

Cookham Running Club



NEWSLETTER Issue 43

September 22nd 2014

TURKEY TROT NEEDS HELPERS & RUNNERS

We are gearing up for the club's first open race, the Cookham Copas Turkey Trot, that takes place on October 12th. Despite the committee's best efforts, entries are still on the low side, so we are asking all members to help publicise the event.

Entries for the junior mile races MUST be made in advance, so any juniors who want to run but haven't yet entered should do so as soon as possible. Details of all the races are on the club website

www.cookhamrunningclub.com. We also need marshals on the day so let us know!

This Week

Tues Sept 23: Juniors 5.30-6.45pm @ Little Marlow Track; Seniors 7.15pm @ cricket club

Thurs July 25: Juniors 6.00-6.45pm @ cricket club; Seniors - Paddy's session @ 7.00pm, Alfred Major

Sat 27: 8.30am long run from CC; 9am steady run from CC for seniors and all but Under 11 age group

Fine times in Mile Trial

1. SONNY LEWIS (U15B) 5.42 (pb by 23 secs)
2. ADAM GAMBRILL (U13B) 5.44 (pb by 17 secs; under 13 boys' rec)
3. ELLIOT LOWE (U13 BOY) 6.06 (1st timer)
4. FRANK McGRATH (U 11 BOY) 6.21
5. ALEX BATE (U11 BOY) 6.25 (pb)
6. STAN YAZDI (U13 BOY) 6.47
7. JOSH GIDDINGS (U13 BOY) 6.52
8. HENRY BENNETT (U13 BOY) (1st timer)
9. JOSH DILLEY (U11B) 7.05 (pb by 15 secs)
10. AMELIE HASLEHURST (U11 GIRL) 7.24
11. DEVAN GIBSON (U11 GIRL) 7.26
12. CLAUDIA KERRY (U11 GIRL) 7.31
13. LOTTIE FISHER (U13 GIRL) 7.40
14. BETH MURRAY (U13 GIRL) 7.54
15. TAYLER (U13 GIRL) 8.32
16. KATE (U13 GIRL) 8.32
17. BEN ROBERTS (U11 BOY) 8.45 (1st timer)
18. MICHAEL SNELHAM (U11 BOY) 8.46
19. HOLLY BIRD (U13 G) 8.50 (pb by 20 secs)
20. CAITLIN MURRAY (U13 GIRL) 9.08
21. KIERA ANDERSON (U11 GIRL) 9.09
22. AMELIE HAMILTON (U11 GIRL) 9.12
23. ISSY PHIPPS (U11 G) 9.39 (pb by 17 secs)
24. TAYAB BASHIR (U11 BOY) 10.01 (1st timer)
25. LEENA BASHIR (U11 GIRL) 10.06
26. AYESHA BASHIR (U13 GIRL) 10.51
27. EMILY ST LAWRENCE (U11 GIRL) 11.04

Dark Nights Coming

Nights are getting darker and, as many will know, running in Cookham requires some forward planning in the Winter months.

For safety reasons we are insisting that all juniors wear reflective bibs or jackets on dark Thursday evenings (available very cheaply from Decathlon and Sports Direct). Headlights are optional, but can be useful.

Our senior Thursday sessions will soon be moving away from Alfred Major to Braywick.

NEWS IN BRIEF

- **PLEASE NOTE:** Junior Thursday sessions will be from 6-6.45pm from this week. And we will meet at the Cookham Dean Cricket Club car park, in Wyteladyes Lane, NOT at Alfred Major. Pick up will be from the same venue.
- Could any senior runners who wish to compete in ANY of the Chiltern Cross Country Leagues this year please let Peta know asap so that she can register your name and assign you a number. Thanks!
- In conjunction with Sport England and the RBWM, Cookham RC is running a series of beginners' running programmes after school drop-off. The first starts at Holy Trinity on October 8th, the second in the New Year at Cookham Rise. Please spread the word as we get funded coaching courses in return for holding these.
- Kit delivery is expected this week. **PLEASE MAKE SURE THAT YOU HAVE PRE-PAID FOR ANY KIT ORDERED.** We rely on your honesty and prompt payment to ensure the club's funds are not left short.
- Juniors - please make sure you're available for the Chiltern League Oct 11!