

# Cookham Running Club



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## TURKEY TROT A GOBBLING SUCCESS

MONTHS OF preparation by race director Carol Montgomery and her team produced a resounding success in the form of the Cookham Copas Turkey Trot on Sunday. Over 100 runners ploughed through mud and up hills to finish the tough course with our own Anna Slater grabbing a turkey as first woman home. The men's race was won by Graham Williams, 39, who is joining the club.. Harry Turner was second Under 15 Junior and Frank McGrath 2<sup>nd</sup> Under 12 Junior over the fast one mile course. Results to be produced shortly.

### **This Week**

Tues Oct 14: Juniors 5.30-6.30pm @ Little Marlow Track; Seniors 7.15pm @ cricket club

Thurs Oct 16: Juniors 6.00-6.45pm @ cricket club; Seniors - Track session @ 7.00pm, Braywick

Sat 18: Juniors U13/U15 SEAA XC Relays @ Wormwood Scrubs; Club Handicap @ the Crown

## Chiltern XC, Watford

Many of our juniors had a race-packed weekend. Stars of the day were the Under 11 teams who excelled with both boys and girls trouncing local rivals Maidenhead AC and Wycombe Phoenix and the boys finishing only a few points adrift of Windsor, Slough, Eton and Hounslow AC. Emily Taaylor-West ran out of her skin to finish in 42<sup>nd</sup> position in the Under 13 Girls race while Iwan Hughes (12<sup>th</sup>) and Amelie Haslehurst was 22<sup>nd</sup> were the top finishers of the day for Cookham. Results on the right.

### STEVE SPEEDS TO MARATHON SUCCESS

STEVE COTTRELL recorded another club MV50 record with a superb run in the Chester Marathon recently, his fifth attempt at the distance and a few minutes off his PB. With a time of 3:35.55, Steve's time places him second on the club male record list. But why Chester? "I chose the course because it's rated by Runners World as the UK's number one marathon," Steve says. "It starts from Chester racecourse and heads out into the beautiful Cheshire countryside. I also remember it being advertised as a flat course but it definitely isn't, there are some significant hills, especially towards the end." Steve says he definitely recommends the race if you fancy running 26.2 miles. "It's great if you just want to run without all the razzmatazz of a London marathon," he says. "The hills in the second half took their toll though."

## Chiltern Results

For older groups, number in brackets = pos in Div 2

### Under 11 Girls

Winner: 7.37; 83 finishers  
22<sup>nd</sup> - Amelie Haslehurst 8.21  
36<sup>th</sup> - Daisy Booth 8.51  
37<sup>th</sup> - Emily Roberts 8.52  
47<sup>th</sup> - Devan Gibson 9.08  
54<sup>th</sup> - Aggie Challis 9.17  
61<sup>st</sup> - Ariel Specktor 9.26  
66<sup>th</sup> - Amelie Hamilton 9.40  
68<sup>th</sup> - Niamh Griffin 9.52  
8<sup>th</sup> team Overall

### Under 11 Boys

Winner: 6.56; 83 finishers  
12<sup>th</sup> - Iwan Hughes 7.26  
27<sup>th</sup> - Alex Bate 7.47  
30<sup>th</sup> - Frank McGrath 7.50  
58<sup>th</sup> - Taylor Gibson 8.25  
64<sup>th</sup> - Josh Dilley 8.33  
83<sup>rd</sup> - Michael Snelham  
4<sup>th</sup> team Overall

### Under 13 Girls

Winner: 9.28; 121 finishers  
42<sup>nd</sup> - Emily Taylor-West 11.10 (9<sup>th</sup>)  
92<sup>nd</sup> - Beth Murray 12.32 (18<sup>th</sup>)  
119<sup>th</sup> - Caitlin Murray 15.05 (28<sup>th</sup>)  
120<sup>th</sup> - Holly Bird 17.35 (29<sup>th</sup>)  
4<sup>th</sup> Team Div 2

### Under 13 Boys

Winner: 9.04; 100 finishers  
66<sup>th</sup> - Elliot Lowe 11.03 (17<sup>th</sup>)  
72<sup>nd</sup> Stan Yazdi 11.12 (18<sup>th</sup>)  
85<sup>th</sup> Henry Bennett 11.31 (23<sup>rd</sup>)  
88<sup>th</sup> Ben Coombs 11.38 (24<sup>th</sup>)  
7<sup>th</sup> team Div 2

### Under 15 Boys

Winner: 17.26; 77 finishers  
59<sup>th</sup> Sonny Lewis 21.52 (12<sup>th</sup>)  
62<sup>nd</sup> Freddie Yuill 22.14 (13<sup>th</sup>)  
70<sup>th</sup> Max Yuill 23.32 (15<sup>th</sup>)  
77<sup>th</sup> Tyler Jones 26.39 (18<sup>th</sup>)