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Upcoming Grand Prix Races

22 October – Tavy 7

26 November – Bicton Blister

9 December – Torbay Velopark Parkrun

Coming soon

AGM – 16TH November

Check out the webpage

sdac.org.uk

Welcome

Welcome to the first SDAC Newsletter. We hope that you enjoy reading it and find of interest. We are planning on producing a newsletter quarterly to keep you all informed as to what's going on in the club. For this to be a success 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!

South Devon AC Anniversary Celebrations

September 2017 is the 20th Anniversary for South Devon Athletic Club. Brixham AC and Devonian AC merged in Spring 1997 and initially chose the name of Brixham and Devonian AC but this was changed to South Devon AC later in that year. The current club colours of yellow and blue were chosen and the club vest of yellow front and back and blue sides and blue lettering was designed by Adam Nott and had remained unchanged up until this year when the new updated club logo and kit were agreed following consultation with the club members. The new kit will be arriving any time now, Chris Reece will let us know as soon as it arrives. Just in time to put on your Christmas list for Santa



20 Hour Relay

To commemorate 20 years, the club organized a 20 hour relay run around Paignton Green. This started at 10pm on Saturday 23 September and finished at 6pm on Sunday 24 September. Club members were invited to commit to running by adding their names by the relevant time slot on a large chart on the notice board. After a slow start the chart started to fill up, don't forget to wear your club kit.





Congratulations

Congratulations to the winners of Achiever of the month awards the last quarter:

Seniors section:

June – What an impressive choice this month we had to pick three

1. Karen Bumby for the organization of the Coleton Footacher
2. Yvette Smith for Plym Valley Challenge 1st vet 55 in 1:07:35
3. Ryan Rudge for the Bude Triathlon 27th out of 220 finisher's and 1st club man home at the Torbay Half in 1:36:12

July – Vince Langdon for the organization of the Pearson Cup

August - Kerry Bell for beating the VF50 record for 10k on Torbay 10k with a time of 48:50

Juniors Section:

June - Francis Hayes for winning the Coleton Footacher fun run.

July – Two this month

1. Evie Rowe Best girl athlete at the Pearson Cup
2. Harry Clayton Best boy athlete at the Pearson Cup

August – None this month as they are all off for their summer holidays

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. As you can see from the above, it doesn't even need to involve you actually putting your own trainers on and running!

The Grand Prix? What's that all about?

Like most other running clubs we have our own Grand Prix. This is a club competition open to all SDAC members to take part in, comprising of selected races each month of the year.

How are races selected?

The races are selected by the Grand Prix committee. They try to include a variety of distances from 1 mile up to a half marathon and to include both road and trail runs. Ideally the races that are picked are fairly close to home but some do involve some travelling. However, they also may include runs that are put on in house by the club like the 1 mile run round Paignton Green or the 3k winter series. If you would like a particular race to be included, your suggestion would be appreciated by the committee.

How do I take part?

Taking part is easy. All you have to do is to enter any of the races on the Grand Prix list that want to do, turn up and give your best effort. The only rule is that to qualify for Grand Prix points you **must wear your club kit**. There are currently 12 races to choose from (one every month) and it is your best six times that count towards your total. So you can choose just to run 6 races or to run all 12 and have your best 6 results counted.

How are the points awarded?

Points are awarded according to your age category in January at the beginning of the Grand Prix year. Runners are awarded points according to the position in which they finish the race. So you don't have to win the race or even your age category in order to earn points, and as we all know points can mean prizes.

What are the prizes?

At the club awards evening which is always held in February, there are a number of prizes given to those who have completed sufficient Grand Prix races and earned the most points within their age category, as well as to the male and female runners who have earned the highest number of points overall. Prizes are also given to all who complete in all Grand Prix events. So why not try your best in 2018's Grand Prix and see if you can be a winner.

Junior Section

SDAC runs juniors athletics sessions on Monday evening's at Churston Grammar School. There are currently approximately 50 keen young athletes, aged from 8 to 16 years, training predominantly in the track and field disciplines of sprinting, relays, hurdles, long and high jump, shot put and javelin. Additionally, there are sessions in endurance and pace running, strength/ core circuits and plyometrics.

Coaching is provided by existing senior club members - Vince Langdon, Sue Hayes and Karen Bumby, and these members can provide you with further information on the Junior section.

The Club is committed to developing its juniors coaching, and if anyone interested in getting involved please speak to either Vince, Sue or Karen you would be more than happy for your help.

Important Safety Notice

Summer is defiantly over and the dark nights are creeping up on us fast. So it's important that we all keep safe and wear our Hi-Viz kit on club nights. If you don't wear your Hi-Viz you're not insured to run with the Club, so could be asked to stay behind for elf and safety reasons ☹ .



Fancy a Sports Massage?

On a personal note from Steph, my Husband is embarking on a Sports and Rehabilitation Diploma and is looking for models who would be willing to free up some time and be used for case studies (i.e Guinea pigs) in return for your patience and time you will receive all the benefit that massage and treatment can bring, you never know could help you gain those important few seconds and certainly speed up your recovery. If you are interested please contact Steph.

RHYMES WITH ORANGE Hilary B. Price

