

FRIDAY 7 JANUARY 1983 1900 HOURS

- ① Meeting was attendend by appproximatley 40 members
- ② The meeting was chaired by Vice Chairman Chris Costlett, the minutes of the previous meeting were read out and somehow agreed upon.
- ③ A vote of thanks was given by the Chairman & vice chairman, to all who assisted in the smooth running of the Christmas Fun Run Dec 12. 1982.
- ④ Proposed by Chris Costlett - vice chairman - that a Fun Run be held on or around May 1st - 31st in aid of the Old Heath Community Centre. Organised by the Club and promoted and sponsored by WESTERN TRUST & SAVINGS and East Anglian Daily Times. The proceeds, half to go to Old Heath Community Centre, the remainder to Charities of the Clubs choice. Most of the booking for Police, St Johns ambulance has been done. All that remains will be for lists of assistants from the club to be made out nearer the event. His idea has been suggested that the start and finish area be moved to a safer location, i.e. a recreation field at Old Heath. A majority vote was given by members ~~of~~^{at} present and suggested date for the run was Sunday 15th May 1983 1400 hours.
- ⑤ A majority opinion was expressed that the Christmas Fun Run remain an annual event.

- ⑥. Proposed by Mike Timers. Turner.
Suggested by Kevin Oldroyd.

That a Summer Bar-b-Que to be held at a date to be decided, at Kevin's residence as he has suitable land to hold such a function and owing to the fact he lives well out of Corchester that a coach be hired to convey club members and guests from ~~the~~ ^{and} to the event.

Motion carried by all present.

- ⑦ A new committee was elected as follows.

CHAIRMAN	CHRIS COSLETT.
VICE CHAIRMANS	MIKE TURNER TERRY WHEAT
SEC.	CHRIS DOWNS
TREASURER	DOROTHY SPINK
COMMITTEE	MAUREEN BUCKLY Tom BUCKLY KEVIN OLDROYD PAUL LEACH

FRIDAY JAN 14th

19.05 hrs

- 1/ Meeting chaired by Chris Coslett
- 2/ The meeting was attended by ~~24~~²⁴ members
- 3/ The previous meetings minutes were read out and agreed upon
- 4/ Chris Coslett gave a brief report on the progress of the Old Heath Fun Run, and showed the members the medal which had been purchased by the community, he was waiting for confirmation of sponsorship from the E.A.D.T. and Western Trust
- 5/ It was decided to lower the membership fee to 50p for the remaining months until August with everybody renewing for ~~the~~ next year at the same time
- 6/ A representative from the Charles Palmer Trust attended the meeting and talked about their home and the money they require to build a new unit for the residents. Pictures were taken of the members running in the London Marathon for advertising posters, They intend to give the club and its involvement with them a great deal of promotion.

- 1/ The meeting was chaired by Terry Wheat
- 3/ The meeting was attended by 25 members
- 3/ The previous meetings minutes were read out and agreed upon.

OLD HEATH RUN

- 4/ Chris Coslett received confirmation of sponsorship from the E.A.D.T. and Western Trust. It was suggested that the club should enter a team of 10 runners, with the rest of the members helping with administration of the event. It was also suggested that the committee should deal with any incidentals ~~causing~~ arising from the event.

Terry Wheat made a list of charities which the members would like ~~to~~ to see helped, with our half of the funds from the run. (this is still to be finalised).

- 5/ Kevin Oldroyd has agreed to allow the bar-b-que to take place on his land, but he is understandably a bit apprehensive about the large numbers that have been suggested.
- provisional date 25th June
- provisional ticket price £2.00

- 6/ Ann ~~gibby~~ gibby put forward the idea of having a weekly suggestion box at the meeting, to bring out some of the members ideas who are too shy to say anything at the weekly meetings. Chris has this matter in hand.

