

CPJ RACING NEWS

By Adam Poulton



VICTORIA PARK

Our very CPJ legend Dave Sifford was the only jogger to take part in the Victoria Park 5k on Sunday 15th December with a fabulous time of 24:56 making him the 1st male vet over 60! The Christmas Victoria Park event is a chip timed 5k, 10k & Half Marathon around the flat and wide paths of Victoria Park and all the runners receive a Christmas treat as well as a unique themed Christmas medal!

1

DATES

Cross Country
29th December
Hadleigh Park

2

DATES

Cross Country
12th Jan
One Tree Hill

3

DATES

Benfleet 15
19th Jan
Hadleigh Park



YOUNG RUNNERS

Our Young Runners group is now starting to take shape, if you have a child between 8 and 16 years who would like to take part please let us know

XMAS SCHEDULE

Our Christmas Schedule will be available soon, with lots of activities to take part in over the holidays



Merry Christmas!

4 HILLS CHALLENGE

15 runners took part on Sunday in the Four Hills Challenge an event staged by CPJ originally from the early 1990's which involves tackling 4 of the most challenging hills in Castle Point, Bread & Cheese, Church Hill, Vicarage Hill and Essex way all the participants are rewarded with with a T shirt shaped cookie baked by the team captain Sir Richard Bonham, those who took part included:



Andy Debnam
Tracey Bradley
Adam Poulton
Richard Bonham
Ian Hart
Ian Walker
Nick Giannotti
Justin Burton
Tina Burton
Justin Macal
Adrian Orr
Alice Rose Brackley
Mike Hayward
Stuart Harrison
Colin Dunn



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www.cpjogger.com