

Athletics Norfolk Road Race Fixture List 2019 - v4

January	1	New Year's Day 10k		www.wymondhamac.org.uk
	27	Freethorpe Ten	SGP1	www.gydac.co.uk
February	6	<i>Athletics Norfolk Road Running Committee meeting & AGM</i>		www.athleticsnorfolk.org.uk
	17	Valentine 10k	CC & SGP2	www.norfolkgazelles.co.uk
March	3	Inter-Counties 20m - Rochford, Essex		www.essexroadrunning.org.uk
	3	Ringland Half Marathon	CC & SGP3	www.norwichroadrunners.com
	17	Mad March Hare 10k		www.coltishalljaguars.co.uk
	24	Wymondham 20m	SGP4	www.wymondhamac.org.uk
	31	Diss Duathlon		www.tri-anglia.co.uk
April	7	City of Norwich Half Marathon		www.cityofnorwichhalfmarathon.com
	24	Great Yarmouth 5m Series - race 1		www.gvrr.co.uk
	28	London Marathon		www.virginlondonmarathon.com
May	5	Grand East Anglia Run		www.grandeastangliarun.co.uk
	6	Breckland 10k		www.thetford-ac.co.uk
	8	Great Yarmouth 5m Series - race 2		www.gvrr.co.uk
	12	Dereham 10m	CC & SGP5	www.derehamrunners.co.uk
	12	Waveney Spring Triathlon		www.tri-anglia.co.uk
	15	Wroxham 5k Series - race 1		www.norwichroadrunners.com
	19	Chase the Train		www.nnbr.co.uk
	22	Great Yarmouth 5m Series - race 3		www.gvrr.co.uk
26	Holt 10k	SGP6	www.nnbr.co.uk	
June	2	Mike Groves 10k		www.coltishalljaguars.co.uk
	5	<i>Athletics Norfolk Road Running Committee meeting</i>		www.athleticsnorfolk.org.uk
	9	Alex Moore Relay		www.norfolkgazelles.co.uk
	12	Wroxham 5k Series - race 2	CC & SGP7	www.norwichroadrunners.com
	30	Humpty Dumpty 10k	SGP8	www.gydac.co.uk
July	3	Wroxham 5k Series - race 3		www.norwichroadrunners.com
	6	Lord Mayor's 5k City Centre Classic		www.conac.org.uk
	7	Norwich Triathlon		https://www.tri-anglia.co.uk/
	7	Harling 10k		https://harling10k.wixsite.com/mysite
	21	Run Norwich		www.runnorwich.co.uk
	26	Worstead 5m	SGP9	www.nnbr.co.uk
August	7	Scottow Sundowner 5k		www.coltishalljaguars.co.uk
	9	Reepham Summer 10k		www.reephamrunners.co.uk
	11	Great Yarmouth Half Marathon		www.gvrr.co.uk
	18	Dereham 5k	SGP10	www.derehamrunners.co.uk
September	1	Wissey Half Marathon		www.rystonrunners.org.uk
	14 & 15	Round Norfolk Relay		www.roundnorfolkrelay.com
	22	Jolly Jaguars 10k	SGP11	www.coltishalljaguars.co.uk
	29	Bure Valley 10m		www.burevalleyharriers.com
October	6	Marriott's Way 10k		www.broadland.gov.uk
	9	<i>Athletics Norfolk Road Running Committee meeting</i>		www.athleticsnorfolk.org.uk
	13	East Coast 10k	SGP12	www.gvrr.co.uk
	20	Norfolk Gazelles Championship Relay		www.norfolkgazelles.co.uk
	27	Trowse 10k		www.conac.org.uk
November	15	Sportlink Grand Prix Series Presentation Evening - A Night of Celebrations		
December	8	Buxton 5k Fun Run		www.norfolkgazelles.co.uk

CC = Norfolk County Championship race
SGP = Sportlink Grand Prix Series race

Clubs affiliated to Athletics Norfolk should contact Richard Polley anrrcchairman@gmail.com with any amendments or additions