FRIDAY JAN. 28th 1983

19.04 hrs

- 1 The meeting was chaired by Chris Coslett
- 2 The meeting was attended by 27 members
- 3 The previous meetings minutes were read out and agreed upon.
- 4 It was hoped that the details of the Old Heath Fun Run would appear in the press over the next few days, the date has been finalised for the 1st May, starting at 1.30pm. Entry forms will have to be taken by hand to either the E.A.D.T or Western Trust office's, ~~to~~ which eliminates all the problems of S.A.E. ~~the~~ system.
- Trophys will be on display in the West Trust bank from Monday 1st February.
- The list of five Charities that will be benefiting from our half of the fun run proceeds will be promoted more, than the Old Heath community fund itself.
- 5 The members agreed that Kevin could go ahead with his idea of hiring a barn for the Bar-b-que in case of bad weather, he will keep us informed of his progress.
- 6 Mrs Goodridge was please to inform us that the money raised from the Christmas Fun Run was just over £1200.

FRIDAY FEB. 4TH

19.14 hrs

- 1 The meeting was chaired by ~~Chris~~ Terry Wheat.
- 2 The meeting was attended by 32 members.
- 3 The previous meetings minutes were read out and agreed upon.
- 4 The Fun Run details failed to appear in the press, but it is hoped they will be printed before the next meeting (Friday 11th), every thing else is in hand. As mentioned on Jan, 21st it is hoped some members will volunteer to help organise things on the day.
- 5 Bar-b-que, Paul Leach has been trying to obtain a barn for the venue, ~~he~~ he will keep us ~~informed~~ informed of his progress.
Chris Coslett obtained a quote of £35 for a disco, but anymore quotes would be welcome.
- 6 Maureen ran her first raffle to help raise funds for the club, the tickets cost the members 10p each which raised £5.10. Our thanks go Maureen for her work in organising this raffle.
- 7 Dave modelled the clubs running vest, a number of members put forward firm orders, at £3.95 med, £4.25 large. (minimum order six)

FRIDAY 11th Feb 19. 08hrs

- 1/ The meeting was chaired by Chris Coslett.
- 2/ The meeting was attended by 22 members
- 3/ The previous meetings minutes were read out and agreed upon.
- 4/ As hoped, the details of the Old Heath Fun Run together with a entry form, appeared in the E.A.D. during the week. Everything is now in hand, just awaiting the big day.
- 5/ Everybody present agreed to accept the quote of £35 put forward by Chris Coslett for the Bar-b-que disco.
- 6/ It was agreed to hold Maureens raffle on a weekly bases, to help boost funds. This weeks raffle made £1.70 profit.
- 7/ A thankyou letter from the St.-Leonard church committee was read out to the members.
- 8/ The members present had a lengthy discussion on the pro's and con's of allowing children to attend the mid-Summers Bar-b-que, some of the suggestions put forward were more practicable than others. In the end it seemed that the majority of members thought that, if children were brought parents should either keep them under control or lock them up.

FRIDAY 18th FEB.

19.06

- ① The meeting was chaired by Chris Coslett
- ② The ~~previous~~ meeting was attended by 21 members
- ③ The previous meetings minutes were read out and agreed upon

④ BAR-B-QUE

The Charles Palmer Trust is allowing the club to use there premises ~~and~~ for the Mid-summer Bar-b-que. Everybody present agreed that the trust could run there own raffle etc, to help boost there own funds in return for the loan of there premises.

The food, chefs, and disco are all in hand, we are just waiting for a price for the bar before we print the tickets.

- ⑤ A article on our christmas fun Run which appear in one of the running magazine's was read out by Chris Coslett

- ⑥ Some of the members ~~had~~ present reported, that there Ipswich 10, entry forms had been sent back because they were not affiliated to the 3 A's. This provoked a lengthy discussion on the pro's and cons of becoming affiliated to the 3 A's, either as a club or individually. It was decided to leave this matter open until further information was available.

- ① The meeting was chaired by Chris Coslett.
- ② The meeting was attended by 21 members.
- ③ The previous meetings minutes were read out and agreed upon.

④ BAR-B-QUE

Everything is booked and confirmed for our Mid-Summers Bar-b-que, a bar has been obtained on a sale or return bases to reduce the initial financial outlay. Tickets ~~have~~ will be ordered from the printers in the very near future.

