

Cookham Running Club



NEWSLETTER Issue 32

June 29th 2014

Great Display By Cookham Juniors at TVH Open

ELEVEN Cookham Juniors headed to the Linford Christie Stadium in West London to take part in the Thames Valley Harriers open meeting on Saturday. Entrants could take part in up to four events and many opted for a throw and jump as races. Emily Fisher (U15) was fastest girl in the 300m with sister Lottie (U13) and Rosie Smith (U13) also running well in a downpour at the track. Alastair Kenton showed how much he has improved to take 2nd place in the 100m and 3rd in the 300m to Freddie and Max Yuill. Adam Gambrill and Georgia Tuke braved more rain in the 800m. Our youngest competitor was Michael Snelham (9) who had a busy day doing the long jump, sprints, 300m and shot putt. Well done all.

Our U14 juniors are heading to Bushy Park West London, on Sunday 6th July to take part in the country's largest Junior Park Run 2km. Leaving cricket club at 10.15am prompt. Please reply on Teamer asap....

Training

Tues July 1st: No Junior Training session; Seniors and age 12+ TVARC 5km, Marlow
Thurs 3rd: Juniors 5.30-6.30pm @ Alfred Major; NO SENIOR SESSION (PADDY AWAY)
Sat 5th: Club Handicap 5km at The Crown, 9am
Sun 6th: Junior Park Run 2km @ Bushy Park, 11am

News In Brief....

- **The next race in the TVARC 5km series is re-scheduled for Tuesday. We will meet at the cricket club at 6.30pm for those who prefer to car share**
- **Results of the Maidenhead TVARC race last Wednesday are not yet in, but there were a lot of PBs, especially among the runners who attend Paddy's track sessions. Well done to Ibet who won the women's race for the second time.**
- **The date for our first open race, The Cookham Turkey Trot is set for October 12th 2014! Please mark the date in your diaries.**

RESULTS - TVH OPEN MEETING, WEST LONDON

(Not all results available)

100 metres:

Alastair Kenton - 15.9

Sonny Lewis - 17.3

300m:

Freddie Yuill - 49.3

Max Yuill - 52.4

Alastair Kenton - 54.2

Emily Fisher - 59.5

Tom Giddings - 60.3

Sarah Johns - 61.1

Lottie Fisher - 62.83

Rosie Smith - 64.02

Michael Snelham - 70.2

800 metres (left)

Adam Gambrell - 2.59

Georgia Tuke - 3.04



Left, Runners line up for the 800 metre event in a heavy downpour at the Linford Christie Stadium, West London on Saturday