



Saturday 23rd and Sunday 24th May at Liskeard Community College

We have entered a team again in this event and team members registered up to April 19th include:

- Amanda Erith Team Captain
- Anton Luiten Vice Captain
- Len + Sue White
- Ray Goodright
- Paul Arrowsmith
- Carol Pollard
- Jessica Behannah
- Terry Leech
- Mark Andrews
- Mary + Nigel Bowers
- Pat Parritt
- Debbie Lord
- Arron + Cadan Crowle

There are no limits to how many members in the team so if you are interested in joining, you have until May 8th to register. Contact Amanda for details.

We have arranged two events in May to help raise some funds. The first is a **Breakfast Run /Jog/Walk** on **Sunday May 10th at 9am** at West Tremabe Farm, Dobwalls and the second is a **Safari Supper** on **Saturday 16th May** starting at Lux Park at 6.30 and 6.45pm. Tickets cost £10 and includes apre-supper drink. Please see Relay members for tickets which are limited to 50. We can also raise money by donating unwanted goods, bric a brac etc so if you have anything please let Amanda know.

During the winter months club members have enjoyed a couple of 'breakfast runs— the first one was to celebrate Revis's birthday on Saturday 24th January when we met at Deerpark for a run in the woods and breakfast afterwards at Trago Mills.



We also met in Lostwithiel in February and ran on a lovely morning to Lerryn along the river and back. Mary Mullarkey very kindly provided breakfast for us afterwards..

Seaton was the venue for the Easter Saturday breakfast run and we also had fabulous weather on the coastal footpath towards Millendreath and back through Keveral woods finishing along the Seaton Country Park trail. Breakfast was had at the very popular Seaton Beach Café

More breakfast runs planned for the summer so check out the schedule for dates and venues.

TRACK NEWS

If you would like to have a go at running in a track event then there are opportunities to take part in some competitions with the Armada team which is made up of athletes from all the forum clubs of which East Cornwall Harriers is a member. The team competes in the South West league Division 2 and this is a league for both juniors and seniors. The level of competition is good but it is a very friendly league which welcomes newcomers and those not used to track and field competitions. The first event is on 24th May at Yeovil—there is transport laid on and if you are interested let Revis know and she can pass your name on the organisers. Further information about the competition is on the Clubs noticeboard at Lux Park.

WESTWARD LEAGUE

The final event of the Westward League took place at Redruth on March 22nd and was followed by the presentation. Congratulations must go to - Revis Crowle who won her age group category. and Dan Nash who was 2nd in the under 15 boys race.

Tom Rogers achieved 3rd place in his debut Westward League under 13's. and together with Alex Caers, Cadan Crowle and Jordan Smith were 1st under 13's team.

The U15 boys team—Dan Nash, Steven Sims and Owen Morris were 2nd. The U17 boys team of Liam Smith and Mark Budge were 3rd.

In the Ladies races Emily Curtin was 2nd in the FV35 and Jenny Nash was 3rd in the FV45. These two plus Revis won the Ladies Vet Team prize.

PRIMARY SCHOOLS CROSS COUNTRY SERIES

The presentation for this series was held at The Ivy on April 2nd. Prizes were presented to qualifying children by Sean Smith of SAS Trewartha's Plumbing and Heating who still continues to sponsors the juniors.

ECH junior members who collected prizes were Jasmine Gray—1st year 3/4 girl, and Laura Sant 2nd 3/4 girl.

Amy Bennialick 1st 5/6/girl, Tess Masselink 2nd 5/6 girl and Flo Gregory 3rd..

Tom Rogers 1st 5/6 boy and Sam Parham was 4th in this race.