

SCAA ROAD RUNNING NEWSLETTER YEAR 2015 No.1

NEW COUNTY RECORDS AT STOWMARKET HALF MARATHON CHAMPIONSHIPS

Hello

We are now almost a third of the way into 2015, time flies when you're having fun. This is the first newsletter of the year and we hope to issue one at every quarter.

The SCAA AGM was on the 13th February at Needham Market but sadly not all clubs were present. As members of the SCAA it would be nice to see all clubs at least attend this meeting. As I travel to various events around Suffolk I hear comments and remarks that sadly knock the hard work done by the committee members, which frustrates me. We want you to be an active part of the SCAA and help shape all the different types of running within our sport from grass roots up. Please if you have any thoughts, ideas or comments feed them through your club representative.

The SEAN network has continued to help clubs with financial assistance for coaches' bursaries so that more volunteers can be helping on your club nights. To date 20 coaches have been helped across the region with these, along with a number of specific workshops at clubs involving high quality coaches. The network is there to help but it needs to know what it is that the clubs are looking for. Safe-guarding, health and safety and first aid are some of the workshops currently being worked on. Visit the SCAA web site to keep up to date with network programme of events, Terry McEntee, Janet Lomas and Tania Spurling will look in to club request for other activities.

<http://www.suffolkathletics.org.uk/Temp%20work/seanetwork.htm>

The England Athletics consultations for the East region are due April 24th in Bury St Edmunds. Last year several clubs attended but there were still many that did not. This is your chance to talk direct to the heads of England Athletics and give your point of view and help with what happens in our sport for the coming year. Please make an effort to come along and join in. Information can be found on the EA web site at

<http://www.englandathletics.org/about-england-athletics/england-athletics-consultation>

There is a Race Director Course available in Birmingham on 25th April for those clubs looking to improve their level of volunteers. Information is on the diary of the SCAA web site <http://www.suffolkathletics.org.uk/Temp%20work/officials.htm#RaceDirectors2015>

The SCAA Suffolk Grand Prix 2015 got under way at the Tarpley 10 & 20 mile events in February. Both races were sold out for the first time and had reasonable weather for the time of year. This has given a solid start to this year's series of races and we hope that the total numbers of individuals taking part will increase from last year, there by they will possibly be helping their club to improve its team score. This year's events are on the SCAA website.

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

Stowmarket Striders' half marathon produced the county half marathon championships and it was pleasing to see a high percentage of the runners had entered the championship event. It was an excellent day for running and had the added highlight of Odette Robson of Bury Pacers breaking her own county record for the female masters 40 age group with a time of 1.20.55 plus Carole Spong of Great Yarmouth RR setting a new mark in female masters 65+ of 1.57.30 congratulations to them both. We look forward to the other county championship events during the year.

Regarding the road 5k championship that has normally been part of the track challenge event between Bury Pacers & Ipswich Jaffa. Last year the entries were higher than anticipated and we also had some issues around the results. This has been reviewed and will now take place within the county track and field championships on 25th May 2015 at Northgate Stadium, Ipswich. Here there will be more Track Judges and Timekeepers available to improve the event. Please encourage your road runners to enter. Details and Entry Forms are available on SCAA web site.

http://www.suffolkathletics.org.uk/Temp%20work/2015_County_T_&_F_champs.htm

The London Marathon is now only a few weeks away and we wish all the runners from the county good luck in achieving their individual goals.

Keep on running!

Terry Back

S.C.A.A. Road Running Secretary