



c/o Dawlish Leisure Centre
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President: Michelle Mitchell
Chairman: Simon Bunday
Secretary: Pat Clatworthy

November 2011

DAWLISH COASTERS CHRISTMAS DINNER

Nautilus Restaurant – Teignmouth

Friday 9 December

**Club will pay £5.00 per person (including guests) towards the meal
Please indicate your menu choices on the club notice board**

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**

CAROL SERVICE - STOVER PARK

**Tuesday 13 December – tickets in advance £2 to include drink and mince pie
Names on board or to Lorna (for tickets)**

Races

Yarcombe Yomp – Saturday 5 November 2011

In Simon's words it was B****y tough, both Simon and Les took on this 5 mile challenge near Honiton, through fields, farmyards, woods with a big hill thrown in for good measure. Simon finishing in 3rd position overall in a time of 46 mins and Les in 4th position overall in a time of 50 mins

Templer Ten – Sunday 6 November

3 Coasters, in Kingsteignton for this 10 mile event starting and finishing at the Passage House Inn, this very popular race runs along the river Teign and around Stover Lake. A glorious day, also great for spectators, Simon first Coaster to finish in a time of 1:15:17, with Barry hot on his heels 1:16:12 and David 1:41:26

Druid Challenge – 11/12/13 November

Pat on the 'Ridgeway' for this awesome multi-stage challenge, a total of 84 miles in 3 days, first day 29 miles, second 27 miles and third day 28 miles. All off road, very hilly, muddy, slippery chalk paths, narrow paths through woods. A tough call getting up every day to do yet another ultra marathon. A high drop-out rate and many opted to do only one or two of the 3 days. Although it was very tough a great event, very friendly and exceptionally well organised. Sleeping arrangements were interesting with all the runners sleeping 'together' on leisure centre floors! Mad or what I'm hoping to get therapy soon!!

Sodbury Slog - Sunday 13 November

Simon in Chipping Sodbury for this 9 mile off road event, brilliant event if you like mud! and very popular too, race fills up very quickly. The course took the runners through farmland with a sheep dip!, drainage ditch and ploughed fields amongst some of the various obstacles on route. Approximately 1300 runners took part in this very muddy event with a nice cold stream to finish off with, Simon finished in 310th place in a time of 1:22 all runners received an embroidered towel, and he thorough enjoyed the experience once again. Another member who needs therapy!!

Drogo 10 - Sunday 20 November

Barry the only Coaster taking on the challenge of the Castle Drogo, 10 miles off road, although ideal running conditions the course was still very hilly and muddy Barry finished in a time of 1:39:00

Bicton Blister / Bicton Lite - Sunday 27 November

Simon and Barry taking on the 10 mile multi-terrain race across Woodbury Common, Simon first Coaster to finish in a time of 1:32:06 with Barry not far behind in a time of 1:33:28. While Eric and Jan took on the 4.5 mile Bicton Lite Eric finished in 39:36 and Jan in 43:27

St Luke's Reindeer Run - Sunday 27 November

Pat in Plymouth, along with 280 others entries took part in this inaugural 5K event at Central Park, Plymouth, in aid of St Luke's Hospice. All runners were given reindeer antlers and flashing red noses to run in. Great atmosphere and very well organised. All runners also received a medal and mug, complete with hot drink in it. Despite some very nasty sharp hills on the course Pat completed in event in 35 mins.