

# Cookham Running Club



NEWSLETTER Issue 47

October 20th 2014

## Cookham race in their first SEAA Championship

THREE junior teams headed to Wormwood Scrubs in West London to compete in the South of England Athletics Association (SEAA) cross country relay champs. With teams from as far away as Devon and Suffolk, the U13 Girls and Boys performed exceptionally well. Our Under 15 boys also put in a valiant effort. All three teams ran the same distance (2km) over the same course with Elliot Lowe the fastest of our boys and Emily Taylor-West recording 45<sup>th</sup> fastest time out of close to 130 runners.

### **This Week**

Tues Sept 30: Juniors 5.45-6.30pm @ Little Marlow Track; Seniors 7.15pm @ cricket club

Thurs Oct 2: Juniors 6.00-6.45pm @ cricket club; NO PADDY SESSION FOR SENIORS

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

From left: Georgia Tuke, Emily Taylor-West and Devan Gibson



### **SEAA XC Relays, October 18 2014 (All 3 x 2km) @ Wormwood Scrubs**

#### **Under 13 Girls**

Emily TaylorWest 8.30  
Devan Gibson 9.46  
Georgia Tuke 9.27

#### **Under 13 Boys**

Elliot Lowe 8.25  
Iwan Huges 8.29  
Josh Giddings 9.13

#### **Under 15 Boys**

Sonny Lewis 8.32  
Max Yuill 8.52  
Freddie Yuill 8.32

#### **Cookham Rankings**

1. Elliot Lowe 8.25
2. Iwan Hughes 8.29
3. Emily Taylor-West 8.30
4. Sonny Lewis/F Yuill 8.32
5. Max Yuill 8.52
6. Josh Giddings 9.13
7. Georgia Tuke 9.27
8. Devan Gibson 9.46

## **NEWS IN BRIEF**

- **REMINDER!** Junior sessions on Tuesdays now start at 5.45pm. Under 13s/Under 15s please get warming up with your 4 laps jogging as soon as you arrive. Under 11s - 2 laps warm up please
- There will be no track session during the half term as Peta is away!
- **NO SENIOR THURSDAY SESSION THIS WEEK - Paddy is unavailable**
- We will be sending out a Teamer alert for the Junior 2km Park Run at Savill Garden on Nov 2nd. Please try to attend even if you haven't race before. These events are great for dipping the toe into racing. Under 15s please do a Senior Park Run the day before instead!
- **NEW FACEBOOK PAGE:** we have a new Facebook page that will alert people to changes in training times etc. Please befriend us if you are on FB
- **EARLY BIRD RUNS:** Anyone interested in running at 6.30am-7.15am on Monday and Wednesday each week, please contact Peta beforehand
- A new rota for helpers is to be sent out this week. Please let Peta know if you are available to help on either Tues or Thurs evenings at track sessions