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# Cookham Running Club

NEWSLETTER Issue 50

November 16th 2014

## Should have gone to Specsavers-hang on, we did!

RUNNING on Cookham's unlit streets can be perilous in the Winter months. Our juniors are restricted to one route on Thursdays - the somewhat uninspiring Whyteladies loop - and we make it a rule that they are clothed in high-visibility tops. Last week, the Maidenhead branch of Specsavers kindly donated 30 high-vis tops to the club to ensure our younger members stay safe. Nikki Dilley, who has recently completed the LiRF course and is a huge help with the junior section, said that store manager, Lisa Bernarn, "could not have been more helpful"

## This Week

Tues Nov 18: Juniors 5.45-6.45pm @ Little Marlow Track; Seniors 7.15pm @ cricket club

Thurs Nov 20: Juniors 6.00-6.45pm @ cricket club; Seniors 7.15pm @Braywick

Sat Nov 22: 8.30am longer run and 9am shorter runs from CC; juniors BBO champs at Slough (selected teams U13/U15)

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# NEWS IN BRIEF

- Well done to Sonny Lewis, Adam Gambrill and Joseph Haslehurst for heading to Black Park at the weekend. All juniors in the U13 (not U11) and U15 age groups should try and do at least one steady 3 mile run a week in addition to Tues/Thurs sessions and the Park Run 5kms are ideal training.
- The club aims to have a big presence at the Reading Half Marathon on March 22, 2015. Places for the main event fill up very quickly so get your entries in asap. Juniors are also urged to enter the Green Park Challenge on the same day. For £7.50 you get a tee-shirt, the chance to finish in the Madejski Stadium and we could also win a team prize. Age groups are U7, U9, U11, U13, U15, U17 ON THE DAY for boys and girls. Seniors - we will give a prize to anyone who beats coach Paddy McGrath's time of 64.08 minutes on the half marathon course! Visit [www.readinghalfmarathon.com](http://www.readinghalfmarathon.com) to enter.
- Several juniors are taking part in the Berks, Bucks and Oxon champs at Slough on Saturday. In the Under 13 Girls - Annabel Golding, Lottie Fisher, Emily Taylor-West, Holly Bird, Caitlin Murray and Beth Murray are taking to the start line while Adam Gambrill, Elliot Lowe and Joseph Haslehurst contest the Under 13 Boys race. Harry Turner and William Taylor-West take part in the Under 15 Boys event.
- Thanks to all the parents who have volunteered to help out on the rota until Christmas. We really appreciate your support.
- Please make sure you respond to Teamer for the Chiltern League Cross Country at Luton on Dec 6<sup>th</sup>. Seniors are also welcome to take part, but please let Peta know by Wednesday.