

# Cookham Running Club



NEWSLETTER Issue 30

June 15th 2014

## Personal Best Bonanza for Juniors and Senior Members

TEN MEMBERS turned out for the Black Park 5km Park Run on Saturday with great runs from Harry Turner (1<sup>st</sup> Junior) and Anna Slater (2<sup>nd</sup> senior woman), both just outside their best times. Behind them, no fewer than four juniors and one senior set PBs. Sonny Lewis battled with Anna to break the 22 minute barrier for the first time (21.59) with Tom Giddings (22.27), younger brother Josh (23.36) and Adam Gambrill (23.59) also having great runs. Senior member, Laurie Cormack, has improved with every race and did so again clocking 30.21 - almost four minutes faster than she ran three months ago. Well done also to Beth Murray (29.39), her mum Hayley (30.33) and Harry Cormack (35.48).

*Welcome to first timers: Immy Turner, Anabel Golding, Rosie Smith and Ollie Smith. We hope you enjoy running with us. Our junior membership is renewed in September and is likely to exceed 60 after the 1<sup>st</sup> year!*

## Training

Tues 17th: Juniors 5.30-6.30pm

@Alfred Major; Seniors 7.15pm

@ Cricket Club

Thurs 19th: Juniors 5.30-

6.30pm @ Alfred Major;

Seniors @7.15pm, Braywick

Sat 21st: Seniors 9am @ CC

## COOKHAM JUNIOR MILE TRIAL 4, 12/06/14

In the 4<sup>th</sup> of the Mile Trials at Alfred Major, no fewer than 20 juniors overcame the hot conditions to record their fastest times and 3 more equalled their personal bests. William Taylor West was first home, breaking 6 minutes for the second time and sister Emily just failed to break her own girls course record, even after racing on the track earlier in the day. There are two more Mile Trials to be run before the Summer break. Prizes are presented for the fastest in each age group and the fastest overall as well as the most improved. So far, Issy Phipps has chopped 96 seconds off her time and Alastair Kenton the most colossal improvement of 3 minutes and 1 second. The next Mile Trial is on July 17<sup>th</sup> and the final on July 31<sup>st</sup>.

1. WILLIAM TAYLOR-WEST 5.54 (UNDER 15 BOY; PB BY 5 SECS)
2. SONNY LEWIS (UNDER 15 BOY; PB BY 9 SECS)
3. IWAN HUGHES (UNDER 11 BOY; =PB)
4. FRANK MCGRATH (UNDER 11 BOY; PB BY 8 SECONDS)
5. ADAM GAMBRILL 6.34 (UNDER 13 BOY; PB BY 5 SECS)
6. JOSEPH HASLEHURST 6.37 (UNDER 13 BOY; =PB)
7. MATT COVUS 6.38 (UNDER 15 BOY; PB BY 28 SECS)
8. EMILY TAYLOR-WEST 6.41 (UNDER 13 GIRL)
9. CAMERON BROWN 6.51 (UNDER 15 BOY)
10. STAN YAZDI 7.04 (UNDER 15 BOY; 7.04)
11. AMELIE HASLEHURST 7.04 (UNDER 11 GIRL; 7.04 =PB)
12. TAYLOR GIBSON 7.18 (UNDER 11 BOY; PB BY 2 SECS)
13. JOSH DILLEY 7.20 (UNDER 11 BOY; PB BY 33 SECS)
14. GEORGIA TUKE 7.32 (UNDER 13 GIRL; PB)
15. BETH MURRAY 7.36 (UNDER 13 GIRL; PB BY 24 SECS)
16. ETHAN PHIPPS 7.44 (UNDER 13 BOY; PB BY 20 SECS)
17. EMILY FISHER 7.53 (UNDER 15 GIRL; PB BY 17 SECS)
18. MICHAEL SNELHAM 7.53 (UNDER 11 BOY; PB)
19. HECTOR DOWNES 8.10 (UNDER 11 BOY)
20. CAITLIN MURRAY 8.24 (UNDER 13 GIRL; PB BY 17 SECS)
21. ALASTAIR KENTON 8.28 (UNDER 15 BOY; PB BY 84 SECS)
22. ROSIE SMITH 8.39 (UNDER 13 GIRL; PB)
23. ANNABEL GOULDING 8.41 (UNDER 13 GIRL; PB)
24. SARAH JOHNS 9.07 (UNDER 13 GIRL; PB BY 12 SECS)
25. HARRY CORMACK 9.33 (UNDER 15 BOY; PB BY 60 SECS)
26. IMMY TURNER 9.58 (UNDER 13 GIRL; PB)
27. AYESHA BASHIR 10.00 (UNDER 13 GIRL; PB BY 60 SECS)
28. ISSY PHIPPS 10.40 (UNDER 11 GIRL; PB BY 96 SECS)
29. HOLLY BIRD 10.56 (UNDER 13 GIRL)
30. LEENA BASHIR 11.16 (UNDER 11 GIRL)
31. OLLIE SMITH 11.52 (UNDER 11 BOY)

GIRLS COURSE RECORD: EMILY TAYLOR-WEST (AGE 11) 6.40

BOYS COURSE RECORD: LUIS HINDMAN (AGE 14) 5.50