

SUFFOLK ROAD RUNNING NEWSLETTER ⁽¹⁾

Hi fellow runners, we hope you take the time to read this the first of what we hope will be a regular newsletter on road running in the Suffolk area. We would welcome you comments or points that you may feel will be of interest to other road runners, we will try and include them in future newsletters.

The aim is to keep you informed about any county changes that may have an impact on runners and their clubs, quick report on recent events that have happened and the up and coming races.

The first county 10mile championship for a number of years took place at the Tapley 10/20 event this month (results are on the SCAA website). There was a reasonable male entry but we were very light on the ladies event, this was a shame when you consider that there was no extra cost to be part of the race, just a tick box for residence of Suffolk who have lived here for the qualifying period or born in Suffolk. We hope you will look to enter other County races this year and support the clubs and county in its efforts to bring back these county events, Suffolk is one of the few counties that has had no county championships on the road in recent times. Please support your county in its efforts. You will find the planned county races at the bottom of this newsletter or visit the SCAA website.

The 2014 Suffolk Grand Prix begins this year at the Stowmarket Striders Half Marathon in a few weeks time. This year we have a choice of 8 events (listed at the bottom of newsletter or visit the SCAA website) that you can run in with your best 5 to count for the grand prix individual runners. The Suffolk Grand Prix club prize takes account of all 8 events, last year there was a close race between Stowmarket Striders and Bury Pacers for the title with the latter coming out on top. Again there is no extra charge to be part of these events just your race entry fee set by that event, the only rule to qualify is that you are a member of a registered SCAA club. Congratulations to all the individual winners and Bury Pacers on their 2013 efforts. We will look to move the events around the county each year and support as many clubs as we can that have a suitable event/venue. We have sadly lost our sponsor for the series due to the economic climate, so if there is anyone out there who feels they or the company they work for could support the Suffolk Grand Prix we would be happy to talk with them, but we do thank Runability for its support over the last few years.

We look forward to seeing all our local athletes do well at the London Marathon and hope they all achieve their personal goals.

Good Running
SCAA Committee

County Road Champs
Tapley 10 mile
Bury v Jaffa 5k (track)
Kirton Friday 5 mile
Newmarket 10k
Ipswich Half Marathon

Suffolk Grand Prix
Stowmarket Half Marathon
Bungay Full & Half Marathon
Pacers Friday 5 mile
Framlingham 10k
Saxons 5 mile
Hadleigh 5 & 10 mile