

Cookham Running Club



NEWSLETTER Issue 23

April 20th 2014

ON THE PLAYING FIELDS OF ETON...

SOME OF our juniors headed to the Thames Valley Athletics Centre, Eton to compete in what was a first track meeting for many. Standards were highly competitive and there were many good performances. Iwan Hughes (10) and Frank McGrath (9) were our youngest competitors and exceeded expectation to finish 4th and 5th in the fastest heat of 12 runners in the Under 11 600m. Joseph Haselhurst, Sam Hayes and Ethan Phipps contested the Under 13 800m and Sonny Lewis, Harry Turner and Freddie Yuill took part in the Under 15 1500m. Freddie and brother Max took part in the U 15 300m where they ran exceptionally well. Amelie Hamilton also ran extremely well in her first race, the U10 150m.

Welcome to new senior members Natalie Franklin, Helen Krag, Jamie Barber, Laurie Cormack, Duncan Betts and Louise Street. Great to have you on board and hope you enjoy running with us!

Training

Tues 22nd: Juniors 5.30-6.30pm
@ Alfred Major; Seniors
7.15pm @ Cookham Memorial
Thurs 24th: Juniors Cookham
Mile Trial @ 5.30-6.15pm,
Alfred Major; Seniors
@7.15pm, Braywick
Sat 26th: Seniors @ 9am from
Cricket Club or Park Run

Race Results and information

COOKHAM'S BRIDGET KING GETS BRONZE IN EUROPEAN AGE GROUP DUATHLON IN HORST, NETHERLANDS

Bridget King ran the race of her life to take the bronze medal in the European Duathlon Age Group Champs last weekend. Representing Great Britain, Bridget ran an impressive 19.03 for the 4750m run and followed on the bike to finish in 1:07.57. "It was 2 minutes quicker than I was hoping for so all in all very good," Bridget says. "It was just one of those races where it all comes together at the right time."

THAMES VALLEY OPEN TRACK MEETING, ETON APRIL 19

UNDER 11 600 METRES

Iwan Hughes - 2:04.9

Frank McGrath - 2:06.8

UNDER 15 300 METRES

Freddie Yuill - 49.0

Max Yuill - 53.0 (fell over)

UNDER 13 800 METRES

Sam Hayes - 2:50

Joseph Haslehurst - 2:58

Ethan Phipps - 3:33

UNDER 15 1500 METRES

Harry Turner - 5:19

Freddie Yuill: 5:34

Sonny Lewis: 5:58

PARK RUN 5KM, BLACK PARK

NEW MEMBER Duncan Betts had a great solo run at Black Park on Saturday. He recorded a PB of 26:10, knocking a total of 3 minutes and 20 seconds off his best in three outings!

NEWS IN BRIEF

- **Thursday sees the latest Cookham Mile Trial for juniors being held in Alfred Major. We meet for a warm up at 5.30pm and the event generally kicks off at around 5.45pm. Children run one mile and their time is recorded. After 6 runs, the most improved overall and the fastest runner in each age group (U11, U13, U15 and U17 - boys and girls) gets a small prize. If any parents or club members can help to marshal/time the event, please let Peta know.**
- **Kate Durham is taking up her post as social running leader this week and invites runners to come along for a chat and canter. Kate aims to cover around 5km at a pace steady enough to enjoy a chat as you run.**
- **Paddy is now offering a pay-as-you-go option on his 'improver' sessions. Anyone who feels their fitness has slipped can join in for £5 a go . Contact Paddy: paddymcrun@btinternet.com for details**