

# Cookham Running Club



NEWSLETTER Issue 44

September 28th 2014

## Busy Weekend for Cookham Runners at the Races

Running 13.1 miles in 25 degree heat was never going to be easy, but they were the conditions facing intrepid Cookham Runners at the Windsor Half Marathon on Sunday. Not that Sarah Walker, Anna Slater, Helen O'Donnell or Jame Dickinson were daunted by the searing temperatures and hills. All completed the course in under 2 hrs. Bridget King put in a fine run in the recent Wooburn 10km, also renowned for its killer hill, finishing 4<sup>th</sup> in a speedy 45.23. next up is the Chiltern XC and our very own Turkey Trot.....

### This Week

Tues Sept 30: Juniors 5.30-6.30pm @ Little Marlow Track; Seniors 7.15pm @ cricket club

Thurs Oct 2: Juniors 6.00-6.45pm @ cricket club; Seniors - Paddy's session @ 7.00pm, Braywick

Sat 4: 8.30am long run from CC; 9am varied runs from CC

Sun 5: Junior ParkRun, 9.30sm

From left: Sarah Walker, Helen O'Donnell and Anna Slater after the Windsor Half Marathon on Sunday



## NEWS IN BRIEF

- REMINDER! Junior sessions on Thursdays are now at 6-6.45pm from the cricket club. It's compulsory to wear reflective clothing as the nights get darker - Cookham is VERY poorly lit
- TEAMER ALERT: Please remember to reply to Teamer alerts for races. This is particularly important for events like the Chiltern League when we have to make team declarations before the race
- PADDY'S SESSIONS: Senior sessions with Paddy are going to be held every 2<sup>nd</sup> week from this week at Braywick Track. We will be introducing a Teamer Alert for this. If fewer than 5 people respond with a yes, the session will not go ahead.
- KIT: Next kit order will be made in November,. Please get requests to Peta before then
- RACES: A message to juniors, but equally relevant to seniors. Training to train is pointless. All of our training sessions are carefully planned to ensure you are ready to RACE. "You train to keep your weight down, but you must