

EAST CORNWALL = HARRIERS =

Newsletter Issue 8

Winter 2010

“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.

MOB MATCH 2009 + CORNISH GRAND PRIX RESULTS

A record number of ECH members competed in this years Mob Match in November, and the club managed to secure 3rd place overall with a team comprising of Dan Nash, Stephen Gentle, Mark Budge, Liam Smith, Aaron Crowle, Adam Purvis, Revis Crowle, Steven Sims, Ian Crowle, Chris Ullman, Liam Gallantry and Ian Littlewood.

In the **Senior Mens** category ECH took **second** place with Dan, Mark, Liam Smith and Stephen Gentle making up the team.

The ECH Vet Women’s team of Revis, Diane Roy, Jenny Nash and Alison Ross were **first** in this category

The Grand Prix Presentation took place following the Mob Match prize giving and again ECH had some winners.

Revis Crowle— 3rd in Open Category and 1st in FV45

Diane Roy— 4th in Open and 2nd FV45

Sharon Daw— 7th in Open and 1st FV40

Stephen Gentle—5th in Open and 3rd M under 40

Chris Ullman— 35th in Open and 12th M under 40

Adam Purvis— 37th in Open and 14th M under 40

Mary Mullarky 34th in Open and 1st FV60

Ian Crowle - 43rd in Open and 9th MV45

Andrew Sims— 109th in Open and 28th MV40

Ian Ringer— 122nd in Open and 6th MV60

Gillian Cain— 97th in Open and 22nd FV40

Ray Goodright—167th in Open and 10th MV60

In the **Junior Grand Prix** Series, Dan Nash was **2nd**. Mark Budge, Aaron Crowle, Liam Smith and Steven Sims also completed all four races

Well done and congratulations to all these members.

Remember if you want to complete the Grand prix the first Race is the Stormforce 10 (formerly Blythorne 10) on January 17th.

The following further races make up the series:

Mounts Bay 10k 7th February 2010

Duchy Marathon 7th March 2010

An Resek Hellys 28th March 2010

Trevornick Trot 9th May 2010

Cubert 5 mile 8th June 2010

Sticker 5 mile 19th June 2010

Mid Summer Turkey Trot 14th July 2010

Magnificent 7 18th July 2010

Indian Queens Half Marathon

Treggy 7

Truro Half Marathon

Newquay 10K

Cornish Marathon

1st August 2010

5th September 2010

19th September 2010

3rd October 2010

21st November 2010

Mob Match and Grand Prix Presentation 28th November 2010.

CORNISH MARATHON

Once again we had a successful marathon with 209 finishers. Fortunately the weather remained dry with occasional sunshine throughout the race.

Diane Roy (ECH) was the winning lady. Tracey Brown (also ECH) was second lady home and the ECH Womens Team took first place with Diane, Tracey Brown and Christina Steed making up Team.

The Fun Run also attracted 80+ youngsters. 15yr old George Mustoe was the first boy and Harriet Mitchell first girl.

Thank you to everybody who helped on the day

All profits from the race will be donated to The Childrens Hospice Southwest and Pensilva Primary School.

This years date for the Marathon is November 21st.

LONDON MARATHON

The draw for the club places for this year’s marathon took place on Thursday 10th December. The three places went to : Che A’Lee, Chris Ullman and Jon Harris. These ECH members have not yet run in London so we wish them and all other ECH members who are running luck and hope that they enjoy the race.

Training runs for any spring marathon are being organised by Mark Andrews so check the schedule for the dates, times and venues.