

COMMITTEE

President : Hilary Clatworthy

Tel : 01579 362522

Chair : Mark Andrews

Tel : 01579 345075

General Secretary : Ian Ringer

Tel : 01208 871535

Membership Secretary : Amanda Erith

Tel : 01579 340744

Treasurer : Karen Sims

Tel : 01579 348203

Men's Team Captain : Terry Leech

Tel : 01579 347007

Women's Team Captain: Mary Bowers

Tel: 01579 346225

Head Coach: Revis Crowle

Tel : 01503 240680

Kit Officer : Pat Parritt

Tel : 01503 230430

Child Protection Officer : Karen Sims

Tel : 01579 346098

Club Development Officer : Amanda Erith

Tel : 01579 340744

Press and Publicity: Richard Daulton

Tel: 01579 321680

Schools Liason Officer: Ray Goodright

01579 348765

Training

Tuesday & Thursday 6.30pm at Liskeard
Sports and Social Club

Wednesday 6.30pm Beginners/Novice-
Walk/jog –social group

Other training sessions, long runs & races
advertised on our web site
or schedule at Lux Park Leisure Centre.

Junior Coaching session is on a Monday at
Liskeard Sports and Social Club 4 – 5 p.m.

If you wish to be added to the ECH e-mail
list for news, schedule and
updates contact the club
secretary by e-mail:

ianringer@googlemail.com

EAST CORNWALL
= HARRIERS =



www.eastcornwallharriers.com

Welcome to East Cornwall Harriers.

East Cornwall Harriers is your local running club covering all of South East Cornwall. The clubs philosophy is to ‘*promote running, a healthy lifestyle and fun for all ages and ability.*’

This leaflet gives you an idea of training times but if you wish for more information please check out our web site, address on the front of this leaflet. You can also check out our notice board in Lux Park Leisure Centre for information and race entry forms.

The Club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equity.

Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures

Running is great way to keep fit, lose weight (or be able to indulge more), see the

countryside, meet other people, travel, prevent heart disease, stroke, high blood pressure, cancer (breast, bowel, uterus, etc.), live longer and healthier, get away from the phone (office, wife, husband, children, etc.), reduce stress, anxiety and depression, prevent osteoporosis, look and feel good, wear lycra, and lots more, need we go on? And it doesn't cost much – maybe £30-60 for a pair of trainers and a small membership fee to join the club. East Cornwall Harriers is able to offer advice, training sessions, running partners, races, etc.

Clothing

Wear breathable, lightweight layers appropriate to the weather conditions and ensure that you wear reflective clothing on the dark winter evenings to be safe and seen! If you don't have any, purchase a reflective bib at a very low cost.

Running Shoes

New runners have been seen going out in cross trainers, tennis shoes, casual shoes, worn out old trainers from the last century, borrowed trainers, etc. So what do you do? Well you could pop along to any sports shop and buy a flashy pair of trainers but better still why not go to a specialist running shop, run by runners who will look at your feet, discuss your event and training needs and advise the best shoe for you without ripping you off.

Diet

Once you start running it is important to eat correctly with a balanced diet. Carbohydrates and fat are the main energy source for muscles.

have an abundance of fat so keep up the carbohydrate intake with fruit, vegetables, pasta, rice, bread, etc. Extra protein and vitamins are not required. Most people find that when they start running weight loss occurs which is usually welcome; otherwise you will have to eat more to keep your weight constant.

Rest & sleep

You will find that sleep improves once you are more active and is essential in allowing recuperation. Training adaptations (fitness improvement) occurs during your recovery so it is important to allow yourself rest days, initially every other day rest or walk instead, but as your fitness improves you may run every day making sure that easy days follow harder days and you don't get too tired. Most runners have at least one rest day a week.

Injury prevention

Cross train some days instead of running, i.e. cycle, swim, row, walk, gym-work, etc. as this will rest your ‘running muscles’. Maintain mobility by learning correct stretching techniques. Warm up thoroughly before hard exertions. Introduce new exercises or training regimes slowly to allow your body to adapt (remembering it takes about 2 weeks for adaptations to occur). Increase weekly mileage (or time running) slowly; say 1-2 miles every 2 weeks. If any injury is getting worse with running then stop and seek medical advice.