



Road Running Newsletter – October 2016

Grand Prix Series

2016 - The story so far

- Race 3 was the Newmarket 10K on Sunday 3rd Jul. A total of 217 runners took part in the race, of which 112 were eligible for the GP (65 men and 47 ladies).
- Race 4 was the Twilight 5K on Friday 5th Aug. A total of 106 runners took part in the race, of which 32 were eligible for the GP (23 men and 9 ladies). Former European 10,000m silver medalist Chris Thompson won the elite 5k race in a course record time of 14mins 5.7secs. Katrina Wootton was the 5k women's winner. Her time of 15mins 51secs is the quickest female time for a 5k road race in the UK this year
- Race 5 was the Twilight 10K on Friday 5th August. A total of 996 runners took part in the race, of which 237 were eligible for the GP (145 men and 92 ladies).
- Race 6 took was the Felixstowe Coastal 10 held on Sunday 25th Sept. A total of 327 runners took part in the race, of which 167 were eligible for the GP (94 men and 73 ladies).
- After 6 races Ipswch Jaffa are leading the overall combined team competition, with Felixstowe Road Runners and Stowmarket Striders in 2nd and 3rd respectively.
- Race 7 is the Saxons 5 on Sunday 16th October. Entry details are available on The Saxons website <http://www.thesaxons.org.uk/>

2017 – Dates for your diary

Races for the 2017 series were selected at the SCAA Fixtures Meeting held on Weds 14th Sept. Factors taken into consideration were the race distance (shouldn't be an obstacle to participation in the series), the geographical area (to ensure an even spread of races across the county), and the number of years since the race was last included in the GP (so that all clubs are given the opportunity to benefit).

The races selected are:

- Tarpley 10M & 20M (both races) - Sunday 26th Feb
- Sudbury 5M Fun Run - Friday 14th April
- Bury Friday 5M - Friday 23rd June
- Ipswich Half Marathon – Sunday 17th Sept
- Martlesham 10K – Sunday 8th Oct
- Stowmarket Scenic 7M – Sunday 12th Nov
- Turkey Trot 10M – Sunday 10th Dec

For more information about the Grand Prix series visit the county website http://www.suffolkathletics.org.uk/Temp%20work/road.htm#Grand_Prix

County Championships

The 2016 10K Championships were incorporated into the Framlingham 10k held on Sunday 4th Sept. The race attracted 293 runners in total, of which 115 men and 44 ladies were eligible for the County Champs.

2017 – Dates for your diary

County Championship races for 2017 were selected using the same criteria as the GP, but preference was given to race distances which have historically been included (for consistency), and race distances where one would expect a good number of entries in each age category.

The selected races are:

- Stowmarket Half Marathon – Sunday 19th March
- Framlingham Friday 5 – Friday 16th June
- Twilight 10K – Friday 18th August
- Felixstowe Coastal 10M – Sunday 24th Sept

For more information on the County Championships visit the county website

<http://www.suffolkathletics.org.uk/Temp%20work/road.htm#Championships>

Friday 5 Series

The 2016 series was as popular and competitive as ever, and provided most of the racing action over the summer months. Ipswich Jaffa were unable to host their race this year, but a replacement race hosted by Framlingham Flyers turned out to be a huge hit (i.e., lots of people ran good times there!). In the end Ipswich Jaffa took all of the team prizes, with honourable mentions for Bury Pacers, Subdury Joggers, Stowmarket Striders, Felixstowe Road Runners, Framlingham Flyers and Ipswich Harriers.

The addition of the Framlingham race proved very popular this year, so you'll be pleased to hear that it will be back in 2017. This will be in addition to the usual 5 races.

- Ipswich JAFFA - 26th May
- Felixstowe RR - 2nd June
- Stowmarket Striders - 9th June
- Framlingham Flyers - 16th June
- Bury Pacers - 23rd June
- Great Bentley RC - 7th July

For more information visit the series website <https://friday5series.com/>

Cross Country – Suffolk Winter Series

And finally, I'm sure all you road runners will all be pulling on your spikes for the XC season!. Here are the provisional dates.

- 30th October, Framlingham
- 4th December, Woodbridge
- 15th January, Haughley Park
- 19th February, Heveningham Hall
- 5th March, Bury St Edmunds