- ⑤ Chris Coslett reported that the Trophy Centre expressed an interest in supplying all the running numbers, medals, trophies ~~and~~ and timing clock for our next ~~December~~ Christmas Fun Run.

- ⑥ The Charles Palmer Trust has passed the particulars of the members running in the London Marathon to some of the reporters covering the event for the Television networks.

- ⑦ ⑧ The E.A.D.T. wish to take some photo's of the club's members running together, for promotional articles on the club.

John Perfect of the E.A.D.T. is having a rethink on promotion for our May 1st event to try and cover a greater number of possible participants.

- ⑨ It was decided to reject the proposal of joining the 3'As by a large majority.

Friday March 14th 19.11hrs

- ① The meeting was chaired by Terry Wheat
- ② The meeting was attended by 20 members
- ③ The previous meetings minutes were readout and agreed upon.
- ④ Dave Heather from the Charles Palmer trust was present at the meeting, he informed us that the London Marathon posters would be going to the printers on Monday 7th March, he was hoping that his committee would allow 24,000 to be printed which is approx, one for every house in Colchester, If this is not possible due to the cost they have compiled a list of all the pubs between Harwich and Colchester who would all receive one.
 All sponsorship money will have to be handed in to any Barclays Bank after the run.
 The Charles Palmer Trust will announce the total amount made on the evening of our Bar-b-que.
- ⑤ Kevin Oldroyd had run off 600 entry forms for our May 1st event, the club members were invited to take some and hand them out to friends etc.
- ⑥ It was suggested to try and purchase some personalised T-Shirts with the club logo on.
 It was decided to try and obtain some information such as prices for the next meeting

P.T.O

⑦

It was suggested that the club should enter a float into this years carnival, to help publicise the club and its members, there was a general nodding of heads to this suggestion which was latter discussed in the Bar when some very good ideas were brought to light.

- ① The meeting was chaired by Chris Coslett
- ② The meeting was attended by 25 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ It was reported that most of the London Marathon participants had been to the Colchester Sports Shop, to be measured for their running kits, these have now been ordered.
- ⑤ A meeting was held between the E.A.O.T and the Old Heath Community Fund, where amongst other things the promotion of our May Fun Run was discussed.
- ⑥ A few ideas for a carnival float on July 30th were discussed. A few of the ideas were quickly dismissed but some of them showed ~~promise~~ great potential and it was decided to press on with the idea.
- ⑦ After being approached by Chris Coslett, Ron Pickering is considering becoming the president, he is also going to try to attend our Christmas Fun Run this year. If as it is hoped trip is organised to a Crystal Palace athletic meeting, he would be more than willing to meet us all.
- ⑧ Information regarding personalised T-shirts was brought in for the members to look at.

FRIDAY 18th March

19.10hrs

- ① The meeting was chaired by Chris Coslett
- ② The meeting was attended by 26 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ Details of the London Marathon participants and the club should appear in the weekly Express free paper next Thursday.
Dave Heather should be bringing the running kits, and articles from the papers next Friday (25th March)
- ⑤ It is hoped that the number of entrants for our Fun Run will be boosted after the publicity the club is receiving from the papers over the next few weeks.
- ⑥ The members present were asked for useable suggestions for the carnival float which included the following:—
Sports through the ages
Joggers do it in all weathers
Greeks first marathon
- ⑦ Tickets are now available at £2.00 each, for our Mid-summer Bar-b-que on the 25th June.
- ⑧ Mike Turner Vice Chairman read out a letter asking the club to assist in organising a run in Stowmarket in aid of a mini-bus garage.
The members present thought that it would not be advisable to hold another run until

mid-September, so as not to coincide with all the other numerous events being organised at present. It was decided to invite them to a meeting to discuss ideas and requirements.

