

# Cookham Running Club



NEWSLETTER Issue 26

May 10th 2014

## STAGE IS SET FOR COOKHAM DEBUT

THE ROUTE IS confirmed, the official starter is in place and the post-race menu is being prepared for the first official race we are staging as a club. As you may have read in the Advertiser, the Copas Partnership, headed by Tom and Brenda Copas, have been instrumental in helping us stage the race. It is being run on their land, they are providing the starter and have even offered a turkey hamper as prizes. We want our event to be the friendliest as well as the most picturesque and we are asking as many club members as possible to come and help or support on Tues May 20<sup>th</sup>. The race starts at 7.30pm, but help is needed before during and after the race. Get in touch with Peta, Sue or Gerry if you can lend a hand....

*A reminder that the Junior Mile Trial is on Thursday 15<sup>th</sup>. Harry Turner is the fastest and Adam Gambrill and Maddie Bird the most improved so far. But can you overtake them this week?*

## Training

Tues 13th: Juniors 5.30-6.30pm  
@ Alfred Major; Seniors  
7.15pm @ cricket club  
Thurs 15th: Junior Mile Trial  
5.30-6.30pm @ Alfred Major;  
Seniors @7.15pm, Braywick  
Sat 17<sup>th</sup>: Seniors @ 9am from  
Cricket Club

## **TVARC 5km, Wargrave, May 6th**

A FANTASTIC turnout of 18 runners braved the showers at Wargrave in the first fixture of the Thames Valley Association of Running Clubs (TVARC) Summer 5km Series last Tuesday. Star of the evening was Ibet who was first lady to finish in 19.36. Luis Hindman (15) took a break from revision to record a great time (21.04) with newcomer Steve Cottrell not far behind (21.46). Sarah Parfitt showed there was no tiredness in her legs after the marathon and there was a great return to racing by Kate Durham. It was good to see juniors Emily Fisher, Harry Cormack and Kieran Mistry turning out and giving some of the seniors a run for their money. In this series, juniors who are 13 before August 31<sup>st</sup> this year are able to take part, so let's get more out at our own event on the 20<sup>th</sup> when adults will be busy marshaling and making sandwiches.....

Ibet Allen	19.36
Luis Hindman	21.04
Steve Cottrell	21.46
Sarah Parfitt	24.12
Gerald Cooper	25.07
Steve Woodward	25.27
Kieran Mistry	25.33
Ed Wells-Cole	25.41
Emily Fisher	29.24
Tina Scanlon	30.19
Sue Gauld	30.20
Laurie Cormack	31.01
Helen Phillip	32.09
Kelli Dickinson	32.11
Kate Durham	32.27
Caroline Trowell	33.33
Harry Cormack	33.50
Fiona Coulter	34.56

## **News In Brief....**

- **On the Fastrax: due to our current kit supplier no longer making royal blue vests, we will now be using Fastrax to get our club kit. This Yorkshire-based company is well known in the running world and supplies many clubs. We are currently providing them with our club logo so that they can make our first batch of vests. They can also supply fleeces, waterproof jackets and a range of other products in our club colours. An email will be sent out once we have the green light to order. Since payment is made with order, you MUST pay in advance for club kit from now on please. Check out the Fastrax website at [fastrax-online.co.uk](http://fastrax-online.co.uk)**
- **Well done to Rachel Harding who completed the Milton Keynes marathon - her first - in 4:18. A brilliant performance**