

Cookham Running Club



NEWSLETTER Issue 5

December 1 2013

Dreaming of a fast Christmas...

Cookham Running Club's Christmas Handicap 5km is next week. Ready for the challenge?

Peta and Gerry have been busy marking out the course for the club's 5km festive fun run next week (December 14th) and are calling all junior and senior members to line up on the day. Gerry will be working out a handicap system based on 2km or 5km race times this year which means slower runners will get a head start. The idea is we all finish close together. Parents are welcome to run round the course - but to take part you must wear something festive. The start will be outside the Crown at 9am and we will head back to the watering hole afterwards. Look out for the Teamer alert that will be sent this week.



Marshalls

If you don't fancy running, can you help with marshalling for the 5km Xmas handicap? We also need donations of post-race Xmas goodies- mince pies and the like. Contact Peta (peta.bec@btinternet.com) or Gerry (gerald.cooper@cookham.com)

**Don't forget Christmas
Party on Dec 14th**

Fine PBs at Junior Park Run, Savill Gardens

Our juniors once again put in some great performances at the Junior 2km Park Run in Savill Garden on Sunday. This event finishes with a climb up to the obelisk which makes the times all the more impressive.

William Taylor-West finished in 3rd place (8.02) followed by **Sam Hayes** who knocked 31 seconds off his best to record 8.12. Next home in 11th place was **Emily Taylor-West** (9.06) ahead of **Beth Murray** who smashed her PB by 98 seconds (10.05). Beth's sister, **Caitlin**, also did her fastest ever time to finish in 12.01. Well done to all who ran at the weekend.

This week's training:

Tues 3rd: Juniors 5.30pm; Seniors

7.15pm (cricket club)

Thurs 5th: Senior track session,

Braywick @ 7.15pm

Sat 7th: Chiltern League Cross

Country (details to follow) or meet at CC 9am for a run



Another thing....

LONDON MARATHON: let us know by December 14th if you want to be entered in the ballot for the guaranteed entry to the 2014 event

PARENTS - WE NEED YOU: Quite a few mums and dads have expressed an interested in running. Please do join us on a Saturday morning for what is a sociable run over one of three distances.

KIT: Karen will be ordering kit pre-Xmas. Look out for the email if you need anything



Chiltern League Cross

A reminder that the Chiltern League is next weekend. Please do try and turn out for the club in this one. Lifts are available (it is the furthest venue and the others will be closer to home. We get points for every runner who finishes - and more for juniors and veterans. We need 3 to make a team, so please take a look at Teamer and make sure you are not leaving your team short by not running. Contact Peta if you have any questions.