

DEREHAM RUNNERS AC SENIOR GRAND PRIX 2010



SELECTED RACES FOR 2010

- 12th MAY GREAT YARMOUTH 5M (GYRR)
- 26th MAY WROXHAM 5K SERIES RACE 1 (NRR)
- 13th JUNE WYMONDHAM 10M (WYMONDHAM AC)
- 1st JULY RYSTON 5 M (RYSTON RUNNERS)
- 23rd JULY WORSTEAD FESTIVAL 5M (NNBR)
- 22ND AUGUST REEPHAM RUNNERS 10K (REEPHAM RUNNERS)
- 5th SEPTEMBER FRAMLINGHAM 10K (FRAMLINGHAM FLYERS)
- 17th OCTOBER NORTH NORFOLK 7M (NNBR)
- 28th NOVEMBER CITY OF NORWICH HALF MARATHON (CONAC)

Separate entries are not required for club GP
Just enter open event as normal

Trophy for 1st female and 1st male over 9 events

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Prize for those completing 7 of the 9 events

(Presented at Christmas party)

Scores from all of the ten selected races will count towards your final total. Scoring is based on your club-finishing place in the selected open races. 10 points for first club member, nine points for second placed club member, down to one point for the tenth and subsequent places. The maximum possible score therefore will be 90 points for nine first places.