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20 January

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Check out the webpage

www.southdevon.run

Welcome

Welcome to the sixth 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!

Beat the Street - Torbay



It started with a post on the our Facebook page 'This would be good for Thursday night runs' - Guy duly set up a team and SDAC's 6 week long fixation with Beat the Street began.....

Beat the Street was a game that saw the three towns across Torbay transformed into a giant game requiring participants to tap a card on strategically located 'Beat Boxes' to collect points and ultimately win prizes for schools or community/workplace

teams.

Unforgiving weather conditions caused a postponement to the Club Mile race which led to the first club run based on Beat Box numbers - 56, 47, 54, 55, 60, 61, 65, 66 & 64 being the route. The inaugural outing in the mist of heavy wind and rain required some seeking out of the boxes aided by Karen who was already hooked having started 24 hours earlier when the game started. Just over 2,000 points were collated on that first run putting us straight on top the Communities & Workplace leaderboard.

The Sunday Runners group (for those who don't know, a non-affiliated group of 'Runners' who go out on a 'Sunday') went on a route arranged by Anita with 15 boxes tapped (900 points). Michelle and Stuart were out later in the day and each completed a half



marathon within the confines of Goodrington, Broadsands, Hookhills and Galmpton (another 620 points for the team).

By the end of week 1 we had amassed 6,150 points. Torbay Tri had now registered a team and were in 2nd place on total points (2,540) but 1st place on average points and were starting to close the gap on total points. Into the 2nd week more and more members of the club along with their family/friends signed up to the game to collect points for SDAC which became a priority in peoples' minds whenever outside - 'how can I get an extra beat box tapped whilst I'm out?' Whenever possible points were being collected through running, cycling and walking.

The 2nd weekend saw a double points bonus weekend with selected boxes scoring 20 points. On Saturday Torbay Tri overtook us overall on total points when one of their members tapped all 81 boxes during a mammoth cycling effort (and went on to do the same 2 weeks later). Team SDAC along with the Sunday Runners group responded accordingly on Sunday morning and by 11am we were back in the lead and collected 8,000 points in one day alone. The Maddocks had now returned from their 'month long' holiday and Steve having been shown the ropes was now 'all over it'.

In week 3 a 'WhatsApp' group was initiated to allow communication with SDAC members so to keep messages away from public view on our Facebook page. Stuart had been investigating other Beat the Street events across the country and had mapped out when future bonus point incentives were potentially going to take place. These findings told us that the 3rd weekend would be a 'mystery' bonus weekend where selected boxes would be 30 points.....time to hatch a plan.....

Steve M and Stuart set out on their bikes at 6am on Saturday morning to cycle around Paignton to discover the 30 pointers and share their findings on WhatsApp, other runners and cyclists followed seeking other boxes with 30 points. By 9am we had all of Paignton covered and knew which boxes gave 30 points. Runners, cyclists and walkers were then out on mass over the weekend with a mixture of planned routes to tap boxes or back and forth between 2 boxes to maximise point collation. And boy did we collate points; Saturday 11,000 and Sunday 18,500! This firmly cemented our top place position on both leaderboards with double the points of Torbay Tri who were in 2nd place.

Not wishing to sit back on our laurels, we continued to gather points whenever possible managing to gather more points daily than Torbay Tri on 11 of the following 14 days, aided by a bonus points week when for 1 hour each day boxes would give out double points. This was exploited by our retired participants who were able to hit the daytime bonus hours. However, Steve Hookins did change his work shift to fit around one of the bonus hours!! We achieved all of this in addition to the Eden Half Marathon Grand Prix event taking place as well as schools half term with many people away.

By Sunday 21st October following another day out on mass we surpassed 100,000 total points and now 3rd in the overall leaderboard – although no prizes for this other than huge Kudos to everyone.

With the final day approaching and the knowledge that from 3-7pm the boxes would increase every hour to 30 points for the final hour, an SDAC Social Night was arranged. As many people who could get out on foot or bike started from 3pm followed by 3 options for the last hour; Anita led a run navigating a range of boxes; Young's Park area was used for back and forth running while the Hookhills area was set for cycling back and forth. We finished with a celebration and drinks at the Inn on the Quay and everyone thankful Beat the Street had come to an end!

