

# Cookham Running Club



NEWSLETTER Issue 27

May 18th 2014

## We're On Our Marks, We're Set....

YOUR COMMITTEE has gone into overdrive in the past week as arrangements for our TVARC 5km on Tuesday (20<sup>th</sup>) hit a frenzied peak. Rotas have been drawn up, marshals appointed, shopping lists accomplished and sarnie-making duties set in place. We'd like to thank everyone who has helped us get to this point - especially Tom and Brenda Copas who've gone out of their way to make sure the course is ready for runners. Even if you are not on the list of helpers for Tuesday evening, please come and support the runners or even run yourself. We want Cookham's 5km to be the slickest, friendliest and best supported of the TVARC League. The race starts at 7.30pm. See you there!

*Remember that if you are not on the list of helpers, then you can run (provided you help us clear up after the race). Wear club colours and register at the start with Gerry. Bring your number if you have one already.*

## Training

Tues 20th: NO TRAINING!  
TVARC 5KM @COOKHAM  
Thurs 22nd: Juniors 5.30-  
6.30pm @ Alfred Major;  
Seniors @7.15pm, Braywick  
Sat 23rd: Seniors @ 9am from  
Cricket Club  
NO JUNIOR TRAINING  
DURING HALF TERM

## Junior Mile Trial Results May 15 2014, Alfred Major

1. Luis Hindman - 5.50 (Under 17 boy; COURSE RECORD)
2. William Taylor West - 5.59 (Under 15 boy; PB by 7 secs)
3. Sonny Lewis - 6.22 (Under 15 Boy; PB by 1 sec)
4. Frank McGrath - 6.29 (Under 11 boy; =PB)
5. Kieran Mistry - 6.30 (Under 15 Boy; PB)
6. Joseph Haslehurst - 6.30 (Under 13 Boy; PB by 7 secs)
7. Josh Giddings - 6.34 (Under 13 boy; PB by 23 secs)
8. Amalie Haslehurst - 7.04 (Under 11 Girl; PB by 39 secs)
9. Matt Covas - 7.06 (Under 15 Boy; PB)
10. Emily TW - 7.12 (Under 13 girl)
11. Lottie Fisher - 7.20 (Under 13 girl; PB by 38 secs)
12. Taylor Gibson - 7.22 (Under 11 boy; PB by 26 secs)
13. Devan Gibson - 7.32 (Under 11 girl; PB 34 secs)
14. Connor Barnes - 7.32 (Under 15 boy)
15. Josh Dilley - 7.57 (Under 11 boy)
16. Ethan Phipps - 8.04 (Under 13 boy; PB by 1 sec)
17. Beth Murray - 8.04 (Under 13 girl)
18. Hector - 8.13 (Under 11 boy; PB)
19. Emily Fisher - 8.26 (Under 15 girl)
20. Edward - 8.30 (Under 11 boy; PB)
21. Elicia Mercer - 8.34 (Under 11 girl; PB)
22. William Stubbings - 8.40 (Under 11 boy; PB)
23. Caitlin Murray - 9.03 (Under 13 girl)
24. Amalie Hamilton - 9.18 (Under 11 girl)
25. Sarah Johns - 9.19 (Under 13 girl)
26. Holly Bird - 9.21 (Under 13 girl)
27. Alastair Kenton - 9.52 (Under 15 boy; PB by 97 seconds)
28. Harry Cormack - 10.33 (Under 15 Boy; PB)
29. India Bamrah - 11.14 (Under 13 girl)
30. Izzy Phipps - 12.16 (Under 11 girl)
31. Ayesha Bashir - 12.28 (under 13 girl)
32. Leena Bashir - 12.37 (under 11 girl)
33. Emily St Lawrence - 12.45 (under 11 girl; PB)

Our junior members line up for the start of the monthly Junior Mile Trial at Alfred Major Recreation Ground (right)



## News In Brief....

- Reminder that there is NO training for juniors or seniors on Tuesday 20<sup>th</sup> due to the TVARC 5km. As Peta is away during half term, there will be no junior sessions May 27<sup>th</sup> or 29<sup>th</sup>, but there is training on Thursday May 22<sup>nd</sup>.
- There is a revision to the latest fixture schedule. The planned trip to the Bushy Park Junior Park Run 2km on June 1<sup>st</sup> will be postponed until the following month. Several runners will be heading to Savill Garden instead on June 1<sup>st</sup>, so a Teamer will be sent out. If you are not yet registered for the junior park run and want to run, please let Peta know this week.
- Welcome to Hector, Elicia, Edward, Emily and William who joined in the mile trial for the first time last week