



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

December 2011

c/o Dawlish Leisure Centre
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Memberships due 1st January

NEW YEAR'S DAY RUN
11.00 at the Leisure Centre
A very gentle run followed by lunch at the Smugglers Inn

Oh My Obelisk - Marshals
Sunday 15 January 2012
All members to marshal please and as many friends
& relatives you can manage to rope in to help

SATURDAY TRAINING RUNS
Meet at Eastcliffe Cafe, Teignmouth at 09:00
for a gentle 5/6 mile run – ask Dave for more information

Races

Ottertton Reindeer Run - Saturday 3 December 2011

Four Coasters taking part in this very festive off-road 10k event along the banks of the lovely River Otter. 177 runners took part, lots in Christmas fancy dress, great atmosphere, mug and mulled wine and mince pies in the village hall for all runners, Simon first to finish in 55:00, following by Les in 54:31, Jan and Eric finishing together in 56:05

Great West Santa Run - Exeter - Sunday 4 December

Pat, along daughter Corrie and grandson Freddie in the annual Great West Santa Run in Exeter. 350 runners took part in aid of Dream-a-Way. Brilliant atmosphere and a great deal of support from the shoppers. The 1.25 mile route went along the High Street, Paris Street through the Cathedral Close and back to Guildhall Shopping Centre. Think the most amusing part was watching 350 runners trying to put their Santa suits on in the middle of the Guildhall Shopping Centre

Wyvern Christmas Cracker - Sunday 11 December

Simon, only Coaster who travelled to Weston-Super-Mare for the Wyvern Christmas Cracker 10k. Very popular event with an entry level of 2,000, and fills up very quickly. The route, mainly flat, takes runners around the town and along the beach. All runners are encouraged to wear Christmas fancy dress. Simon completed the run in 48:15, all runners received a long sleeved t/shirt.

Santa's Xmas Pud Race - Sunday 11 December

Pat the only Coaster taking part in the annual Santa's Xmas Pud Run, approximately 5k in and around Plymouth's Central Park. All runners must wear the Santa suit provided, with quite a few runners wearing 'green' suits this year. A brilliant race, very friendly, and the rain actually kept off for the event, the downside was a long dragging hill to the finish. Pat completed the event 35:06

Wellington Monument 10k - Sunday 18 December

Simon and Les the only 2 coasters to brave the cold and ice conditions to do the Wellington Monument race, just over 100 runners took part in this event which has a lung bursting hill at mile 1 and goes up to the monument and back to the village of Hemyock, Simon finished in 50:48 with Les finishing in 55:14. All runners received a 25th anniversary glass and hat.