

Plymouth Coasters Newsletter 17th November

It was agreed at the committee meeting that the Grand Prix series would finish the end of November and all races would count, but next year only 1 race from any series would count i.e. 1 Plym valley park run.

Tickets are now on sale for our Christmas raffle, 50p a square, sheets available at club, just write your name in a square and pass your money to Sue. Any raffle prizes greatly received. The draw will next place at our awards night 18th Dec.

Lucy has booked the venue Christmas meal, 5th Dec at the Dolphin Hotel Brazzerie, Lucy needs names and deposits by 19th Nov.

Please ensure to do not leave any valuables in your car, as Chiara had her car broken into outside club on Thursday.

Welcome to Jill Cherrett who joined the club last week.

Members Profile

Name John Crockford.

Age 59

Occupation Retired, after 42 years working in the dockyard, started as an electrical fitter apprentice finished as the integration manager.

Marital status & Family Married to Sue (39 years OMG), 2 Sons Keith & Darren and 6 grandchildren.

When did you start running? 1982 my first race was the 1st Plymouth Marathon (4:28:00) must have enjoyed it as I've been running ever since.

When did you join the club? Nigel and I started the club, (then DML running club) in 1997.

Why do you run? Sue makes me, she says it's the only time she gets any peace and quiet.

Average weekly mileage? Zero at the moment (Sue's not happy), normally 30 ish building to 55 during marathon training.

What's your favourite distance and PB Marathon, 2:42:52 but that was 18 years ago, 3:06:55 last year.

What's your favourite or best race? I love the atmosphere at the London Marathon, completed 17 so far and planning to run again next year.

Other hobbies? Caravanning and drinking (not sure you can separate the two).

Any other information you would like to share with the members

Both sons and their families live away from Plymouth, so we spend a lot of time visiting, Keith has the climbing centre in South Molton and Darren lives on a farm in North Yorkshire. There is always plenty of work to do and we get to spend quality time with the grandchildren.

Race results for last week

Not sure if they ran or swam?

Plym Valley Park run 15/11

Chris Hastings	28 th	24:24
Tim Howes	116 th	38:32

And finally

Run when you can, walk if you have to; crawl if you must, just never give up.