



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

February 2012

Chance to run the Flyer Route

Saturday 24 March at 09:00 am

Meet at Haldon Forest Park car park

--- o O o ---

Why not make a day of it and take part in the Nightrunner in the evening at Beer - 7 miles taking in part of the Grizzly route, entry forms on Axe Valley webpage (or wait in the pub) followed by a meal and drink

DARTMOOR WALK

As everyone enjoyed the Dartmoor Walk over Christmas, another one has been arranged, so put this date in your diaries, time and place to be confirmed, will probably be North Moor

SUNDAY 8 APRIL

DUATHLON and DARTMOOR DISCOVERY

Once again another big thank you to all the Coasters who turned out on a cold Sunday morning to marshal the Duathlon

Now that you are all well practiced in the art of marshalling – a little reminder that the Teignbridge Trotters are in need of marshals for the Dartmoor Discovery on Saturday 9 June, this is a brilliant event to be involved in let Simon know if you are able to help

Don't forget our regular Saturday training

SATURDAY TRAINING RUNS

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

Races

Fulfords Five - Sunday 5 February

Two Dawlish Coasters took part in the Fulfords Five road race at Exmouth at the weekend, around 200 runners took part in this 2 lap course along the seafront and around the town centre, Simon completed the event in 36:41 and Sarah in 49:26

Exeter Half Marathon - Sunday 12 February

Two Dawlish Coasters braved the icy conditions to take part in the Exeter Half Marathon, a new event alongside the Exeter canal, around 268 runners completed the event which was organised by Ironbridge Runner, Simon completed the course in 1:46 and new club member Maria Trylska (Tryl) finished in 2:27, all runners received a goody bag!

Tough Ten - Sunday 19 February

Simon and Les travelled to Weston-Super-Mare to take part in the multi terrain Tough Ten, this is a 10 mile run starting and finishing on the beach and taking two tough climbs through woodlands. Over a thousand runners took part with Simon finishing in 1:23:37 and Les in 1:31:00, all runners received a slate coaster.

Belvoir Challenge - Saturday 25 February

Pat in action in Leicestershire completing the 26 mile Belvoir Challenge (pronounced Beaver)!! this is a 15 or 26 mile off road event for runners and walkers around the Vale of Belvoir and Belvoir Escarpment in north-east Leicestershire. A very tough event which is reflected in the finish times, (the last runner took over 9 hours). Hilly, very muddy, lots of ploughed fields to traverse, and so many stiles, gates and fences to negotiate, plus endless muddy woodland paths. Even had to slide down one steep bit on my bum!! With an entry level of 1,200 only 271 completed the marathon (only 62 ladies). On the bonus side coffee, tea and yummy cake at every check point (why rush)! Pat completed the course in 6:19