



In This Issue

- Welcome
- Awards Night
- Arc of Attrition – AKA Here we go again!
- Recipe – Val's Breakfast Banana Pancakes
- Congratulations!
- What's New – Tuesday Training

Upcoming Grand Prix Races

Honiton Hippo
14 April

Ivybridge 10k
11 May

Torbay Half
Marathon
23 June

WILDCARD
Clyst Hydon Huff
10km
19 May

Check out the webpage

www.southdevon.run

Welcome

Welcome to the seventh SDAC Newsletter. We hope that you enjoy reading it but we need to know what you would be interested in reading about, so if anyone has any ideas or would like to contribute in any way please contact either Heather Maddock or Steph Bartlett and we'll see if we can get you in print!

Awards Night

The whole business of the awards night started at the end of 2018 when John started announcing that he needs all of the perpetual trophies back, and the fortunate club members who were the recipients for the previous year were persuaded to return them. Meetings are then held where much tea, coffee and biscuits are consumed as the trophy book is poured over and the trophies for the following year are priced and chosen.

Early in 2019 the club member's achievements during the previous year are analysed along with the age grading for the various results. This includes not only the results from the Grand Prix races and 3k Winter Series but also any other races that club members have done and been recorded.

This is followed by announcements asking for nominations and an email is sent to all club members with a nomination form. Most of the awards are based on performance; on a runner's time or age grading but there are some that are more difficult to quantify and so nominations for these awards are requested. Every club member is able to nominate another club member for one of these awards – you can even nominate yourself!

A date is given for the forms to be in by and the awards committee meet again for the difficult task of choosing the winners from all those who have been nominated. This meeting generally takes the most time and a lot of discussion and refreshments! The decisions are not easy to make as there is often a lot of work going on in the background in the club that is important to celebrate. Occasionally it's impossible to choose just one person and then an award can be shared. It's left up to the recipients to fight it out between themselves how they share the perpetual trophy during the year!

Once all of the names are known and all the trophies have been returned they are sent to be engraved.

In the meantime club members are asked for any contributions for the raffle that traditionally takes place to raise funds for the Chairman's

Charity and the venue for the awards evening is booked, which for the last few years has been the Cricket Club at Brixham. The PA system is checked and flags got ready. On the evening there are those who arrive early for the job of putting all of the trophies out and getting everything set up and ready to go.

On March 2 at 7:30pm all was ready to go. Guy Henderson was the MC and there was a good turnout from both the senior and junior members of the club. Most people found a seat although there was standing room only for some. Fortunately this was at the bar and so everyone was happy. All settled down with a drink in their hands and those who wanted food had their orders in and we were ready to go.

The evening started with the junior awards and it was great to see so many youngsters go to the front to be presented with their awards. Awards were given for the Junior Grand Prix, Junior Athlete of the Year, Cross Country, Most Improved, doing All the Grand Prix events, the Karen Tucker Award, New Parkrun Awards, Track and Field and Medals given out for Competition and Training.

Following this was a short break (time for another round of drinks) and the raffle. There were a good range of prizes on offer in the raffle including a couple of Medal Display Boards kindly donated by Gary Burman, several bottles of wine, toiletries, chocolates and a large jar of Nutella! In all the raffle raised £172 that will go to this years' Chairman's Charity, the Royal Lifesaving Society.

Then came the time for the senior awards. Some members had come to the awards evening knowing that they had won an award, such as those who had awards for their performances in the Grand Prix or Club Champs, others had been told that they had been nominated but not whether or not they had won. In true Oscar fashion Guy read out all of the names and the reason that they had received their nomination before announcing the winner.

It was a great evening and good for the club to come together and celebrate some of the achievements by club members over the previous 12 months. So well done to everyone!

