



Summer 2018

Issue 4

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## Upcoming Grand Prix Races

Haytor Heller  
21st July

Dartmouth Regatta  
Race  
1<sup>st</sup> September

Exmouth 10k  
30<sup>th</sup> September

WILDCARD  
Haldon Forest Flyer  
10<sup>th</sup> August

Check out the  
webpage

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

## Welcome

Welcome to the fourth 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!

## Coleton Footacher

Saturday 9 June at 6.30pm saw the third Coleton Footacher. This race was founded by the club in 2016 and is approximately 6.3 very hilly, but very beautiful, miles round the National Trust grounds at Coleton Fishacher and along the coast path. The race drew runners from several local running clubs and was included in the Grand Prix for Torbay AAC and Teignbridge Trotters. A total of 77 runners completed the race and were rewarded with a cream tea and set of race number clips. First over the line was SDAC runner David Hampton in a time of 46 minutes and 14 seconds.





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## Congratulations

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

### Seniors section:

**March** - Andrea Wall for a PB at Bideford Half Marathon 1:59:56

**April** - David Hampton for 1<sup>st</sup> place at the Honiton Hippo in 51:41 and John Drennan for successfully applying for money from the Mayoral Fund for First Aid courses

**May** - Chris Reece for the Edinburgh Marathon where he knocked 1hr off his marathon PB time

**June** - Michelle Coles for her PB at Torbay Half Marathon 1:59:24

### Juniors Section:

**March** - Alex Smaller for an excellent and entertaining high jump in the Grand Prix and Guy Ackroyd for good improvement, including the parkrun on 30 March in 20:14

**April** - Evie Chapman for showing good progress over the year and Caitlin Moss for her performance in the Honiton Hippo

**May** - Francis Hayes for a PB performance on the 3.5 mile beaches run and overall fastest on the juniors 800m Grand Prix

**June** - May Battye for always training and competing with feisty determination and never giving up and Grace Hart for showing demonstrable improvements in her athletic abilities throughout the year

*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!*



## England Athletics' Club Run Programme

As you all know SDAC is one of 40 clubs that has been included in England Athletics' Club Run Programme. Under this programme we will have 3 training sessions with Graeme Riley from England Athletics. Graeme is a Level 2 Performance Coach and EA Tutor and has 20 years experience in coaching.

The dates for the sessions have now been agreed and are Thursday 23 August, Thursday 13 September and Thursday 4 October.

Each session should include:

- An explanation of the session and its aims for that evening
- A warm up to include a range of mobility, activation, running technique and drill work
- A main session component for 10k runners
- Cool down and stretching
- Opportunity either before or after the main session for a 15-30 minutes questions and answers session or informal discussion around topics such as race day prep, nutrition, tapering etc.

This is a great opportunity for the club so let's all make the most of it no matter how fast or slow you think you are – it's for us all!!!



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

### Beach Barbeque

What better after training than a barbecue? Our training session on Tuesday 19 June took place on Goodrington Sands, so after training hard on the beach that's exactly what we did. People brought down disposable and small barbecues and bags full of food and drink and we sat and enjoyed the views and good company for a perfect end to an evening's training.

### SDAC 21<sup>st</sup> Birthday Cruise

An important date for your diary - Saturday 28 July.

Preparations for this are already well underway so don't miss out! If you haven't already put your name down there is a sign up list on the notice board. The cost is just £10 per person (£5 for under 18) the money to be given to Colin.

If you have any ideas for a social event let someone on the committee know. We promise a suggestion does not mean you will be then responsible for all the arrangements. However we would love an help 😊

## New Off Road Running Awards

Starting this year the club is introducing some new awards for off road running. There are 3 new awards for both male and female.

- Up to and including Half Marathon
- Above Half Marathon and up to and including Marathon
- Above Marathon distance

The first two categories are to be decided using the World Masters Athletics 2015 tables. Although these are primarily for road races they will be used as a consistent model for age grading as there is no current standard for multi-terrain races.

