



## Road Running Newsletter – February 2017

### 2016 – Suffolk Grand Prix Series

- Race 7 was the Saxons 5 held on Sunday 16<sup>th</sup> October. A total of 177 runners took part in the race, of which 116 were eligible for the GP (72 men and 44 ladies).
- Races 8 & 9 were the Hadleigh 5 & 10 held on Sunday 27<sup>th</sup> November. A total of 127 runners took part in the 5M race, of which 59 were eligible for the GP (28 men and 31 ladies). A total of 282 runners took part in the 10M race, of which 140 were eligible for the GP (85 men and 55 ladies).

Congratulations goes to Felixstowe Road Runners for taking the overall team prize. Ipswich Jaffa were in second place and Stowmarket Striders finished third. Ipswich Jaffa RC took the men's team prize, with Felixstowe RR and Stowmarket Striders in second and third. Felixstowe RR ladies were triumphant in their team competition, with Stowmarket Striders and Ipswich Jaffa RC in second and third position.

Trophies for the 2016 GP series will be presented at the Tarpley 10/20 on 26<sup>th</sup> Feb. The presentations will take place after the races.

Overall Team Results	Club	Score from best 8 races
1	Felixstowe Road Runners	14213
2	Ipswich Jaffa RC	13480
3	Stowmarket Striders	13070
4	Framlingham Flyers	9346
5	Haverhill Running Club	8625

Men's Results	Club	Score from best 8 races
1	Ipswich Jaffa RC	7630
2	Felixstowe Road Runners	7015
3	Stowmarket Striders	6572
4	Haverhill Running Club	5653
5	Saint Edmund Pacers	5624

Ladies Results	Club	Score from best 8 races
1	Felixstowe Road Runners	7198
2	Stowmarket Striders	6691
3	Ipswich Jaffa RC	5852
4	Framlingham Flyers	4019
5	Sudbury joggers	3729

Full results can be found on the county website

[http://www.suffolkathletics.org.uk/Temp%20work/road.htm#2016\\_GP\\_Series](http://www.suffolkathletics.org.uk/Temp%20work/road.htm#2016_GP_Series)

2017 - The Sportlink Running and Fitness Suffolk Grand Prix

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We are very pleased to announce that this year's GP series will be sponsored by Sportlink Running and Fitness.

*As an Independent Running Specialist and runner myself, I am very excited and honoured to have this opportunity to be involved with the Suffolk Grand Prix and really become a part of the Suffolk running scene. Sportlink Halesworth is a Running Specialists for all types of runners, whether you are new to this wonderful sport or a seasoned elite. All staff are experienced runners of different levels who have a real passion in helping you find the best shoe for you. We offer gait analysis to all customers and encourage you to pop outside the shop and test the shoes. We have a wide selection of shoes and running accessories to suit all budgets. Hope to see you soon.*

Steve Gibbs (Halesworth Store Manager)

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**Sportlink Running and Fitness Suffolk Grand Prix – Dates for your diary**

- Tarpley 10M & 20M (both races) - Sunday 26<sup>th</sup> Feb
- Sudbury 5M Fun Run - Friday 14<sup>th</sup> April
- Bury Friday 5M - Friday 23<sup>rd</sup> June
- **Great East Run – Sunday 24<sup>th</sup> Sept (New date!)**
- Martlesham 10K – Sunday 8<sup>th</sup> Oct
- Stowmarket Scenic 7M – Sunday 12<sup>th</sup> Nov
- Turkey Trot 10M – Sunday 10<sup>th</sup> Dec

**Sportlink Running & Fitness Suffolk Grand Prix**  
**2017 Rules**

**General Rules**

1. Suffolk County Athletics Association (SCAA) will allocate points to all eligible runners and teams based on the race results as provided to them by the race organisers.
2. Competitor's are responsible for checking the accuracy of their own result and personal information in the race results e.g., time, position, gender, age category and club.
3. Any errors should be notified to the race organisers within 5 days of the event.
4. Race organisers must send results (MUST be in Excel format) to SCAA as soon as possible after the 5 day cut-off.
5. The results must include the following pieces of competitor information:
  - Name
  - Gender
  - Date of Birth
  - URN (where available)
  - Affiliated Club
  - Finish Position
  - Finish Time
6. SCAA will begin calculation of GP points once this information is received. No further amendments can be made after this point, as to do so would involve considerable amounts of additional volunteer time.

