

SRA's Biwott earns national points title

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Sacramento Running Association standout **Shadrack Biwott** finished second Sunday in the .US National Road Racing Championships in Alexandria, Va. to claim the overall USA Running Circuit title.

Aaron Braun won the men's 12k race in an American record 34 minutes and 28 seconds, with Biwott second in 34:35 and Tyler Pennel third in 34:37.

Biwott, who lives in Folsom, earned 36 points for his performance to finish the season with 88 points, well ahead of runner-up Matt Tegenkamp's 69 points.

Kim Conley

, Biwott's SRA teammate and a 2012 Olympian, finished fourth in the women's 12k race.

Braun, from Fort Collins, Colo., grabbed an early lead and set a fast pace – 14:29 for the first 5k -- en route to the men's title. Biwott ran in the lead pack of four before a strong finish earned him the runner-up spot.

Biwott earned \$10,000 for his second-place finish and \$6,000 for winning the points title.

Biwott's effort capped a stellar 2013 season. The former University of Oregon All-American finished second in the USA 20k Championships and placed third in three other national championships: the USA Marathon Championships, the USA Half Marathon Championships and the USA 10k Championships.

"It's been a long season," Biwott said. "I really wanted to win the championship series."

Molly Huddle and Shalane Flanagan broke away early in the women's race, with Huddle winning in 37:50 to set a world best and an American record. Flanagan finished second in 37:58, with Laura Thweatt grabbing third in 39:15 and Conley placing fourth in 39:29.

Huddle won the women's overall points title with 60, nine ahead of Flanagan.

Conley, who lives in West Sacramento, also enjoyed a strong 2013 season.

The former UC Davis standout finished second in the U.S. Cross Country Championships and placed 12th in the 5,000 meters at the IAAF World Championships in Athletics in Moscow, Russia.

The Sacramento Running Association is a non-profit organization dedicated to finding ways to encourage people of all ages and abilities to run. The SRA is committed to developing new, quality running events that appeal to a broad variety of runners.