

2009 Norfolk Road Race Fixture List

Version One - January 2009 - errors & 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	www.wymondhamac.org.uk
February	1	Reedham 10m - RCGP	www.gvdac.org.uk
	15	St Valentine's 10k - RCGP	www.norfolkgazelles.co.uk
March	8	Wymondham 20m & 10m	www.wymondhamac.org.uk
	15	Broadland Half Marathon	www.nrr.org.uk
	29	Spring 5k & 10k	www.coltishalliaquars.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.englandathletics.org
	22	Great Yarmouth 5m Series, race 1	www.gyrr.co.uk
	26	London Marathon	www.englandathletics.org
	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	Great East Anglia Run	www.greateastangliarun.co.uk
	4	Breckland 10k	www.thetford-ac.co.uk
	6	Great Yarmouth 5m Series, race 2 - RCGP	www.gyrr.co.uk
	17	Dereham 10m - RCGP & 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	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.gvdac.org.uk
July	2	Midsummer 5m	www.rystonrunners.org.uk
	8	Mike Groves Run	www.coltishalliaquars.co.uk
	11	Lord Mayor's 5k City Centre Classic	www.conac.org.uk
	12	RAF Marham 10m	www.entrycentral.com
	21	Race for Life King's Lynn	www.raceforlife.org
	24	Worstead Festival 5m - RCGP	www.nnbr.co.uk
August	9	Great Yarmouth Half Marathon	www.gyrr.co.uk
	16	Reepham Summer Sunday 10k - RCGP	www.reephamrunners.co.uk
	26	Wroxham 5k Series, race 3 - RCGP & CC	www.nrr.org.uk
September	6	Wissey Half Marathon - RCGP & CC	www.rystonrunners.org.uk
	13	Abbey 5k	www.wymondhamac.org.uk
	19 & 20	Round Norfolk Relay	www.roundnorfolkrelay.com
	20	Great North Run	www.greatrun.org
	26	Southern Men's 6 Stage & Veteran Men's Road Relays	www.afd.org.uk
	27	Southern Women's 4 Stage & Young Athletes' Road Relays	www.afd.org.uk
	27	Diss 15m & 7.5m	www.dissac.co.uk
October	4	Autumn 10k - CC	www.coltishalliaquars.co.uk
	17	National Men's 6 Stage & Women's 4 Stage Road Relays	www.englandathletics.org
	18	National Young Athletes' Road Relays	www.englandathletics.org
	18	North Norfolk 7m	www.nnbr.co.uk
	25	Great Yarmouth 10k	www.gyrr.co.uk
November	29	City of Norwich Half Marathon	www.conac.org.uk
December	13	Buxton 5k Xmas Fun Run	www.norfolkgazelles.co.uk
	26	Boxing Day Road Relay	www.conac.org.uk