

# Cookham Running Club



NEWSLETTER Issue 3

November 18, 2013

## Cookham Runners get back on track

There was a great turnout for the track session at Braywick, Maidenhead last Thursday...

Paddy McGrath, our UK Athletics level 2 endurance coach put ten seniors through their paces in the first of what are to be regular track sessions at 7.15pm. All seniors are welcome and, as we now have use of the track on that night, we will also be holding occasional junior sessions there too.

Intervals and reps on the track are a very important part of training if you want to get faster and fitter. And there's more exciting news to come. Work has started on the construction of an 8-lane synthetic track at Little Marlow. Cookham Running Club is looking to secure at least one night a week there. Watch this space...



The next Steve Woodward Club 5km handicap is on Wed 27 November. Details to follow ...

## Thanks!

A big thank you to all of the parents who have volunteered to help out with the junior sessions. We have had a fantastic response and Peta is drawing up a rota. Thanks also to Karen Walter (Ollie and Archie's mum) for kindly taking on the role of kit coordinator.

**Don't forget the Xmas party on Dec 14th**

## Berks, Bucks and Oxon

ON Saturday, a team of under 13 boys from the club headed to Buttersteep Forest, Bracknell to take part in the prestigious Berks, Bucks and Oxon cross country championship. This is a hotly contested event with several of the three counties' strongest teams taking part. **Freddie Yuill** was first home for Cookham in 32<sup>nd</sup> place (13.44) on the tough, boggy course, followed by **Sonny Lewis** in 38<sup>th</sup> (14.31) and **Tom Garner** in 40<sup>th</sup> (15.55). Overall, the team finished a highly creditable 6<sup>th</sup>, all the more pleasing given that two of our closest rivals - Maidenhead AC and Wycombe Phoenix - failed to field three scorers. Well done boys.

### Forthcoming Fixtures

**Wed 27<sup>th</sup>: Steve Woodward Handicap**

**Dec 1<sup>st</sup>: Junior Park Run, Windsor**

**Dec 7<sup>th</sup>: Chiltern League Cross Country, Milton Keynes**

**Dec 14<sup>th</sup>: Club Xmas handicap - all ages welcome**

**Dec 21<sup>st</sup>: Black Park Xmas Fancy Dress 5km- parents welcome!**



## Run, Shop, Drink...

**Cookham Runners are invited for an evening of retail and running therapy at Runner's Retreat in Marlow on November 26<sup>th</sup> at 7.30pm. Meet at the shop and Brian Bower will take us for a run followed by a private shopping experience with mulled wine....**



## This Week's training...

Please note that there is no junior session this Tuesday 19<sup>th</sup> as Peta is away.

**Tues 19<sup>th</sup>:** Senior hills at 7.15 (cricket club). No Junior session.

**Thursday 21<sup>st</sup>:** Senior track session, Braywick at 7.15pm

**Saturday 23<sup>rd</sup>:** No Under 11 session as Peta is away. Juniors aged 11 and over can meet the seniors for a gentle short, 5km run at the cricket club, 9am. Failing that, please try to get out for a 20 minute run over the weekend.