

Cookham Running Club



NEWSLETTER Issue 16

March 2nd 2014

Cookham Runners Storm Park Run

Graduates of the latest Couch To 5km were among the 21 club members at Black Park

HAVING endured the worst of the Winter weather during their six week course, the graduates of **Paddy's** latest Couch to 5km course found themselves running in the sun at the Black Park 5km on March 1st. They were joined by several of our seasoned runners with **Ibet Allan** the star of the day finishing 12th overall and 2nd in the women's race. **Sonny Lewis** knocked another 7 seconds of his PB to finish 2nd Under 14 Boy and there were also PBs from **Steve Woodward, Jamie Barber, Beth Murray** and, of course, all of the Couch to 5km graduates who surpassed expectation to record fantastic times. We are now 8th in the table of clubs with most runners at Black Park - 70! Results overleaf:

Lost fitness or just lost your mojo? Paddy's Improver course resumes at 7.15pm on Tuesday 4th. Get fitter with guided runs and speed work for £40/6 weeks. Contact Paddy (07714 950748) for info. The next Couch To 5km starts on March 12th.

Training

Tues 4th Juniors 5.45-6.30 @
Braywick. Seniors 7.15pm @
CC; Improvers 7.15pm @
Boulter's Lock car park
Thurs 6th: Juniors 5.30-6.30pm
@ CC; Seniors 7.15pm @
Braywick
Sat 8th^h: Seniors and Juniors
aged 12 plus - 9am @ CC

Park Run 5k Results

Ibet Allan - 19:52 (PB; 2nd lady)

Adam Burke - 20:58

Sonny Lewis - 23:13 (PB; 2nd U14 Boy)

Steve Woodward - 25:44 (PB; 4th 60-64)

Jamie Barber - 28:20 (PB)

Mary Simpson - 29:03 (PB)

Sue Gauld - 29:18

Beth Murray - 29:48 (PB; U14)

Emily Fisher - 29:48 (U14)

Alfie Lewis - 29:49

David Turner - 32:19 (PB)

Harry Cormack - 33:40 (U14)

Hayley Murray - 33:46 (PB)

Laurie Cormack - 34:02 (PB)

Anna Glenn - 34:54

John Pohlman - 37:57 (PB)

Jo Davis - 38:01 (PB)

Jenny Quigley - 38:08 (PB)

Anji Pianta - 39:53 (PB)

Nina Dunn - 46:42 (PB)

Fiona Houghton - 46:43 (PB)

Junior Park Run

**OUR juniors continued their fine record at the Savill Garden Under 14 Park Run over 2km on Sunday March 3rd. Harry Turner had the tables turned after his victory in last month's event, but ran strongly to finish 2nd. Next home for Cookham was Beth Murray who followed her PB at Black Park the day before with a superb 15th place overall and 5th girl home. New member Adam Gambrill was close behind and also ran a PB while Beth's younger sister, Caitlin, knocked a massive 25 seconds off her personal best. Harry Tuner: 7:36
Beth Murray: 9:11
Adam Gambrill: 9:13
Caitlin Murray: 11:02 (PB)
Cookham RC also top the table of the most runners in this event with 19!**



STEVE WOODWARD (pictured in Saturday's Park Run) is one of many inspirational Cookham Runners. A relative newcomer to the sport, Steve first took up running when he returned to the UK from California last year. Since then he has made remarkable strides, winning the first of our club handicap races (consequently re-named the Steve Woodward Handicap) and recording some tremendous times in his V60-64 age group. Keep it up Steve!