



Road Running Newsletter – May 2018

Sportlink Running & Fitness Suffolk Grand Prix



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Opening Times
 Mon-Fri 10am until 5:30pm
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 Sunday 11am until 4:00pm

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- Races 1&2 were the Tarpley 10 and 20 held on Sun 25th Feb. A total of 337 runners raced the Tarpley 10, of which 180 were eligible for the GP (100 female, 80 male). A total of 325 runners took part in the Tarpley 20, of which 140 were eligible for the GP (44 female, 96 male).
- Race 3 was the Bungay Half Marathon held on Sunday 8th April. A total of 441 runners took part, of which 155 were eligible for the GP (67 female, 88 male).

Results are available on the [county website](#)

Overall Club Team Results		Race 1 Tarpley 10	Race 2 Tarpley 20	Race 3 Bungay HM	TOTAL
1	Felixstowe RRC	4208	4905	4790	13903
2	Sudbury Joggers	4599	4737	3688	13024
3	Stowmarket Striders Running Club	4832	4660	3332	12824
4	Saint Edmund Pacers	4827	3914	3326	12067
5	Haverhill Running Club	4817	3735	3150	11702
6	Bungay Black Dog RC	1820	4652	4933	11405
7	Framlingham Flyers	4183	2284	3758	10225
8	Ipswich Jaffa RC	3842	3832	1898	9572
9	Newmarket Joggers	3789	905	2276	6970
10	Saxmundham Running & Fitness	478	1844	4192	6514
11	Waveney Valley AC	1307	1468	3165	5940
12	Hadleigh Hares AC	2352	2774	0	5126
13	Lowestoft Road Runners	0	0	4604	4604
14	Woodbridge Shufflers Running Club	950	2181	1384	4515
15	Ipswich Triathlon Club	912	470	950	2332
16	Ipswich Harriers	939	469	0	1408
17	Diss & District AC	0	0	480	480
18	Capel Cheetahs	0	0	433	433
19	Brandon Fern Hoppers	0	420	0	420

The remaining races are:

- Race 4 - Sudbury Friday 5 – Friday 25th May [ENTER HERE](#)
- Race 5 - Newmarket 10K – Sunday 1st July [ENTER HERE](#)
- Race 6 – Framlingham 10K – Sunday 2nd Sept [ENTER HERE](#)
- Races 7 & 8 – Thurlow 5/10 – Sunday 21st October
- Races 9 & 10 – Hadleigh 5/10 – Sunday 18th November

County Championships

The county half marathon championships were unable to take place on Sunday 18th March as the Stowmarket HM was cancelled due to snow and ice. No suitable alternatives could be found, so the county will not have a HM Championship in 2018.

It has been decided to replace the HM with a 10Mile County Championship, and we are pleased to announce that this will be incorporated into the Beccles Turkey Trot on Sunday 9th Dec.

This year's county Championship races will now be:

- Kirton Friday – Friday 1st June [ENTER HERE](#)
- Framlingham 10K – Sunday 2nd Sept [ENTER HERE](#)
- Turkey Trot 10 mile – Sunday 9th Dec

Friday 2 Series



We're very pleased to announce the introduction of a junior race series supported by East of England Co-op. The races will be the existing junior races that take place before the Friday 5 races, but this year we will allocate scores based on the finish position in each age category. At the end of the series we will award trophies to the top 3 boys and top 3 girls in each age category (U9, U11, U13 and U15).

Entries for all races are now open, and with less than 200 places remaining in some races.

- Friday 25th May – Sudbury ([click here for course map](#))
- Friday 1st June – Kirton
- Friday 8th June – Framlingham
- Friday 22nd June - Bury
- Friday 29th - Stowmarket
- Friday 6th July – Great Bentley

For further news and updates check the [Friday 5 Series website](#) or join the series [Facebook group](#).

10K Inter-County Championship

Discussions are still ongoing with regards the finer details, but this is likely to be going ahead on Nov 18th. Further details to follow next time.