

# EAST CORNWALL = HARRIERS =

Newsletter Issue 5

Winter 2008/9

## “HAPPY NEW YEAR”

The committee would like to take this opportunity to wish you all the best for the coming year, stay fit and healthy, and enjoy your running.

### CORNISH GRAND PRIX

This year there are 15 races in the series, runners must complete 8 races to qualify and at least two of these races must be over 10 miles. The races are:

Blaythorne 10 - 1 8th January  
Mounts Bay 10k- 1st February  
Duchy Marathon & 20 miles 8th March  
An Resek Hellys- 29th March  
Trevornick Trot- 5th April  
Cubert 5 miles - 2nd June  
Sticker 5 miles - 20th June  
Launceston 1/2 Marathon 5th July  
Summer Turkey Trot 15th July  
Magnificent 7 - 19th July  
Indian Queens Half Marathon 2nd Aug  
Treggy 7 miles - 6th September  
Truro Half Marathon 20th September  
Newquay 10k - 4th Oct  
Cornish Marathon-15th Nov

Junior Grand Prix races are:

Cubert 5  
Sticker 5  
Summer Turkey Tot  
And Newquay 10k

Why not make it your goal to complete the Grand Prix this year.

### GRAND PRIX RESULTS 2008

Only eight senior and two junior ECH runners qualified for Grand Prix prizes this year. For the Men- Chris Ullman was 31st under 40, Ian Crowle-5th O40, Andrew Sims 26th O40, Ray Goodright 7th O60, and Alan Smith was 2nd O65.

In the Womens results Revis was 2nd overall in Female open, and 1st O45, Sharon Dawe-6th in Female Open and 3rd O40, Emily Curtin 4th O35. The Womens Team were 3rd.

In the Junior Grand Prix Aaron Crowle was 4th for the boys and Ashley Sims 1st for the Girls

### CORNISH MARATHON

The 25th running of the Cornish Marathon took place on November 16th.

Sponsors, Gingsters provided finishers with commemorative T-shirts and pasties.

We also had some TV coverage from BBC Spotlight with our President—Hilary Clatworthy and several local runners being interviewed. There were 212 finishers with Shaun Milford breaking the course record in 2hrs 45 mins 22 secs.

ECH Womens team comprising of Diane Roy—who was 2nd female overall, Sharon Daw and Tracey Buckley won 1st place.

The Mens team—Bob Brown, Oliver Jones, Chris Gilbert and Ian Crowle were third.

The fun run also attracted a large entry and most of the age group winners were members of East Cornwall Harriers— Dan Nash and Jessicah Behennah being overall winners again. Thank you to everybody who helped on the day



THE FIVE TORS

The date for this race is the 22nd March. Unfortunately it does clash with a Westward League event but we had no other available date.

Obviously we will need a lot of help again and do hope that the club members will offer to marshall—please see any of the Committee members if you are able to help. The appalling weather that we had last year did not seem to deter anybody from running and seems to add to the challenge! Lets hope that we have better weather this year if only to make it more appealing for the helpers.