

Friday 31st July 1982 First Reck-

No winter.

FRIDAY 6TH AUGUST 82. 1915 HOURS

1. It was agreed by the members present, that the committee elected last week, stay in its present form for a period of 3 months.

2. Colchester Joggers Christmas Fun Run. (^{Proposed by} ~~Mike Turner~~)
Sunday 12 Dec 82 Start 1000 Hours
 Distance to be covered 10 miles.
 Trophy to 1st person to finish from the Club.
 Trophy to 1st person for the open section.
 All agreed by members present, to be discussed at next meeting.

- (3) Insurance. (^{Proposed by} Terry Weate)
 Norwich Union Insurance Policy
 60 pence per year.
 Group insurance to be unchanged.
 £ 10 per week benefit in the case of injury
 £ 1000 loss of limb or Death + Public liability
 All agreed by members present.

4. Black Suits for Club Members.
 Northgate Manufacturing Company, Colchester
 Available for anyone who needs
 one can obtain an order form from the committee.

Agreed.

Mike T

FRIDAY 13TH AUGUST 82 1910 HRS

1 Minutes from the previous meeting were read and agreed.

2 Approx 20 people attended the meeting and more new members were welcomed.

3 Posters were issued for distribution by members.

4 It was proposed that a Club Christmas Social be held on the same night as our FUN RUN. This was unanimously voted by the members. (Committee to organise).

5 Terry Waite reported that Norwich Union Assurance Co. would possibly loan us the use of Cricket Pavilion. It was agreed by members present that, this would be a great asset if it materialised.

6 DR OWEN (Hon Member) did not turn up to give a talk. It was hoped that he'd be able to attend our next meeting.

7 Maureen Husband was elected an honorary member.

8 Members were invited to submit designs for Tee Shirts. Designs would be voted on at the next meeting.

9 It was proposed by members that 25p club night sub be paid to boost Club funds. This was agreed by all present.

FRIDAY 20TH AUGUST 1982. 19.07 HRS.

- (1) Meeting was attended by approx. 20 members, with seven new members arriving.
- (2) Last minutes were read out by Mike Trotter and agreed by everyone present.
- (3) Doctor Owen was surprised by the fact he was supposed to give a talk on injuries and stated he needed time to do some homework beforehand. He volunteered to come and give his talk on the 1ST October, however he did give a few tips to members.
- (4) "T" Shirts designs were handed in, and these ^{were} voted on. After handing designs round No 6 received 9 votes, No 10 with 11 votes was the one chosen, together with white shorts and C.J.C badge on left leg. (to be shown to "Lamberts" for possible discount for approx 30 sets) agreed by all members present.
- (5) Terry Waite reported on his progress with "Norwich Union Assurance Co" over the use of the cricket pavilion in that they would possibly be willing to let us have it for our use free of charge but giving assistance with paying for heating the water for showers.
- (6) It was proposed and agreed to have free entry for children under 16 years.
- (7) It was hoped to have details of clubs own "Fun Run" in early December, in the papers within the next 2 - 3 weeks. with hopefully 1000 entrants.
- (8) It was decided to spend £7.35 on a large type letter head.

FRIDAY 27TH August 1982

19.04 hrs

- ① Meeting was attend by 23 members including seven new members
- ② Minutes from the last meeting were read out and agreed.
- ③ Dave reported on his progress with the t-shirt design. Having obtained two quotes from Lamber's and Harpers for running vests it was decided by the members present to try and get a sample one made up by one or other of the company's.
- ④ Mike gave a quick report on the Frinton and Walton Fun Run, commenting on the fantastic turn out and atmosphere of the C.J.C. members.
- ⑤ Members have now past the 40 ~~mark~~^{mark} and growing rapidly.
- ⑥ It was decided by the members present to amend the format of our own Christmas fun run into two laps of a five mile course using the first lap as a novelty run to help encourage beginners. It was feared by some members that this would be entered by some people who are a little over the beginner stage just to win a prize (it was thought we would have to ~~try~~ rely on peoples honesty in this matter).
- ⑦ The committee was still trying to find a suitable location for the christmas social.
- ⑧ Terry obtain some prices for a track suit logo badges as follows :- per 100 - 63p each
 " 500 - 52p "
 " 1000 - 47p "
- with 14 - 21 days delivery
- Club medals (as per cor. fun run) at 35p each. It was proposed to cover price of medals within the entry fee.
- ⑩ It was proposed to run a ~~raffle~~ raffle on the night of the christmas social to boost funds; with ~~prizes~~ prizes being donated by sponsors and club members. Maureen and

husband very kindly started the ball rolling with the offer of a bottle of drink.

