



SPECIAL EDITION

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Grand Prix Races 2019

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First Chance 10k

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Looe 10 Miler

Hameldown 7EVEN

MARCH

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APRIL

Honiton Hippo

MAY

Ivybridge 10k

Clyst Hydon Huff 10k

JUNE

Torbay Half

Check out the webpage

www.southdevon.run

Welcome

Welcome to this Special Edition of the SDAC Newsletter to give you exciting news about the Grand Prix and Club Championship events and awards for 2019? All these details and further information and links are available on the website.

Grand Prix 2019

The Grand Prix will continue in its current format for 2019. That's 12 races plus 4 'Wildcard' races.

There are some 'tweaks' for 2019 to make it more attractive to all participants:

- There will be awards for the most points accumulated during the year, so the more races you enter the more points you can accumulate. These will be awarded to 1st, 2nd and 3rd place and to men and women separately.
- There will be a raffle. Each race completed earns 1 ticket to the raffle (complete all 16 races and you have 16 raffle tickets). At the awards night, 5 tickets will be drawn and the first 5 unique names drawn will win a prize. Prizes will be confirmed as soon as possible.

There are now many opportunities to win something from the Grand Prix events:

- Overall 1st, 2nd and 3rd Male and Female based on 6 best scores
- Age Category winners Male and Female
- Overall 1st, 2nd and 3rd Male and Female for highest overall points accumulated
- Chance of 1 of 5 raffle prizes – more races entered – more chances of winning

The 12 monthly Grand Prix races will be selected from local running club or community/charity races which generally have a lower entry fee than commercially operated races. The 4 Wildcard races may be selected from commercially operated races. Also, we may select races above half marathon to offer more choice.

The races selected for the first half of 2019 are:

January - First Chance 10k - Sunday 20th January

A fast, flat 10km route around Exeter Riverside Valley Park.

February - Looe 10 Miler - Saturday 23rd February

An undulating run through West Looe & out onto the coastal road to Talland. A loop around the Killigarth, Porthallow area brings you back down to Talland for the return leg to the finish

Wildcard No 1 – February - Hameldown 7EVEN - Sunday 24th February

The races start and finish in the village of Widecombe-In-The-Moor, at the foot of the Hameldown 'massif' and surrounded by some of Dartmoor's most iconic granite tors. The Hameldown 7EVEN – The 'Long 10k', has in excess of 300 metres of ascent and includes a double ascent of the Hameldown ridge.

March - Tavy 13 - Sunday 24th March

Half marathon starting and finishing on the athletics track at Tavistock College with a wonderful course out to Dartmoor and back sandwiched in-between.

April - Honiton Hippo - Sunday 14th April - Date to be confirmed

A tough multi-terrain race with roughly 7 miles of Mud, Sweat and Tears (the odd hill and 2 rivers thrown in too for good measure!)

May - Ivybridge 10k - Saturday 11th May

The course is relatively fast, despite the steep hill from Bittaford to Moorhaven. The last 6km of the route are almost all downhill, making for a fast 2nd half of the race.

Wildcard No 2 – May - Clyst Hydon Huff 10km - Sunday 19th May

What to expect: at least one big puddle, some roads (more than 50% of the course is on roads, but mostly single track country lanes with grass growing in the middle!), some hills, some tracks through woods with roots and the odd small fallen tree, some mud, plenty of beautiful scenery, an enthusiastic group of school children to cheer you on towards the end of the course.

June - Torbay Half Marathon - Sunday 23rd June

The 28th running of this very popular seaside event; with demand for places steadily growing, early entry to this event is advised, as it may well be full before race day. The Torbay Half Marathon route is a traffic free two lap route which starts and finishes on Paignton seafront

Club Championship 2019

We are bringing the Club Championships 'in-house' and will consist of the Winter 3k Series for Road and the Beaches Run for Off Road.

There are awards for the top 3 Male and Female in each Road and Off Road as well as Age Category awards.

Road - 3k Winter Series

This is a 3k Road Race challenge that is open to any member of the club.

It will now run January-February and September-November.

That's 5 races, one each month.

A minimum of 3 races need to be completed to qualify.

Your best time counts towards winning an award.

The January and February 2019 races will count for both the current running 2018/19 Winter 3k Series and the 2019 Club Championship road race.

On Race nights we meet at Torbay Leisure Centre at 6:20, leave the TLC at 6:30, jog to Marine Parade, Preston for a 7pm start. Race finishes in Tanners Road, Goodrington.

The races are organised by Alan & Lynda Sloman and their team.

Dates:

January - Tuesday 8th

February - Tuesday 19th

September, October & November - to be confirmed

Entry Fee: Free of Charge!

Off Road - Beaches Run

Starting at South Sands, Goodrington and running mainly on sandy beaches to Hollicombe and back.

3¾ miles in total.

Date to be confirmed - normally May-June

Entry Fee: £2 donation to the Chairman's Charity

A Social Evening will follow the Beaches Run with a BBQ on the beach weather permitting (Cantina or Inn on the Quay if wet).

So, in summary there is now more opportunity for you to win an award in the Winter 3k series and the Beaches Run and the cost is minimal to enter and it's very local.

We Need You!

Your club commits a lot of time in organising and managing the Grand Prix, Club Championships and In-house races. This is completed by volunteers consisting of committee and non-committee members foregoing their time and possibly their own ability to participate when marshalling in-house races.

It's disheartening to the volunteers when these events are not well supported and ultimately they could be lost if participation does not improve – please get involved and make 2019 a great year for running and your Club!