

Cookham Running Club



NEWSLETTER Issue 4

November 25, 2013

Mud, sweat, but (we hope)no tears!

On your marks for the next Chiltern League on December 7th in Milton Keynes

We have two weeks before the next Chiltern League Cross Country race in Milton Keynes and we need as many people out as possible for the event. As one of the biggest Winter running leagues in the country, it is definitely a high quality event, but guaranteed to get you stronger and faster for the road and track come Spring. Local races will seem so much easier if you have pitted yourself against some of the strongest runners in the UK at these events. Cross country is not about times and is running's only real opportunity to be part of a team. *And remember: Dead last is better than did not finish which is always better than did not start!*



Top tip:
Don't run
with a
bottle.
Physios
claim it
gives you a
stiff neck!

On Track

Seniors - do not forget Paddy's track sessions on Thursday evenings at 7.15pm, Braywick. There has been a good turnout so far with a real mixture of graduates from the 5km scheme to experienced runners. Remember it is speed work that gets you fitter and faster.

**Don't forget Runners'
Retreat on Tues, 7.30**

If you go down to the woods on Saturday...

Since we have no races scheduled for this weekend, it means there is plenty of time for some good training. On Saturday, the juniors will be doing a fun Fartlek session in the woods and seniors are welcome to join in. Fartlek is a Swedish term for 'speed play' and there will be lots of surprises on route. Please meet at the cricket club at 9am and we'll have a nice steady warm-up. Here's what else is on this week:

This week's training:

Tues 26th: Juniors 5.30pm; Seniors 7.15pm (cricket club)

Thurs 28th: Senior track session, Braywick @ 7.15pm

Sat 30th: Juniors and Seniors meet at 9am (cricket club)

Sun 1st: Junior Park Run, Savill Garden



Social Events!

With the festive season almost upon us, here's a reminder of when we are holding our various social events:

Dec 14th (day): Club handicap - venue tbc

Dec 14th (eve): Senior Party

Dec 21st: Black Park 5km (all ages and parents) in fancy dress



Tuesday Rota - Juniors

Thanks for your all the offers of help. Below is a rota up to Christmas - although obviously not set in stone. And if you fancy coming along anyway, we always need more help!

26/11: Pete Murray and Louise Turner

03/12: Shirley Deegan and Laurie Cormack

10/12: Karen Devereux and Pete Murray

17/12: Shirley Deegan and Louise Turner