

Cookham Running Club



NEWSLETTER Issue 12

January 25 2014

PB Demolition at Black Park 5km Park Run

Cookham had 19 runners at Saturday's Park Run and there were 11 best times for the course

IT WAS muddy underfoot but that didn't stop a personal best (PB) swoop at Black Park. First home for Cookham was **Bridget King** (20.51) who is in such fine form that she was only 20 seconds off her best despite cycling (hard) to the course. And back. Equally impressive was 12-year-old **Freddie Yuill** who knocked over three minutes of his PB in 21.42 and was second Junior Man U14 to finish. **Anna Slater** ran a superb PB (21.52) as did **Sarah Walker** (23.07) and newcomer **Helen Krag** (25.05). **Gerry** proved he is getting back to good form with his 25.57. Full results on next page...

Welcome!

This week's new members are: Lisa Fletcher (senior), India Bamrah and Millan Mistry. Welcome also to those who joined us for a first run including: Sarah Johns, Adam Gambrill, Matt Ashworth, Anna Glen, Helen Krag, Dave Yuill, Pete Murray and Alfie Lewis. We hope you consider joining too. Bargain at £40 pa for seniors and £30 juniors. Please do support us!

FULL PARK RUN RESULTS...

Bridget King 20.51 (1st lady)
Freddie Yuill 21.42 (PB) 2nd U14
Anna Slater 21.52 (PB)
Sarah Walker 23.07 (PB)
Sonny Lewis 23.20 (PB) U14
Pete Murray 24.57 (PB)
Dave Yuill 24.56 (PB)
Helen Krag 25.05 (PB)
Gerald Cooper 25.57
Toby Lemon 26.48 (PB) U14
Alfie Lewis 27.07 (PB)
Emily Fisher 28.51
Tina Scanlon 30.38
Beth Murray 31.37
Kate Durham 32.52
Anna Glen 33.52 PB
Harry Cormack 34.51
Fiona Coulter 35.11
Peta Bee 35.15

Newcomers, please make sure you add Cookham Running Club to your entry for the next event. Do it through the Park Run weekly email. It all helps to raise our profile as a club.



Our Under 13 boys ran superbly again with Freddie Yuill (left) smashing his PB by over 3 minutes and Sonny Lewis (below right) also improving his time by 40 seconds.



**RAN sounds
better than
RUN.**



This week's training

Tues 28th: Juniors @ Braywick track 5.45-6.30; Seniors @ CC 7.15pm

Thurs 30th: U11s 5.15-5.45pm; 11 plus 5.45-6.30pm @CC; Seniors 7.15pm @ Braywick

Sat 1st: Seniors 9am @ CC (no junior run)

Sun 2nd: 2km Jnr Park Run @ Windsor