

# Cookham Running Club



NEWSLETTER Issue 40

August 31st 2014

## Welcome Back for Autumn

Welcome to the first weekly newsletter of the Autumn/Winter season. And an extra-special welcome to all of our new members. We have a busy few months ahead with our own event, the **Cookham Turkey Trot and Junior Trot** on October 12<sup>th</sup> (please don't forget to enter via the club website). Our main Winter goal is to well in the **Chiltern Cross Country League** which kicks off on October 11<sup>th</sup> at Watford. It's open to juniors and seniors from U11 (must be 9 before today's date) to veteran age groups. We also hope to enter the senior **TVARC Winter XC League** and have many junior and senior **Park Runs**, club handicap races and open meetings to keep us busy. **For juniors, training starts on Tuesday at the track.**

*A kit order will be placed on Friday 5<sup>th</sup>. Please let Peta know asap if you need anything (form attached to email) and transfer payment to the club account. Club backpacks (min order 10) available for £15*

## Training

Tues 2nd: Juniors 5.30-6.45pm

@ Little Marlow; Seniors  
7.15pm from cricket club

Thurs 4<sup>th</sup>: Juniors 5.30-6.30pm

@ Alfred Major; Seniors  
7.15pm, Alfred Major

Sat 6<sup>th</sup>: Seniors run 8 or 9am @  
cricket club

Sun 7<sup>th</sup>: Maidenhead half and  
junior mile races