

21st December 2015

Hi Everyone.

Firstly sorry for the lack of the promised newsletters during the year. Due to personal circumstances I was unable to produce them.

The year has seen just about all the running events in the county be full prior to their entry closure dates, this is a clear sign of how strong our area is. This year our county events have seen a larger entry and we hope this trend will continue. These county events are free to enter and only need a tick in a box to gain entry, several runners have not done that this year who would have been in the first three of their age group. Please promote these races on your club events calendar. The events for 2016 can be found on the SCAA web site diary.

Our Suffolk Grand Prix series again is getting stronger every year and the 2015 series has seen the rise of Haverhill in the standings. This is great to see and puts pressure on the other clubs to respond which can only make the results more interesting and exciting. The final event of 2015 was the Waveney Turkey Trott and the final standings are currently been sorted and will be on the SCAA web site as soon as possible. I would like to thank Sarah Vick from Saxons RC for all her efforts in assisting with these results over the last few years. The medals and team trophy will be presented at the first of the 2016 series events which is the Stowmarket Half Marathon, again all the other series races are on the SCAA web site diary.

We have had some outstanding events in our area and all the club race directors should be praised for their efforts. It is not an easy job but through their efforts and that of the team around them events such as the Woodbridge 10k, Ipswich half marathon, Framlingham 10k and Felixstowe Coastal 10 have been wonderful to run in. But the event that stand out for me is the Ekiden relay, this is a race that brings just about all of our local clubs together plus many from outside the area. To be there on the day with all the club tents and flags filling the area around the start and finish was amazing, this event is the envy of many and we

should be grateful to the race team of Ipswich Jaffa for the work done in promoting this special event.

This year saw the first Twilight race on a Friday evening in Ipswich with a number of high class International male and female runners. This is something that again has raised the profile of road running in Suffolk, and should in future years grow the number of top class male and female runners we produce across the county. Racing these high class athletes is the only way to improve and we hope that local athletes will work harder to achieve the chance of competing against them.

NEW EVENT FOR EARLY 2016

The SCAA have also now agreed to take part in the inter-county 20 mile road race on March 6th 2016 being held at Langham by our friends at the Essex County Assoc. This is the first such event for a number of years and teams from Essex, Cambridge, Hertfordshire and Suffolk are already committed, with the possibility of Bedfordshire also taking part. Teams of 4 men and 4 women will take part with the first three in each to score.

Teams will be selected in mid-February by a panel from the SCAA committee, based on 2015 results and current 2016 form. This is an exciting opportunity for our best athletes to race on the roads in a county vest for the first time in many, many years, we hope that our county athletes will grab this chance. We ask that you the Suffolk running club committees help by informing us of your members achievements at the half marathon and upwards distances, and put forward athletes who would be willing to run at this event. This event is on our door step and we should be able to produce a competitive team.

May we at the SCAA wish you all a very merry Christmas and a very happy new year.

Best wishes

Terry Back

Suffolk Road Running Sec.