

Cookham Running Club



NEWSLETTER Issue 44

October 5 28th 2014

HARD TRAINING PAYS OFF AT PARK RUN

ELEVEN Cookham juniors headed to Savill Garden on Sunday to test their speed in the Junior 2km ParkRun and came away with no fewer than 8 personal best times. Most improved was Amelie Hamilton, who sliced 57 seconds of her PB, Georgia Tuke (44 seconds) and Devan Gibson (39 seconds). In his first race for Cookham, Elliot Lowe stormed to 2nd place and dipped under the 8 minute barrier while Henry Bennett crossed the line in 7th place clocking 8.34, a personal best by 18 seconds. Well done all.

This Week

Tues Oct 7: Juniors 5.30-6.30pm @ Little Marlow Track; Seniors 7.15pm @ cricket club

Thurs Oct 9: Juniors 6.00-6.45pm @ cricket club; Seniors - Track session @ 7.00pm, Braywick

Sat 11: Chiltern League XC @ Watford; 8.30am long run from CC; 9am steady run from

Sun 12: TURKEY TROT

Junior ParkRun Results

- 2. Elliot Lowe - 7.55 (1st timer)
- 7. Henry Bennett - 8.34 (PB by 18 secs)
- 8. Georgia Tuke - 8.44 (PB by 44 secs)
- 14. Emily Roberts - 9.13
- 17. Devan Gibson 9.19 (pb by 39 secs)
- 28. Aggie Challis 10.02 (1st timer)
- 29. Claudia Kerry 10.03
- 33. Amelie Haslehurst 10.08
- 36. Amelie Hamilton 10.19 (PB by 57 secs)
- 43. Scarlet Bennett 10.46
- 55. Kelsey Gibson 11.38 (1st timer)

Peta's X-Country Tips

- Club vests are compulsory. We have spares, so please let Peta know if you want to borrow one.
- Bring 4 safety pins
- Warm up thoroughly and head to the line 5 mins before the start
- Start fast - but not too fast!
- Work hard up hills. If you pass someone up a hill they are unlikely to pass you back.
- If you are tired, then so is everyone else. Don't give up. Be the best YOU can be!

NEWS IN BRIEF

- PLEASE keep spreading the word about the Turkey Trot this week. We are hoping to get lots more entries in the lead-up to the race and on the day
- HOODIES AND JACKETS: We are placing an extra order of hoodies and jackets this week. Both are very good value and the rain-jacket is ideal for Winter nights. Please let Peta know asap if you'd like on.
- SANTA RUN: This year's Santa Run on December 4th in Marlow will be the last UK race for one of Cookham Running Club's most loyal members, Ibet Stanely. Ibet and her family are moving to California. If you would like to join us in saying farewell at the race, please let Gerry or Peta know
- Please remember to reply to Teamer for races when the invites are sent out. It makes administration so much easier. You can always change your mind by clicking 'no' nearer to the event.
- We have a great turnout for the Chiltern Cross Country League on Saturday. Please remember that seniors are welcome to run in any of the 5 races and we have registered everyone for the event. The more people who run, the more points for the club!