

Cookham Running Club



NEWSLETTER Issue 17

March 9th 2014

ON YOUR MARKS, GET SET FOR THE CLUB HANDICAP

AS THE last of the flood water disappears, we are looking forward to the return of our regular club handicap 5km races. These are open to all senior club members (and juniors age 12 + who can run 5km in around 35 minutes or less **without walking**) and give slower runners a head start over faster runners, the idea being we all finish together. A Teamer will be sent out this week, but we meet for a 9am start at The Crown. Please do reply to the Teamer as Gerry will need to work out the handicap. We also need a few marshals and timekeepers if any parents are available. Peta is also holding a 1 mile time trial for juniors on the 2nd Thursday training session of each month - that's this week - at Alfred Major. It will also be a handicap.

Welcome to our latest new members: Amelie Bagga, Adam Gambrill and Sarah Johns. And also to the Couch To 5km graduates who have 3 months trial membership.

Training

Tues 11th Juniors 5.30-6.30 @ Alfred Major. Seniors 7.15pm @ CC; Improvers 7.15pm @ Boulter's Lock car park
Thurs 13th: Juniors 5.30-6.30pm @ CC; Seniors 7.15pm @ Braywick track
Sat 15th^h: Club Handicap Races; 9 am @ The Crown

NEWS IN BRIEF...

PARENT ROTA: We are once again making a plea for parents to help out occasionally on Thursday evening junior sessions in Alfred Major. If you can assist once every 6 weeks, please email Peta on peta.bee@btinternet.com

SATURDAY RUNS: With Spring upon us, our regular Saturday runs are once again taking in beautiful off-road routes and cater for every distance from 5km to 20 miles! Please come along and join us even if you haven't run for a while.

KIT ORDER: Please let Karen Walter know by Wednesday this week if you want to buy kit karenwalter@btopenworld.com

Let there be Light

NOW THAT brighter nights are here (at last - it's been a long, dark Winter), we are moving back to Alfred Major for some of our sessions. From this week, the Tuesday and Thursday junior training sessions will be at Alfred Major Rec and we will meet at the gated entrance next to Cookham Rise School, 5.30pm on both evenings. We will be focusing on drills, conditioning and technique as well as running. Seniors will continue at Braywick on Thursdays for the foreseeable future.

RUN FAST...HIT (or high intensity training) is the buzzword of the year but it is old hat to runners. For years, runners have built HIT into their training sessions as it is a sure way to get faster. It encompasses the track work and hills we build into our club training sessions. Peta, our Chair and junior coach, has co-authored a No 1 best-selling book on the subject with TV's Dr Michael Mosley providing dozens of useful tips to enhance your running and all-round fitness. To obtain a copy at the discounted rate of £5 (RRP £7.99), please contact Peta who has a limited number available to club members. If there's enough interest, Peta will also be starting a 30 min post school-run Fast Exercise session - let her know! Immortal Bootcamps are also offering members a discount on Cookham classes which are held at 6am on Tues and Thurs - email fitnesscamp@hotmail.co.uk for details.

DR MICHAEL MOSLEY
WITH PETA BEE

fast
exercise



FROM THE AUTHOR OF
THE NO 1 BESTSELLING
FAST DIET

THE SIMPLE SECRET OF HIGH INTENSITY TRAINING:
GET FITTER, STRONGER AND BETTER
TONED IN JUST A FEW MINUTES A DAY



Peta and Dr Michael Mosley (a self-confessed exercise 'sloth') pictured on a Fast Exercise photo shoot in Alfred Major Rec