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NEWSLETTER

THANK YOU EVERYONE FOR MARSHALLING THE FLYER
despite the weather it went well, we have received quite a few emails saying how much they enjoyed it and thanking us for our efforts

AUTUMN WALK ON DARTMOOR

Meet Princetown Car Park at 11 am
Saturday 29 October
approx 5 mile walk around the Old Princetown Railway and Quarries – followed by grub in the Plume of Feathers

COASTERS NIGHT OUT!

Sing-a-long-a-Grease
Princess Theatre – Torquay
Friday 2nd March 2012
£14.00 plus £3.75 booking fees

See attached flyer for more details
(will check if the booking fee still applies if someone collects the tickets)

Races

Race for Life - Sunday 25 July

Sue the only Coaster taking part in this years Race for Life at Westpoint. Sue was really pleased with her run this year knocking 4 minutes off last years time

Cornwood 10k - Saturday 6 August

Pat the only Coaster in Cornwood, but only doing the 4k, nice little, but very hilly and fast shorter version of the 10k. Pat completed the 4k in 23 mins, and managed to avoid the heavy downpour at the end

Totnes 10k - Sunday 7 August

Four Coasters travelled to Totnes for the Totnes 10k a scenic 6.5 mile race along the banks of the river Dart and around Dartington estate. Eric was first Coaster home in 51:43, with Simon close behind in 52:45, Les was next in 56:56 and the only lady Coaster to run Jan in 57:41 winning 2nd lady in age category, all runners received a lovely medal for their efforts.

New Forest Navigational Race - Sunday 7 August

Pat in action in the New Forest for this brilliant event with a difference. Involved finding 12 hidden checkpoints using a map, grid references and a compass. A time limit of 2 hours 30 mins to find as many checkpoints as possible with points awarded for each located, but penalty points for each 10 mins over the allotted time. This was brilliant fun and cheap to enter, all the runners choosing different routes which meant that runners were coming and going in all directions. I teamed up with someone who knew the area and found 7 checkpoints and think I ran about 10 miles. No one managed to find all the checkpoints which would have amounted to half marathon. A definite must for next year

Paignton Regatta Athletics Meeting - Thursday 11 August

2 Coasters took part in this 'fun' evening event on Paignton Green, with a few Coasters supporting. Good to watch the little ones take part in 'egg & spoon' race and the 'sack' race. Getting down to the serious stuff, Eric took part in the 100 metre and 200 metre sprint where he won 2nd place. Simon ran the Regatta mile and recorded a time of 8:10

Salisbury 54321 - Sunday 16 August

Pat in Salisbury, on a very hot day, for this multi distance, 50k, 42k, 30k 20k or 10k event in aid of the Fire Service Charity. Pat chose to do the marathon! Superb but tough, mostly off road and very hilly course, taking the runners through woods, and rough tracks, even the occasional ploughed field. Great friendly atmosphere, got lost at around the 23 mile mark as the arrows had gone walkabouts, but with the help of friendly locals was soon back on track, Pat entered as walker so did not get official time, but completed the course in about 6:08

Dawlish Carnival Pram Race - Tuesday 16 August

Coasters well represented at Dawlish Carnival's annual Pram Race - Steve and Barrie have now been competing in the race for over 10 years and their 2011 entry the 'Eiffel Tower' was unsurprisingly the tallest pram by quite some way, possibly in the entire history of this prestigious event. While it may not have been their fastest pram it was certainly loud enough and came with a clever but vital hinge to cope with tricky overhead obstacles on the usual course around the pubs of Dawlish. The mayor was highly impressed and awarded the Tower 3rd prize from a very large field of over 80 entries this year. Jim ably assisted with pram-pushing and beer-swilling duties in his first-ever race as a late injury replacement. David was also there pulling a red phone box along with two fellow Murdoch retro hackers - you had to be there! David's just 18 year old daughter was also in the race with a couple of friends. They did amazingly considering they had never even run for a bus! Rio was also on a pram and a prize winner as a third of the Three Wise Monkeys and looked very fetching in her outsize ears! A good time was had by all.

Exeter 10k - Wednesday 17 August

Described as 'pancake flat' this race followed the route of the First Chance 10k course from Exeter Quay to Bridge Road. Simon first Coaster to finish in 45:52, very closely followed by Eric 46:16, Jan 49:18, Les 51:08 and Michelle (Jan's daughter) in 54:21, this was Michelle's first 10k she was delighted to finish under the hour

Torbay Regatta 10k - Sunday 21 August

3 Coasters took part in the Torbay 10k, a sell out race, on a lovely sunny evening in Torbay, Eric took pole position finishing in 47:02, with Simon not far behind in 47:20, Jan yet again took first spot for her age category in a time of 49:18, all runners received a medal

Battle of Sedgemoor 10k - Sunday 28 August

Simon took part in the Battle of Sedgemoor 10k in Langport on Sunday, 450 runners took part in this mainly flat 10k with just one hill, Simon completed the race in 45:43, all runners received a towel.

Finally, a few thoughts

