

Plymouth Coasters Newsletter 15th December

Don't forget today is the last day to vote for your club person of the year. (votes after this time will not count but you still maybe charged)

Awards Night this Thursday, normal run followed by mince pies and nibbles (club supplied), presentation of awards, draw for London Marathon place and raffle

Are you aware that the club now has a Twitter account (@PlymouthCoaster) Coasters didn't fit. I'm a follower (whatever that means). It's there to use, so get tweeting and keep other members up to date with what's happening.

Have you ever thought about becoming a coach? The club always needs willing people to help others achieve their full potential, England Athletics run a number of course throughout the year, the easiest way to start is via the Leadership in Running Fitness course. The one day course cost £135, the club will refund 50% once you have completed the course and taken 6 coaching sessions, you may be able claim 50% from Plymouth City Council. Full details on all courses and booking details are available on Englandathletics.org.

Members Profile.

Name: *Philip Nankivell.*

Age: *40.*

Occupation: *Electrician.*

Marital status & Family: *Married to Sue for 19 years and we have two boys Christian aged 12 & Ethan who is 9.*

When did you start running?

In 2004 I lost 11 stone in 9 months, which was primarily down to lots of running and not eating anything.

When did you join the club?

I joined what was originally the DML or Dockyard Running Club after I had run the 2005 Plymouth Half Marathon for Cancer Research.

Why do you run?

To stop me from getting too fat as I'm eating way too much again. I also need to run as part of my Triathlon Training.

Average weekly mileage?

Approx 25-30 miles.

What's your favourite distance and PB?

Half Marathons. Best Time 1hr 21min (Bideford Half in 2008).

What's your favourite or best race?

Saltash Half Marathon. Because it's a nice and easy flat course.

Other hobbies?

Triathlon – So lots of swimming and cycling to add to the running.

Any other information you would like to share with the members

Keep breathing! Don't ever stop!

Its very important you remember to do this.

Race results for last week

Armada Network 3Km 10/12

Kirsten Nosworthy	54 th	17:04
Karla Court	55 th	17:10
Lorna Arkins	60 th	18:47

And finally

You know you're a long distance runner when:-

Your partner tries to introduce you to your kids and you reply "three?"

You have more mud on your trainers than in your garden.

You don't recognise your friends with their clothes on.

Your feet look better without toenails.

And

You know the location of all the public loos within 20 miles of your house.