- ⑨ Mike Turner apologised for his absence over the last few weeks and he hoped he would be able to attend the meetings more frequently.
- ⑩ A report was given on the very enjoyable Reading event by all those who took part

FRIDAY 25th March 19.08

- ① The meeting was chaired by Chris Coslett
- ② The meeting was attended by ~~23~~ 24 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ Dave Heather brought 250 posters in for the members to distribute, a 130,000 of these have been printed and will be inside the free Express next Thursday, the club should also be having a write up in the Essex County Standard the Evening Gazette and the East Anglian Daily Times during the week beginning on Monday 28th March. It is also hoped to get some local radio coverage during this period.
Dave Heather should be taking the runners kits to Chris Coslett's during the week for collection.
- ⑤ Posters have also been produced for our own May Fun Run again for the members to distribute.
It is very pleasing to see that entrants in both the Ipswich and Colchester offices are picking up.
- ⑥ It was suggested and agreed to hand out fun run entry forms and introductory leaflets about the club from the Carnival float.

FRIDAY 1st April

19.30 - ONWARDS

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- ① The meeting was chaired by all those who attended.
- ② The meeting was attended by 7 very happy members.
- ③ The previous meeting minutes were ~~understandably~~ understandably neglected to be read out.
- ④ The agenda took the form of several in-depth discussions about nothing in particular, mixed with the occasional cry for liquid refreshment from certain participants.

FRIDAY 8TH APRIL 19.04 hrs

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- ① The meeting was chaired by Chris Coslett.
- ② The meeting was attended by 23 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ The meeting started with a photographic session in the car park, where the E.A.D.T. photographer took some group pictures of the members pretending to run (AS NORMAL). He also took some pictures, of two members of the fairer sex on their own. These pictures are to be used in an article on the club in the E.A.D.T. paper during the week.
- ⑤ Chris Coslett read out a letter from the Colchester Borough Councils, Amenities and Recreation Department, stating that the club may collect fees and conduct raffles at our weekly meetings.
- ⑥ Woods of Colchester have offered the club the use of their premises for our Friday evening meetings, this was received with mixed feelings from the members who complained about such things as the price of beer, but it was decided that Chris could look into it further.
- ⑦ A large discussion about the London Marathon coach trip took place which resulted in the cancellation of the coach, due to the lack of forthcoming support.

FRIDAY 15th APRIL 19.10hrs.

- ① The meeting was chaired by Chris Coslett
- ② The meeting was attended by 26 members
- ③ The previous meetings minutes were read out and agreed upon
- ④ The aims, policies and future of the were discussed during the meeting, items such as the London Marathon trip, the Bar-b-que, White City athletics meeting trip, May 1st fun Run and the carnival float were the topics of the discussions. Lists of the volunteers and participants were taken by Chris Downs for the various events.
- ⑤ It was proposed and agreed by the members present that the weekly meeting fee should be raised to 50p from the next meeting.
- ⑥ Tickets for the White city athletics meeting are available at £6.00 each, these are the best seats right by the finishing line.

FRIDAY 22nd APRIL 19.11 hrs

- ① The meeting was chaired by Terry Wheat.
- ② The meeting was attended by 22 members.
- ③ The previous meetings minutes were read out and agreed upon.
- ④ It was proposed by Chris Coslett through Terry Wheat that the annual membership fee should go up to £3.00 + insurance per member. After a lengthy discussion it was agreed that £4.00 including insurance was a better figure and as such was voted upon and carried.
- ⑤ All money for the Bar-b-que tickets should be handed in by next week to Tom or those tickets unsold should be returned.
- ⑥ The members were informed that Dave Heather and his team would be coming to our meeting on Friday 6th May and it would be nice to have lots of members turn up for a mass training run.
- ⑦ The White City trip on Aug 21st was once again discussed.
- ⑧ A report on the London Marathon was given by a few members. Dorothy Spink proposed that the results should be recorded. As follows.

FRIDAY 29th APRIL 83

19.07hrs.

