

SCAA ROAD RUNNING NEWSLETTER No.3

Hi Everyone

The year is rushing by, and Summer has come and gone, but we were treated to many good events around the county since the last newsletter in May.

The annual Friday 5 series was again well supported by runners from across the area.

The 2014 Suffolk Grand Prix is growing in popularity with organising clubs welcoming it to their events, but work is still needed in boosting club runner awareness of the series. This years results are now on the SCAA web site and congrats to all those individuals and team winners Ipswich Jaffa and to Sarah Vick of Saxons for her help and support with the results.

Ipswich Jaffas Ekiden Relay was at Woodbridge school with over 150 teams in the senior event and 40 teams in the first ever Junior Relay. This event has grown in popularity every year and is unique in its format, race director Robin Belsoms efforts have raised funds for worth while charities every year. There is a possibility that next years entry will be closed well before the event so look for the entry forms early in 2015.

County Road Championships have been run a number of events and on the whole have had a reasonable response. There have been a number of county records broken which is pleasing to see. We have had a few issues around rule clarifications but I hope we have now resolved these moving forward, and for those events running county championships on the road in 2015 a set of race rules are now on the SCAA web site.

The 2015 Suffolk Grand Prix and County Road Championships are now finalised thanks to the clubs for confirming their willingness to support the dates chosen.

Suffolk Grand Prix 2015

Tapley 10 & 20 mile Feb 22nd (this is also the event that 2014 winners awards will be presented).

Woodbridge 10k May

Stowmarket Friday 5 in June

Ipswich Half Marathon in September

Framlingham 10k in October

Thurlow 10 & 5 mile in November

Waveney Turkey Trot in December.

County Road Championships.

Stowmarket Half Marathon in March

Ipswich Jaffa Friday 5 in May/June

Felixstowe Coastal 10 mile in September.

All at the Suffolk Athletics Assoc. wish you a Happy New Year.

Thanks

Terry Back

Road Race sec