



NORFOLK GAZELLES RUNNING CLUB

Alex Moore Memorial Race Sunday 31st May 2009 – start 10.30 am

Thank you for entering a team into the Alex Moore Memorial Race organised by Norfolk Gazelles Running Club. Race HQ will be The Skeyton Goat Inn, Long Lane, Skeyton, Norfolk, NR10 5DH

Race numbers will be distributed on the day at race HQ

Please find below some useful race information:

The Course: Has been accurately measured by an approved UKA course measurer and starts from the drive alongside the Skeyton Goat Inn. The course is an undulating loop around the village of Skeyton on quiet country lanes. For your own safety you must run on the left hand side of the road at all times and please obey the instructions of the course marshals who are there for your own safety. A water station will be provided on the course.

Teams: Should consist of three runners: 1st runner (1 lap - 2.2 miles), 2nd and 3rd runners (2 laps – 4.4 miles each) and together (all three runners as a team) (1 final lap - 2.2 miles). This makes a half marathon distance covered by the team as a whole.

Directions to Skeyton: Skeyton is situated approximately 11 miles north east of Norwich and 3 miles south west of North Walsham (see attached map).

The Skeyton Goat Inn also has its own website www.skeytongoatinn.co.uk if you would like to find out more about the pub and its facilities. A BBQ and beer tent are normally provided by the pub for the event so please feel free to bring along the whole family and make a day of it.

Facilities: Changing facilities are not provided and you should arrive ready to race in your kit. A portaloos will be provided in addition to the pub toilets.

Race number: You must not pass your race number onto another runner if you are unable to attend. Your race number **must not** be cut, folded or mutilated in any way, and must be fastened securely to the front of your vest or top. Please write your contact details and medical conditions (if any) on the reverse.

First Aid: Qualified personnel will be in attendance and situated near the finish area. If you need attention during the race please seek the help of the nearest marshal.

MP3 Players/Ipods and similar: Please DO NOT bring along your MP3/Ipod to listen to music whilst running. The course is along small rural roads which are still open to normal traffic. For your safety, you will need to be able to hear and follow instructions from the marshals around the course.

Courtesy: As noted above, the roads will be open to other users and are popular with local horse riders and dog walkers. Please be courteous to all other people on the race route and bear in mind that they are also enjoying a lovely day in the countryside.

Any questions: Please contact Marianne Saunders on 01603 745612 (after 8.30 pm evenings), email manager@norfolkgazelles.co.uk or visit our website at www.norfolkgazelles.co.uk if you would like any further information.

Norfolk Gazelles is a friendly club and welcomes runners of all ages and abilities in and around the Norwich city area. If you are unaffiliated and looking for a club to join please come along and try us out on Monday evenings at Earlham High School (6.15 pm for 6.30 pm start).