Steve Maddock

Awards List

Grand Prix:

Female:

1st Emma Magee

2nd Kerry Bell

3rd Sue Hayes

Age category winners:

Senior Emma Magee

FV40 Michelle Coles

FV45 Sue Hayes

FV55 Kerry Bell

FV60 Heather Maddock

FV65 Brenda Grant

Grand Prix:**Male:**

1st David Hampton

2nd Colin Peters

3rd Vince Langdon

Age category winners:

Senior David Hampton

MV35 Gary Burman

MV40 Stuart Batten

MV45 Vince Langdon

MV50 Colin Peters

MV55 Rick Martin

MV60 Roger Webb

MV65 Steve Waddington

MV70 Keith Belt

For completing all GP events:

John Drennan

Club Champs – Road**Female**

1st Michelle Coles

2nd Andrea Wall

Male

1st Colin Peters

2nd Vince Langdon

3rd Stuart Batten

MV45 Howard Brugge

MV55 Rick Martin

MV60 Roger Webb

MV65 Steve Waddington

Club Champs – Off Road**Female**

1st Andrea Wall

Male

1st Jeremy Goddard

2nd Rick Martin

3rd Neil Hayes

MV60 Roger Webb

MV65 Steve Waddington

Road – Age Graded**Up to 10k**

Kerry Bell – Exmouth 10k

Colin Peters – Chudleigh Road Race

11k to 19 miles

Andrea Wall – Bampton to Tiverton Road Race

Colin Peters – Bampton to Tiverton Road Race

20+ Miles

Kate Maslin – Valencia Marathon

Jeremy Goddard – Dart Vale Marathon

Off Road – New for 2018

Up to 13.1 miles

Kerry Bell – Tiverton Grand Western Canal 10k

David Hampton – Dawlish Coastal Dash

13.2 to 26.2 miles

Nicky Washbrook – Plym Trail Autumn Marathon

Darren Francis – Plym Trail Autumn Marathon

26.3+ Miles

Heather Maddock – Mendip Marauder 50k

Jeremy Goddard – Grand to Grand

Fastest Marathon

Kate Maslin – Valencia Marathon 3:17:21

Darren Francis – Plym Trail Spring Marathon 3:25:21

Track and Field

Vince Langdon Endurance (2000 – 10000mtrs)

Cross Country

Kerry Bell

Brian Marjoram

Athlete of the Year

Female

Senior: Emma Magee

Vet: Kerry Bell

Male

Senior: David Hampton

Vet: Colin Peters

Most Improved

Michelle Coles

Mark Stockman

Coach of the Year

Alan Sloman

Club Woman of the Year

Heather Maddock

Club Man of the Year

Joint: Stuart Batten and Steve Maddock

Darren Turner 3k awards

Kate Maslin

David Hampton

Most Improved

Claire Cornish

Nicholas Oxley

Arc of Attrition - AKA Here we go again!

It's my third attempt at completing the ARC. Jeremy had just let another one go in the car and our enthusiasm was low. With the blizzard conditions and the 10-mile tail back things were looking bleak.

The race started at 12pm on the Friday. We had 36 hours to complete the 100-mile event. The weather was better but not great, off we went trotting along the Cornish coast without a care in the world. Other than numerous ways we could die on the way to the finish.

The first 25 miles were fun and pretty easy hitting the first checkpoint with hours to spare.

The Arc Angel (A helper) commented to me how happy I looked compared to most. In and

out in two mins no hanging around for me. The next stop was Penzance with a little over 13 miles. The terrain was good, no problems were had and again, hitting the check point way in front of the cut-off. Then it was off to Mousehole. I decided to walk the flat concrete road in the light of the street lamps up the hill and back onto the rocky coast line. This is where the race starts. Next major point was the Minack theatre.

Jeremy had been helping me along the way making sure I had been eating and drinking enough and generally seeing I was all ok. He was standing at the Minack, bright as a button with more drinks. Only 6 miles to Lands end. This would be the 56-mile point, still feeling fresh and running well. Lands End in sight 1h 30mins later. I grabbed some food and a coffee and I was off. As I went into the darkness I shouted 'YES!' as loud as I could. I had passed the point where I DNF'ed the last two times. But there were still 48 miles to go (the course comes out at 104 lol).

