

Castle Point Joggers Newsletter

February 2009

Cross Country team win again !

This edition

- Pier Swim
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Congratulations to the CPJ Cross Country team. At the time of going to press we had secured 2 out of 3 victories at Hadleigh and Thorndon Park.

Well done to all. Keep up the good work

Lorraine, Lesley and Eileen leading the way at Hadleigh Cross Country

Blast from the Past

Thanks go to Pat Walters for sending in this great photo.

Sunday morning handicap race (circa 1996)

Who can you recognise, and how many still run for Castle Point Joggers ?

I can count five plus our Colin checking the official watch.

Seems time has been kind to most, although there is some thinning and greying hairstyles !





From the Ed

Ed (AKA Mike Hayward)

A warm welcome to the latest CPJ newsletter and the start of another year.

In this issue we take a walk down memory lane and

attempt to de mystify the club championships, so if you have ever wondered how they all work wonder no more. Hopefully this will encourage more of you to take part. The Trophies are really impressive, just ask Kate C apparently Chris has had to reinforce the cabinet to take the extra weight !

They are, Eamon Martin, John Virgo Shield, Best all rounder and Jogger of the Year.



150 Santa runners ready for the off !

Santa Run—Fair Havens



I do believe in Father Christmas—honest

I had sent off for my race entry and still awaiting a response, my number arrived on the Saturday before the race and my number was 11, so I thought there would not be too many runners on the day. I set out from Canvey at 10.00am for a 11.00am start and got caught in road works so I arrived with 15min to spare(nothing unusual for me arriving late). As I parked the car in Deans school there were many runners already dressed up as Santa walking to the start. I Jogged down to the start and got ready complete with Santa outfit. It was a great sight as 150 runners of all ages all dressed in red Santa suits warmed up.

The course was a 1 kilometre lap and you could do as many or little as you liked up to 5. There was a great buzz at the start as we waited for the gun.

I started near the front to avoid the crush and started fast as the adrenaline got me going, about half way through the first lap I was leading the race and felt good but as I started the second lap someone in red overtook me and then we ran into the back markers walking and then we got lost in the crowd of santas and any ideas of finishing in a good time disappeared, so I just enjoyed the run around the woods and completed my 5 laps in around 30minutes

Next year I will do it again and make sure my children do it with me and then I won't have to worry about my time.

Richard Bonham

The Trophies – Your questions answered

As promised—An explanation as to how the CPJ trophies are awarded.

- **[The Jogger of the Year](#)**

This is given to the runner who the committee believes has not only had an outstanding year in terms of running, but has contributed towards the success of the club in some way, and who is a regular attendee at club events.

- **[John Virgo Shield](#)**

This award is presented to the runner who has shown the most improvement over the 5K Seafront series held once a month at Chalkwell

- **[The All Rounder](#)**

Please see the website for a full explanation and a list of the qualifying races for 2009

- **[The Eamon Martin Trophy](#)**

This operates on a handicap system and only applies to 10k races. The races that are eligible are as follows, Billericay, Chelmsford, Hastingwood, Hatfield, Horndon, Dark Lane, Herongate, Felsted, Canvey, Dedham and the final which is Southend.

To qualify you must have completed at least 3 of the races including Southend. If you miss the final your scores will not count.

For every race you finish you will be awarded 20 seconds time bonus.

The series begins straight after the previous years Southend 10k, normally Billericay in November.

The runner who sets the fastest time here creates the benchmark time. Confused ? Hmm so am I, so here's an example of how it can work.

Mr AN Other runs a time of 49.21 at Billericay which is the fastest time that day for CPJ runners therefore laying down the benchmark for all other club members.

Joe Bloggs runs it in a time of 49.28. This means Joe has a 7 second handicap advantage over Mr AN. Joe then takes part in the Hatfield and Horndon runs. This means he has earned 60 seconds (3 x 20) bonus add this to his 7 seconds gives him a handicap of 1.07 This is then deducted from his Southend time. If he does a time of 48.59 at Southend 1.07 is taken away giving him a time of 47.52
Etc, etc, etc

I hope that has helped to explain it. If you have any questions you can always ask me. Finally all that remains to be said is good luck and make sure you enter as many of the 10ks as possible to give your elf a chance of winning.

Mike H



More Santas spotted at Little Havens

The Lady Jogger of the Year and her other half enjoying the festivities

After reading an article in the local paper about the Little Havens Santa Run, my husband (Graeme) thought we should both get into the Christmas spirit and give it a go. I agreed as it looked like fun and a Santa Suit was included in the entry fee. What more could you ask for!!

Another reason for taking part was for our 3 year old, Charlie, as he would find it very funny to see Mummy and Daddy dressed up as Father Christmas.

