

Cookham Running Club



NEWSLETTER Issue 22

April 14th 2014

Welcome to our new Chairman...

IT WAS all change at the AGM last Wednesday as club founder and Chair, Peta Bee, stood down from the position to focus on her role as junior manager/coach and Gerald Cooper was unanimously voted in at the helm. Anyone who knows Gerry will appreciate the effort he puts into the club - in racing, coaching, supporting and organising. We are very lucky to have him as our new Chair. Taking Gerry's place as men's captain will be Adam Burke, another club stalwart. We also launched the new role of Social Running Leader in the form of the hugely enthusiastic and encouraging Kate Durham (more about Kate's role over the page). Thanks to the committee for organising a fabulous evening.

Member Sarah Walker has warned runners to beware of car thieves at Braywick after her car was damaged during training last week. Advice is to park in the main car park, not the one opposite the track!

Training

Tues 15th: Seniors @7.15pm
Thurs 17th: Juniors @10am,
Eton track; Seniors @7.15pm,
Braywick
Sat 19th: Juniors track
meeting @ Eton; Seniors @
9am from Cricket Club

Race Results and information

BLACK PARK PARK RUN 5KM

There was a small turnout of 5 runners for the monthly visit to Black Park, but it resulted in no fewer than 3 PBs. Fastest of the day for Cookham was Harry Turner who broke 20 minutes for the first time. His Mum, Louise, is also getting speedier and Laurie Cormack, a graduate of the couch to 5km, knocked almost 3 minutes of her best to edge closer to the 30 minute barrier. Well done to all who took part.

Harry Turner 19.58 (1st JM U14; club record)

Alfie Lewis 27.08

Louise Turner 26.37 (PB)

Laurie Cormack 31.29 (PB)

Harry Cormack 35.55

VIRGIN LONDON MARATHON

On a day on which even double Olympic champion Mo Farah struggled and complained hi legs were feeling heavy, we are delighted to report that our three Cookham representatives performed exceptionally well. First home was Natalie Franklin who finished in 3:51. Sarah Parfitt, who won the ballot for our club number, gamely battled injury and cramp in the final stages to record 4:15 and returning runner Kate Marsden also finished in a time of 5:02. Well done ladies! Let nobody underestimate the challenge of running 26.2 miles!

ETON TRACK MEETING

Our juniors head to the Thames Valley Athletics Centre in Eton on Saturday 19th for their first track race. Around 13 runners are taking part, the youngest being Frank McGrath who turns 9 (the minimum age for racing) just 3 days before. Good luck to all of those who are competing...enjoy it and do your best!

Fancy a Run, a Bun and a Chat? Step this way....

IT IS HARD to believe that three and a half years have passed since 15 runners took their first tentative steps towards forming what was to become a thriving club. Little did we realise back then how popular running would prove to be in Cookham. One thing we vowed to hold on to was our club ethos - that is, the underlying emphasis should be on fun and enjoyment. Of course, all clubs evolve to meet the needs of members and we now have a competitive senior and junior section. But at the AGM it was decided that we must also retain a strong social running focus for those who aren't interested in speeding up and simply like running and chatting, followed by a coffee (or something stronger!). Leading this newly formed group on Saturdays will be Kate Durham who can't wait to take you on short, enjoyable runs at 9am on Saturdays. These are pitched perfectly to suit Couch To 5kmers and regulars alike. Contact Kate on: katedurham@ymail.com for more details.