

## Plymouth Coasters Newsletter 16<sup>th</sup> February

Entries for our 5 mile race around the Plym are now open; the entry form is on our website and online entry available on Run Britain's web site, so please tell all your friends. If anyone has access to a photo copier and can print a few copies of the entry, please do so, they will be handed out at local races and placed in the local sports shops.

Talking of races, congratulations to Nicola Hobbs, 5 weeks ago she started the beginner's course, on Sunday she ran a leg for one of the Coasters team in the Armada Central park relays, at this rate Nicole could make Rio. Well done to all who ran and supported the teams.

Many thanks to Simon for redesigning the website follow the link and have a look

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

### Race Results

#### Forum 3Km 11/2

Kirsten Nosworthy                      64<sup>th</sup>      16.28

#### Cleethorpes Park Run 14/2

Tim Howes                                      36<sup>th</sup>      32.43

one I missed Tim also did the Cleethorpes on 13/12/14 finishing 47<sup>th</sup> 34.34

#### Forum Relays 15/2

Coasters A 28<sup>th</sup> 80.11 Duncan Ross 16.30, Sarah Horton 21.11, Barry Williams 21.26, Paul Smith 21.04

Coasters B 39<sup>th</sup> 90.20 Alex Jack 16.53, Nicola Hobbs 32.42, Steve Parnell 22.40, Simon Gooch 18.05

And finally

"How do you know if someone has run a marathon? Don't worry, they'll tell you."

Sue can be so hurtful, her comment to me when I got back on Thursday was, "My mascara runs faster than you do."

You can follow us on:-



or



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