

DATES FOR YOUR DIARY

WESTWARD LEAGUE

This year the events take place at;


St Austell	12th October 2008
Exmouth	02nd November 2008
Exeter	07th December 2008
Bideford	11th January 2009
Bovey Tracey	08th February 2009
Redruth	22nd March 2009

If you are interested in taking part in this series then please let Revis know as she will have to register you if you are a veteran or under 17 female. The club pays a registration fee and then it will cost you 50p per race. You need to do 5 out of the 6 races to qualify for a position in the results.

CLUB DEVELOPMENT—UPDATE

We are still working towards clubmark accreditation but need to complete one more course to finish the process. Hopefully this will not take much longer and we can apply for it.

For ongoing development of the club we do need to have some more coaches and leaders. We have three groups at each training session on Tuesdays and Thursdays. And each group needs a coach/leader. On Thursday evenings we rely on a leader to decide on a route and ensure that everybody gets back safely. If any club members would like to help with the training sessions—adult or junior or both, please let Amanda know and the club will support you through a course.



Watch out for new improved
EAST CORNWALL HARRIERS
web-site coming soon—still log
onto :
www.eastcornwallharriers.com

Cornish Marathon

The 25th running of this race takes place on November 16th. We will need lots of help with making this year as successful as previous years so please remember to keep the day free to offer your help. The profits from the race always go to charity and this year it will be the Childrens Hospice Southwest and another local charity yet to be decided.

FIVE TORS 2009

We have not yet booked a date for this race as the date that we wanted clashes with another event so we have to work out another suitable date..

ERME VALLEY CROSS COUNTRY RELAYS OCTOBER 18TH 11AM

This is a new event at Flete Estate, near Ivybridge. If you would like to take part (teams of four, running 2 miles each, juniors 1 mile). Revis will organise the juniors, Mary the women, and Terry the men so please let them know as soon as possible if you are interested.

PRIMARY SCHOOLS CROSS COUNTRY SERIES

The proposed dates for the races are;

October 24th
November 14th
January 16
February 6th
March 6th

The venues have not yet been decided upon but schools will be informed soon

CONGRATULATIONS

To Lisa Picton who has qualified for the Hawaii Ironman in October. We all wish her the best of luck and hopes she enjoys the experience. The club have donated £100 sponsorship to Lisa

Good luck to Diane Roy who is off to compete in the **Berlin Marathon** on September 28th.