

Cookham Running Club



NEWSLETTER Issue 19

March 24th 2014

FULL WEEKEND OF RACING TRIUMPHS

COOKHAM runners were out in force at the weekend with plenty of Personal Bests (PBs) and even some medals to show for their efforts. On Saturday, we had 13 members out for the 5km Park Run at Black Park with no fewer than 9 recording their fastest times. **Sue Gauld, Beth Murray and Emily Fisher** were paced round by Peta to break the 28 minute barrier for the first time. On Sunday, our senior ladies were outstanding in the Water Of Life 10k in Bisham with **Ibet Allan** in 2nd, **Anna Slater** 3rd and **Sarah Walker** 5th place. Elsewhere, men's captain **Gerry Cooper** completed the Richmond Half Marathon awith his wife **Lisa Fletcher and Sarah Parfitt**.

*Juniors please note:
Peta is flying to
Dubai on Thursday
evening so will hold
an early evening
session (4.30-5.15pm)
for those who can
make it. Please let
her know if you can!*

Training

Tues 25th Juniors 5.30-6.30 @
Alfred Major. Seniors 7.15pm
@ CC; Improvers 7.15pm @
Boulters Lock car park
Thurs 27th: Juniors 4.30-
5.15PM @ Alfred Major;
Seniors 7.15pm @ Braywick
Sat 29th^h: Seniors 9am @
Cricket Club

WEEKEND RESULTS

PARK RUN 5KM, BLACK PARK

Sonny Lewis 22.16 (JM14) PB
Helen Krag 23:48 PB
Josh Giddings (JM10) 23.59 PB
Sam Hayes (JM10) 24:07 PB
Steve Woodward (VM60-64) 26:11
Alfie Lewis (VM 45-49) 27:00 PB
Sue Gauld (VW45-49) 27:43 PB
Beth Murray (JW14) 27:44 PB
Emily Fisher (JW14) 27: 45 PB
Peta Bee (VW45-49) 27:50
Hayley Murray (VW45-49) 30:19 PB
Tina Scanlon (VW55-59) 30:30
Ethan Phipps (JM10) 31:30 PB

WATER OF LIFE 10KM, BISHAM

Ibet Allan 43:20 (2nd lady, right in pic)
Anna Slater 45:13 (3rd lady, left in pic)
Sarah Walker 47:33 (3rd lady, middle in pic)

RICHMOND HALF MARATHON

Sarah Parfitt 1:46
Gerald Cooper 1:59
Lisa Fletcher 3:15

COOKHAM 5KM CONFIRMATION!

THERE was huge excitement among the committee this week as it was confirmed that the club is to host the second fixture in this year's **Thames Valley Association of Running Clubs (TVARC) Summer 5km Series**. For those unfamiliar with it, this is a series of lovely evening races open only to members. We have the go-ahead from **Tom Copas** to stage our race over his land around **Mount Farm, Long Lane**. We will need lots of marshals and helpers on the night so will keep you informed. Here are the dates: **Wargrave 6th May; Cookham 20th May; Burnham 27th May; Marlow 10th June; Maidenhead 24th June; Handy Cross 8th July; Datchet 15th July**

