

Cookham Running Club



NEWSLETTER Issue 21

April 6th 2014

Cookham take 2nd and 3rd at Park Run

ALTHOUGH the number of club members attending the junior 2km Park Run at Savill Garden on Sunday was down due to the holidays, there were some outstanding performances. With the floods gone, the course reverted to the original (and tougher) route with the long climb back to the obelisk, but that didn't deter 8-year-old **Frank McGrath** (8:27) and **Adam Gambrill** (8:42) who finished in 2nd and 3rd place, both recording PBs. Frank's performance was the best Age Grading of the day at 73.7% of the World Best for his age. **Beth Murray** (10.00) was 14th and sister **Caitlin** 36th (12.26, both in PBs over this particular course. And **Sarah Johns** ran strongly in her first ever race to come 50th in 13.43. Well done to all!

Please don't forget the AGM on Wednesday at 8pm @ cricket club. All parents, partners and members past and present are encouraged to attend!

Training

Tues 8th: Juniors 5.30-6.15pm @ Alfred Major; Seniors 7.15pm @ Cookham Memorial
Thurs 10th: No junior session; Seniors 7.15pm @ Braywick
Sat 12th Black Park Park run for those aged 11 and over; 9am meet CC @ 7.45am

Fine runs in Club Handicap Event

A total of 17 runners turned up on a beautiful sunny morning for our popular monthly 5km handicap held around Cockmarsh. As ever, the event was highly competitive with Rachel Brennan winning the Steve Woodward Handicap for seniors and young Sam Hayes taking the James Nickels junior title for the day. Thanks to Gerald and his wife Lisa for organising and to all the marshals and supporters.

STEVE WOODWARD HANDICAP (for seniors)

- 1. Rachel Brennan 27.18**
- 2. James Dickinson 21.16**
- 3. Deborah Galea 28.24**
- 4. Steve Woodward 25.27**
- 5. Fiona Coulter 34.30**
- 6. Louise Turner 28.26**
- 7. Hayley Murray 31.05**
- 8. Kate Durham 31.30**

FASTEST: Rachel Brennan

JAMES NICKELS HANDICAP (for juniors)

- 1. Sam Hayes 22.58**
- 2. Connor Barnes 25.26**
- 3. Beth Murray 29.47**
- 4. Josh Giddings 24.01**
- 5. Lottie Fisher 30.03**
- 6. Emily Fisher 30.05**
- 7. James Nickels 24.19**
- 8. Harry Turner 21.39**
- 9. Aisha Basmier 39.58**

FASTEST: Sam Hayes

NEWS IN BRIEF

- PLEASE NOTE: there is a junior session on Tuesday but not Thursday this week. Next week, there will be no session on Tuesday, but a visit to Eton track on Thurs 17 at 10am. Any children wishing to attend need to bring £1.70 for entry. All those running in the track meeting on 19th are encouraged to come along as Peta will run through starting rituals, tactics etc. Please bring spikes (7mm) if you have them.**
- WE are heading to Black Park for the 5km Park Run on Saturday. All seniors and juniors aged 11 and over are welcome to come along. We meet at the CC car park at 7.45am.**
- Well done to Helen Philip who completed the Brighton Marathon in 5:16. Helen's achievements are amazing for someone who had never raced a couple of years ago. Next up - our London Marathon representatives. Go Girls!**