

VOLUNTEERING

How you can help your club

There are many ways that you can help your club to function and improve

1. Become a Coach or Group Leader

Our training sessions on Tuesday, is primarily led by Revis –Head Coach but there is always opportunity for other coaches to help at these sessions. Wednesday and Thursday sessions rely on our Group Leaders to lead the session, decide on the route and ensure that everybody gets back safely. The club will pay for the relevant coaching courses if you would like to help.

2. Help with the Juniors session.

The Junior section is important to the Club and we always require willing volunteers to help with the Monday sessions between 4—5pm. To help with the juniors you will need to have a valid CRB disclosure. CRB checks are free for volunteers of UK Athletics affiliated clubs.

3. Help at races.

Our Club organises two races during the year—the Cornish Marathon and The Five Tors . Both these events require a large group of volunteers to ensure that they run smoothly and safely. We would like to hear from anyone who is willing to help out at these events.

We also hold an annual Handicap Race within the club and if you are not lucky enough to be taking part we always need some help to marshall this event.

4. Share your ideas

We need ideas and feedback from our club members to enable the committee to find ways to improve so any suggestions would be welcome.

PRIMARY SCHOOLS CROSS COUNTRY

The presentation for this years Primary Schools X Country took place on Wednesday 30th March at The Cornish Ivy.

388 medals were presented by Mark Andrews– Chairman of ECH during the evening.

Individual winners were:

3/4 Girls: Isobel Aspen 1st, Katie Cogan(ECH)2nd,and Caitlin Price(ECH) 3rd

3/4 Boys: Henry Bunning (ECH)1st, Isaac Burden 2nd and Oliver Smart 3rd

5/6 Girls: Jasmine Gray(ECH)1st,Alice Gray (ECH) 2nd, Chloe Wood 3rd

5/6 Boys: Piran Gallington (ECH)1st, Jamie Williams 2nd, and Solomon Phillips(ECH) 3rd.

Team winners were :-

3/4 Girls: St Cleer

3/4 Boys: St Martins

5/6 Girls; St Dominic

5/6 Boys: Callington

We would like to thank all the volunteers who helped at the races and contributed to the success of the season

The 2011/2012 league will be the 10th series since it started in 2001.