



## In This Issue

- Welcome
- Looking back over 2017
- Congratulations!
- The Westward League. What's it all about?
- Important safety notice
- Sports massage?

## Upcoming Grand Prix Races

The January Jaunt  
7<sup>th</sup> January

Westward League  
11<sup>th</sup> February

Bideford Half  
Marathon 15<sup>th</sup> March

Honiton Hippo  
15<sup>th</sup> April

## Coming soon

Awards night coming  
up Provisionally on  
3<sup>rd</sup> March

## Check out the webpage

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

## Welcome

Welcome to the second 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!

## Looking back over 2017

2017 has been a Fantastic year. There are a lot of new faces and a lot of enthusiastic new runners who are taking an active part in the club. Last February saw our Awards Night where the successes of 2016 were celebrated for both the junior and senior club members. In June it was the club's race the Coleton Footacher. This was organized by Karen Bumby and her team and a big thank you to all who helped and marshaled to make this such a successful event. The race date for 2018 is Saturday 9 June at 18.30 so keep this free in your diary as all help is welcomed. July was the month for the juniors when it was the turn of SDAC to host the Pearson Cup. Vince and his team did a great job in organizing this event and the SDAC juniors came a very respectable second. In August the club was in a social mood and Mel loaned us her field for a club barbeque. The weather was kind and a great time was had by all. Also two teams from SDAC took part in the Regatta Beat the Tide on Paignton beach, unfortunately we did not manage to beat our previous years' second place but one team did come in a respectable fourth! In 2017 the club was 20 years old and to celebrate we organized a 20 hour relay round Paignton Green. This was well supported and many club members came down and we had someone running for the whole 20 hours. In total 645 laps were run and over £200 was raised for the 2017 Chairman's Charity (Rowcroft). The new kit arrived in October and has been a big hit with a lot of positive comments from people both inside and outside the club. December saw the Jingle Bell Jog where all club members run together in fancy dress. In spite of the rain there was a

good turn out and Cantina did us proud with after run food and drinks.



---

## Congratulations

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

### Seniors section:

**September** - Two this month

1. Ryan Rudge for the Ironman in a time of 11:02:13
2. Steph Bartlett for the Bags of help Tesco award of £2000

**October** - Jeramy Goddard for his 250km crossing the Atacama Desert

**November** - Colin Peters for coming third in age category in the Bicton Blister (Grand Prix race)

### Juniors Section:

**September** - Robert Hayes for U10 Boys Cross Country Grand Prix in 7:35

**October** - Robin Harris for his performance in the Grand Prix and his overall excellent attitude and effort.

**November** - Sam Barnaby for the fastest Parkrun time and improvement 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. As you can see from the above, it doesn't even need to*

*involve you actually putting your own trainers on and running!*

---

## What is the Westward League?

Also known as the Westward Winter Cross Country League, the Westward League is registered with England Athletics and organizes cross country races for running clubs that are also England Athletics registered.

### What is it for?

The aims and objectives of the Westward League are to encourage and promote cross country running and to encourage competition for both sexes from the age of 11 upwards. It seeks to increase interest and enthusiasm for cross country running.

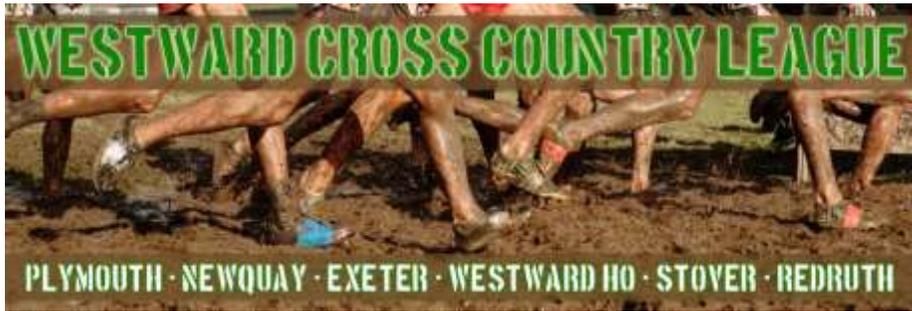
Clubs that are registered with England Athletics can join by paying an affiliation fee for the season and then a nominal fee is payable by each runner to race.

### What does it do?

The Westward League organizes 6 cross country races throughout the winter in the South West at venues in Plymouth, Newquay, Exeter, Westward Ho!, Stover and Redruth. The races are separate for male and female and for Seniors and age groups under 17, under 15, under 13 and under 11. . The next races in the 2017 - 2018 season are on Sunday 14 January 2018 at Westward Ho!, Sunday 11 February 2018 at Plymouth and Sunday 4 March at Redruth.

### Is it for me?

If you've never tried a cross country race before (or the last time was when you were at school!) why not give it a try. The February Grand Prix race is the Westward League cross country run at Plymouth. As with all Grand Prix races club colours must be worn, and with all their races headphones are not allowed. Also there is the added incentive that as SDAC has a credit with the Westward League you will not have to pay the entry fee to run. Why would you not give it a go? Although being cross country, I wouldn't wear your favorite pair of new trainers



## Awards night

The Awards Committee will be meeting again soon and so we need your nominations for the 2017 awards and the categories for the nominations have been sent round to members by email, get your nominations in by 28<sup>th</sup> January. The date is provisionally set for 3<sup>rd</sup> March, more details will be announced in due course. Please return any cups you still have ASAP

## Important Safety Notice

Again it is so important what 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 ☹️ .

# Be safe Be seen



## Sports Massage? Quicker Recovery?

Well its 2018 time for a new you, let Ian 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.

So what you got to lose

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

Facebook [@RecoverRate](#)

[recoverrate@hotmail.com](mailto:recoverrate@hotmail.com)

contact number 07555 949749