- ① The meeting was chaired by Chris Coslett.
- ② The meeting was attended by 27 members.
- ③ The previous meetings minutes were read out and agreed upon.
- ④ The main topic for the evenings meeting, was the final details of our May 1st Fun Run.
- ⑤ It was proposed by Chris Coslett that the club should give some complementary Bar-b-que tickets to the E.A.D.T. etc for there help with our Fun Run, this was agreed by most people present.
- ⑥ Terry Wheat had ~~obtained~~ obtained some prices and samples of car window stickers, which would cost in the region of 7p each with a minimum order of 500.
It was decided by the members to ~~reduce~~ try and get the minimum order reduced to around 250.
- ⑦ It was decided that the club should stay based at the Sports Centre rather than at Woods, for a number of reasons such as the central position of the sports centre.
- ⑧ Ideas for the carnival float were once again discussed.

FRIDAY 6th MAY 19.03 hrs.

- ① The meeting was chaired by Chris Coslett.
- ② The meeting was attended by 27 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ Bar-b-que tickets are now on sale to people other than club members, now that the members have had sufficient time to purchase their requirements.
- ⑤ Dave Heather congratulated all the runners who took part in the London Marathon, he also thanked those members who turned out on Saturday 16th April and raised £70 whilst running around the town centre.

At present just over £600 sponsor money has been handed in to the Hamilton hodge account, hopefully the money will continue to come in and Dave Heather promises to keep us informed.

Diane Heather had very kindly made the London Marathon team some souvenir pottery mugs, with their names and London Marathon 83 inscribed on them.

It was proposed and agreed to make the Charles Palmer trust the beneficing charity for our Christmas run in December.

- ⑥ Chris Coslett had been contacted (lucky him) by a team of 50 majorettes who wish to attach themselves to the club and attend our runs etc, Some members ^{thought} this was a good idea, whilst others thought it was a very good idea.

P.T.O

⑦ Teams for the May 30th sponsored tyre push were taken by Chris Downs.

⑧ It was agreed to hold a meeting on Wednesday for all those interested in helping with the carnival float.

FRIDAY 13th MAY 19.08hrs 1983

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- ① The meeting was chaired by Chris Casett.
- ② The meeting was attended by 31 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ The number of Bar-b-que tickets sold up to last Friday's meeting was 103, which means the club stands to make a small profit after all the Bills are paid.
- ⑤ It was reported that there are still some Crystal Palace tickets unsold, these are the best seats available right by the finishing line and cost £6.00 each.
- ⑥ Terry Wheat gave a brief account of the meeting on Wednesday 11th May regarding the carnival float.
- ⑦ The main topic of the evening's meeting was our December 11th 1983 Christmas Fun Run, a number of items were discussed such as possible routes, entry fees and whether or not to have ribbons attached to the medals. It was decided by the members to bring this ~~up~~ matter up again in two weeks time on Friday 27th May when a route etc. will be decided upon.

Friday 20th May 19.00 hrs.

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- ① The meeting was chaired by Terry Wheat.
- ② The meeting was attended by approx 28 members.
- ③ The previous meetings minutes were read and agreed upon.
- ④ It was reported by Tom Buckley that 122 tickets have been sold for the barbecue.
- ⑤ Six tickets remain unsold for Crystal Palace.
- ⑥ Terry Wheat reported on the meeting attended by four members with the Friends of the Social Education Centre in Stowmarket.
- ⑦ Reports were heard from the floor by those members who attended the Braintree - Derby runs.
- ⑧ It was requested, due to a number of complaints, that members attending meetings in sports dress wear track suit bottoms.

FRIDAY 27th MAY 19.09 hrs.

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- ① The meeting was chaired by Chris Coslett.
- ② The meeting was attended by 26 members
- ③ The previous meeting minutes were read out and agreed upon.
- ④ Chris Coslett reported that everything was ready for our Bar-b-que and Phil Holberton asked for a list of liquid refreshments that the members would like to see behind the bar.
- ⑤ A report was given on the woods run by those members who took part.
- ⑥ All members were invited to take part in the tyre push on Monday afternoon at 2pm.
- ⑦ After a lengthy discussion on the route of our Christmas fun Run it was decided to stick with the same route with a minor alteration to the start line position.
Mike Turner reported that Barnets had showed some interest in sponsoring our run in December if a route from Tesco's at Highwoods was used. An extract from May 13th minutes was read out to try and clear up a query that arose from this matter.
Paula and Maureen volunteered to go and see the Matters public house about the possibility of starting the run from his premises.

