



Road Running Newsletter – August 2017

Friday 5 Series – Supported by East of England Co-Op



This year's Friday 5 Series provided some fantastic racing across 5 races, and was arguably the most successful year yet. All 5 races sold out and county records were broken at Framlingham!

All of the series results can be found on the series website <https://friday5series.com/>

The organising committee have already started planning next years series, with exciting plans afoot to ensure it's bigger and better than ever!

County Championships

The County 5Mile Championships were incorporated into the Framlingham Friday 5 held on 16th June. Out of 395 runners taking part overall, 233 were eligible for the County Championship. This once again resulted in good numbers of runners in each of the age categories.

Several county records were broken at the Framlingham Friday 5.

- Womens V45 Section
Odette ROBSON Saint Edmund Pacers 29.12
- Womens V55 Section
Jenny SHEAHAN Unattached 37.48
- Womens V60 Section
Jenny MORGAN Saint Edmund Pacers 38.38
- Womens V65 + Section
Moiria PINKNEY Ipswich Triathlon Club 44.56
- Mens Open
Andrew ROOKE Ipswich Jaffa RC 25.03
- Mens V40 Section
Jim LAST Framlingham Flyers 27.22
- Mens V60 Section
TERRY BACK Ipswich Jaffa RC 30.13

It's great to see such a high level of competition across the county, well done to all!

Results can be found on the county website

http://www.suffolkathletics.org.uk/Temp%20work/road.htm#2017_Champ_Series

Next Championship races

- Twilight 10K – Friday 18th August
- Felixstowe Coastal 10M – Sunday 10th Sept

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- Race 4 was the Bury Friday 5 held on Friday 23rd June. A total of 429 runners took part, of which 295 were eligible for the GP (112 female and 183 male).

Full results can be found on the county website

http://www.suffolkathletics.org.uk/Temp%20work/road.htm#2017_GP_Series

Dates of the remaining races are:

- Great East Run – Sunday 24th Sept
(SOLD OUT)
- Martlesham 10K – Sunday 8th Oct
<https://www.racesonline.uk/race-entry/martlesham/>
- Stowmarket Scenic 7M – Sunday 12th Nov
<http://events.synergyweb.net/scenic-7--about>
- Turkey Trot 10M – Sunday 10th Dec
Entries will open online in September/October only at runbritain

SCAA Fixtures Meeting

This year's meeting will be held on Thursday 21st Sept, 7.30pm at Stowmarket Leisure Centre. One of the main purposes of the meeting is to discuss the fixtures planned for 2018 and to identify any potential clashes, particularly those requiring officials to attend. Hopefully all clubs planning to hold an event in 2018 will be able to send a representative.

Kind Regards

Trevor Bunch
SCAA Road Running Secretary