- ⑪ It was proposed that we put a club membership form in the paper with the fun run entry form or return one with the running numbers to ~~Tony~~ boost membership.

FRIDAY 3rd SEPTEMBER 1982

19.06 hrs

- ① Meeting was attended by 26 members
- ② Minutes from the previous meeting were read out and agreed upon
- ③ CHRISTMAS FUN RUN
It was decided to have a 1.30pm start and a entry fee of £2.50 and a reduced fee for people in full time education, O.A.P.s etc. (£1.25) Trophys will be awarded at approx 4.00pm. Paul explained his possible route for both the novelty 5 miler and the 10 miler
- ④ T-SHIRTS
Dave was unable to get a sample garment made up in our colours, but he is going to try and get a quality sample in any colour.
- ⑤ NEWSLETTER
It was hoped to put a ^{full list of all} ~~1 of all~~ members in our first news letter to encourage members to train together on other days as well as fridays.
- ⑥ CHRISTMAS SOCIAL
The British legion club has been choosen by the committee for the christmas social (sec. to confirm booking). The ~~adult~~ tickets have been set at £1.50 per head to cover the costs. It is hoped that the buffet would be produced by the members

FRIDAY 10th SEPTEMBER 1982

19.02 hrs

- ① Meeting was attended by 18 members.
- ② Minutes from the previous meeting were read out and agreed upon.
- ③ Norwich Fun Run
It was proposed to run a mini-bus to the Norwich event to share travelling expenses ~~for~~^{of} the members taking part, with some seats being available for non running supporters (up to 12 people total). This was agreed upon by members present.
Mike Turner proposed that £3 from club funds be used to subsidise the cost of hiring the mini-bus, this motion was seconded by Paul Lansley and agreed by all members present.
- ④ Coggeshall Action Run
A list of members wishing to take part in this 9 mile run on the 17th October was taken by the Sec. to be sent off as a joint team entry.
- ⑤ Sunday Runs
The first Sunday training session will place on Sunday 26th September based on a route by Dave.
- ⑥ MAGAZINES
It was agreed by the members present that the club would purchase running magazines which could be lent out to club members as well as providing a great deal of information on Friday nights.

Friday 17th SEPTEMBER

19.04 hrs

- ① Meeting was attended by approx 26 members
- ② Minutes from the previous meeting were read out and agreed upon
- ③ Black Board
It was proposed that we obtain a black board or notice board to be used during Friday meetings, for club notices etc. This was agreed by the members present and left in Chris Coslett's hands.
- ④ Chris gave a talk on the success of the Colchester Fun Run which raised just under £20,000 for the St. Helena Hospice appeal.
- ⑤ Insurance
Chris Coslett read out a letter Tenny received from Norwich Union Insurance Co. which contained details of a insurance quote for the club as follows:- for £85 per year for 50 members gives a £10 a week injury benefit, £1000 loss of limb or death and a £1/4 million public liability. This would cost £1.70 per member and would cover any new members joining before the next renewal date. These new members could pay a sum into club funds when they join to help cover next years premium (75p was proposed)
Sue proposed that the members think about it until the next meeting when all members present could vote on whether to accept or not.

FRIDAY 24th SEPTEMBER

19.00 hrs

- ① The meeting was chaired by Terry Waite
- ② Meeting was attended by 18 members
- ③ Minutes from the previous meeting were read out and agreed upon

④ T-SHIRTS

Dave received a phone call from Harpers, saying it would be too costly to make up one sample shirt. So a list of members wishing to order a shirt without seeing a sample was taken by Dave.

- ⑤ Details of the clubs insurance proposal was read out by Terry and the members present voted unanimously to accept the proposal. Money will be collected A.S.A.P.

⑥ MORWICH EVENT

A Report was given on the very successful Morwiche event.

⑦ COGGESHALL ACTION RUN

A final list of members wishing take part in the Action Run was taken by the sec. to be sent off as a team entry.

FRIDAY 1st OCTOBER

19.00 hrs

- ① The meeting was chaired by Kevin Oldroyd.
- ② The meeting was attended by approx 20 members.
- ③ Minutes from the previous meeting were read out and agreed upon.
- ④ Paul Lansley read out the details of the Felixstow event and a list of members wishing to take part was taken.
- ⑤ Dr Owen gave us a very instructive talk on running injuries and suggestions on there remedies which was appreciated by all the members present.
- ⑥ A letter from Mr J. Mower was read out by Kevin, which informed us that ~~the~~ our £2.50 entry for the Ipswich run had been refused and he was returning the money as the entry was not acceptable.

