

GET RACING!!!!

**DEREHAM RUNNERS AC
SENIOR GRAND PRIX 2012**



SELECTED RACES FOR 2012

29TH JANUARY REEDHAM 10 MILE (GT YARMOUTH)

12TH FEBRUARY VALENTINE 10 KM (GAZELLES)

4TH MARCH WYMONDHAM 20 MILE (WYMONDHAM)

25TH MARCH LINCOLN 10 KM (LINCOLN)

14TH APRIL NORWICH PARK RUN 5 KM

9TH MAY GT YARMOUTH 5 MILE (GYRR)

17TH JUNE DISS 10 KM (DISS AC)

18TH JULY WROXHAM 5 KM (NORWICH ROAD RUNNERS)

19TH AUGUST REEPHAM 10KM (REEPHAM ROAD RUNNERS)

2ND SEPTEMBER WISSEY HALF MARATHON (RYSTON)

28TH OCTOBER HOLT 10 KM (NORFOLK BEACH RUNNERS)

25TH NOVEMBER CONAC HALF MARATHON (CONAC)

Trophy for 1st female and 1st male and prizes for 2nd and 3rd places over 10 events and prizes for the completion of 10 races.

(All presented at Christmas party)

Scores from ten of the twelve 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 100 points for ten first places.