

2009 Norfolk Road Race Fixture List

Version Nine - September 2009 - amendments & omissions to richardpolley@rocketmail.com 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
February	1	Reedham 10m - RCGP 2	www.gydac.org.uk
	15	Valentine 10k - RCGP 3	www.norfolkgazelles.co.uk
March	8	Wymondham 20m	www.wymondhamac.org.uk
	15	Broadland Half Marathon	www.nrr.org.uk
	29	Spring 10k	www.coltishalljaquars.co.uk
April	5	Southern Men's 12 Stage & Women's 6 Stage Road Relays	http://mcs.open.ac.uk/mkac
	12	Trowse 10k	www.conac.org.uk
	18	National Men's 12 Stage & Women's 6 Stage Road Relays	www.race-results.co.uk
	22	Great Yarmouth 5m Series, race 1	www.gyrr.co.uk
	26	London Marathon	www.london-marathon.co.uk
	26	Chase the Train	www.nnbr.co.uk
May	2	Race for Life Norwich	www.raceforlife.org
	3	Race for Life Norwich	www.raceforlife.org
	3	Grand East Anglia Run 10k	www.grandeastangliarun.co.uk
	4	Breckland 10k	www.thetford-ac.co.uk
	6	Great Yarmouth 5m Series, race 2 - RCGP 4	www.gyrr.co.uk
	16	National Masters Road Relays	www.bmaf.org.uk
	17	Dereham 10m - RCGP 5 & CC	www.derehamrunners.co.uk
	20	Great Yarmouth 5m Series, race 3	www.gyrr.co.uk
	27	Wroxham 5k Series, race 1	www.nrr.org.uk
	31	Alex Moore Relay	www.norfolkgazelles.co.uk
June	5	Guy Fawkes 10k - RCGP 6	www.conac.org.uk
	14	Hethel Engineering 10m	www.wymondhamac.org.uk
	24	Wroxham 5k Series, race 2	www.nrr.org.uk
	28	Humpty Dumpty 10k	www.gydac.org.uk
July	8	Mike Groves Run	www.coltishalljaquars.co.uk
	11	Lord Mayor's 5k City Centre Classic	www.conac.org.uk
	19	RAF Marham 10m	www.raf.mod.uk/rafathletics
	21	Race for Life King's Lynn	www.raceforlife.org
	24	Worstead Festival 5m - RCGP 7	www.nnbr.co.uk
August	9	Great Yarmouth Half Marathon	www.gyrr.co.uk
	16	Reepham Summer Sunday 10k - RCGP 8	www.reephamrunners.co.uk
	26	Wroxham 5k Series, race 3 - RCGP 9 & CC	www.nrr.org.uk
September	6	Wissey Half Marathon - RCGP 10 & CC	www.rystonrunners.org.uk
	19 & 20	Round Norfolk Relay	www.roundnorfolkrelay.com
	20	Great North Run	www.greatrun.org
	26	Southern Women's 4 Stage & Young Athletes Road Relays	www.afd.org.uk
	27	Southern Men's 6 Stage & Masters Road Relays	www.afd.org.uk
	27	Diss 15m & 7.5m	www.dissac.co.uk
October	4	Autumn 10k - CC	www.coltishalljaquars.co.uk
	11	Marriott's Way 10k	www.broadland.gov.uk
	17	National Men's 6 Stage & Women's 4 Stage Road Relays	www.race-results.co.uk
	18	National Young Athletes Road Relays	www.race-results.co.uk
	18	North Norfolk 7m	www.nnbr.co.uk
	25	Great Yarmouth 10k	www.gyrr.co.uk
November	29	City of Norwich Half Marathon	www.cityofnorwichhalfmarathon.com
December	13	Buxton 5k Xmas Fun Run	www.norfolkgazelles.co.uk
	26	Boxing Day Road Relay	www.conac.org.uk