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President: Michelle Mitchell  
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**March 2012**

## **DARTMOOR WALK**

**Meet at the Moor Gate by Okehampton Army Camp, grid ref 592 932 at 11:00**  
**It would be helpful if you could let either myself or Simon know if you will or will not be coming - thanks**

## **SUNDAY 8 APRIL**

## **LONDON MARATHON 2013**

**public ballot entries open Monday 30 April 2012**

[www.virginlondonmarathon.com](http://www.virginlondonmarathon.com)

**ballot system will close when 125,000 applications received**

### **Duchy 20 - Sunday 5 March**

Simon a lonely brave Coaster ventured to Redruth to take part in the Duchy 20, this is a perfect and very popular event for those taking part in the London or Paris marathons. In extreme cold gale force winds Simon completed the hilly course in 2:55:30

### **Paphos Half Marathon - Sunday 11 March**

Pat in Cyprus for the Paphos races on an extremely hot and sunny day. The day's events include marathon, half marathon and 10k. Due to a heavy cold Pat had to settle for the half. A brilliantly well organised event, very friendly, plenty of support, starting and finishing at Paphos Harbour. This is one event I would really recommend. Despite not feeling so good Pat finished in 2:23 and won a trophy for her age group

### **Age-UK 10k - Sunday 25 March**

2 Coasters, Eric & Jan, took part in the first AGE-UK 10k at the Exeter Quay. Weather conditions ideal for the inaugural AGE-UK run. Nice course following part of the first chance route. A very good turnout with 560 runners! Well marshalled. Eric 46:42 and Jan 50:24 (1st in age category)

### **Sports Relief Mile - Sunday 25 March**

Pat, along with daughter Corrie and grandson Freddie, took on the Sports Relief Mile at Newton Abbot Racecourse, a total of 600 runners took part, many in fancy dress, lovely atmosphere, lots of fun

### **London Olympic Arena 5 mile - Saturday 30 March**

Jan was very lucky to be selected to run this 5 mile test event at the London Olympic Arena. Jan said the whole experience seemed unreal. Unfortunately the weather was so cold it was a really unpleasant experience for both Eric and Michelle. Nevertheless, it was a great experience taking part. We ran past the various stadiums in the Olympic park and then finished off with the last 300 yards along the track in the stadium itself. The stadium seemed quite small, although the presenters did look like little dots on the stage at the end. Luckily there was the inevitable screen which brought everything into much more focus. It was quite eerie, very quiet outside the stadium with only a long line of red t-shirted runners running along the road in between vacant and often uncompleted buildings. Princess Beatrice was running in my group, but I think she was at the end so I did not get the chance to have a go at overtaking her as I am sure we would all have liked to do. My time was 39.43, my best for a 5 mile run and position 1539 out of 5,000.

**Coniston 14 - Saturday 30 March**

Simon in the Lake District, taking part in this very popular event. A very undulating but scenic course around Lake Coniston. In recent years due to the collapse of a bridge in the floods this was extended to 16 miles, but now back to the original 14 miles. Simon completed the course in 1:57

**Taunton Half Marathon - Sunday 1 April**

Good turnout of Coasters for Taunton Half, beautiful day, sunny but not too hot. Had forgotten just hilly this race was. First Coaster to finish was Duncan in 1:45:16 followed by Kevin 1:55:21, Les 1:57:52, running together Sarah 2:26:17 and Pat 2:26:18, David 2:27:43