Sunday 7 December dawned bright and sunny and we got dressed into our Santa Suits (complete with hat and beard) and made our way along Daws Heath Road with lots of other Santas to the start.

As we all gathered together in a field eagerly awaiting the off, a green elf got us all to sing carols while the last few stragglers joined the rest of us. I would say at a guess there were nearly 300 Santas in all shapes and sizes, all ages and all abilities. It would have made a wonderful aerial photo for anybody able to be up above us in the sky at that time.

Graeme and I ran the 5K together. 1K representing 1 lap but you could decide how far you wanted to run, or indeed walk, as the event was open to anybody including children. The 5K felt more like 10K though as we were dressed in somewhat different attire to normal! After lap 2 I had to put the beard around my neck as it was getting too hot and sweaty!

After completing the run we waited for my sister and her husband and a couple of their friends who we had persuaded to take part too. My sister did particularly well as she is not a runner, or even a walker really (she does swim) but she also completed the maximum 5K together with the others.

All in all I think everybody enjoyed themselves as there were other attractions apart from the Santa Run for all the family to enjoy. This included a Christmas Market, Elf Trail, Santas Grotto and Huskies although the latter two were not apparent when we were there. The little ones liked seeing all the Father Christmas's especially their Mummy's, Daddy's, Aunties and Uncles all dressed up.

Well done Little Havens Childrens Hospice for putting on this event for the 1st time and long may it continue.

Cardington Cracker, December 2008



[We promise never to moan about Essex Way again !](#)

The Cardington Cracker is held in December in Shropshire. A few of us travelled up for this race and stayed the night before. There was Ian Bartram and Kate, Mike and Jayne Hayward, Nick and Val McCullagh and Kate and myself. We had been up to this race the previous year and it was very windy. Val and Jayne made it up the first hill but finding it too windy to stand had returned to base. This year Jayne was determined that no mound of earth was going to beat her and Val was working on the basis of once bitten twice shy.

The race morning dawned with a beautiful sunny day but boy was it cold, the drive to the start indicated -4C. Cardington is a lovely village in Shropshire but perhaps its best highlight is the village pub with its roaring fire that's ideal for a well deserved post race pint from its range of real ales. The race is only nine miles long but very tough with its 2,600 foot of climbing (that's over half a mile of climb). Time wise it's about 10 minutes quicker than the Benfleet 15.

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At the start we were pleased to find that Terry had driven up that morning and was going to race. The start is from a field near the village, at the end of the field is a gate which unfortunately creates a bottleneck but when you get through the fun begins. This side brings a very muddy track with icy water in it, it's impossible to avoid a booter to start your race. It's also gently uphill, just in case you have too much energy at the start. Once through though the going was good but the climb had steepened just in case you had visions of a racing start. Mike seemed to have boundless energy though and set off at a cracking pace. A turn through a field lessens the climb but the other side brings a tough hill that reduces most people to a walk. Through the farm and onto the road brings marshals cries of mind the ice. It was several inches thick sheet ice, definitely one to avoid in fell shoes. Another track had sheet ice all along the right hand side, everyone ran on the left except for Terry who overtook me at this point on the ice, how he stayed up I don't know but he did and that was the last I saw of him.

Next we went through a line of trees with a very steep descent, this is called Hoar Edge. Once through we the ground was very boggy and you were able to see the full majesty of the first real hill. This was The Lawley and presented over 500 foot of very steep climb that most people undertook on all fours. Best not to look to the top really, just get on with it, one foot at a time. The descent off the top was not as steep but was still a quad taxing 500 foot. The ground was frozen and icy, I slipped but stayed upright, best take care. Very swiftly after the descent the next hill presents itself, this is Caer Caradoc and is about 600 foot of climb, not quite as steep but definitely a taxing climb. The view from the top was absolutely stunning with views over Church Stretton and the next range of hills. A run along the ridge takes you to the descent which was fairly steep and required good descending skills. I was overtaken by several people here. The bottom brought a small stream to cross and an uphill run through some woodland. Although you could run it if you were fresh, most people were walking to get their breath back, it was a good place for a gel, two of the three major hills done and a little over half way round. What goes up must come down and we ran down a track to take us to the next hill called Hope Bowdler.

Cardington Cracker

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Mrs H wins a cracking prize

This was about 500 foot of climb and the initial ascent presented another walk. On a windy day though the wind gets behind you and blows you up the hill, a very weird experience. The ridge at the top was a series of ascents and descents again icy as I found out to my cost. I could see Mike ahead and I wasn't paying proper attention to my footing on one of the descents. I slipped and hurt my fingers, I found out later I had dislocated the end joint of my little finger and fractured – although not badly- the next. But the end was only a few miles away after another cautious (this time) descent and a further ascent. I caught up with Mike; go on Chris get in under 2 hours he said. The final part was a very run-able downhill; I did my best but missed the 2 hour point by 3 minutes. Ian and Terry were already home, Mike, Nick, Kate and Jayne not far behind. Jayne won a box of Crackers after she finished the race. Kate beat a hasty path to the pub for a well deserved pint after a bite to eat in the village hall. It was a great race that was well marshalled and signposted; we all felt that we had achieved a good result on difficult slippery conditions.

