

Cookham Running Club



NEWSLETTER Issue 31

June 24th 2014

Juniors Head to Linford Christie Stadium, London

TWELVE of our juniors are heading to the Linford Christie Stadium, West London, on Saturday to take part in a min athletics competition organised by Thames Valley Harriers (Linford's old club). The meeting starts at 9am and Under 15 age group athletes can take part in 4 events from a range of jumps, throws, sprints and distance events on offer. It's a low-key meeting and we've been asked if parents can help out as much as possible. Please remember to bring your £2 entry fee. Peta can give 5 lifts and will leave the cricket club at 7.50am. Please let her know if you need a lift or will be going straight to the stadium in Du Cane Road, Hammersmith. There's a Park Run on there at 9am if seniors want to run!

Anyone intrested in attending a Self Protection for Women Runners course with Samurair Martial Arts, please let Peta know. Cost is £45 for the 4 hour course and well worth it given the recent Cookham attack

Training

Tues 24th: Juniors 5.30-6.30pm

NO SENIOR SESSION

Wed 25th: TVARC 5km @
Maidenhead

Thurs 26th: Juniors 5.30-6.30pm

@ Alfred Major; Seniors
@7.15pm, Braywick

Sat 21st: Juniors: Track Meeting
at Linford Christie; Seniors run
9am @ cricket club