FRIDAY 8th OCTOBER

19.00 hrs

- ① The meeting was attended by approx 20 members.
- ② The previous meetings minutes were read out and agreed upon

- ③ Christmas Fun Run

The St. Helena Hospice appeal have offered there help in anyway possible i.e. with sponge paints, due to the rivalry between the East Anglian Daily Times and the Essex County Newspaper the E.A.D.T will not be promoting our Christmas Fun Run. The cheapest quote for the medals at the moment is £350 per 1000 with a 4-6 week delivery date and a deposit of £75 is required when ordering.

- ④ Meeting Place

Mike reported that the rugby club on Severalls Lane could possibly be made available to us for our Friday meetings the members present agreed Mike should go ahead and contact there sec.

- ⑤ Ipswich Run

After the rejection of our Ipswich entries we contacted Mr Mover and were able to get seven entries accepted by paying the extra 50p with the remaining entries placed at the top of a reserve list.

FRIDAY 15th OCTOBER

19.06 hrs

- ① The meeting was chaired by Terry Wheat.
- ② The meeting was attended by 20 members
- ③ The previous meetings minutes were read out and agreed upon.

Chairman

It was proposed that the club should have a temporary chairman, to stand in and chair the meetings in the absence of Mike Turner and Chris Coslett. It was voted ~~unanimously~~ unanimously that Terry Wheat should hold this position.

Christmas Fun Run

A progress report was given on the Christmas fun Run, together with a brief summary of the meeting held with church officials on Monday 11th October.

Colchester Trophy Centre can match our previous quote for the medals and possibly better it, Dave Wheat is calling round during the week to the Trophy Centre to discuss the medals and trophy with Peter.

- ⑥ A club financial report was given by Sue Spink.

Insurance

The clubs insurance has been taken out as agreed on Friday 24th September, the total premium was very kindly paid by Sue Spink, so early payment by the members to Sue would be appreciated.

FRIDAY 22nd OCTOBER

19.09 hrs

- ① The meeting was chaired by Mike Turner.
- ② The meeting was attended by approx 20 members
- ③ The previous meetings minutes were neglected to be read out.
- ④ Christmas Fun Run
Most of the meeting was taken up by a full progress report and discussion on the Christmas Fun Run.
Dave Wheat kindly went round to see Peter of the Colchester Trophy Centre to chat about the medals and trophy, the outcome of there informal meeting was that the medals would cost us approx £100 more than our previous quotes. Dave was willing to try and get more quotes during the week and report back to us at the next meeting.

Paul Lansley was volunteered to go and see Eric of the Evening Gazette to discuss posters etc, and to try ~~and~~^{and} get more publicity for the fun run, such as having the entry form put into the Essex County Standard.

The possibility of having details of the run put into one of the free local papers was discussed, but it was thought that the rivalry between papers might put a stop to this and there is no way the club can afford the £60 plus to pay for a advertisement in a paper.

⑤ Coggeshall Action Run

A short report was given on this most successful event, which was enjoyed by all those taking part and spectating.

FRIDAY 29th OCTOBER

19.07

- ① The meeting was chaired by Terry Wheat.
- ② The previous meetings minutes were neglected to be read out to the members.
- ③ The meeting was attended by 22 members
- ④ Dave Wheat had manage to get a quote, during the week of £16p each for the medals, plus the donation of five trophy's if we buy the 1000 units.
- ⑤ Paul Lansky gave a short talk on the publicity for our event. He manage to get 300 copies of the entry from the Evening Gazette. (Available from the sec.)
- ⑥ It was suggested by Kevin Oldroyd that we organise a trip to the Epping event which is being organised by the Essex Beagles who are at present suffering financial difficulties. This might help us with our negotiations for a club president in the future.
A list of members wishing to take part in this event on Saturday 6th November was taken by Terry.
- ⑦ Details of the Manningtree event were finalised between the members taking part.
- ⑧ The members were reminded about payment of there insurance premiums, which are owed to Sue. She has received 10 up to date.
- ⑨ A few complaints have been received, about the speed at which some members take off on Friday night runs. Members were asked to keep together until approx. half way and then take off at there own speed as

racing away from the start is disheartening some members.

