

# 2009 Norfolk Road Race Fixture List

Version Seven - May 2009 - amendments & omissions to richardpolley@rocketmail.com please  
RCGP = Runners Centre Grand Prix event, CC = Norfolk County Championship event

January	1	<b>New Year's Day 10k - RCGP 1</b>	<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
February	1	<b>Reedham 10m - RCGP 2</b>	<a href="http://www.gydac.org.uk">www.gydac.org.uk</a>
	15	<b>Valentine 10k - RCGP 3</b>	<a href="http://www.norfolkqazelles.co.uk">www.norfolkqazelles.co.uk</a>
March	8	Wymondham 20m	<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
	15	Broadland Half Marathon	<a href="http://www.nrr.org.uk">www.nrr.org.uk</a>
	29	Spring 10k	<a href="http://www.coltishalljaquars.co.uk">www.coltishalljaquars.co.uk</a>
April	5	Southern Men's 12 Stage & Women's 6 Stage Road Relays	<a href="http://mcs.open.ac.uk/mkac">http://mcs.open.ac.uk/mkac</a>
	12	Trowse 10k	<a href="http://www.conac.org.uk">www.conac.org.uk</a>
	18	National Men's 12 Stage & Women's 6 Stage Road Relays	<a href="http://www.race-results.co.uk">www.race-results.co.uk</a>
	22	Great Yarmouth 5m Series, race 1	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	26	London Marathon	<a href="http://www.london-marathon.co.uk">www.london-marathon.co.uk</a>
	26	Chase the Train	<a href="http://www.nnbr.co.uk">www.nnbr.co.uk</a>
May	2	Race for Life Norwich	<a href="http://www.raceforlife.org">www.raceforlife.org</a>
	3	Race for Life Norwich	<a href="http://www.raceforlife.org">www.raceforlife.org</a>
	3	Grand East Anglia Run 10k	<a href="http://www.grandeastangliarun.co.uk">www.grandeastangliarun.co.uk</a>
	4	Breckland 10k	<a href="http://www.thetford-ac.co.uk">www.thetford-ac.co.uk</a>
	6	<b>Great Yarmouth 5m Series, race 2 - RCGP 4</b>	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	16	National Masters Road Relays	<a href="http://www.bmaf.org.uk">www.bmaf.org.uk</a>
	17	<b>Dereham 10m - RCGP 5 &amp; CC</b>	<a href="http://www.derehamrunners.co.uk">www.derehamrunners.co.uk</a>
	20	Great Yarmouth 5m Series, race 3	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	27	Wroxham 5k Series, race 1	<a href="http://www.nrr.org.uk">www.nrr.org.uk</a>
	31	Alex Moore Relay	<a href="http://www.norfolkqazelles.co.uk">www.norfolkqazelles.co.uk</a>
June	5	<b>Guy Fawkes 10k - RCGP 6</b>	<a href="http://www.conac.org.uk">www.conac.org.uk</a>
	14	Hethel Engineering 10m	<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
	24	Wroxham 5k Series, race 2	<a href="http://www.nrr.org.uk">www.nrr.org.uk</a>
	28	Humpty Dumpty 10k	<a href="http://www.gydac.org.uk">www.gydac.org.uk</a>
July	8	Mike Groves Run	<a href="http://www.coltishalljaquars.co.uk">www.coltishalljaquars.co.uk</a>
	11	Lord Mayor's 5k City Centre Classic	<a href="http://www.conac.org.uk">www.conac.org.uk</a>
	19	RAF Marham 10m	<a href="http://www.raf.mod.uk/rafathletics">www.raf.mod.uk/rafathletics</a>
	21	Race for Life King's Lynn	<a href="http://www.raceforlife.org">www.raceforlife.org</a>
	24	<b>Worstead Festival 5m - RCGP 7</b>	<a href="http://www.nnbr.co.uk">www.nnbr.co.uk</a>
August	9	Great Yarmouth Half Marathon	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	16	<b>Reepham Summer Sunday 10k - RCGP 8</b>	<a href="http://www.reephamrunners.co.uk">www.reephamrunners.co.uk</a>
	26	<b>Wroxham 5k Series, race 3 - RCGP 9 &amp; CC</b>	<a href="http://www.nrr.org.uk">www.nrr.org.uk</a>
September	6	<b>Wissey Half Marathon - RCGP 10 &amp; CC</b>	<a href="http://www.rystonrunners.org.uk">www.rystonrunners.org.uk</a>
	13	Abbey 5k	<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
	19 & 20	Round Norfolk Relay	<a href="http://www.roundnorfolkrelay.com">www.roundnorfolkrelay.com</a>
	20	Great North Run	<a href="http://www.greatrun.org">www.greatrun.org</a>
	26	Southern Men's 6 Stage & Veteran Men's Road Relays	<a href="http://www.afd.org.uk">www.afd.org.uk</a>
	27	Southern Women's 4 Stage & Young Athletes' Road Relays	<a href="http://www.afd.org.uk">www.afd.org.uk</a>
	27	Diss 15m & 7.5m	<a href="http://www.dissac.co.uk">www.dissac.co.uk</a>
October	4	<b>Autumn 10k - CC</b>	<a href="http://www.coltishalljaquars.co.uk">www.coltishalljaquars.co.uk</a>
	10	Peddar's Way Relay	<a href="http://www.rystonrunners.org.uk">www.rystonrunners.org.uk</a>
	11	Marriott's Way 10k	<a href="http://www.broadland.gov.uk">www.broadland.gov.uk</a>
	17	National Men's 6 Stage & Women's 4 Stage Road Relays	<a href="http://www.race-results.co.uk">www.race-results.co.uk</a>
	18	National Young Athletes' Road Relays	<a href="http://www.race-results.co.uk">www.race-results.co.uk</a>
	18	North Norfolk 7m	<a href="http://www.nnbr.co.uk">www.nnbr.co.uk</a>
	25	Great Yarmouth 10k	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
November	29	City of Norwich Half Marathon	<a href="http://www.cityofnorwichhalfmarathon.com">www.cityofnorwichhalfmarathon.com</a>
December	13	Buxton 5k Xmas Fun Run	<a href="http://www.norfolkqazelles.co.uk">www.norfolkqazelles.co.uk</a>
	26	Boxing Day Road Relay	<a href="http://www.conac.org.uk">www.conac.org.uk</a>