

CPJ CHRISTMAS RACING NEWS

By Adam Poulton



Witham 5

Justin Macal & Andy Debnam took on the Witham 5 on Boxing Day in weather that can only be described as miserable, this event is now in it's 36th year and is always popular for those who want to burn off that Christmas pudding! Andy came in first at 38.35 and Justin at 40.07 earning themselves a 'I Ran My Box Off' T shirt.



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

Please let us know if you would like to Marshall at our Legacy event



Happy New Year!

1

DATES

Cross Country
12th Jan
One Tree Hill

2

DATES

Legacy
26th Jan
Haleiah Park

3

DATES

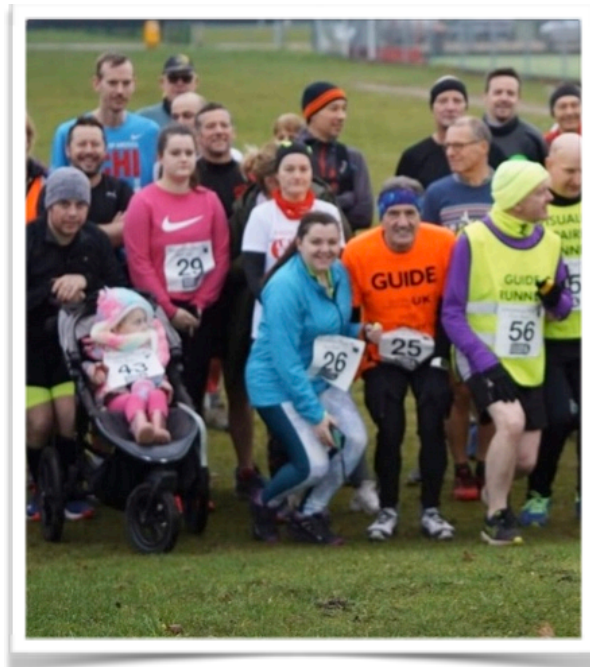
Benfleet 15
19th Jan
Hadleigh Park

Crown 2 Crown & Christmas Pud Run Sudbury

The weather was little better at the Christmas Crown 2 Crown run held by Pitsea Running Club also on Boxing Day just 6 male joggers took part, first across the line was Richard Bonham 21.37 Adam Poulton 22.08 Cliff King 22.14 Colin Dunn 23.42 Luke Bonham 27.01 Paul Franklin 27.28



Gary Clifford and Samantha Leftwich took part in the Christmas Pud Fun Run, raising money for guide dogs this race is now in it's third year and follow the regular park run route at Thomas Gainsborough School Sudbury, Gary and Samantha came in together at 42.06





Fitness, Fun, Friendship

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