

Cookham Running Club



NEWSLETTER Issue 2

November 10, 2013

London Marathon Spot Up for Grabs

Cookham Running Club allocated a guaranteed entry for 2014 Virgin London Marathon

Ever fancied running in the world's most prestigious marathon? Our affiliation to the sport's governing body, England Athletics, means we get one guaranteed entry to the London Marathon. If you are interested in running next year's race on April 13, we are inviting fully paid up members to enter our club ballot for the

place to be drawn at the Christmas party. The lucky winner will need to pay their entry fee of £40. Drop a note to Peta if you are interested in running....



Date for the diary...the Berkshire County XC Champs is on Jan 4th in Bracknell.

On Track

The club now has confirmed use of Braywick Track, Maidenhead, on Thursday evenings. Paddy's senior track sessions will start on Nov 14 at 7.15pm. As we need to pay RBWM we're charging £1. Watch this space for news of junior track sessions...



Nov 26 is Club 5k Handicap at Dorney!

Chiltern League Results

ON Saturday, Cookham runners headed to Oxford for the second fixture in the Chiltern League. Our U13 Boys were stars of the show even with several runners missing through injury. **Freddie Yuill** was first home in 12th place (Div 2), closely followed by **Sonny Lewis** in 13th. **Connor Barnes** came home in 16th to place the team 5th. There were solid runs, also, from **Emily Fisher** and **Beth Murray** (26th and 27th in U13 Girls), **Sam Hayes** and **Joseph Haslehurst** (41st and 44th U11 Boys). In the U11 Girls **Devan Gibson** ran well to finish 77th in her first XC, followed by **Holly Gibson** and **Caitlin Murray** (82nd and 83rd). Our senior ladies were tremendous with **Sarah Walker** outstanding in 25th position backed by **Kelli Dickinson** (60th), **Karis Hunt** (62nd) and **Helen Philip** (75th). **James Cotter** was our only senior man but also had a great run.

THIS WEEK'S TRAINING....

(cc=cricket club; Braywick=track)

Tues 12th: 5.30 Jnr; 7.15pm sen (cc)

Thurs 14th: Seniors 7.15pm (Braywick)

Sat 16th: Seniors 9am (cc)

Juniors: Berks, Bucks, Oxon XC (No training)



Club Awards

Our annual awards are being planned by the committee with juniors to be presented after the Xmas Handicap and Seniors at the party. We'd like you to vote for club Member of the Year - the most dedicated stalwart amongst us. We are not looking for the fastest runner or the most improved racer, just the person who always turns out and is always there. Email Gerald.cooper@cookam.com or Sue on rod.gauld@sky.com with your vote...



Volunteers Needed

As our club continues to expand, we are constantly on the lookout for additional help, particularly the following:

Juniors: We are looking for names to add to a rota to help Peta once every 6 weeks with the rapidly growing junior section. You do not need to be qualified, just enthusiastic!

Kit: An easy job. We need someone to take on kit orders and liaise with suppliers every couple of months

Please let Peta (peta.bee@btinternet.com) or Sue (rod.gauld@sky.com) know if you can help. Thanks!