

PRIMARY SCHOOLS X COUNTRY

Update: We have had two races which have been very successful. The weather so far has been dry!

We have a few ECH juniors who are doing particularly well—namely Amy Bennallick who has won both races for the year 5/6 Girls and Tess Masselink who was 3rd at Bush and 2nd at Liskeard. Tom Rogers has won one and was 2nd in the other Year 5/6 Boys race. Sam Parham has come in 4th in both races. In the 3/4 Girls race Laura Sant and Jasmine Gray were 1st and 2nd respectively. They reversed their placings at Liskeard with Jasmine winning this time. Jordan Smith came in 2nd at Liskeard in the 3/4 Boys race.

The next three races are

Jan 16th at Dobwalls

Feb 6th at Boconnoc

Mar 6th at Little Trethew

The selection to run for South East Cornwall in the Regional Championships will take place on Feb 6th

LONDON MARATHON PLACES

Once again we had three places for this year's race and as per rules we had a draw for the places on Thurs 18th December. The lucky members drawn were;

Ian Crowle

Mark Andrews

Rob Pick

John Brady has reserve.

Good luck to these three, and all other members of ECH who are running, with the training and of course the race on April 26th.

COACHING

Terry Leech has now completed his Level 2 coaching course and so is qualified to take a group independently.

Also Ian Ringer and Ray Goodright have completed the Fitness In Running/Walking course which qualifies them to lead a group.

Congratulations to these three and I am sure that everybody in the club will benefit from their expertise.

The more coaches that we have, the easier it is to spread the work so if anybody else is interested in doing a coaching course then please contact Amanda Erith for future available courses.

ENGLAND ATHLETICS REGISTRATION

By now most of you should have received your registration cards. On the card is a number which you will need to put on any race entry form which then qualifies you to have a discounted entry fee—usually £2.

The registration fee of £5 is due again in April and will be collected with the annual club membership fees, which are also due in April.

We had another very enjoyable Christmas Dinner and Dance in December at the Hannafore Point Hotel. Approx 53 Harriers attended and thanks go to Tracey Buckley and Lisa Picton who organised the evening.

Please check after you have run in a race that you are entered on the results as an ECH runner - Karen will be recording your race times to calculate times for the next Handicap race and she does this by searching through ECH runners on the results, so if you do not have ECH attached to your name she may miss you.

The Hoe 10 race is on 15th February and as it is a Forum race ECH are committed to providing some help. Amanda Erith organises the marshalls and if anybody is available to help on the day it would be very much appreciated.

The AGM will take place in March—date to be confirmed.