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Upcoming Grand Prix Races

Tavy 7
27 October

Templar Ten
3 November

Haldon Jingle Bell Run
10k
15 December

WILDCARD
Bicton Blister
24 November

Check out the webpage

www.southdevon.run

Welcome

Welcome to the ninth 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 Heather Maddock and I'll see if can get you or your ideas in print!

A Newbie in Our Midst

A lot of us have been members of SDAC for a number of years and it's easy to take our club for granted. However, what's it like for someone new when they first turn up on club night? Yvonne Robinson lets us know her impressions:

I have been running on and off for most of my life, but never belonged to a club. I was kicked off the school cross country team for always coming last and dragging the school down.

I was fed up of running alone. It wasn't exciting anymore. My children had stopped coming to cheer me on, greet me at the finish line. They were bored of the hanging around, waiting for mum to run by. I needed a replacement support team. In January 2019 I went to the Running Show at the NEC in Birmingham. I didn't believe that anything running occurred in South Devon. How wrong I was.

My first encounter with South Devon Athletic Club was

when I saw a group running one Thursday evening. I stopped the team and asked who they were, where they ran, and could I try? My questions were answered in an enthusiastic, encouraging, and friendly manner (I think it was Sharon who spoke with me, joined in with others in her group). Fast forward a month or two. I eventually found my way to the club. I was welcomed and my voiced feelings that I wasn't fast enough (didn't want a



repeat of my school days) or good enough to belong to a club were very quickly put behind me. I found a group of people who encouraged each other, supported each other and had a shared love for running. I was in awe as the majority of runners I met that first night were running marathons, ultra marathons etc. I was building myself up to do a 10k, the Two Castles Run in Warwickshire. It really didn't matter. All the people I had conversations with that first evening were interested, not in the distance, but the journey, I felt. Distance was irrelevant. I was nervous the first Tuesday evening, but really had no need to be. I did sprint training and was given specific instructions and a very capable partner. The following Tuesday I did the training session with Steph and Chris, and although it was difficult, I absolutely loved it. The aches for the next few days were bizarrely satisfying. My Parkrun times were getting better. I eventually decided to join the Thursday evening long runs. I was concerned that I would not be able to do the distance and that I would sustain an injury making the jump to 6 miles, when I had only been running 5k distances. Again, I need not have worried. I ran the shorter runs with John and gradually increased my distance. By the time the Two Castles Run arrived in June I was more than ready, and ran an amazing race.

When I had been with the club less than a month I decided to join. I filled in my application form, and a short time later, I received my England Athletics number. The first club race was approaching. We had been told many times that if you had no club vest, you could not run, or your run time would not be recorded. This worried me as I could not seem to get a vest. I voiced my concern and was told that it would be fine as a newbie to not have one as it was unavoidable. I ran my first club race and felt amazing as I crossed the finish line when I was wearing my own club vest. Maybe new members should pay more for their first year membership and have a vest included. This would alleviate any of those anxieties associated with standing out because you are the only one not wearing a vest.

I am about to run Templer Ten, which is the longest race I have ever ran. My goal is to run the Bath Half Marathon in March. All of this is thanks to the support of SDAC. I would never have believed I could have done it. I have felt, in joining South Devon Athletic Club, accepted, encouraged and absolutely love the camaraderie amongst the runners, no matter how long they have been coming. You are all a fantastic bunch of people and I look forward to coming every week.

Yvonne Robinson

AGM

This year the club Annual General Meeting will take place on 21 November. We will meet after our club run, in the squash court at Clennon Leisure Centre.

This is a very important meeting for the club and every member is encouraged to attend and to take part. It is during this meeting that the club officers are decided for the following year. This year there will be vacancies for the following offices Chairman, Vice Chairman, Secretary and Membership Secretary. These are important roles but it can also be fun and volunteering is a way for ordinary club members to give back to the club they are a member of. The club benefits from the input of new people with enthusiasm and new ideas as this is what takes us forward. To put your name forward there are nomination forms that have been emailed out to everyone but there is also a link on the webpage and some paper copies on the notice board. Simply fill in the form with your name and the office you wish to do and get your nomination proposed and seconded by any other club members. However, this form must be handed in two weeks prior to the date of the AGM – 7 November 2019.

