


Cookham Running Club

NEWSLETTER Issue 41

September 7 2014

Sonny Lewis Takes Victory at Junior Parkrun

SONNY LEWIS, 13, stormed to victory in the Junior Park Run 2km on Sunday with a personal best time of 7.45. He led home a field of 140 with 13 Cookham RC juniors taking part. Sonny's time places him 3rd on the club's all-time list, just behind William Taylor-West and Harry Turner. **Adam Gambrill** continues to improve with every race, setting another PB in 5th place and Taylor Gibson (9) smashed his best time with an impressive 8.49. Well done also to Scarlet Bennett who ran her personal best in 50th place.

This Week

Tues Sept 9: Juniors 5.30-6.45pm @ Little Marlow Track; Seniors 7.15pm @ cricket club

Thurs July 11th Juniors 5.30-6.30pm @ Alfred Major Rec; Seniors - Paddy's session @ 7.15pm, Alfred Major

Sat 13th: 5km Park Run for all aged 12 and over, Black Park @ 9am

Club well represented at Maidenhead ½ Marathon

There was a small turnout of Cookham Runners in today's Maidenhead Half Marathon, but two out of four representatives set new course records. First home for the club was **Gary Knight** who stormed home in 1:31.52.8 to set a new Men's and V40 club record. **Steve Cotterell** was not far behind in setting a new V50 men's record of 1:37.15.9 and **James Dickinson** ran strongly to beat his previous best time in 1:41.00.9. Our only female representative was **Natalie Franklin** who ran exceptionally well to record 1:44.53.2. They were cheered on by an army of Cookham RC marshals: Sue Gauld, Sarah Parfitt, Kelli Dickinson, Peta Bee, Gerald Cooper and Lisa Fletcher. Well done everyone.

Junior Park Run @ Savill Garden, September 7th

1. Sonny Lewis 7.45 (PB)
5. Adam Gambrill 8.00 (PB)
11. Kieran Mistry 8.13 (1st)
14. Taylor Gibson 8.49 (PB)
16. Henry Bennett 8.52 (1st)
26. Emily Roberts 9.15
40. Lottie Fisher 10.08
42. Devan Gibson 10.17
47. Beth Murray 10.31
50. Scarlet Bennett 10.38 (PB)
57. Emily Fisher 10.55
59. Caitlin Murray 11.05
82. Michael Snelham 12.42

NEWS IN BRIEF

- Entries for our club event, the Cookham Copas Turkey Trot 5 mile and Junior Trot 1 mile races, are filling up fast! Visit the club website www.cokhamrunningclub.com for details and make sure to spread the news to friends and family.
- A reminder to any parents who haven't yet paid their subscription - please can you transfer the subs to the club account asap so that we can register children with England Athletics
- Runner's Retreat will be coming along to Litte Marlow track on Tuesday at 6.45pm with a selection of cross country/track spikes and other gear at a discount for our members. Please remember to bring your cheque books!
- A big thank you to all of the parents who have volunteered to put their names on the Winter Rota of helpers. As you all know, the street light situation in Cookham is far from ideal for running making it essential for us to have all hands on deck on Thursday evenings.
- Latest club kit orders have been placed and are expected in a couple of weeks. Next order will be pre-Christmas.