

CPJ News 13th October 2019

Tiptree 10 - Sunday 13th October

<https://www.tiptreeroadrunners.com/tiptree-10/>

“As usual the race will start on New Road between Tiptree and Messing, which is approx a 10-15 minute walk from Leisure World Tiptree. Leisure World Tiptree (Maypole Road, Tiptree, CO5 0EW, located at the Thurstable School site) will be the race finishing point and race HQ on the day. There are toilet facilities and some car parking available at the school. Marshals will be deployed on the day to direct you.

The event comprises a 10-mile road race, over a predominantly flat course (there are a couple of hills to keep it interesting!) and it will be fully marshalled by members of Tiptree Road Runners, who will be there to ensure your safety and also provide some vocal encouragement and support. It's an attractive course, mainly on rural roads, giving you the opportunity to enjoy some scenic Essex countryside.”

7 CPJ braved the monsoon and headed to Tiptree for the popular 10 mile event. Fortunately, the weather took a turn for the better once the race started and the rain stopped. Adam Hemsworth put in an impressive run, finishing in 22nd position in a PB time of 1:05.21. Martin Howlett was the 2nd CPJ to finish, in 44th position in a time of 1:10.43. Martin Victory completed the run in 1:27.40, closely followed by Ian Walker who completed his first 10 mile event in a time of 1:29.55. Daniel Ayling achieved a new PB of 1:35.57 guided by Ian Hart (VI Guide). Dan Burch was the final CPJ to finish, in a time of 2:01.59.

Adam - “Really good race, very well organised. I would highly recommend this to anyone and will definitely be doing it again.”



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The Royal Parks Half Marathon - Sunday 13th October

<https://royalparkshalf.com/>

<https://results.sportshive.com/events/6586890213196920832/races/465601>



“This stunning central London Half Marathon, takes in some of the capital's world-famous landmarks on closed roads, and four of London's eight Royal Parks - Hyde Park, The Green Park, St James's Park and Kensington Gardens.”

Beverley - “My time at the Great North Run last month was 3:14.59, so yesterday's time was a PB by nearly 30 minutes! However, 20 minutes of my GNR time was standing in a queue for the loo, whereas I kept my legs crossed in this run!

Despite the rain, wind and mud, it was a lovely friendly morning. I started out running with the pacer but she injured her leg soon into the run, so the rest of us tried to work together and keep the pace going.

Met some lovely new people as well as spending time with CPJ Family, so how could that be anything other than a memorable morning?!

Justin - “Very happy 😊 to have run in London today with my son.”

3 CPJ completed the Half Marathon. Justin Macal was the first CPJ to finish, with a new PB of 1:52.27. Beverley Newman also achieved a PB, finishing in a time of 2:45.25. Karen Avison completed the trio, finishing in a time of 2:45.57.

Beverley - “Teddy loves his new tee shirt and medal! He has no idea of what I put myself through, (rain, wind and mud) to get them.”



Oxford Half Marathon - Sunday 13th October

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<https://uk.virginisport.com/event/oxford-half-2019/oxford-half>



Joanne - "We did it.....! It was wet and cold and I still can't warm up..... certainly not as pleasant as last week's Saltmarsh Half Marathon but had a great time."

"The fast and flat route kicks off from Oxford City Centre and speeds by world-famous museums, universities and parks. You'll dash through historic city streets, cross over the River Cherwell, out into the charming village of Old Marston and back past the spectacular University Colleges.

Bring your best spirit! Live music, local bands and DJs will be on the course to motivate trailblazing participants all the way to the finish line."



Tracey - "A very wet Oxford half done!" ✓



Martin - "Fantastic event, even in the rain. Love running around Oxford, great support too.

My fastest Half Marathon since my Cardiac Arrest 16 months ago.

Keep inspiring and enjoying life.

Another great medal."

Tracey Bradley was the first CPJ to finish in a fantastic time of 1:49.48, followed closely by Martin England in 1:54.49.

Andy Debnam and Joanne Reeves completed the race together, finishing in a time of 2:34.20.



Fitness, Fun & Friendship
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