As well as electing officers we will discuss any proposals brought forward by any club member. If you have any proposal that you would like to bring forward as an idea or for discussion then that is easy to do. There is a link to a proposal form also on the website. Just fill that in with your idea and hand the form in. This also needs to be handed in two weeks prior to the date of the AGM.

Perhaps the most eagerly awaited item on the agenda is the draw for the London Marathon place. EA affiliated running clubs are allocated places on the London Marathon. This has been done on the size of the club and South Devon has been allocated one place each year over the last few years. In order to be eligible to be included in the club ballot, a member needs to have been a member of the club and EA for 2 full years. They also need to have entered the general ballot for the London Marathon but been unsuccessful. If you meet the criteria for this and would like to be included then forward your rejection email to secretary@southdevon.run or hand in a paper copy of your rejection letter. The club also has a free place for Edinburgh Marathon and if you are not successful for the London place you have the choice of whether or not you would like to be in the ballot for Edinburgh.

Recipe

As runners we love to eat!

If anyone has a recipe they would like to share let us know, this recipe is from Yvonne Robinson

Savoury Flap Jacks (AKA Hockey Pucks):-

Ingredients:-

150g Whole Rolled Oats
1 Carrot or Courgette grated
100g Mature Cheddar
1 generous tbsp Olive Oil
2 Eggs beaten
75g Mixed Seed or Omega 3 Seed Mix
1tsp Salt
1tsp Dried Rosemary (can use Italian seasoning instead)

Method:-

Mix all the dry ingredients then add all the wet ingredients. Mix well.
Put in small Yorkshire pudding tin to make 12 beautifully formed hockey pucks.

Bake for 40 minutes 160c (320f or Gas mark 3)

Easy to make and delicious



Congratulations!

For the following outstanding achievements!

Steve Hookins – Plym Trail Summer Marathon – Day 1 4:39:27, Day 2 4:46:59 and Salisbury 50k 5:40:55

Jeremy Goddard – Plym Trail Summer Marathon – Day 1 3:53:51

Vicky Jewitt – Lone Wolf 2019 – First Female

Juniors:



June –

Ruaraidh Robinson – for putting 100% effort and attention into all training sessions, and great competitive spirit.

Lana Cory – for being a great competitor in training, with maximum effort and spirited performances.

Jack Luscombe – for developing his endurance running ability and putting in a very competitive effort at the Coleton Footacher trail race.

Connie Mercer – for pushing herself to the maximum during training, with an infectious spirit and determination.

July –

Oscar Mytton – for consistently training with focus and maximum effort throughout the year culminating in a stunning performance at the Pearson Cup.

Maisie Bennett – for applying herself diligently to training, with 100% effort, and great results, culminating in a stunning performance at the Pearson Cup.

August –

Evie Rowe

Hannah Carr

Lauren Carr

All for strong and competitive performances at all 4 of the Devon Open Track and Field Series events, competing across the range of track and field disciplines.



Christmas Party

Saturday 7th December

For those who have put their names down the final payment is due by 24 November. After paying a deposit there is a balance of £25 left per person to pay. This can be paid from the 1 November onwards directly into the SDAC bank account (details to follow) or in cash to Antony.

Christmas Tree Festival

Look out for the SDAC tree.

If anyone would like to help with this speak to Andrea, Heather or Brenda



Paignton Parish Church

Christmas Tree Festival

23rd – 29th November

23 November

Christmas Tree Festival Fayre

10:30 – 1:30

Coffee Tea and light lunches served

Many stalls and crafts on display

Raffle Prizes

29 November

Christmas Tree Festival Quiz 7:30pm

£5 in advance, £6 on the door

Includes wine and mince pies

Church open Daily

