

CPJ News 5th-6th October 2019

Saltmarsh Half Marathon - Saturday 5th October

<http://www.saltmarsh75.co.uk/the-saltmarsh-half.aspx>

<http://www.chiptiminguk.co.uk/results/saltmarsh-half-marathon>



“The Saltmarsh Half Marathon is open to runners and walkers. Participants will cover 13.1 miles of coastal trail along the banks of the River Crouch, part of the of the fantastic Saltmarsh Coast Trail. From South Woodham Ferrers you will pass the marinas of North Fambridge and Althorne and the inviting vineyards of the Crouch Valley on your way to Burnham-on-Crouch and the beautiful Riverside Park. This is a trail challenge that will give you a truly unique experience”.

6 CPJ completed the half marathon. Martin Howlett was the first CPJ to finish, coming in 14th in a time of 1:54.12. Barry Groom was next in 68th 2:10.46 followed by Mark Collins 113th 2:24.51. Joanne Reeves and Karen Batt completed the course together, finishing in 171st and 172nd in a time of 3:00.30 followed by Joanne Groom in 206th in 3:37.25.

Joanne “This was the most enjoyable Half Marathon I have done. Great course, tough in places, but such a

lovely route. Chatted to fellow runners on the way round, played games and took selfies. Having fun and enjoying it is what running is all about.”

Southend 10k - Sunday 6th October

<https://www.southend10k.com/>

<http://www.chiptiminguk.co.uk/southend-10k3>

“The Southend 10K Classic is a flat, traffic free, out and back course along Southend seafront also incorporating a section on the wide footpaths of Gunners Park.

The Southend 10k is one of the largest and long standing 10k road races in the area and certainly the largest that takes part on a fully road closed course. Having always been staged on the first Sunday in October, we are proud to say that this year will be the 35th running of the event which benefits from a well-supported seafront course and has often been blessed with favourable weather conditions for runners and supporters alike.

Over the years, the Southend 10k has supported and raised funds for Havens Hospices, a relationship which continues again this year.”

34 CPJ turned out on a blustery, (very) wet morning to complete this popular 10k. The weather was indeed favourable and the torrential rain stopped just before the race started.

Despite the wet and blowy conditions, 6 CPJ achieved PBs: Justin Burton 48.44, Justin Macal 49.41, Tina Burton 55.05, Daniel Ayling 56.26, James Burton 57.46 and Karen Avison 1:06.30. Rinal Pandya chose this as her first ever 10k, finishing in 54.57. Competing in his first event as a CPJ member,

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Terence Spooner was the first CPJ to finish in 44th position in a time of 36.56. Running in honour of his late wife Marg, Roy Jones completed the race with his CPJ running friends Pat Waters and Danny Brady, finishing together in a time of 1:09.05.

Remaining CPJ finishers were Adam Hemsworth 39.46, Richard Bonham 41.04, Stuart Harrison 46.59, Gary Clifford 49.38, Rob Dunn 50.07, Luke Bonham 50.14, Paul Varker 51.53, Mark Colquhoun 52.33, Ian Walker 52.59, Michael Ford 53.09, Mike Clay 55.13, Ty McKeown (VI Guide) 56.26, Ryan Fox 58.58, Amanda Skeggs 1:00.06, Laura Hemsworth 59.36, Lorraine Heal 1:00.13, Sarah Hemsworth 1:01.44, Chris Cammidge 1:04.52, Kay Gill 1:05.22, Jo Dunn 1:10.19, Jill Waight 1:17.39, Clive Dunnico 1:23.53 and Janet Clifford 1:39.08.



Tina - "1 year ago the Burton family ran the Southend 10k in nice, sunny, calm conditions - the first race for me and James Burton with CPJ. This year the Burton family smashed it - all three of us getting PBs in very windy conditions. Looking forward to many more running memories with the wonderful CPJ running family" ✂️ 🤔 ✂️ 🤔

Karen - "Thank you so much to the CPJ cheer squad, you gave me the boost that I needed near the end and got me a PB by 36 seconds" 😊 🏅

Daniel - "Well done everyone who ran Southend 10k and thank you for all the CPJ support that was out there today - it was much needed in the second half of the race; the wind was a killer!"

Justin M - "Thanks to all at CPJ. This time last year I entered the Southend 10k as a non CPJ member and got a time of 53.41. A year on I finally broke the 50 min mark with my official time of 49.41. I would not have achieved this without all your support. Thank you to the best running club in Benfleet. Best decision I made joining you guys."



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