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January 2012

Memberships due 1st January

OH MY OBELISK

Once again a very big thank you to everyone who turned out to help with the Obelisk event – it was a great success

We have received some very positive comments regarding the superb organisation and how helpful and friendly the marshals were

DAWLISH AQUATHON

Sunday 5 February AM

Dawlish Leisure Centre need marshals for help with the Aquathon – this has always been our way of thanking the Leisure Centre for allowing us to use the facilities during the year
Please let John or Lorna know if you are able 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

Chance to run the Flyer Route

Saturday 24 March at 09:00
followed by coffee and cake in the cafe

Races

January Jaunt - Sunday 8 January 2012

Simon was a lone Coaster travelling to Plymouth for the Plympton 10k a scenic run along the banks of the Plym and through the grounds of Saltram House, around 200 runners took part with Simon completing the run in 48:27, all runners received a medal.

First Chance - Sunday 8 January

Very popular race, always sells out quickly. Perfect running conditions, with temperatures well above freezing, Eric 47:12, Jan 50:12 winning 2nd in age category, Carly 1:00:08, Sue 1:02:04, David 1:04:13. Recommend everyone takes a look at the Quay Climbing Centre It's awesome!!

Braunton 10 - Sunday 29 January

On a very cold Sunday, 2 Coasters in Braunton for this 10 mile event. The start (and finish) is on the athletic track and once out of the village of Braunton takes a course along quiet undulating country lanes with two steep climbs that puts the fitness to the test. Simon finished in 1:21:13 and Les 1:30:29