

Cookham Running Club



NEWSLETTER Issue 33

July 6 2014

Club Records Fall in Fantastic Fortnight

THREE RACES over two weeks produced countless personal best times (PBs) and no fewer than seven new club records. Ibet Allen continued her fine form in the TVARC series with a win and PB that was a new club record in Maidenhead and another win at Marlow. Rachel Brennan set a new FV50 club record in Maidenhead where she ran with Emily Fisher who set a FJ Under 15 club record and then Rachel broke her own record in the next race. Gary Knight and Steve Woodward broke their own MV40 and MV60 records in Marlow. At the junior Park Run Frank McGrath (9) set a club MJ U11 and U13 record and Emily Taylor West set an FJ U13 record. Amelie Haslehurst set a new FJ Under 11 club record.

The next TVARC 5km for seniors and U15s is on Tuesday in Wycombe. Under 11 and Under13 juniors are heading to the new track at Little Marlow at 5.30pm. Please let Peta know if you need a lift - or see you there.

Training

Tues July 8th: Juniors 5.30-6.30pm @ Little Marlow Track; Seniors and age 12+ TVARC 5km, Wycombe

Thurs July 10th Juniors 5.30-6.30pm @ Alfred Major; Seniors 7.15pm @ Alfred Major

Sat 11th: Run from cricket club for seniors @9am

Junior Park Run 2km, Savill Garden; July 6th

1st Harry Turner 7.22

3rd Frank McGrath 8.02 (PB; Club Record
U11/U13 Boys)

5th Adam Gambrill 8.06 (PB)

8th Joseph Haslehurst 8.26 (PB)

11th Emily Taylor West 8.34 (PB; Club Record
U13 Girls)

31st Beth Murray 9.30

34th Amelie Haslehurst 9.45 (PB; Club Record
U11 Girls)

35th Alastair Kenton 9.50 (PB by 3mins)

53rd Caitlin Murray 11.12

93rd Ayesha Bashmir 13.42

103rd Leena Bashmir 15.30

Maidenhead TVARC 5km

Ibet Allen 19.30 (1st FS) Club
Record

Harry Turner 20.06 (1st JM)

Anna Slater 20.37 (4th FS)

James Dickinson 20.39

Luis Hindman 20.56 (3rd JM)

Bridget King 21.06

Steve Cottrell 21.19

Sarah Walker 22.23

Peta Bee 23.34 (4th FV40)

Rachel Harding 23.37 (5th FV40)

Connor Barnes 24.32

Dave Tindal 25.39

Ed Wells-Cole 25.12

Rachel Brennan 26.52 FV50 Club
Record

Emily Fisher 26.53 FJ U15 Club
Record

Tina Scanlon 29.46

Sasha Davies 31.59

TVARC MARLOW RESULTS

IBET ALLEN 19.34 (1ST FS)

GARY KNIGHT 19.37 (7TH MV40; CLUB RECORD MV40)

JAMES DICKINSON 20.07

JOHN ASHWORTH 20.14

SONNY LEWIS 20.16 (PB, 2ND MJ)

HARRY TURNER 20.21 (3RD MJ)

STEVE COTTRELL 21.13 (8TH MV50)

SARAH WALKER 21.54 (PB; 6TH FS)

ADAM BURKE 22.28

KIERAN MISTRY 22.43 (6TH MJ)

CONNOR BARNES 23.39 (PB; 8TH MJ)

HELEN KRAG 24.18 (4TH FV40)

ED WELLS-COLE 24.34

GERALD COOPER 25.18

STEVE WOODWARD 25.20 (10TH MV60)

RACHEL BRENNAN 26.20 (CLUB
RECORD FV50)

CAROL MONTGOMERY 26.25

SUE GAULD 27.53

LIZELLE FOURACRE 27.58

LAURIE CORMACK 29.59 (PB)

HARRY CORMACK (32.45 (PB)

FIONA COULTER 32.51

KELLI DICKINSON 33.22