

# Cookham Running Club



NEWSLETTER Issue 15

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## WELCOME TO OUR NEW RECRUITS

The latest of our hugely popular Couch to 5km course run by Paddy is reaching its climax

THIRTEEN new members of Cookham Running Club head to Black Park on March 1 to take part in their first 5km Park Run. Having successfully completed the 6-week course, the runners are apparently in great shape to tackle the distance, according to coach Paddy.

“They’ve have done remarkably well considering what the weather has thrown at them,” Paddy says. “I have full confidence that they will complete the distance.”

Of course, they will welcome support. So, if you fancy running round the course with the runners, look out for the Teamer alert. Paddy’s next course starts in a couple of weeks and is nearly booked up. Contact [paddymcrun@btinternet.com](mailto:paddymcrun@btinternet.com) if you are interested.

*Well done to Sarah Parfitt, training for the London Marathon, who finished the windiest Dorney Half Marathon in a highly impressive 1:50 last week.*

## Training

Tues 25th Juniors 5.45-6.30 @  
Braywick track. Seniors 7.15pm  
@ CC

Thurs 27th: All juniors 5.30-  
6.30pm @ CC; Seniors 7.15pm  
@ Braywick track

Sat 1st<sup>h</sup>: Park Run @9am;  
junior session @10.30am meet  
in Alfred Major.

# ALL CHANGE FOR MANY JUNIORS

WITH THE track season around the corner, many of our juniors move up an age group in accordance with England Athletics Rules. All those in school years 4 and 5 stay in the Under 11 age group; once in years 6 and 7, you move up to the Under 13 age group and in year 8 and 9 you progress to Under 15s. Most people will then stay put for the next cross-country season. However, if you are currently in year 5 at school and move up to year 6 in September, you will race in the Under 13 age group at cross country. Peta will be sending out an email detailing which age group(s) you'll be in for the foreseeable future as it can sound a bit confusing!

## News in Brief.....

- **Last year our seniors took part in the Thames Valley Association of Running Clubs 5km series, a series of lovely evening races open only to participating clubs. We had a fantastic turnout last year and need to get as many runners out as possible in these events. This year, Cookham RC will also be expected to host an event which means we need lots of support. Our men's captain, Gerry, will be in touch with more details.**
- **Our fixture programme has been dented somewhat by the floods, but handicap races will return to the agenda asap. Keep an eye out for Teamer alerts.**



**CALLING ALL PARENTS AND PARTNERS:** We are always on the lookout for new members, so if you fancy giving running a go, get in touch with one of the committee members. Membership (£40 a year for seniors) includes England Athletics registration, cheaper race entries, discount at running shops, free coaching and the chance to win our annual lottery for a guaranteed spot in the London What's not to lose (other than a few pounds?)