

Cookham Running Club



NEWSLETTER Issue 42

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PLENTY OF PBs BY COOKHAM RUNNERS

SEVERAL Cookham Runners were in action over the weekend and produced Personal Best (PBs) galore. At the Black Park 5km ParkRun, **Adam Gambrill** continued to improve (21.41) and has now knocked over 2 mins off his time since June. **Harry Cormack** also ran a PB (31.40), making his improvement a staggering 5 mins since this time last year. **Joseph Haslehurst** (24.59) and **Laurie Cormack** (30.25) were only seconds outside their fastest times. Well Done.

This Week

Tues Sept 16: Juniors 5.30-6.45pm @ Little Marlow Track; Seniors 7.15pm @ cricket club

Thurs July 18th Juniors 5.30-6.15pm @ Alfred Major Rec - MILE TRIAL; Seniors - Paddy's session @ 7.15pm, Alfred Major

Sat 20th: 8.30am long run from CC; 9am steady run from CC for seniors and all but Under 11 age group

Woodward Wows in Stockholm Half-Marathon at Weekend



Congratulations to club member **Steve Woodward** (pictured above) who completed his first half-marathon in Stockholm in an impressive 2:08.04, setting a new club MV60 record in the process. Steve, who only took up running last year, says he was pleased with “the atmosphere, the experience and the result” and added “Bring on the next one!”

Bring on the Mud !

This year’s Chiltern League Fixtures for juniors and seniors are as follows. Please mark in your diaries. Lifts will be available.

Times

11.30 U11 girls; 11.45 under 11 boys; 12.00 U13 G; 12.15 U13 B; 12.45 U15 B; 13.15 senior ladies; 13.40 U17 men, 14.00 senior men.

Venues:

Oct 11: Watford

Nov 8: Bedford

Dec 6: Luton

Jan 10: Milton Keynes (Campbell Park)

Feb 7: Milton Keynes (Teardrop Lake)

NEWS IN BRIEF

- We had a complaint from Purple Patch Runners after last week’s track session that a couple of juniors stepped onto the track without looking and while wearing headphones. One caused a serious collision and injury. Please be reminded that headphones are not permitted on the track and, for safety reasons, we don’t recommend on the roads either.
- Any members who are interested in qualifying as coaches/assistant coaches, please let one of the committee know. We have some backing from the RBWM to put members through basic courses.
- Some members have yet to experience the carnival atmosphere that is cross country. Last year we were very new to the Apex Chiltern League (our junior section is a only year old in October), but this year we are ready to take them on. The club is investing in a royal blue ‘gazebo’ (with walls) to position in the tented ‘athletes’ village’ near the start of the races and, of course, we have our club flag to display. Junior members from other clubs go a step further, wearing face paints and hair toggles in club colours - so get sourcing the royal blue and white accessories in time for October 11th!