

2010 Norfolk Road Race Fixture List

Version Five - December 2009 - amendments & omissions to richardpolley@conac.org.uk please
RCGP = Runners Centre Grand Prix event, CC = Norfolk County Championship event

January	1	New Year's Day 10k - RCGP 1	www.wymondhamac.org.uk
	31	Reedham 10m - RCGP 2	www.gydac.org.uk
February	14	Valentine 10k - RCGP 3	www.norfolkqazelles.co.uk
March	7	Wymondham 20m	www.wymondhamac.org.uk
	21	Southern Men's 12 Stage & Women's 6 Stage Road Relay	http://mcs.open.ac.uk/mkac
	21	Broadland Half Marathon	www.nrr.org.uk
	28	Spring 10k - CC	www.coltishalljaquars.co.uk
April	4	Trowse 10k	www.conac.org.uk
	11	Chase the Train	www.nnbr.co.uk
	14	Great Yarmouth 5m Series, race 1	www.gyrr.co.uk
	17	National Men's 12 Stage & Women's 6 Stage Road Relay	www.race-results.co.uk
	25	London Marathon	www.london-marathon.co.uk
	28	Great Yarmouth 5m Series, race 2 - RCGP 4	www.gyrr.co.uk
May	1	Race for Life Norwich	www.raceforlife.org
	2	Race for Life Norwich	www.raceforlife.org
	2	Grand East Anglia Run 10k	www.grandeastangliarun.co.uk
	3	Breckland 10k	www.thetford-ac.co.uk
	12	Great Yarmouth 5m Series, race 3	www.gyrr.co.uk
	16	Dereham 10m - RCGP 5 & CC	www.derehamrunners.co.uk
	23	Eddingthorpe 4m	
	26	Wroxham 5k Series, race 1 - RCGP 6	www.nrr.org.uk
30	Alex Moore Relay	www.norfolkqazelles.co.uk	
June	13	Midsummer 10m	www.wymondhamac.org.uk
	23	Wroxham 5k Series, race 2	www.nrr.org.uk
	27	Humpty Dumpty 10k - RCGP 7	www.gydac.org.uk
July	1	Ryston 5m	www.rystonrunners.co.uk
	7	Mike Groves Run	www.coltishalljaquars.co.uk
	10	Lord Mayor's 5k City Centre Classic	www.conac.org.uk
	11	RAF Marham 10m	
	20	Race for Life King's Lynn	www.raceforlife.org
	23	Worstead Festival 5m	www.nnbr.co.uk
August	15	Great Yarmouth Half Marathon	www.gyrr.co.uk
	22	Reepham Summer Sunday Run 10k - RCGP 8	www.reephamrunners.co.uk
	26	Wroxham 5k Series, race 3 - CC	www.nrr.org.uk
September	5	Wissey Half Marathon - RCGP 9 & CC	www.rystonrunners.org.uk
	18 & 19	Round Norfolk Relay	www.roundnorfolkrelay.com
	25	Southern Men's 6 Stage & Masters Road Relays	www.afd.org.uk
	26	Diss 15m & 7½m	www.dissac.co.uk
	26	Southern Women's 4 Stage & Young Athletes Road Relays	www.afd.org.uk
October	3	Autumn 10k - RCGP 10	www.coltishalljaquars.co.uk
	10	Marriott's Way 10k	www.broadland.gov.uk
	16	National Men's 6 Stage & Women's 4 Stage Road Relays	www.race-results.co.uk
	17	North Norfolk 7m	www.nnbr.co.uk
	17	National Young Athletes Road Relays	www.race-results.co.uk
	24	East Coast Run 10k	www.gyrr.co.uk
November	28	City of Norwich Half Marathon	www.cityofnorwichhalfmarathon.com
December	12	Buxton 5k Xmas Fun Run	www.norfolkqazelles.co.uk