**Individual Scoring**

1. Competitor's must be members of a SCAA affiliated club.
2. For the purposes of calculating GP points, age category will be determined by the competitor's age on the date of the first GP race in the series. Competitor's will remain in this age category for the duration of the series.
3. Age category scores start from 100 for being 1<sup>st</sup> in age category, reducing by 1 for each place behind first.
4. The best 5 scores (out of a possible 7 races ) will count towards the final score. No minimum number of races is needed.

**Team Scoring**

1. Must be a SCAA affiliated club.
2. Scoring starts at 200 for both Men's and Ladies, reducing by 1 for each place behind first.
3. Top 5 men and 5 ladies from each club will score. No minimum number of runners is needed.
4. The best 7 scores (out of a possible 8 races) will count towards the final score. No minimum number of races is needed.

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

## Great East Run



The Great Run Company announced the launch of its newest event, the Great East Run, in Ipswich. The half marathon event will be held in the town on Sunday 24 September 2017.

Together with their key partners Suffolk County Council, Ipswich Borough Council and Ipswich JAFFA Running Club, the Great Run Company will be bringing the UK's biggest series of mass participation running events to East Anglia. The company stages events in over 15 locations including the Great Manchester Run, the Great South Run and their flagship event, the Great North Run in Newcastle – the world's biggest half marathon with 57,000 entrants.

Following many successful year's of the Ipswich Half Marathon, run by Ipswich JAFFA Running Club, organisers plan to take the event to the next level with a closed road course, which will take runners through the town centre as well as taking in some of the area's most iconic sights. Today's launch was held at Suffolk County Council's Endeavour House on Russell Road. This location, along with Ipswich Town Football Club's Portman Road stadium will provide the backdrop for the event's start and finish lines.

On the new course, runners will pass the prestigious Willis building designed by Lord Foster before heading towards the town's vibrant waterfront. The route then goes past Felaw Maltings on the way out and back along Wherstead Road, where participants will pass twice under the iconic Orwell Bridge. On returning to Ipswich town centre, runners will pass over the Wet Dock lock gates and continue along the waterfront for a second time, before crossing the finish line on Sir Alf Ramsey Way. Perfect for new runners or those looking for a half marathon PB, the course will be fast and flat.

Alison Beech, Chair of Ipswich JAFFA Running Club, said: "After our hard work establishing this popular event we are absolutely thrilled to be partnering with the Great Run Company. This will enable us to help take the Ipswich Half marathon to the next level which will benefit our club, the town and most especially the runners."

Entries for the Great East Run are now open at [Greatrun.org/East](http://Greatrun.org/East)

Read more at <http://www.greatrun.org/news-and-media/news/new-half-marathon-announced-for-ipswich#J2RZxcqw5efVPcKP.99>

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



We are pleased to announce that this year's Friday 5 Series will be sponsored by East of England Co-Op.

This exciting development has enabled the organising clubs to bring in some major changes which will result in a bigger and better Friday 5 Series.

- Races Online will be providing race entries, timing and results for all 6 races.
- You can enter anywhere between 1 and 6 races at once, using the same details. This will ensure that your results are tied together for the entire series and that you (and your club) are awarded the correct points.
- Series points will be automatically calculated by Races Online, and will therefore be available much sooner after each race.
- Everyone who completes a minimum of 4 races will receive a free technical T-Shirt

This year's events

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

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

The series also has a Facebook group <https://www.facebook.com/groups/1205939276149712/>

### **County Championships**

The date of the Coastal 10 has been moved to avoid a clash with the Great East Run, and will now take place on Sunday 10<sup>th</sup> Sept.

- Stowmarket Half Marathon – Sunday 19<sup>th</sup> March
- Framlingham Friday 5 – Friday 16<sup>th</sup> June
- Twilight 10K – Friday 18<sup>th</sup> August
- Felixstowe Coastal 10M – Sunday 10<sup>th</sup> Sept (New date!)

For more information on the County Championships visit the county website <http://www.suffolkathletics.org.uk/Temp%20work/road.htm#Championships>