

# Cookham Running Club



NEWSLETTER Issue 28

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## COOKHAM 5KM BILLED A RESOUNDING SUCCESS

The club's first attempt at staging a major race has been labelled a huge success by our own runners and those from other clubs. Tom and Brenda Copas, who allowed us access to their private land for the course, also praised the army of club volunteers for their impressive organisation and clearing up skills. Gerald Cooper, our chairman, thanked everyone who played their part either in helping or in running the event. Next up is the proposed Turkey Trot and Turkey Toddle open races in October, also to be held on Copas fields.

*A reminder that club vests must be ordered this week. We will not be doing another order before November and you will need a club top if you are going to compete in cross country leagues this Winter.*

## Training

Tues 2nd: Juniors 5.30-6.30pm  
@ Alfred Major; Seniors 7.15pm  
@ cricket club

Thurs 4th: Juniors 5.30-6.30pm  
@ Alfred Major; Seniors  
@ 7.15pm, Braywick

Sat 6th: Seniors @ 9am from  
Cricket Club

## RECENT RACE RESULTS

A TEAM of 12 runners from Cookham Running Club (pictured right) completed the longest relay of its kind in the UK by running 160 miles from Twickenham to Cardiff's Millennium Stadium last weekend. They completed the event in an impressive 25 hours and 11 minutes to finish 11<sup>th</sup> team overall, ahead of local rivals Purple Patch Runners and Maidenhead The team of runners was assisted along the course by Lisa Fletcher and the injured Kelli Dickinson. Well done to all who took part.



ELSEWHERE, twelve-year-old Adam Gambrell took his running shoes and Cookham vest on holiday and found himself competing in a 5km race. Adam has improved dramatically in the last few months and finished the event in Gozo in 24:40 - a personal best.

ONLY one Cookham Runner headed to the Savill Garden Junior Park run on Sunday, but Sarah Johns did the club proud. She finished in 13.05.

HALF TERM meant a depleted field turned out for the Club 5km Handicap on May 24<sup>th</sup>, but performances were not affected. In the Steve Woodward Senior Handicap, James Dickinson was first home in 22.46 closely followed by Steve Cottrell in 22.51. The James Nickels Junior Handicap was won by Emily Fisher who stormed home in 29.07. Fastest junior of the day was second placed Tom Giddings in 23.27. closely followed by Joseph Haslehurst and brother Josh Giddings. Lottie Fisher and Amelie Haselhurst also ran strongly.