



c/o Dawlish Leisure Centre
 Sandy Lane
 Dawlish
 Devon
 EX7 0AF
 Tel: 01626 215637
 Fax: 01626 864016
www.dawlishcoasters.co.uk

President: Michelle Mitchell
 Chairman: Simon Bunday
 Secretary: Pat Clatworthy

April 2012

AWAY RUNS

Date	Where	Volunteers to take run
Tues, 1 May	Pen Inn	
Tues, 29 May		
Tues, 26 June		
Wed, 27 June	Otterton	Beat the Bus 10k (charity race) http://www.sidmouthrunningclub.co.uk
Tues, 24 July		
Tues, 21 August	Haldon Forest	Forest Flyer route

Races

Hanham Horror 10k - Sunday 8 April

Eric and Jan ventured up to Hanham nr Bristol for the Hanham Horror 10k expecting lots of cold mud! No mud (and warm)!! Had a rather hasty dash to get to the start (arrived 2 mins before the race start!). Very scenic course, undulating (with steps thrown in), also some interesting rope climbs towards the finish! Well marshalled and friendly atmosphere. Eric finished in a time of 50:34 and Jan 57:47

Tavy 13 - Sunday 15 April

More Coasting than Coaster (Tryl's comments on this race) but she did say Tavy 13 is a great route. About 300 runners took part in this hilly but scenic run around the lanes of Tavistock. Definitely one for next year's diary! Thoroughly recommended for other club members who have not run it. Running for the first time as a Coaster and his furthest distance for a long time Sean, first Coaster in 1:41:07, followed by Simon 1:48, Kevin 1:57 and Tryl 2:25:33 (not sure about these times as they seemed to have problems with their chip timing)

London Marathon - Sunday 23 April

3 Dawlish Coasters travelled to London to take part in the Virgin London Marathon, despite the forecast of rain it turned out to be a sunny day. Lovely running conditions and As usual a good time was had by all, brilliant atmosphere and the crowds just get you through. Duncan first Coaster to finish in a time of 4:44:56, followed by Tryl 5:21:08 and Pat 5:27:32 knocking 30 minutes of last years time

Haldon Heartbeat - Saturday 28 April

Dawlish Coasters at Exeter Racecourse in drizzle and mist for the 2nd running of the Haldon Heartbeat an off road 8.5 mile race around the muddy, wet, dirt tracks of Haldon forest, around 220 runners took part, the weather conditions made this a tough event this year. Todd recorded a fine time of 1:01 min, followed by Eric Foster in time of 1:07; Simon 1:12mins, and Jan 3rd vet in her class 1:21. All runners received a t/shirt for their efforts.