

EAST CORNWALL

HARRIERS

NEWSLETTER
SPRING 2009

At last the spring has arrived and we can look forward to some fine weather running! On Tuesdays the sessions will take place on the grass—cricket pitch and school fields, Thursdays will still be around the lanes but some of the time we will be able to run off road, and enjoy some runs at different venues so make sure you check the training schedule regularly so you turn up at the right place!

AGM NEWS

At the recent AGM on 26th March there were a few changes to the committee which stands as follows for the year 2009/10;

President: Hilary Clatworthy
Chair: Mark Andrews
Secretary: Ian Ringer
Treasurer: Karen Sims
Membership Secretary: Emily Curtin
Head Coach: Revis Crowle
Men's Team Captain: Terry Leech
Women's Team Captain: Mary Bowers
Kit Officer: Pat Parritt
Child Protection Officer: Karen Sims
Club Development Officer and
Volunteer Co-ordinator : Amanda Erith
Press & Publicity: Richard Daulton
Awards Officer: Ian Ringer
Schools Liason Officer Ray Goodright

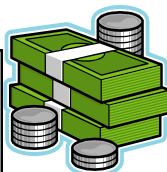
Awards for the Harrier of the Year and the Penguin trophy were made to Karen Sims and Ian Crowle respectively.

(Harrier of the Year—person who has contributed significantly towards the club and Penguin –person who has made some significant improvement in running during the year).

Two new roles were added to the committee—
Volunteer Co-ordinator and Awards Officer.

The Volunteer Co-ordinator will help with recruiting and retaining volunteers in the club as it is essential for the club to develop that it continues to have sufficient volunteers. If there is anybody who would like to get involved in the many different ways of helping please contact Amanda Erith who will help you with any suggestions that you may have.

The second role—Awards Officer has been created to take on the task of collecting race times so that annual awards can be given to athletes who meet certain criteria—these awards are to be called Star Awards and there will be more information about them on the web-site in the near future.



MEMBERSHIP FEES

The membership fees for this year were revised at the A.G.M. and are as follows:

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| Seniors(to include England Athletics membership): | £15.00 |
| Juniors (over 11) | £ 8.00 |
| Juniors(Under 11) | £ 5.00 |
| Family: | £30.00 |
| O.A.P's and unemployed | £ 5.00 |
| Associates | £ 5.00 |

Fees for 2009/10 are due 1st April

At the recent AGM of the Liskeard Sports and Social Club Dan Nash was runner up for the Jim Randall Trophy for the Young Sports Person of the Year . Dan has also qualified to run in the south west team in the London Mini Marathon on Sunday 26th April. His race starts at 09.10am at Old Billingsgate and finishes in the Mall after a distance of three miles.. The races are usually televised so look out for Dan who will be wearing a grey T-shirt and running in the 15-17 year old age group.

Good luck to the other ECH members who are running the London Marathon. For Alison Ross and Ian Crowle it will be their first London Marathon.

The post Marathon meal is booked for Friday May 1st at The Village Inn, Rosecraddic so please book with Tracey a.s.a.p.

Thanks to everybody who helped at The Five Tors and all the athletes who took part. We had 150 finishers which was a record entry. The lovely weather probably helped a lot to make it a very enjoyable morning. Congratulations to the ECH Women and Mens team who both won first place