

SCAA ROAD RUNNING NEWSLETTER No.2

Hi Everyone

The months are racing by and we are now heading towards half way through the year, with many events over the next few months runners will have a good choice of races to attend.

The Stowmarket half marathon was the first event for the 2014 Suffolk Grand Prix and the rain stayed away for most of the day. The event had a large entry and it was good to see the 2014 series get off to a strong start. This was followed a few weeks later with the Bungay marathon and 1/2 marathon with again good entry levels. This resulted in Bungay Black Dog currently topping the series team award which gives a challenge for them to increase their advantage and to the chasing clubs a focus for their runners to close the gap. The current standings have been circulated but are also on the SCAA web site.

The London marathon saw athletes from all corners of Suffolk taking part, many achieved PBs. The press coverage in local papers such as the EADT was excellent and shows our sport in a strong and positive position. There were also a number of our younger athletes running in the mini marathons which is always great to see. I am certain that the money raised for worthy charities from everyone's efforts was more than welcomed. Well done all.

Sudbury put on their Good Friday 5 mile event again with a full entry. The race is a firm favourite with local people and fills quickly with many unattached runners this helps to raise funds for local charities. Something that our sport is doing week on week through out the year at this type of event and although events like London with their high numbers get the publicity smaller local events are the god send to many smaller local charities and worth while causes. I would think that if someone added all the money raised from this type of event together over 1 year our sport is probably the biggest fund raiser in the country, something we should all be very proud of.

At the Alton water run again the young athletes turned out in the 2k & 5k to help raise funds for their local schools, while the 10k pulled in a full race entry to back this up. This event is improving each year and in the main is run by the schools and parents this does mean that each year different people are responsible for various parts of the event, and the knowledge from the previous year's event can be lost in the change over. They are working hard to try and retain helpers but events like this do have a high turn over of helpers as their children move through the school years. These type of events have become more common and they could all do with support from the local running clubs but they do not always ask for the help, normally because this comes with a cost involved and they do not always want to pay for the club expertise.

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The Woodbridge 10k had what was the hottest day of the year so far forcing the event to put on extra water stations and the runners to approach it with caution from a time point of view. Although not the quick race it has been for the last few years it did serve up a much closer race for the large crowd watching the event. The runners found the new traffic management which closed one side of the Ipswich road gave them a feeling of greater safety, with the road being more than just a single line of runners with no overtaking possibilities.

The popular Friday 5 series begins at the end of May with the Jaffa race and over the following weeks Kirton, Bury, Stowmarket and Great Bentley will complete the series. With Kirton being the County 5 mile champs and Bury part of the Suffolk Grand Prix the series should be again a vital part of the race calendar. The county 5k road champs is on the track at Bury on Monday 3rd June, and a number of runners have been asking if times will be usable for the power 10 rankings. Timing for the event is by hand and not chip so although every effort will be made by the race officials there can be no guarantee of this. Entry is on the night and please check the SCAA website for race timings so as to avoid missing your race.

The new Athletics rule book is now out, and there are a few rule changes, so do make certain you get your copy a.s.a.p.

Good racing
Terry Back
Road Race Sec.