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## Upcoming Grand Prix Races

Eden Half Marathon  
13 October

18 November  
Drogo 10

Cockington  
Christmas Caper  
8 December

WILDCARD  
Race the Light  
15 December

## Check out the webpage

[www.southdevon.run](http://www.southdevon.run)

## Welcome

Welcome to the fifth 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!

## 21<sup>st</sup> Birthday Celebration Boat Trip

SDAC celebrated it's 21<sup>st</sup> Birthday, with an evening boat trip from Paignton Harbour round to Brixham and back again. Fancy dress was encouraged so we had many pirates on board, together with a gorilla (guess who?) and a giraffe amongst others. Guy kindly provided the music and special thanks go to Colin and Rachel for organising the trip. Each club member paid for the trip, and as we had a good numbers, we were able to raise some money for the club charity, Devon Air Ambulance.



Although we have been experiencing the hottest, driest summer since 1976, the weather was not looking very promising at the start of the evening of 28 July. Thankfully, the weather did improve so we could enjoy being both inside and outside the boat so we could enjoy admire the views of the beautiful coastline.

A free to entry raffle was organised by Colin, with special prizes to be won including a tin of rice pudding and a whoopee cushion! This was followed by the 'after eight challenge' where members were invited to place an after eight on their forehead and were challenged to tip the chocolate into their mouths without the use of their hands. Some were successful (well done Karen and Stuart) whereas others struggled (not mentioning any names....)



Rachel made a special celebration cake for us all to enjoy, and after the sun had set, the boat was turned into a disco with the middle of the boat providing the dance floor.

We returned to shore, where the rain which we had left behind was there to greet us, but nothing could dampen the spirits after a great night.

Most, but not all of the club inaugural members enjoyed the trip, including Alan and Lynda Sloman, Guy Henderson, Shane Carpenter, Brian Majaram and John Drennan. The evening was such a success, that it has been agreed that the boat trip should be repeated next year!

Sue Hayes

## Jeremy Goddard - Grand to Grand



The Grand to Grand Ultra is a 172 mile self-supported stage race over six stages and requires you to carry everything you need for a week – they only supply water and a tent to sleep in. As well as lots of training and build up races a lot of planning and testing of equipment and food/nutrition was done – the idea is you control and prepare for everything that it is possible to. This time that included learning footcare and taping my feet as blisters can put you out of the race, or at least make the whole experience less enjoyable. I taped my feet from the start and only had one small blister on one toe over the whole week which I was really happy about. From the last free meal at Camp one on the rim of the Grand Canyon to the finish the Grand Staircase rock formation the scenery and course was absolutely stunning, every day you had to stop and take in the view. The first two days (31 and 27 miles) I had a few issues and didn't quite hit my target but on the long day (Stage 3 – 54 miles) I ran really well finishing 11<sup>th</sup> that day. The long stage would on its own be a



very hard race, lots of steep climbs and descents and then at mile 40 you hit the sand dunes! There were 24 steep, high dunes and the sand is really soft and dry so you literally had to crawl up them and heave yourself over the top. It was a beautiful night by then with the moon coming out so despite the effort a brilliant experience!

There is a wide range of nationalities and backgrounds amongst the runners and it is part of the whole experience

to make new friends as you share the course and encourage each other over the week. There is also a wide range of abilities from the top runners of which some are sponsored athletes to people hiking the whole course and everyone is cheered and supported. The race organisation from start to finish was absolutely brilliant and all the camp crew and checkpoint crews were so cheerful and supportive.

After the long day I had moved up into the top 20 and the next three stages (two marathon stages and the last day 7.7 miles) I had to work hard to keep my place but I felt stronger as the week went on. Even the last day I had two guys only a few minutes behind me so had to race – but with coke and pizza at the finish I didn't mind as I was starving hungry by then! I had spent months visualising myself crossing that finish line so when I did it was a fantastic feeling and a few tears were shed.

I am lucky to be able to have done this race, it was a huge challenge and the memories and friends made will last a long time.

Jeremy Goddard



## England Athletics' Club Run Programme

SDAC was one of 40 Clubs that were selected to take part in the England Athletics Club Run Programme. Under this we had 3 training sessions with an allocated trainer, in our case this was Graeme Riley. Graeme is a Level 2 Performance Coach and EA Tutor and has 20 years experience in coaching.

Graeme came for three Thursday evening sessions. The first session took place on 23 August and Graeme introduced himself and gave an overview of the purpose of the session. The first one was all about Warm ups and Drills and Cooling down and Stretching. After the introduction we all went out onto the field at Clennon and practiced what was being taught. Afterwards Graeme distributed a booklet that he had prepared covering what we had done during the session. The only problem was that he had only brought along 30 copies but 52 people had turned up! This was rectified the following day when he emailed the booklet through and it was sent out to all club members that way!

The second session took place on Thursday 13 September and was on the topic of Progression and Planning. Graeme covered Training Zones, Running Paces and Sessions. Although some people were away there were still 48 people present but this time there were enough booklets for everyone.

The last session took place on Thursday 4 October and this time was we met at Paignton sea front near the pier and trained on Paignton Green. This session concentrated on Progression and Planning. Again there was a good attendance with 48 club members present.

The overwhelming response of club members was of how useful each session was and of how much they enjoyed them. Graeme has left us all with a little more knowledge and drills and stretches and training sessions to practice. As a thank you Stuart did a little detective work to find out Graeme's favorite tippie and so he went away with a couple of bottles of red wine to remember us by, he said "Can I just say a massive thank you for the, very unexpected, bottles of wine - that was very thoughtful and really appreciated. Could you also pass on my thanks to all the club members who made me feel so welcome and who were so receptive and enthusiastic to the ideas and routines."







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## Congratulations

Congratulations to the latest winners of Achiever of the month awards:

### **Seniors section:**

**July** - Kerry Bell, Tiverton Grand Western Canal, first lady 49:29

**August** - Heather Maddock and Chris Reece, for their first ultra marathon the Mendip Marauder 30 miles 7:50:08

**September** - Jeremy Goddard for the Grand to Grand multi-stage ultra and Gareth Bevan for his performance on the club 1 mile

### **Juniors Section:**

**July** - Ben Hardwick - Best overall boy under 10 and - Bess Hazel - Best overall girl under 11 - Pearson Cup

**August** - Hannah Carr and Lauren Carr - for racing competitively throughout August around the country and showing the club colours.

**September** - Joe Eastman for winning the Cross Country Grand Prix mile distance and great competitive spirit and behavior in training.

*If you have done something representing the club during the month let us know about it and you could be up for a nomination for Achiever of the month. It doesn't even need to involve you actually putting your trainers on and running it can be anything for the benefit of the club!*

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## Social Events - it's not all just running

### Christmas Party

Yes, it's nearly that time of year again!

This year Lorraine Henderson and Kerry Bell are organizing the club's Christmas Party. Check out the club website [southdevon.run](http://southdevon.run) and our Facebook page as details will soon be out!