

Plymouth Coasters Newsletter 19th January

Great turnout for the beginners group, 19 people attended which is brilliant considering the weather that night. A number have already joined our face book page, and some turned out again this morning at first light on a very cold morning. Keep up the good work Karla & helpers.

Race Results

Plym Valley Park Run 17/1

Tim Howes 134th 37:31

January Jaunt 11/1 Results are now available

Duncan Ross	44 th	43:35
Alex Jack	50 th	44:20
Mike Wills	143 rd	52:54
Sarah Horton	162 nd	54:50
George Barnicott	176 th	55:38
Chiara Giordano	184 th	56:26
Jo Bridge	238 th	59:37
Kirsten Nosworthy	241 st	59:53
Steve Parnell	256 th	1:01:20
Karla Court	260 th	1:01:54
Trudi Rowe & Mum	320/219	1:17:43

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

You can follow us on:-



or



or

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

And finally

I think we should bin the saying, “there’s no gain without pain” and replace it with “there’s more miles with smiles” when I ran (all those months ago) it was always easier when you have smile on your face.

Members Profile

Name

Age

Occupation

Marital status & Family

When did you start running?

When did you join the club?

Why do you run?

Average weekly mileage?

What's your favourite distance and PB

What's your favourite or best race?

Other hobbies?

Any other information you would like to share with the members