Chris Cammidge

Well done to all the runners who completed our legendary 4 hills challenge recently and a special mention to Richard for baking the commemorative cakes which were awarded to all finishers. I think we just about managed to burn off enough calories to not feel guilty about stuffing down a few of these.



Southend Great Pier Swim

Why do we do it? Entering challenging events, I mean. It's the same if it's a running, swimming or any other sporting event. There's the excitement of entering, the weeks or months of training in preparation and on the day the nerves!

Once again I found myself shaking at the start of a madcap event. This time it was the Great Pier Swim from Jubilee Beach in Southend to Thorpe Bay Yacht Club, organised by The Havens Hospices. I looked down at my knees and they were shaking. I looked ahead to the water's edge where 49 other swimmers were rushing into the cold, but calm water and joined them.

Once in the water the experience turned out to be pure enjoyment. With lots of other swimmers around (in four waves of fifty), and marshals in kayaks and support boats the atmosphere was very safe and friendly. We swam about 400m out from the shore to a tall buoy, turned left then followed a line of buoys to Thorpe Bay. The current was with us so to be honest it wasn't very physically challenging, especially for me as I just concentrated on enjoying the view of the coastline going by and the seagulls overhead! I'm sure the guys at the front would tell a different story.

I finished the swim in about 55 minutes (it wasn't officially timed) whereas in the pool the same distance had been taking me 1hour 30 mins. As I turned to swim to the beach I found out just how strong the current was and how much it had been helping us along – we had to swim very hard to get into shore. Standing up and wading in was fun on sea-legs and I felt a bit silly lurching up the beach until I watched others doing exactly the same. Waiting for us was a lovely fluffy towel each and a medal – with swimmers on this time instead of runners!

The whole event was great, with a really friendly atmosphere, wonderful organisation and the comforting care and attention of Southend Canoe Club, RNLI and Coastguards. I'd recommend it to anyone who fancies a different challenge and suggest you get your entries in early. This year there were 200 swimmers – but 400 wanted to join in!

Vanessa



Orienteering on Hadleigh Downs

Orienteering is a race that involves navigation between control points that are marked on a unique 1:10000 map. Successful navigation is the key to these races rather than pure speed, so for those of us who aren't as quick as we were we can still compete - so long as you can read the map and use a compass. The maps are very detailed and will show the type of terrain. The land is categorised into open and rough open, the forests into open, slow, impassable and dense undergrowth. Tracks, paths and fences are shown. Contours are shown every 5 metres as well as water features and an assortment of earth features such as pits and knolls. Armed with this information you can choose the quickest route between the checkpoints, this is unlikely to be in a straight line especially on the harder courses. The courses are graded according to severity and distance, the easier courses are suitable to take the children/grandchildren on, and a nice day out can be had.

I first encountered orienteering in the Lake District and enjoyed the experience although I was fairly hopeless. The next attempt was at Langdon Hills, I picked a nice easy route and won my race, trouble was my competitors were a selection of 10 year olds! The next one was just the other side of the Dartford on cold raining winter's day. It was an international competition, I picked a fairly tough route and I was back to hopeless. Then I saw a race was coming up on Hadleigh Downs. This was my chance; surely I couldn't possibly get bewildered with the advantage of local knowledge?

Race day was a beautiful hot sunny day in July. Kate was going to walk our dog along with Jayne and Mike and also attempt one of the courses. Kate chose a fairly hard course and I chose the next level of difficulty. My fitness wasn't very good, I had had a knee operation two months earlier and was just getting back to activity, but I was hopeful of making a reasonable account of myself.

The start was near where the cross country starts. Each competitor goes off individually, so you don't follow each other in a long crocodile. I waited in the starting box and an army cadet set me off. The first check point was a little way off and away I went. The check points are not always obvious and can be tucked away a bit behind bushes, in the long grass etc I was looking on the wrong side of the path at the first of twelve checkpoints but soon corrected myself, located the flag and punched my control card. The route took us easterly as far as the turning point of our cross country course and westerly just about to the end of the downs. About 7 or 8 kilometres all told. The finish was an uphill sprint back to the car park. I finished in 1:02:35 and I came 19/26, the person in front of me beat my 3 seconds – must try harder next time! The winner was a very impressive 32:20. It was a good morning out and made a nice change from the usual running. The club that organised this was HAVOC (Haverling) www.orienteering-havoc.co.uk if you would like to know more.

Chris Cammidge

