minutes were read + agreed.
4. Jog around the clock - all went according to plan, apart from one small brush with the law. Raised about £600 approximately for Charles Palmer Trust. Members are requested to pay in their ~~spare~~ money to the Treasurer as soon as possible. Votes of thanks given to Chris + Dennis for driving the minibuses.
5. Easter fun run - approximately 200 entries to date. Considerable discussion on how we ~~can~~ ~~not~~

more entries. Graham Dewey to ring the local radio stations (Brwell, Saxon & Essex).

- 6). Move to Arena - commences 1st June. Friday same time as at present. Let Chris have names + £1. deposit as soon as possible.
- 7). Sports Centre closed on Good Friday. Members to meet at Fajs as final points need to be sorted out for Monday. ie. marshalls + spongepoints.

Friday 27-4-81.

19-15 hrs.

- 1). The meeting was chaired by Geoff Gibbins.
- 2). The meeting was attended by 23 members.
- 3). The previous meetings minutes were read + agreed.
- 4). Hospital Radio interview - Wednesday 2nd May 6 p.m. All interested members who want to be famous on the radio discussing all aspects of jogging etc. to let George know.
- 5). Easter Fun Run - everyone agreed this went off very well. Had 35+ entrants. More publicity in the papers might have helped boost numbers. Suggested we put a large banner or noticeboard up outside the Rugby Club about a month before our next run to advertise it (subject to permission being granted). Possibly another water stop on the 5 mile route. Need lots more marshalls.

+ helpers. Traffic problems at Boxted Cross, this can be overcome by a slight alteration to the route.
 Have good posters made up to advertise.
 Start looking for sponsors now -.

The next fun run will be the first item on the agenda at our first meeting at the Arena.
 Approach the E.A.D.T. to cover our next run + possibly sponsor us in some way.

Start preparations months in advance.
 letters of thanks to be sent to the Police; Rugby Clubs: Collier + Patchpole; The Tile Shop.

6. Yellow Advertiser to marathon - meet at Sports Centre 11 a.m. + sort out transport.
7. Coach to Norfolk 6-5-8+ - final numbers must be known tonight. Approximate cost will be £11-50 to £5. per person. Time of leaving will be decided next week.
8. We will shortly be taught how to relax properly by a Yoga teacher - further details later.

Friday 11th May, 1981.

19-25 hrs.

- 1). The meeting was chaired by Chris Downs.
- 2). The meeting was attended by 20 members + 2 prospective members.
- 3). The previous meeting's minutes were read + agreed.
- 4). The interview on Hospital Radio went off well. Hopefully this may help to attract more members.
- 5). Report given on Yellow Advertiser 2 marathon held at North Weald Airfield. Enjoyed by all who took part, comment was made on the lack of marshalls + signs telling you where to go. Roy proposed a vote of thanks to wives, girlfriends etc. who stay behind waiting for the runners.
- 6). Coach to Norfolk marathon will leave Sports Centre at 4.30 a.m. on Sunday.
- 7). Tyre push - this is taking place on 8th July. All teams that enter have to sell £25 worth of draw tickets. It was felt that before we decide on teams, we ought to get in some practice first. Closing date for entries is 30th May.
- 8). Darts night - to be held at the Shepherd + Dog, Langham on Thursday 21st June. Further details later.
- 9). Barbeque - to be held on Saturday 25th August at Hamilton Lodge, Great Bromley.

10. Video now available of the Reading Half-marathon. Any Club member who wishes to see it can hire it from the Club at £1. per night. For those members who do not possess video machines, this will be shown at Georges at a later date.

Friday May 11th, 1984

19-19 Res.

1. The meeting was chaired by Chris Downs.
2. The meeting was attended by 15 members.
3. The previous meetings minutes were read + agreed.
4. Tyre push — decided to enter one team in this. The raffle tickets to be distributed between all members to sell a few each.
5. It's a Knockout — George will find out further details.
6. Move to Arena — money + names + addresses by Friday 25th May at the latest.
7. Chris has 20 tickets for Cowies disco etc. being held in the main hall at the Arena on 2nd June. Cost £2.50 each.
8. Report given on Norfolk marathon. For many members this was their first marathon + some good times were recorded. A very good day out.

9. Report given on Old Heath fun run - only had about 150 runners. In some places there were no marshalls or signs on the route & some of the runners went wrong. Nice medal on a stand.
10. Discussion on purchasing summer lightweight vests as some members find the present ones a bit too hot. Suggested that all those who are interested buy the vests & make a donation towards the cost of printing. Fay will bring samples in to show members.
11. 2H hour sponsorship money to be paid in within the next two weeks and no later.

Friday 18th May, 1984.

19-15 hrs.

1. The meeting was chaired by Chris Downs + Geoff Gibbons.
2. The meeting was attended by 17 members.
3. The previous meetings minutes were read + agreed.
4. Report given on London Marathon by those who participated.
5. CJC Darts Night - Thursday 21st June, 8 p.m. at Shepherd + Dog, Langham. Mixed doubles. Free buffet. Trophies to winners.

6. Bar-B-Q 25th August. Geoff to check with Dave Heather that this date is acceptable. The cost of tickets will be £2.50 per head. 200 tickets to be printed. Have someone on gate to stop gatecrashers. Hand over ticket for food.
7. Wayne Tether-Temple & Ray Willett are working out training schedules in readiness for our move to the Arena on 1st June. Also looking into possibility of hiring the Army's running track to practice on.
8. Dennis Taylor made the point about the membership fee being paid with the Arena fee by 1st June, that members were losing three months membership. All members had the opportunity to vote on this as a newsletter was sent out especially for this purpose with a slip to return to the Committee. This item to be brought up next week.
9. Summer vests - Geoff will obtain a sample to show the members.
10. Easter Fun Run - although we were low on runners we made a profit of £26.80.

Friday 25th May 1981.

19.15 hrs.

- 1). The meeting was chaired by Chris Downe.
- 2). The meeting was attended by 18 members + 3 prospective members.
- 3). The previous meetings minutes were read + agreed.
- 4). Dennis got bitten on the leg by a dog + had to have three injections in his posterior, + he fainted!
- 5). Bar B Q - the date is O.K. with the Charles Palmer Trust. Fay is arranging for tickets to be printed. If anyone feels they would like to donate a prize for the raffle, it would be greatly appreciated.
- 6). Item carried forward from last week (minute no. 8)
re: membership fees. Further discussion took place. Anyone who wants the 82p. back can have it. Objections noted.
- 7). Summer vests - Geoff has ordered 20. Approaching Collier + Patchpole for more sponsorship. It was suggested that members pay something towards cost, possibly half.
- 8). Report given on Hingham Fun run. Despite the bad weather all the members enjoyed it. We won the Team Trophy.
- 9). Donation of £100. made to St. Johns from proceeds of Fun Run. The possibility of holding a fun run + donating the profits to the St. Johns was discussed. All the members agreed this was a good idea.