

# Cookham Running Club



NEWSLETTER Issue 20

April 2nd 2014

## Get set to attend the AGM next week

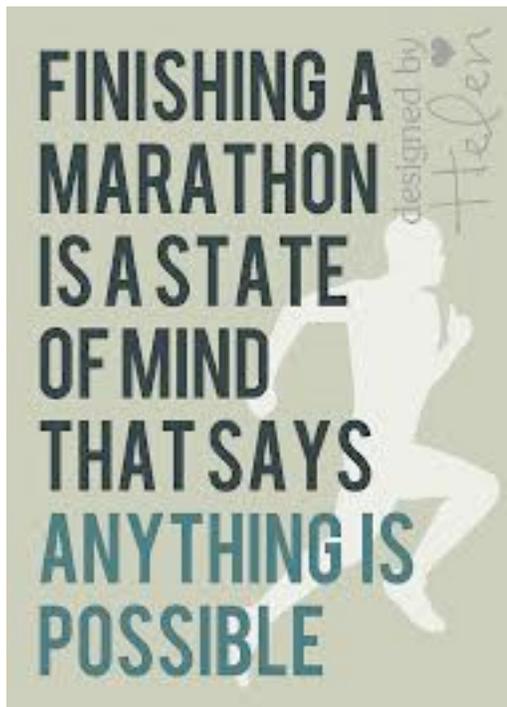
OUR AGM is scheduled for Wednesday April 9<sup>th</sup> at 8pm, Cookham Dean Cricket Club and all members are encouraged to attend. This is YOUR club and the committee welcomes your opinions on how subs should be spent, races we should enter etc. We've had a fantastic year - our first as an England Athletics affiliated club, our first with a junior section, our first cross country season, our first TVARC 5km series - but there is more to come in 2014. In April, our juniors run their first track meeting and in May, we stage our first race as a club in the TVARC 5km Series. Please remember that your club fess include insurance, discount at shops, a Power of Ten profile, cheap race entries and, of course, lots of social events!

*Senior membership fees are now due! Please make sure you pay the £40 by bank transfer to the club account asap. Junior subs not due until September...*

## Training

Thurs 3rd: Juniors 5.30-6.30pm  
@ Alfred Major; Seniors  
7.15pm @ Braywick  
Sat 5<sup>th</sup>: Club handicap 5km for  
U13s and older 9am @ The  
Crown;  
Sun 6<sup>th</sup> Junior 2km Park Run  
@Savill Gardens

## **Good luck to our Marathon Runners!**



**Several Cookham Runners are tackling the ultimate endurance challenge over the next few weeks and we'd like to wish them luck on their journey.**

**On Sunday, Helen Philip takes part in the Brighton Marathon; the following week Sarah Parfitt, Natalie Franklin and returning member Kate Marsden run in the London Marathon.**

**On May 5<sup>th</sup>, Rachel Harding contests the Milton Keynes event. Only those who have run a marathon will really know that this particular distance is unlike any other. And that anyone who finishes is a hero!**

**Personally, my money is on both Sarah and Natalie finishing ahead of Mo Farah. Good luck ladies....**

## **Busy weekend of racing ahead**

- **Saturday morning sees the latest Steve Woodward Senior Handicap and James Nickels Junior Handicap events being held along Cockmarsh. Organised by men's captain Gerald Cooper and his wife Lisa Fletcher, the events are a great way to check how your training is going. The slower you are, the more of a head start you get. Accept Teamer alert and bring along your £1 to join in at 9am. Juniors need to be in the Under 13 age group (ie they must turn 11 before August 31 2014) to take part.**
- **On Sunday, our juniors head to Savill Gardens for the latest 2km Park Run. To participate you need a barcode (ask Peta for details). The organisers recently announced that they are going to stage two of these events a month due to increased interest - we are the biggest participating club! Race starts at 9.30am; get there by 9.10am .**