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May 2012

AWAY RUNS

Date	Where	Volunteers to take run
Tues, 26 June	Royal Oak, Exminster	Gail & Pat
Wed, 27 June	Otterton	Beat the Bus 10k (charity race) http://www.sidmouthrunningclub.co.uk
Tues, 24 July		
Tues, 21 August	Haldon Forest	Forest Flyer route

Races

Bere Pen 10k - Sunday 6 May

Simon travelled to Bere Alston near Tavistock to take part in the Bere Pen 10k, around 100 runners took part in this 3 down and 3 up race around the country lanes and along the banks of the river Tamar, in near perfect conditions. Simon finished 28th overall in a time of 51:16, all runners received a medal and watercolour print by a local artist

Great West Run - Sunday 6 May

Carly once again in Exeter for the Great West Run, 2 laps of the city starting and finishing at the Arena, Carly improving on last years time finished in 2:16:12

Belfast RiverRock Marathon - Monday 7 May

Pat in Belfast again for the RiverRock marathon in disgusting weather, wet, cold and windy. Was very grateful to the little lad at the 15 mile water station who offered me a cup of tea!! A brilliant event shame about the weather, finished in 5:39. Can recommend the new Belfast Titanic visitor centre

Ivybridge 10K - Saturday 12 May

Eight Dawlish Coasters took part in the Ivybridge 10k on Saturday evening, around 700 runners took part in this popular race on this out and back course, on a warm sunny evening. Eric led the Coasters home in a fine time of 45:27, with Simon next in 47:13, Jan had another fine race with a time of 50:13 followed by Gill in 52:19, Les 53:13 and Carly 1:09, Sue 1:06:55 and David 1:06:56, all runners received a tech t/shirt

Exe Valley Sprint Triathlon - Sunday

Steve completed the Exe Valley Sprint Triathlon at Tiverton in an overall time of 1:21:54 this being made up swim 08:22, cycle 44:50, run 26:12, Steve came in 85th position overall

Moon Walk Marathon - Saturday/Sunday 13/14 May

Pat and daughter Corrie in London for the annual 'Walk the Walk' Moon Walk marathon, a total of 18,000 ladies and men! walked throughout the night in their bras in aid of breast cancer. Starting at Hyde Park at nearly midnight and walking throughout the night makes this quite a tough marathon. The most fantastic atmosphere and the marshals were brilliant

Karen Hall 10k Ottery - Sunday 20 May 20

Excellent conditions for this annual popular 10k run at Ottery. Eric first Coaster to finish in 44:43, Simon 48:06 with Jan (hot on Simon's tail) 49:35. All finishers received a meal. Medal to all finishers.

Brathay Windermere Marathon – Sunday 20 May

Pat doing her fourth marathon in 5 weeks in the Lake District, expecting cold wet weather it actually turned out to be quite hot with. Over 1,000 entries quite a few did not finish. To describe the course as undulating is an understatement!! Was great and awe inspiring to be there on the Saturday afternoon to see some of the 10 in 10 runners finishing. This years' 10 in 10 was won by a woman, who completed all 10 marathons in a sub 4 hour time, awesome. Pat finished in 6:03:02

Liskeard Triathlon – Saturday 19 May

Gary in Cornwall for the Liskeard triathlon on Saturday 19 May - this was part of the Cornwall triathlon series - 400mtr swim 8.10 20k bike 43.54 5k run 24.20 overall time 01.18.45secs.

Runners World Trailblazer Series – Saturday 26 May

Coasters in the Forest of Dean, Gloucestershire, on an absolutely scorching day for the Runners World Trailblazer Series, organised in conjunction with Rat Races and sponsored by Saucony. Runners went off in 8 waves at 15 minute intervals, along trails through the forest. Blistering heat with temperatures topping 28 degs. and the forest acting as an oven, a very long dragging hill about halfway literally sapped what energy the runners had. Fantastic event, very relaxed, exceptionally well organised, brilliant goody bag. Simon finished in a time 51:01 and Pat really struggling with this one only a week after Brathay Marathon completed in 1:14:00

Edinburgh Marathon Festival

Kevin and Stella in Edinburgh. Voted in Runners World as the fastest marathon in the UK. The event celebrating its 10th anniversary saw a record-breaking 23,000 taking part In glorious sunshine. The event consists of marathon, half marathon and relay. Kevin finished in a time of 4:31:40 closely followed by Stella in 4:41:34