

# Cookham Running Club



NEWSLETTER Issue 34

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## Club Runners Take First Strides on New Track

OUR JUNIOR members completed their first session on the fantastic new track at Little Marlow on Tuesday. Around 25 club members (and several newcomers) turned up to test the impressive-looking green surface that is part of a £40 million sports re-development plan by Bucks County Council. Our chairman, Gerald Cooper, conformed this week that he has successfully negotiated an ongoing agreement that our club can use the venue exclusively on Tuesdays 5-7pm. Coaches Paddy McGrath and Peta Bee will be there during those times and welcome all members to come down and join in. "It's a brilliant facility," says Paddy. "We are very lucky to have it on our doorstep." Continued .....

### This Week

Tues July 15th: Juniors  
5.30-6.30pm @ Little  
Marlow Track; Seniors and  
age 13+ TVARC 5km,  
Datchet

Thurs July 17th Junior Mile  
Trial 5, 5.30-6.30pm @  
Alfred Major; Seniors  
7.15pm @ Alfred Major

Sat 19th: Group runs for all  
seniors and juniors who run  
5km in 25mins or faster  
from cricket club @ 9am

## Make Sure You Know Your Track Etiquette!

In order to ensure everyone's safety while using the track, we kindly ask athletes to strictly observe the following club track rules:

- NEVER go onto the track without STOPPING & LOOKING in BOTH directions!
- ALWAYS check before going near the THROWING and JUMPING areas.
- AVOID THE INSIDE THREE LANES of the track during warm up and cool down
- NEVER stand on the track when you are not running
- NEVER set off to run a rep or stride around the track if you can see a faster group or athlete coming towards you - wait until they have passed!
- When you have just finished a rep or stride don't just stop on the track - move out of the way
- If you hear someone shout "TRACK!" it means someone is approaching you at speed, so step aside quickly.
- PARENTS / CARERS please do not stand on the track. Please stand outside the barrier near or in the high jump area. The coaches will be happy to chat to you when the session is over. and they are outside the track.

## Handy Cross TVARC 5km

Another great turnout with huge improvements by Kelli Dickinson and Adam Burke on their comebacks. Connor Barnes was just outside his PB as 4<sup>th</sup> junior and Carol Montgomery missed the FV50 club record by a few seconds. Well done to Alex and Sian Tindal in their first race for the club. Next TVARC on Tuesday at Datchet, 7.30pm.

James Dickinson 20.26  
John Ashworth 20.50 MV40  
Adam Burke 21.09  
Steve Cottrell 21.13 MV50  
Connor Barnes 23.41 (4<sup>th</sup> MJ)  
Matt Ashworth 24.05 (5<sup>th</sup> MJ)  
Alex Tindal 24.21 (6<sup>th</sup> MJ)  
Dave Tindal 25.03 MV40  
Carol Montgomery 26.21 FV50  
Sian Tindal 29.36 FV40  
Kelli Dickinson 32.52  
Fiona Coulter 33.10

## NEWS IN BRIEF

- Entries for our club event, the Cookham Copas Turkey Trot 5 mile and Junior Trot 1 mile races, are now open! Visit the club website [www.cokhamrunningclub.com](http://www.cokhamrunningclub.com) for details and make sure to spread the news to friends and family.
- Remember to buy the August issue of Runner's World. It features a 6 page interview and half marathon schedules by Cookham RC's own coach, Paddy McGrath! Paddy's also listed as 'expert coach' alongside leading Olympians.
- Thursday is the 5<sup>th</sup> of the Junior Mile Trial events in Alfred Major. These have proven such a success that we are now going to have to issue numbers for all athletes to make results processing easier. PLEASE MAKE SURE YOU KEEP YOUR WATERPROOF NUMBER FOR ALL MILE TRIAL EVENTS. Replacement numbers will be cost £2. The final Summer Mile Trial will be on July 31<sup>st</sup>, just before the training break. However, we will continue to hold them during the Autumn, probably on Saturday mornings.
- A reminder that the final TVARC 5km race is on Tuesday in Datchet - a lovely flat course. Please try and join us for a record club turnout.