

CPJ RACING NEWS

By Adam Poulton

CPJ Take TOP SPOT at The South Essex Cross Country in Hadleigh Park

The second in the series of South Essex Cross Country League races took place on Sunday 29th December with a another great turnout for CPJ with 43 runners taking part and finishing 1st place in the second division something that has alluded them for over ten years! first over the line for Castle Point was Terry Spooner with a time of 32:48 the first female over the line was Tracey Bradley with a time of 44:31, Alice Rose Brackely made her debut at the cross country coming in second place with an impressive 45:19



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!

Conditions were unbelievably bad the mud and swamp sections were exceptional, waist height in water and ankle deep in mud! Here are the full listings

Terence Spooner	V	20	32:48	Tracey Bradley	V	25	44:31
Richard Moore	V	42	35:55	Alice Brackley		27	45:19
Richard Bonham	V	45	36:06	Christina Edwards	V	34	46:41
Kieran Neary		60	37:18	Debbie Dunn	V	52	49:35
Cliff King	V	73	38:35	Tina Burton	V	58	51:12
Martin Howlett	V	75	38:43	Lorraine Heal	V	83	55:09
Adam Poulton	V	78	38:57	Tina Victory	V	92	56:33
Stuart Harrison	V	109	41:28	Amanda Skeggs	V	93	56:53
Colin Dunn	V	113	41:36	Vivienne Churnside	V	94	58:30
Graeme Edwards	V	118	41:50	Bev Markham	V	96	58:46
Andy Debnam	V	126	43:01	Debbie Harper	V	97	58:46
Justin Macal	V	127	43:04	Joanne Reeves	V	119	1:03:28
Ian Banthorpe	V	129	43:12	Kay Gill	V	131	1:07:22
Dave Flanagan	V	133	43:24				
Ian Hart	V	153	46:13				
Luke Bonham		157	47:09				
Mark Colquhoun	V	163	47:09				
Nick Giannotti	V	165	47:23				
Martin Victory	V	167	47:32				
Gareth Smith	V	176	49:44				
Garry Staines	V	178	50:03				
Martin England	V	181	51:12				
Ian Walker	V	182	51:14				
Rob Dunn	V	183	51:30				
Tim Rumble	V	185	52:01				
Gary Clifford	V	195	53:36				
Daniel Ayling		197	54:06				
Ty McKeown	V	198	54:06				
Ryan Fox		204	54:41				
Keith Dorrington	V	221	1:06:37				

The Senior Mens Cross Country fixture Basildon

The senior mens cross country took place on Saturday 4th January in Basildon on a 2 lap course which was hilly in places and involved 6 senior runners from CPJ. Adam Hemsworth was first over the line for CPJ coming in 90th position with Antony Moon at 136, Richard Bonham at 143, Cliff King at 169,



John Sweeney 190 and Nick McCullage at 225 another muddy and damp course which made for another interesting morning for all concerned.

No Ordinary Park Run

3 CPJ members took part in a different type of park run on Saturday 4th January. Jo Fitsall (53.20) and her husband Simon Fitsall (55.25) took on the Queen Elizabeth Park 10k while Richard Moore guided Chris Blackabee at The Victoria Park half marathon coming in at 2.05.37



Hanningfield Trail Marathon

The East Hanningfield Trail Marathon is a narrative trail race (there are no marshals or arrows, you follow written instructions) following a circular route around the village of Danbury. The route is 95% off road on a wide variety of terrain, but that didn't put off CPJ's marathon man Ty Mckeown who trekked



through mud getting over the line in 6:53:39



Fitness Fun Friendship