

Plymouth Coasters Newsletter 1st December

Sorry there was no newsletter last week, too busy stretched out by the pool.

Lucy has cancelled the Christmas meal, due to everyone having so much on in December and is now looking at organising something in the New Year.

We have now received our London Marathon place, this will be drawn on the 18th December. If you would like your name to go into the draw (you must have been a member of the club for over 6 months) let us have your details and start training, you never know you could be the lucky winner.

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.

Members Profile.

I've used all the profiles I've received, if you would like to share your profile, then please complete the blank form attached and return it to me.

Race results for last week

Plym Valley Park run 22/11

Jo Bridge	108 th	30:53
Steve Parnell	111 th	31:04
Tim Howes	149 th	37:20

Plym Valley Park run 29/11

Jo Bridge	79 th	29:11
Steve Parnell	83 rd	29:35
Tim Howes	119 th	35:14

And finally

Not sure everyone was that happy with Duncan's route last week!

