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# Cookham Running Club

NEWSLETTER Issue 49

November 9th 2014

## PRIDE OF COOKHAM

SIX dedicated juniors made the long journey to Keysoes Equestrian Centre in north Beds at the weekend to take part in the 2<sup>nd</sup> Chiltern League fixture. Star of the day was **Iwan Hughes** who finished 8<sup>th</sup> in the Under 11 boys race. With rapidly improving team mate **Alex Bate** in 24<sup>th</sup>, the boys amassed enough points to finish 8<sup>th</sup> team without a 3<sup>rd</sup> scorer, finishing ahead of Bracknell AC and WSEH. In the U11 Girls **Emily Roberts** (33<sup>rd</sup>) and **Daisy Booth** (38<sup>th</sup>) ran very well as did **Adam Gambrill** (35<sup>th</sup>/8<sup>th</sup> Div 2) and **Elliot Lowe** (44<sup>th</sup>/11<sup>th</sup> Div 2) in the U13 Boys where they were 3<sup>rd</sup> team without a 3<sup>rd</sup> scorer. You did the club proud!

## This Week

Tues Nov 10: Juniors 5.45-6.45pm @ Little Marlow Track; Seniors 7.15pm @ cricket club

Thurs Nov 12: Juniors 6.00-6.45pm @ cricket club; Seniors 7.15pm @Braywick

Sat Nov 15: Park Run 5km for seniors and aged 12+

Sun 16: Rugged Radnage 10k; Herberts' Hole 10k

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# NEWS IN BRIEF

- Reminder to juniors: please come to the track sessions in plenty of layers and always bring a waterproof. The idea is to remove clothes to shorts/tees after the warm up and put them back on after the session. It's getting colder and extra layers are a **MUST**
- Reminder to parents: please make sure that Thursday pick-ups are prompt. We finish at 6.45pm but children are often waiting (with helpers) in the cold and dark at 7.10pm. Please also remember that reflective layers are essential on Thursdays. Headlamps are optional.
- We have several important races coming up: please prioritise the Chiltern XC League @ Milton Keynes on December 6 when we want as many runners out as possible for maximum points
- Teams for BBO champs on Nov 22<sup>nd</sup> are: Under 13 Girls - Annabel Golding, Lottie Fisher, Emily Taylor-West, Holly Bird, Caitlin Murray and Beth Murray; Under 13 Boys - Adam Gambrill, Elliot Lowe and Joseph Haslehurst; Under 15 Boys - Harry Turner and William Taylor-West.
- There is an additional Junior Park Run on 23<sup>rd</sup> of this month. Teamer will be sent out. Parents, please let Peta know if you can volunteer as a marshal
- The Berks County AA champs are in Bracknell (tbc) on Jan 3<sup>rd</sup>. Please let Peta know if you are interested in running (age groups from Under 13 upwards, including veterans). Cost £5 per runner. It would be great to get teams out in all age groups.
- Please let Peta know if you are not on Teamer!