It took over a week for the results to emerge as we waited for confirmation of our position. The result...

We smashed both leaderboards providing a total prize fund to the club of £600. That's 1st in the Total Points leaderboard with 139,875 points, more than double of Torbay Tri who came 2nd place and 1st in the Total Average Points leaderboard with 2,088 points. Additionally, we came 2nd in the overall leaderboard plus the majority of the leaderboard for individual top tappers consisted of our SDAC participants.

A massive well done to all club members who took part along with family and friends who were drawn into the six-week craze of Beat the Street.

Stuart Batten



Christmas Party

NEARLY 50 club members lapped up the festive cheer at the Riviera International Conference Centre on the occasion of the club's Christmas Dinner.

Weeks of painstaking organisation by Lorraine Henderson and Kerry Bell paid off as roughly the right number of people turned up at roughly the right time, and roughly the right amount of dinner tickets were distributed.

The tone of the evening was set early on when DJ Mike Smash up on the podium zeroed in on David Cubberley's rather dashing and flamboyant festive shirt, singling it



out for special attention. Chris Shuttleworth, worried that the Riviera Centre might not be seasonal enough, had brought his own lights just in case.



Diners were entertained ahead of the arrival of the meal by Colin Peters, who had brought 'Russian Roulette' chilli chocolates for the daring and After Eight Mints for the agile. The idea of the game was to manoeuvre an After Eight from forehead to mouth without using the hands. Most people failed dismally, and it is understood that Claire Cornish went home with an After Eight still stuck firmly

to her forehead. It may still be there.

Vince 'The Prince' Langdon proved once again to be the master of this game, seemingly able to synchronise tongue and eyebrows in perfect harmony. (Note: I just want to say that I also managed to perform this magnificent feat and have video evidence to prove it! Heather)

Food proved plentiful and popular, and when it came to dessert there were clearly tickets to spare. Reports that Chris Reece was seen going up for a fifth chocolate roulade were hotly denied by the young speed merchant.

But the meal itself was little more than a curtain-raiser for the action to follow. South Devon AC members were first on the dance floor and last to leave it, as tradition dictates. Much of the dancing left something to be desired – rhythm, co-ordination and style, for example. There was still, however, plenty to entertain discerning 'Strictly' judges Compo, Foggy and Clegg in the front row.

Things could have gone badly wrong for the club when the party dances started. Other groups in the room had clearly been practising the Macarena, leaving SDAC floundering. Colin Peters' performance in the cha-cha slide, however, returned the yellow and blue to the top of the table where they belong.

Guy Henderson



Congratulations

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

Seniors section:

October – Mark Stockman, Plym Valley Autumn Marathon
Day 1 3:57:07 Day 2 3:45:33

November - Keith Belt, Templer 10 2nd MV65

Juniors Section:

October - Oscar Mytton

November - Eve Campbell

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!



Social Events

Jingle Bell Jog

Thursday 20th December – Don't forget your Santa Suit!!!

Following the Jingle Bell Jog a social evening has been arranged at Cantina. Food can be ordered from the main menu on arrival and the band is staying on late for us.

Cantina wish to know estimated numbers for food so if you are not going to be at the club this Thursday please let either Kerry or Heather know if you want food.

New Year's Day Run

Blow the cobwebs away and join us for the New Year's Day Run.

Meet at the Leisure Centre at 9.00am ready to car share to Berry Head to start the run back at 9.30am

Awards Night

The annual Awards Night will take place on 1st March 2019 at the Cricket Club in Brixham.

So sorry folks but John needs all of those cups back asap.

There are a number of awards up for grabs, many of these are based on performance alone but some are open for nominations and the nomination form will be sent out soon, so watch your emails. When nominating someone please print out the form and make things as easy as possible for the Awards Committee by giving as much detail as you can about why it is that you are nominating a person i.e. which race they ran and in what time. The nomination forms need to be returned to a member of the Awards Committee by 14 January 2019.

And finally It's nearly Christmas!

Looking for that extra present for someone?

How about new running kit?

See Chris Reece for club vests and hoodies and make someone's Christmas!



