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Upcoming Grand Prix Races

Ottery 10k
13th May

Burrator 10k
3rd June

WILDCARD
Beaches Run
22nd May

Check out the webpage

www.southdevon.run

Welcome

Welcome to the third 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

On 3 March 2018 we held our annual Awards Night at Brixham Cricket Club. The timing of the evening was not the best what with the unusual weather we experienced from the "Beast from the East" and Storm Emma! However, there was a good turnout by both the Junior and Senior club members on the Friday evening, to celebrate as the winners were presented with their awards. This year, especially there were many exceptional performances from club members both athletically and in working to support the club and take it forward. There are too many awards to include here but check out the website for a complete list of all the award winners.





Congratulations

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

Seniors section:

December - Jodie Lee for the Cockington Christmas Caper, 1st Female over 35 in 1:19:04 and the Bovington Marathon 129th out of 512 runners in 4:53:28

January - Gary Burman for being the first SDAC man home on the January Jaunt and Parkruns 13/1 7th place in 20:49, 27/1 4th place in 18:54

February - Marc Jones for his achievement in the Arc of Attrition 100 mile costal ultra where he only just missed the final cut off time.

Juniors Section:

December - Luke Le Huray for determination and effort to keep going higher during the Grand Prix high jump competition

January - Blake Bevan and Mia Taylor. Both for excellent effort and a great attitude towards training and the coaches.

February - James Waddell for a great performance in the Sports Hall Challenge Grand Prix and Thomas Hart for putting maximum effort and interest into all training sessions.

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!

What's New in the Grand Prix?

Some of the more observant club members may have noticed the addition of four Wildcard Races in the Grand Prix Calendar, bringing the total of races up from 12 to 16 over the year.

These Wildcard Races are included as something a bit different for members to try. For example the Moonlite Flit that took place on 13th January was a fully off road, very hilly, very muddy night run!

In order to compete in the Grand Prix, runners still need to complete 6 of the runs over the year. However, as there are now more races there is more of a possibility of there being a tie in the number of points obtained at the end of the year. In the event of a tie, the results of the seventh, eighth and even ninth race will be included in the calculation. So although you only need to do six races over the year to qualify it may be you have to do more to win. If there is a tie, the person with the higher points in the seventh race will win, if there is still a tie then it will be the person with the most points in the eighth race and if still a tie then the ninth race. This gives the added incentive to run more Grand Prix races - it might make all the difference!

So far 4 Grand Prix races and 1 Wildcard race have taken place and the results so far are on the club webpage. The next race in the series is the Ottery 10K on the 13th May followed by the next Wildcard race the Club Beaches run on 22 May. Please support this race as Lynda is giving up her Birthday celebrations to help Alan host the race 😊

Don't forget that to qualify for the points for a Grand Prix race **you must wear a club vest**. Good luck to all and see you at the next race!

England Athletics' Club Run Programme

In February this year the club sent off an application to England Athletics to be included in their club run programme. This programme offers clubs a free series of practical coaching sessions led by coaches linked to the England Athletics coach development programmes and its aim is 'to support clubs and their runners to achieve more through their love of running'.

We have just heard that South Devon AC is one of about 40 clubs that have been awarded a Club Run place on this year! This will mean that we will have 3 visits and practical EA coach led sessions. As yet we don't have any details of when these sessions will take place but watch this space! Details will be included on the webpage when we have them!

New Club Social Events

As a club it's not all just running and so far we have had two social events. In February it was drinks and a meal at Cantina down in Youngs Park at Goodrington following the very enjoyable evening we had there after the Jingle Bell jog. This was well attended and provided a great opportunity to have a good catch up with friends, without being out of breath.

The second social event had a bit more competitive edge to it. A Skittles Match at Preston Conservative club in April. There were two large teams of mixed ability but more than equal amounts of enthusiasm. It was a very enjoyable evening concluded with a tradition style raffle, this proved popular by over excitable players, snapping up lines of tickets. Only for the vegetarians to find it was for in fact for a meat raffle, lol...

If you have any ideas for a social event, we would love to know? We promise a suggestion does not mean you will be then responsible for all the arrangements 😊

Sports Massage still available? For quicker Recovery?

Ian has been learning lots more techniques to help you reach those goals speed up your recovery and iron out those niggles before they stop you achieving your potential.

Still looking for case studies, so send us a message still only a £10 donation, but won't be for long.

Spaces are limited so act now – [feeling motivated](#).

Facebook [@RecoverRate](#)

recoverrate@hotmail.com

contact number 07555 949749



Your Support is needed

The club's only race is fast approaching on 9th June 2018



Sign yourself up

- Day before signing/taping the route
- Pre-race set up on the day from 4pm
- Car parking attendants
- Course Marshals
- Water stations marshals
- Post-race clear up

YOUR CLUB



**NEEDS
YOU**