The third category will be awarded by the awards committee on a subjective basis.

To qualify for one of the awards you need to be a fully paid up member of SDAC and enter the race as such. Awards will be applied to any multi-terrain race which operates under a license and excludes cross country and parkrun.

So dust off your trail shoes and try an off road event or two.

Most important - don't forget to let our press officer Howard know your results so that we can include them in calculating the awards.

## Dave Cubberley - Parkrun Tourist

Club member Dave Cubberley loves to do parkruns!



***"I've been asked to do a write up about my parkrun experiences. Don't worry it won't be too long winded."***

I found out about parkrun in 2015 from a physiotherapist who was treating me for an achilles tendon injury I sustained as I was training for my first 10k. I was living in Aldershot at the time and the parkrun was 10 minutes down the road. I was injured in January and I was back running end of April and the Tenby 10k was at the end of July.

I did my first Rushmoor parkrun on the 8th August 2015. After doing the 10k I was hooked with running anyway but my first parkrun really did it for me, I found it so friendly and easy to take part and it's free.

Since then I have done 69 parkruns at 17 different locations.

The furthest away so far has been Pollok in Glasgow which was hilly though woodland....you would all would love it.

Reading had a nice stretch of run along the Thames.

Southsea and Minehead were both nice runs along the seafront.

Newbury was partly run on Greenham Common airbase, some of you might remember the women who protested outside for many years.

I ran Frimley and helped my daughter pick her wedding dress on the same day and ran Andover on the morning of my daughter's wedding about a year apart.

The saddest parkrun was Little Stoke which was the first parkrun to be cancelled due to the local council wanting to charge people to run which isn't parkruns policy. I ran there because it was a good friends local, and was due to close not long after so I drove from Aldershot did the parkrun, had a big Toby breakfast and then drove home.....Yeah, yeah I know, mad or what.

The best so far has to be The Eden Project parkrun (in the picture). Running from the top car park down into the bowl and seeing the biomes appear though the shrubbery is truly awesome and the brilliant part of taking part is you get free entry to the Eden Project after with anyone you're with. Also done Parke, Frimley Lodge, Woking, Bolton, Royal Tunbridge wells, Hanley



and Guildford.

Everywhere I have been I've found people to chat with and always try to say hello to the Run Director.

My mission is to do all the parkruns in Devon and Cornwall and hopefully go on holiday aboard somewhere which has a parkrun.

I've done a bit of volunteering which is how parkruns happen on a Saturday morning, always good to do and a great way to get to know people and all the jobs are easy to do. My first volunteer roll at Rushmoor was timekeeper, nervous or what? but it all went well. I've seen many people go from couch to 5k so parkrun has been truly inspirational to them, long may parkrun go on.

For me, my target is to hit the milestone of a 100 parkruns, a few to go yet. Keep on running as the song goes.

## Check out the Club Webpage

To find out what's going on with SDAC visit our club webpage

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

This site is maintained by a dedicated team of volunteers that do their best to keep you all informed with the latest club information. If there are any errors, please do email and let us know. On the odd occasion items are a tab behind, please don't take offence at this. The team do their best to keep on top of it all, but they do also have other commitments such as full-time jobs and families etc.

New page recently added is - "Members offers"

Did you know that as a member of SDAC and England Athletics you can get discounts on a range of sports goods and services?

Check out the webpage - About Us - Member Offers for details.

Whether it's new kit you need, exercise classes, sports therapy or physiotherapy check the website first. Please remember though that if you take up one of the offers, take your EA registration card along with you to show that you are a member of the club.

## Brand new running event coming to the Bay

Torbay AAC have organized a brand-new event “Torbay Road Relay”

Date - Friday 24<sup>th</sup> August 2018 at 7pm

Where - Torbay Velopark.

What’s involved - this is a 4x 3kilomitere (approx.) road relay circuit on the Velopark.

Teams can enter for £12 for a team of four - Entry forms will be put up in the club notice board.

It would be great to support this new event and represent the club

