

# CPJ RACING NEWS

By Adam Poulton

## CPJ hit the top spot again

After the success of reaching the top in the 3rd division over the Christmas period in Hadleigh Park, CPJ were top again last weekend at the South Essex cross country event number 4 held at One Tree Hill we had another great turnout with 49 runners taking part, Adam Hemsworth was first over the line for CPJ with an impressive time of 30.19 the first lady was Christina Edwards in a time of 38.23 also scoring for CPJ was 2nd Richard Bonham 32:26, 3rd Kieran Neary 32.29, 4th Antony Moon 33.10, 5th Adam Poulton 33.34, 6th Martin Howlett 33.55



### YOUNG RUNNERS



Our Young Runners group have now started taking part in the new Basildon Sunday parkrun over a distance of 2k

Sarah Norton who helps coach the Youngers said, "I'm so extremely proud of all our Young Runners this morning at the 1st Northlands Junior Parkrun. You looked fantastic, conducted yourselves brilliantly and ran superbly. The event director said afterwards, "I knew we could rely on CPJ, thank you so much!"

The full results are as follows set of results can be found here

Adam Hemsworth	<b>20</b>	00:30:19.810	Christina Edwards	<b>25</b>	00:38:23.500
Richard Bonham	<b>46</b>	00:32:26.880	Alice Brackley	<b>28</b>	00:38:46.820
Kieran Neary	<b>47</b>	00:32:29.150	Linda Mountford	<b>69</b>	00:44:16.660
Antony Moon	<b>55</b>	00:33:10.790	Tina Burton	<b>83</b>	00:45:29.250
Adam Poulton	<b>64</b>	00:33:34.540			
Martin Howlett	<b>73</b>	00:33:55.420	Chloe Still	<b>85</b>	00:45:38.800
			Laura Hemsworth	<b>99</b>	00:47:38.240
			Amanda Skeggs	<b>104</b>	00:47:58.360
Cliff King	<b>78</b>	00:34:15.160	Tina Victory	<b>108</b>	00:48:29.840
Graeme Edwards	<b>96</b>	00:35:27.800	Sarah Hemsworth	<b>114</b>	00:48:55.880
John Sweeney	<b>114</b>	00:36:32.960	Bev Markham	<b>122</b>	00:50:11.380
Colin Dunn	<b>120</b>	00:36:52.250	Joanne Reeves	<b>135</b>	00:53:11.610
Peter Osborne	<b>121</b>	00:36:56.030	Karen Batt	<b>136</b>	00:54:03.060
Dave Flanagan	<b>141</b>	00:38:31.440	Karen Avison	<b>139</b>	00:54:30.660
Ian Banthorpe	<b>143</b>	00:38:33.500	Kay Gill	<b>141</b>	00:54:40.640
Justin Burton	<b>145</b>	00:38:42.620	Samantha Evans	<b>144</b>	00:58:28.020
James Austin	<b>156</b>	00:39:54.440	Beverley Newman	<b>153</b>	01:02:39.180
Justin Macal	<b>162</b>	00:40:15.210	Valerie McCullugh	<b>154</b>	01:02:39.710
Nick Giannotti	<b>164</b>	00:40:56.140	Michelle frogley	<b>160</b>	01:06:10.050
Tim Rumble	<b>167</b>	00:41:19.850	Jayne Hayward	<b>161</b>	01:06:10.400
Luke Bonham	<b>177</b>	00:42:30.440			
Ian Bartram	<b>179</b>	00:42:35.960			
Gary Clifford	<b>188</b>	00:43:21.470			
Garry Staines	<b>189</b>	00:43:25.970			
Gareth Smith	<b>193</b>	00:44:07.090			
Keith Nevett	<b>194</b>	00:44:24.700			
Ty McKeown	<b>205</b>	00:45:44.280			
Mike Hayward	<b>208</b>	00:46:25.560			
Ian Walker	<b>210</b>	00:46:59.450			
Andy Debnam	<b>212</b>	00:47:16.450			
Nick McCullagh	<b>219</b>	00:48:01.650			
Keith Dorrington	<b>231</b>	00:54:10.960			

## Benfleet 15 30th Anniversary Race

This years Benfleet 15 was certainly one of the hardest in the events 30 year history, after weeks of rain the ground around Hadleigh CountryPark was drenched with mud and water and was challenging even for the most experienced runner, 27 CPJ's took part including 78 year old Clive Dunnico who was determined to complete the course which he did in 4.50.28, first over the line was Adam Hemsworth in an incredible time of 1.46.53 giving him a course PB, he loves these conditions and was totally in his element, the first lady was the talented runner Tracey Bradley who completed the mud fest in 2:24.19.



Daniel Ayling had a great run, he was guided around the course by club Chairman Ian Hart coming over the line at 3.33.48 The rest of the brave bunch came in as follows:

Richard Bonham 01:59:16  
Kieran Neary 02:01:33  
Adam Poulton 02:04:38  
Graeme Edwards 02:14:00  
Adrian Orr 02:17:32  
Justin Macal 02:20:07  
Mike Hopkins 02:21:27  
Andy Debnam 02.22.46  
Lee Andrews 2.23.19  
Justin Burton 2.26.19  
Christina Edwards 2.26.41  
Nick Giannotti 2.33.30  
Rob Dunn 2.33.13  
June Freed 2.35.31  
Tina Burton 2.44.35  
Martin Victory 2.44.53  
Gary Clifford 2.45.38  
Derek Page 2.50.57  
Joanne Reeves 3.18.44  
Dan Burch 3.33.31  
Kim Howard 3.43.58  
Edward Short 3.43.59





But the Benfleet 15 was all about the adults two of our CPJ Young Runners Finnley & Morgan completed their own muddy, hilly challenge in the The Benfleet 1 Mile Family Run. Meanwhile Tristan & Ben visited the first official running of the Northlands Junior Parkrun and both posted some fantastic times.



**Fitness Fun Friendship**