

17 CPJ completed the gruelling course – 4 of whom beat their times from last year (Martin England, Phil Ransom and Mark Whitney) and one broke his age related course record! (Ray Selwyn).

First CPJ to finish, in his event debut, 3<sup>rd</sup> in his category and in 25<sup>th</sup> position overall was Adam Poulton in an amazing time of 49.40.

Other CPJ finishers: Ray Selwyn 50.24, Ben Avery 50.26, Martin England 51.22, Mike Hopkins 51.46, Mark Colquhoun 55.00, Matt Debenham 58.46, Daniel Hobbs 59.09, Mark Whitney 59.11, Gareth Smith 1.00.00, Nigel Thorne 1.00.44, Phil Ransom 1.00.59, Tracey Bradley 1.01.26, Luke Bonham 1.02.05, Tony Selwyn 1.02.18, Paul Lowry 1.02.49 and Nick McCullagh 1.13.03.

Ray Selwyn 1<sup>st</sup> MV65

Adam Poulton 3<sup>rd</sup> MV50