It was decided that Mike could go back to see Barnett after Dorothy Spink had been to see Mr Jefferies of Western Trust to find out his reaction to sponsoring another event.

- ③ It was decided that a closing date should appear in the E.A.D.T. for which sponsor money from our May 1st Fun Run should be in by
- ④ £1250 has so far been handed in to the Hamilton Lodge account.

FRIDAY 3rd June 19.14 hrs

- ① The meeting was chaired by Terry Wheat.
- ② The meeting was attended by 29 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ Terry thanked all those members who turned out to watch our five teams compete in the very painful Great tyre push on Monday afternoon.
- ⑤ A report was given on the Sandringham fun Run day trip, although the event was rather disorganised most members seemed to have enjoyed themselves
- ⑥ Dorothy Spink went to see Mr Jefferies of the Western Trust savings and he stated that he was more than willing to donate a trophy and help on the day but due to other ~~commitments~~ ^{commitments} he could not handle the entry forms.
It was agreed that Mike Turner could arrange a meeting with Barnetts regarding sponsorship
- Paula and Maureen had been to see the publican at the Maltings and he was willing to hold the presentation in the bar, but under no circumstances could children under 14 be allowed in.
It was suggested that as well as having drinks available at the finish, orange slices should also be made available to the ~~the~~ runners.
- ⑦ Directions for the Frinton/Walton run were given out by Terry and Mike.

FRIDAY 10th JUNE

19-08 hrs

- ① The meeting was chaired by Chris Codell
- ② The meeting was attended by 22 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ Mike Turner reported that Barnetts had shown a interest in sponsoring our December Christmas Fun Run, and that they would be able to tell us how much money that could be available to us if we persuaded them to sponsor the event in the 2nd or 3rd week of July at the end of there financial year. We will have to arrange a meeting with them at a future date.
- ⑤ Chris Codell reported that Fred from the Rising Sun will be handling the bar and licence at our Bar-b-que.
- ⑥ A Report was given on the Frinton/Walton Fun Run, which most members seemed to enjoy, but it was reported that the afternoon romp on the beach was more fun.
- ⑦ The subject of the next A.G.M. was brought up as a date has been set for August 5th. The members were asked to give there nominations to the Sec. by Friday 14th June after the present officers had said whether they wished to restand or not.
The voting will be done by ballot to avoid any embarrassment, and if any members are on holiday voting can be done by post.

FRIDAY 17th June 19.20hrs

- ① The meeting was chaired by Chris Daws
- ② The meeting was attended by 22 members
- ③ The previous meetings minutes were read out and agreed upon.
- ④ A report was given on the gt. Bentley Fun Run by those members who took part.
- ⑤ Jeff Gibbons put forward a suggestion of a trip to France towards the end of September, this would cost the members approx £16 a head, Members were asked to think about this for a while and it will be brought up again at a meeting in a few weeks.
- ⑥ Another idea of Jeffs, (clever clogs) was to try and get a company to sponsor us in the form of buying us T-shirts with the club name printed on the back, and a company name on the front, all those members present thought that it was a good idea and Jeff agreed to pursue the matter further.

It was also suggested that the club should become more professional at our runs, by having a more runner present at the finishing line to take club runners time's a finishing positions.

- ① The meeting was chaired by Chris Coslett.
- ② The meeting was attended by 16 members.
- ③ The previous meetings minutes were read out and agreed upon.
- ④ Jeff had manage to obtain a mystery sponsor for the clubs running shirts, these will hopefully be ready by the Mersea Fun Run.
- ⑤ A report was given on the Colchester Fun Run by all those members who competed.
- ⑥ Final details for the Bar-b-que were given by Chris Coslett, a enjoyable evening should be had by all even if it rains.
- ⑦ Money from the May Fun Run will be handed over to the Old Heath community association on Monday 27th June at 10^o clock, at the Western trust bank.