

## Plymouth Coasters Newsletter 9<sup>th</sup> February

Great turn out at club this week, any more and we will have to move into a bigger room. Nice to see all the Darby family are now out running, if the girls are as good as their parent's we may even win some team awards. Also great to see Ray Bolt back running, hope the recovery continues and he is soon back to his full potential. The beginners group is going strong with 12 regularly turning up (they even seem to enjoy it!)

There's a committee meeting this week, so apologies if we disappear into another room at the end of the evening. You never know even the chairman may go for a run this week (watch out for black snow).

### Race Results

#### Plym Valley Park Run 24/1

Tim Howes 157<sup>th</sup> 36:31

#### Plym Valley Park Run 31/1

Lorna Arkins 129<sup>th</sup> 38.59

Tim Howes 131<sup>st</sup> 39.34

#### Fulford 5 11/1 Results are now available

Chiara Giordano 188<sup>th</sup> 42.43

Mike Wills 205<sup>th</sup> 44.00

Lorna Bays 254<sup>th</sup> 50.02

Shannon Bays 255<sup>th</sup> 50.03

#### Plym Valley Park Run 7/2

Tim Howes 106<sup>th</sup> 35.24

#### Southsea Park Run 7/2

Chris Hastings 66<sup>th</sup> 24.05

Armada Network 3Km this Wednesday at Central park.

Armada Network Relays (4x 2.5 miles) this Sunday at Central park 10:00 start, Alex was looking to enter some teams.

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