

## Plymouth Coasters Newsletter 22<sup>nd</sup> December

First a reminder that there is no club for the next 2 weeks (25<sup>th</sup> Dec Christmas Day & 1<sup>st</sup> Jan New Year's Day) open again on the 8<sup>th</sup> Jan. But there is of course the Christmas Breakfast run on the 28<sup>th</sup> Dec, 09:00 by Sainsbury's (start /finish of our 5 miler).

On Thursday we had our awards night and the Lorna Arkins Raffle (you had to be there).

The Club person of the Year as voted by you the members was very popular and well deserved Karla Court. The Winners of the Club Grand Prix were Shannon (I'm never going to enter a Race) Bays and Chris (I'll race anywhere/anytime) Hastings.

The winner of "The Ladies Club Runner of the Year" selected by Ladies Team Captain (Karla Court) was, the ever present and much improved Jo Bridge.

The winner of "The Men's Club Runner of the Year" selected the Men's Team Captain (Alex Jack) was (whether he's breaking a PB or getting his ass kicked by Jo) the one and only Steve Parnell.

Congratulations to you all.

Nick Clarke was the lucky winner of the clubs London Marathon place. Nick enjoy it, all the training is worth it, the experience is unbelievable.

I need more members profiles, if you would like to share your profile please email me.

You can follow us on:-



or



or <http://www.Plymouthcoasters.co.uk>

Members Profile.

<b>Name</b>	Lorna Bays
<b>Age</b>	53
<b>Occupation</b>	Credit Controller
<b>Marital status &amp; Family</b>	Married – 3 children – twin girls (one of whom is Shannon) and one boy
<b>When did you start running?</b>	Originally when I was 38, to do a Race for Life. Made a deal with a friend – she would run with me if I would go to the gym with her.  Was "spotted" running around 'the Yard' by a previous DML runner, Chris Ede, who talked me into joining what was then DML Running club. I ran with the club for a number of years completing the London Marathon in 2002 in 4.30.27. I then gave up running following an injury and a strange illness which was subsequently diagnosed as Coeliac Disease. This explained why I was always tired (Anaemic) and why I could run 10 miles (if I ate carbs in the form of rice) and felt really ill trying to run 3 miles after eating pasta (wheat).

**When did you join the club?**

I was talked into joining Plymouth Coasters by my niece in November 2013 because she wanted the support. I walked in to find several members of the former DML running club.

**Why do you run?**

Initially to support my niece( who subsequently gave up) but I enjoyed the atmosphere of the club and was surprised how good I felt after a run and how much I can still achieve. I subsequently talked my daughter, Shannon, into running/joining the club and she now encourages (or is that bullies) me into doing races cos she likes the medals.

**Average weekly mileage?**

Between 10-15 miles but more if training for a race.

**What's your favourite distance and PB**

Probably a 10k – I've just got under the hour in this year's Plymouth 10k.

**What's your favourite or best race?**

The London Marathon – an amazing event and for me an achievement I never would have contemplated – the training was a lot harder than the race!

**Other hobbies?**

Walking, Reading, Knitting, Cooking

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

I used to go to dance classes for Ceroc and Salsa and also was a 'hash' member with the tag name "Jive Bunny".

**Race results for last week****Ply Valley Park Run 20/12**

Tim Howes                      142<sup>nd</sup>                      36:23

**And finally**

All that's left for me to do is wish you all a very Merry Christmas and an injury free New Year.