

Ladies Captain Report

Firstly I would like to thank everyone who has contributed to the running of the club this year, and also welcome all the new members that have joined.

As always if I was to mention everyone's achievements this report would be rather lengthy, so here are just a few memorable and noteworthy moments from 2014/15.

Karen Mahoney has done a fantastic job this year expanding the beginners club with 25 to 30 runners and joggers heading out every Wednesday evening. This includes new and existing runners, one of which is about to leave the club for an exciting new adventure. Ruth Eggins, who achieved her goal of getting under 2 hours on a half marathon and then stepped up to the full marathon distance, will be heading to the Scilly Isles this summer to take over the Duchy tenancy farm. We wish you well on your new ventures Ruth.

The ladies were yet again successful in the Cornish multi terrain series which this year was slightly shortened. It started with the IMERYS half after the cancellation of the 5 Tors and ended at Boconnoc with the presentation on a hot and sunny day in Tywardreath. Revis Crowle and Jenny Nash were 1st and 2nd overall as well as in their age group. I was 4th overall and 1st in my age group, and was delighted that ECH retained 1st ladies team.

Another sunny day saw many harriers take part in the RAT run which is a gruelling coastal path run along the Roseland peninsula. With 4 distances available from 11 to 64 miles this is definitely a challenge whatever the distance. Meeta Nicholls, Amanda Erith, Tess Mason and Ann Wendick-Byfield all tackled the 11 mile course, while I stupidly decided that 32 miles was a good idea. Although tough, it is an enjoyable run with stunning views of the Cornish coastline.

Meeta, who has been increasing her distance this year, joined Tess, Ann, Revis and I in another off roader, the Grizzly. Meeta made it round the 20mile route in an excellent time of 3:42:54. This is definitely a must to have a go at if you love mud, hills, bogs and a good laugh.

It appears that our females like the challenge of off road running as Jenny Nash took part and won this year's scrooge held just before Christmas around the Lost Gardens of Heligan. Jenny also came 1st in her age group in the westward league cross country series.

Another runner who has had a good year and has trained really hard is Louise Littlewood. Whether running with or without her 4 legged friends Louise always does well when representing the club.

Sharon Dawe, myself and Amy Williams completed enough races to qualify for the Cornwall road running grand prix. Sharon has been part of ECH for many years, but this year she joined another exclusive group, the 100th marathon club, well done to her for this, I don't think I will be joining that club any time soon.

Di Roy continues to impress us all with her amazing ability to run long, long distances. This year amongst her many achievements was coming 1st female in Quadzilla, 4 marathons over 4 days.

As usual the club was represented at both the team relays. Erme valley was very wet but a hardcore team of 4 ladies, Revis Crowle, Claire Davidson, Louise Littlewood and myself battled the elements. In contrast, at least while we were running, it was a sunny evening in Tavistock for the Tavy relays. It was great to see 4 ladies teams including 2 from the Wednesday club taking part. A great evening with great club spirit and cake.

Another day that brings the club together is the Cornish marathon with all club members participating, be it running, marshalling or making tea. A tough marathon to do as your first but Kaye Patterson managed it with a fantastic time of 4:15:27. Jane Lockyer was also on form that day having an excellent run and coming 3rd in her age group.

I would like to thank everyone who has supported me over the last 2 years as ladies captain. I have enjoyed my time and would like to wish the new ladies captain all the best.

Good luck to all in 2015. Have fun running, racing and achieving your personal goals.

Helen