

CPJ NEWS

By Adam Poulton

Fantastic Legacy 2020

Castle Point Joggers who host this 10k race on the Olympic bike track in Hadleigh park had record attendance this year with over 600 competitors taking part, the race has recently won the best 10k race in South of England by Runners World magazine "This year was even more incredible!" says Ian Hart the clubs new chairman the race is known for its incredible Marshall support too made up mainly from members of the club , this popular event offers an exclusive opportunity to test your stamina and endurance at one of the iconic venues from London 2012 -



Photo by Jonathan Gill

CROSS COUNTRY

Our next cross country will be at Thornton Country Park on Sunday 9th Feb, please remember car sharing in essential at this event for details of the park click here:

<https://www.explore-essex.com>

The new CPJ app is now available to download from the app store search Team App then search for CPJ logo request to join and I can let you in!

the Mountain Bike Circuit used in both the men's and women's MTB Olympic races. The race offers a unique chance to run this challenging course set within the grounds of Hadleigh Castle, which proved a tough test for the Olympians in the summer of 2012 45 CPJS took part with Adam Hemsworth coming over the line in 7th place with a time of 00:45 followed by Terence Spooner at 45:38, Kieran Neary was next at 47:11, closely followed by Richard Bonham at 47:18 securing them the first team prize, First Lady of the line for CPJ was Alice Brackley 58.32, chasing hard for sub 50 was Richard Moore 49:06. The full set of results can be found here. <https://www.cpjoggers.com/results>



The Sticky Wicket

On Sunday 3 members of the club run for CPJ at the Sticky Wicket trail event organised by Essex Trail Events running from Rickling Green, these are fantastic value for money just £5 to enter, you get to run through some great Essex countryside plus a £2 drinks voucher to spend at the end, there are no Marshalls but you get to follow instructions over a 6.5 mile course and pretty soon get to understand all the abbreviations, apart from a rather strong wind

at times the weather was beautiful and we only got lost once! The next event will be a night time affair from The Roundbush Pub near Maldon on Wednesday 19th Feb from 6pm don't forget your head torch!

<https://essextrailevents.com>

30 Cliff King 1:16.14

33 John Sweeney 1:16:59

34 Adam Poulton 1:16:59

The CPJ Party

This years CPJ party is going to be a very special night, we are celebrating at The Arlington rooms with a buffet and live band but it will also be tinged with sadness as we say goodbye to Mr & Mrs CPJ, Mike and Jayne Hayward who have now stepped now from the committee and will soon be leaving the area and going on a new adventure. Tickets are £25 and available through the CPJ team contact ianhartcpj@gmail.com <https://www.thearlingtonballroom.co.uk>

The New Kit

The new CPJ kit has arrived, our wonderful models, Jo McNeilly and Clifford King spent the morning at Hadleigh Park for a photo shoot with Jane Hopkins and myself the full range can be viewed here

<https://www.cpjoggers.com/new-shop>



Fitness Fun Friendship