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September 2011

NEWSLETTER

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AUTUMN WALK ON DARTMOOR

**Meet Princetown Car Park at 11 am
Saturday 29 October
approx 5 mile walk around the Old
Princetown Railway and Quarries – followed
by grub in the Plume of Feathers**

**Dark nights are creeping in don't forget
it's time for the fluorescent bibs**

Races

Saltram 10K - Saturday 3 September

A total of 79 runners took part in this first Saltram 10k race. The course was basically 2 laps of the 5k route in reverse, including a section running up some leg sapping forest steps. Weather held out till the last people finished. A medal to all finishes. Eric finished in a time of 48:10 and Jan 51:53 winning first in her age category

Dartmoor Dash - Sunday 4 September

Simon travelled up to Dartmoor for the Dartmoor Dash 5 miler, this is an off road event across the open moor with a bit of bog thrown in and a nasty hill, Simon completed the run on a lovely sunny day in 45:03 around 60 runners took part and everyone received a superb engraved key ring and a cake.

Ash Excellent Eight Races - Sunday 4 September

Pat in Ash, near Yeovil for the Ash Excellent Eight Races, several distances to choose from, Pat chose the Fearsome Five. Quite a tough little five mile multi-terrain course, very hot, humid and muddy due to the recent rain, the sting in the tail was the mile uphill climb at the end. Brilliant event. Pat completed the course 54:24 winning her age category prize

Bodmin Triathlon - Sunday 4 September

Duncan and Gary took part in this triathlon both said it was tough with a 5 mile run at the end, but enjoyed it

Finsbury Park 5k - Sunday 4 September

Gill further a field in London for a 5k Park Run in Finsbury Park. Gill said it was really good fun, timed, and best of all free. Gill completed the course in 24:41

Dornaford 10k - Sunday 18 September

3 Coaster ladies taking part in this Teignbridge Trotters ladies race, very popular and a good course. Gill finished in 51:14, followed by Jan 51:23 winning a first in her age category, Michelle Jan's daughter 57:01 and Sue 1:07:02

Berlin Marathon - Sunday 25 September

Six coasters (and friends, Mark from Teignbridge Trotters and Lawrence from SWRR) travelled to Berlin for a long weekend to soak up the atmosphere and take in the sights, Barry, Simon, Duncan and Mark took part in the 38th BMW Berlin marathon which also saw GB star Paula Radcliffe finish in 3rd place in the woman's race qualifying for a place in the London Olympics. Also Patrick Makau setting a new world record, all very exciting. On a very hot and balmy day Barry had a superb run finishing in 4:07, with Simon next in 4:20 (Simon and Mark came in with 3

seconds between them) and then Duncan in 4:49. All supported by Pat, Shelagh, Steve and Lawrence. After this the coasters celebrated Shelagh's birthday with a superb meal and a few well earned German beers

Finally, a few thoughts