- ⑦ Maureen Buckley very kindly went to see Travel World after there advertisement in the Evening Gazette about donations of trophies to clubs, for there events in exchange for publicity for there company. The outcome of this meeting was that Travel World could produce a flyleaf to be returned to the entrants with the race numbers.

FRIDAY 5th NOVEMBER

19:00 hrs

- ① The meeting was chaired by Kevin Oldroyd.
- ② The meeting was attended by 10 members.
- ③ The previous meetings minutes were read out and agreed upon.
- ④ Due to the shortage of members, the meeting took the form of a friendly discussion on a number of topics, including our fun run and other events.

FRIDAY 12th NOVEMBER

19.08 hrs

- ① The meeting was chaired by Terry Wheat.
- ② The meeting was attended by 21 members.
- ③ The previous meetings minutes were read out and agreed.
- ④ Christmas Social

Terry Wheat started a discussion on the problem of finding a location for the Christmas Social, which has arisen since the British Legion Club has had its licence withdrawn. A number of suggestions were put forward including the possibility of using the Sports Centre. This matter was left to be dealt with during the week.

- ④ Mike Turner asked for volunteers to help produce the running numbers on Saturday.
- ③ A report was given on the Epping event by Mike Turner.

FRIDAY 14th NOVEMBER

19.10 hrs.

- ① The meeting was chaired by Terry Wheat.
- ② The meeting was attended by 17 members.
- ③ The previous meetings minutes were read out and agreed upon.
- ④ Christmas Fun Run
The actual number of entrants for our Christmas fun run up to date is 463, which excludes team entries from further afield such as the London firebrigade, it is hoped that entries will pick up over the next couple of weeks after the Ipswich run.
- ⑤ Christmas Social
A location has been found for our Christmas Social after the problems with the British Legion club. The booking for the hall has been confirmed and children are allowed to attend when accompanied by a adult.
- ⑥ Paul Hansley had organised a small run for Saturday at 11pm around St Osyth, which the members present were informed about.

FRIDAY 26th NOVEMBER

19.00hrs.

- ① The meeting was chaired by Terry Wheat.
- ② The meeting was attended by 24 members.
- ③ The previous meetings minutes were read out and agreed upon.

④ CHRISTMAS SOCIAL

The members present held a discussion on the catering arrangements for the Christmas Social disco buffet, the volunteers understandably stated they needed at least a weeks notice of numbers attending etc.

⑤ INSURANCE

Due to the slow payment of the insurance premiums by the members Chris Dawes put forward a motion, that Sue Spink should take the sum owed to her out of club funds which would be put back into the funds as and when the premiums are paid, this motion was agreed by all members present.

⑥ TRIM TRACK

Dr Owen talked about the possibility of trying to get a trim track built in Colchester, (possibly at the new Highwoods centre). He suggested that it would be a good project for the club to get involved in, by approaching the Council who have thought about building one in the past. The members thought it was a good idea and wished to look into after the fun run.

FRIDAY 3rd DECEMBER 19.00hrs.

- ① Meeting was chaired by Chris Coslett
- ② Meeting was attended by 21 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ The Orwell bridge fun run results were read out by Chris from the E.A.D.T.
- ⑤ The entries for our Christmas fun Run up to the last meeting stood at 685, but they were still being received by Mrs V. Goodridge and will hopefully reach 800 by ~~at~~ the closing date.
- ⑥ All the members present agreed that the Christmas Social should be cancelled due to the lack of support and the short time available to organise the catering. Terry Wheat suggested that the members meet in a pub such as the Rising Sun for a social evening.
- ⑦ A club A.G.M has been set for Friday 7th January, where the committee and officials would like as many members as possible to attend.

FRIDAY 10th December 1900 hrs

- ① The meeting was chaired by Chris Coslett
- ② The meeting was attended by approx 20
- ③ The previous meetings minutes were read out and agreed upon.
- ④ The meeting took the form of a lengthy discussion on the arrangements for the Christmas Fun Run.
- ⑤ A club christmas social has been agreed by the members on Friday 17th December in the Whale bone pub.

Friday 17th December 19.30 hrs (onwards)

- ① The Meeting was chaired by everybody who attended
- ② The meeting was attended by approx 20 very happy members.
- ③ The previous meetings minutes were neglected to be read out.
- ④ The agenda took the form of several lengthy discussion about nothing in particular and quite a few orders for liquid refreshment during this very incoherent meeting.