This section is the hardest, slippery wet and rocky. I stumbled into Pendeen 10 miles from Lands End my Achilles was killing and my back was



red raw from my back pack. Jeremy soon sorted me out with cream for my back and some stretching. I decided to grab my poles and trudge into the night. Next stop St Ives with a few hills and rocks in-between. My run had slowed to a brisk walk but feeling chipper and with plenty of time left in the bank. St Ives, another mile stone 3h 30 mins inside the cut off yay. A shoe change due to stones and I was off again speeding along the coast like a dead snail. A lot of road all the way to Hayle but it was light, and I had coffee.

Next up was the dunes of doom. I had run through them a few times in the past but still got lost. I met Jeremy at the end of them, a bit too eager to give me another rub down. Cola, water and food and I was off at a pace that felt like I was going backwards. 18 miles to go with a 30 min pace to play with. Rain, wind and hail stones battered me along the open coast. Meeting Jeremy every few miles to make sure I was still ok. 4 miles to go and it's now dark. The coast is a gloomy place in the dark, especially when you have 4 of the biggest hills to climb and descend. This is where the mental games play a big part.

The lights of Porthtowan were a sight to see. Making my way down the cliff and onto the road I could feel my body shutting down. Unfortunately, the finish had now changed and was a mile and a half away, up the road and back up the cliff. The last half mile took 20 mins with a lot of swearing and pain but at the top of the hill the finish line. Staggering through the finish was the best feeling ever. Mind over matter. A full years training all paid off 30h 19 mins. I had not only finished but I was 30th out of 167 starters with 100 not completing the race.

What's next? - A rest and the matter of 145 miles from Bristol to London.



Mark Stockman

Recipe

As runners we love to eat!

If anyone has a recipe they would like to share let us know.

Val's Breakfast Banana Pancake

2 Eggs

Banana

A little oil

Cinnamon and Yogurt for topping

Whisk the eggs together.

Break or cut the banana up into small pieces and add to the eggs.

Cook as you would an omelette.

Sprinkle with cinnamon and top with a dollop of yogurt

A large, 3D, yellow and orange gradient text that says "Congratulations!". The letters are thick and have a slight shadow, giving it a pop-out effect. It is slanted slightly upwards from left to right.

For the following outstanding achievements!

Mark Stockman and Marc Jones

1 February 2019

Completing the Arc of Attrition, 100 miles along the Cornish coast path!

Liam Lindon, 1st Hameldown 7EVEN

Stuart Batten, 1st Tamar Lakes Parkrun

New Club Records!

Kate Maslin, FV35, Marathon, Valencia 3:17:21

Heather Maddock, FV60, Half Marathon, Bideford 2:04:45

Juniors:



December - Beau Dorman

January - Tayla-Grace Jones

February - Michael Kaye and Rowan Alexander-Kemp

What's New

Tuesday's nights, what's it all about?

This week the coaches got together to discuss Tuesday night training sessions. As there seems to be confusion amongst the members regarding the different sessions and options available. So as of next week, look out on Facebook on Monday/ Tuesday morning and you will see a brief summary of what the two different sessions have on offer that week with the locations they will be held at.



Alan will be continuing to run his speed and endurance sessions
Steph & Chris will be focus on ABC's, drills, fundamental & foundation skill for running.

As many of us take part in lots of different events / races this give the opportunity to pick and choose between they two types dependant on what your needs are for the week

As coaches all we are interested in is offering club members the option of a choice in the development of your training.

It is important to us as a club and trainers that you get the very best out of your training to improve YOUR game. Feel free to speak to any off us to discuss your options and what will be right for you and your goals.

Remember we are here as volunteers because we are passionate about our sport and are eager to help you achieve your very best but more

importantly to enjoy your club and your sport.
Alan Steph & Chris
South Devon AC Coaches



Club Membership is now due

Sharon is handing out membership forms to renew your club membership but there are also forms on the club notice board at the leisure centre and on the website.