

Plymouth Coasters Newsletter 3rd November

Christmas run, (it's not that many weeks away and you know us we like to plan well ahead)! It's been suggested that as Christmas day and New Year's Day are both on club nights and for some reason the Welcome is shut, we meet on either the Sunday before (Dec 21st) or the Sunday in between (Dec 28th), run our 5 mile course and then go to a pub for a full breakfast. If you're interested please add your name and which day you would prefer to the list at club and Mike will book a local pub.

Sue has applied for the clubs London marathon place, so fingers crossed we get an answer soon, so we can do the draw at our Christmas awards night.

Members Profile The next in line is :-

Name: Karla Rachel Taylor Court

Age: 38

Occupation : Primary school teacher

Marital status & Family: Married for 11 years, 3 children Phoebe aged 9, Finley 7 and Beatrice 8 months-ish.

When did you start running? Several attempts which never amounted to anything much, then started straining (typing error but very fitting!) and training for my first half marathon in November 2009. I began run/walking following a sleepless night after having entered the Plymouth Half.

When did you join the club? February 2011... I think!?

Why do you run? Because I never believed that in a million years I, Karla Court previous couch potato extraordinaire, would ever run a half marathon and once I could I didn't want to lose that. And of course, it helps me feel less guilty about enjoying lots of food/drink!

Average weekly mileage? Mostly 15 – 20 miles depending on upcoming races.

What's your favourite distance and PB: Probably Half Marathon, I can't say I enjoy the whole 13 miles but I enjoy the sense of achievement after. PB is 2:06:30 in the Plymouth Half 2012.

What's your favourite or best race? Templer Ten!! Great variety in this virtually flat ten miler. But also loved the Mud Run.

Other hobbies? Not particularly... running has also enabled me to answer the 'any hobbies' question when it arises, ask me for 'other hobbies' and I'm suddenly very dull again! Ha! Does wine drinking count? Oh, there is also the good old 'I enjoy reading'!

Any other information you would like to share with the members:

Random/miscellaneous/not very interesting (but probably the most interesting) facts about me:

- Since having had baby number 2 I job share and work 3 days a week.
- I'm fairly knowledgeable about tortoises since inheriting 'Benjalina' who is about 60 years old and spent most of her life as 'Ben'.
- We have a dog called Fred.
- I'm the youngest of my parent's 4 children.
- When I was a child my family was painted by Robert Lenkiewicz.
- I'm very proud of my husband who is an 'Iron Man' having completed Iron Man UK and Iron Man Wales.
- I'd love to do a sub 2 hour half marathon, maybe I will ... one day!

- Finally, as you've probably noticed, I have a tendency to go on too much!!

Race results for last week

Well done to all who ran this week, some good results.

Plym Valley Park run 1/11

Simon Gooch	33 rd	24:25	First timer
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Plymouth 10Km 2/11

Cathy Darby	163 rd	43:48	1 st lady O/45
Chris Hastings	287 th	46:57	
Andrew Proudfoot	466 th	49:49	
Jo Bridge	999 th	57:53	
Chiara Giordano	1001 st	57:54	
Lorna Bays	1146 th	59:48	
Lucy Jones	1156 th	59:56	
Lorna Arkins	1228 th	1:01:05	
Steve Parnell	1278 th	1:01:52	
Tim Howes	1778 th	1:11:51	1 st 10Km

Templer 10 2/11

Alex Jack	38 th	1:08:23	
Julia Proudfoot	137 th	1:29:07	
Karla Court	160 th	1:43:49	
Trudi Rowe	163 rd	1:45:20	

Hope I've not missed anyone but please let me know if I have or you ran a PB, as Phil uses this to update the Championship Table.

And finally remember

A marathon is only one step repeated many times.