

Cookham Running Club



NEWSLETTER Issue 24

April 20th 2014

Have you renewed your membership?

OUR membership secretary, Fiona Coulter, has been working tirelessly to co-ordinate senior annual subscriptions. It's with great pleasure that we welcome another four new members this week: John Ashworth, Kevin Farnborough, Suzanne Garner and Tom Stevens. We are sure you'll enjoy running with us! We are now issuing a reminder to those who are still debating whether to join or renew. We have great things planned for the year ahead...our social running group is off the ground, we are staging our first 5km race in Cookham, a pub run around all of the pubs in Cookham is planned and a wonderful Summer BBQ with swimming, tennis and lots of socialising. Of course, there's also the running. What's stopping

*Welcome to juniors
who've been running
with us for the first
time: Amelie
Haslehurst, Ellie
Dawson, Blake
Dawson, Michael
Snelham, Leena
Bashmir, Josh Dilley &
Taylor Gibson.*

Training

Tues 29th: Juniors 5.30-6.30pm
@ Alfred Major; Seniors
7.15pm @ Cookham Memorial
Thurs 1stth: Juniors 5.30-6.15pm
@ Alfred Major; Seniors
@7.15pm, Braywick
Sat 3rdth: Seniors @ 9am from
Cricket Club
Sun 4th: Junior Park Run 2km

Race Results and information

COOKHAM JUNIOR MILE TRIAL, THURSDAY 24TH

There were some fine performances in the Junior Mile Trial at Alred Major this month. Harry Turner set a course record and Adam Gambrill improved by an impressive 54 seconds on his previous run. Maddie Bird also excelled by knocking off 47 seconds.

1. HARRY TURNER - 5:58 (PB BY 5 SECONDS; COURSE RECORD; FASTEST U15 BOY)
2. WILLIAM TAYLOR-WEST - 6:21 (U15 BOY)
3. SONNY LEWIS - 6:23 (U15 BOY)
4. IWAN HUGHES - 6:27 (U 11 BOY)
5. FRANK MCGRATH - 6:29 (U11 BOY; PB)
6. ADAM GAMBRILL - 6:45 (U13 BOY; PB BY 54 SECONDS)
7. SAM HAYES - 6:53 (U13 BOY)
8. JOSEPH HASLEHURST - 6:56 (U13 BOY)
9. EMILY TAYLOR WEST - 7:18 (U13 GIRL)
10. CAMERON BROWN - 7:34 (U 15 BOY; PB)
11. HENRY POWELL - 7:38 (UNDER 15 BOY)
12. MILLAN MISTRY - 7:41 (UNDER 13 BOY)
13. AMELIE HASLEHURST - 7:43 (UNDER 11 GIRL'S RECORD)
14. TAYLOR GIBSON - 7:48 (U11 BOY; PB)
15. JOSH DILLEY - 7:53 (U11BOY; PB)
16. LOTTIE FISHER - 7:58 (U13 GIRL; PB BY ONE SECOND)
17. BETH MURRAY - 8:03 (U13 GIRL)
18. DEVAN GIBSON - 8:06 (U11 GIRL)
19. EMILY FISHER - 8:10 (U15 GIRL; PB BY 17 SECONDS)
20. JESS DEVEREUX - 8:16 (U15 GIRL; PB BY 12 SECONDS)
21. ETHAN PHIPPS - 8:23 (U13 BOY)
22. AMELIE HAMILTON - 8:51 (U11 GIRL; PB)
23. MADDIE BIRD - 9:10 (U11 GIRL; PB BY 47 SECONDS)
24. CAITLIN MURRAY - 9:16 (U13 GIRL)
25. SARAH JOHNS - 9:21 (U13 GIRL)
26. HOLLY BIRD - 9:32 (U13 GIRL)
27. ISABEL PHIPPS - 11:11 (U11 GIRL; PB)
28. AYESHA BASHIR - 11:15 (U13; GIRL)
29. ALASTAIR KENTON - 11:29 (U15 BOY; PB)
30. LEENA BASHIR - 12:03 (U 11 GIRL)

Ridge Off-Roader

- **ADAM GAMBRILL, 12, headed to the Ridge Off-Roader event on Sunday April 27 where he took part in the Under 14 2km trail race. Adam ran really well to finish 3rd in 7:05. Well done Adam - all the hard training is paying off.**

Black Park 5km

- **GRADUATES of Paddy's latest Couch To 5km headed to Black Park for the Park Run on Saturday. All performed exceptionally well. Paddy's next course starts on May 24th so please spread the word if you know anyone who might be keen to take up the sport. Remember that Couch To 5km graduates now have the opportunity to join our Social Running group as the next step. Results below:**

Katie Slater 27:13 (U14)

Cathy Wanniaratchy 27:13

Jeanette Pietzsch

Tamsin Jones 35:40

Richard Williams 35:41