

# 2010 Norfolk Road Race Fixture List

Version Five - December 2009 - amendments & omissions to richardpolley@conac.org.uk please  
RCGP = Runners Centre Grand Prix event, CC = Norfolk County Championship event

January	1	New Year's Day 10k - RCGP 1	<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
	31	Reedham 10m - RCGP 2	<a href="http://www.gydac.org.uk">www.gydac.org.uk</a>
February	14	Valentine 10k - RCGP 3	<a href="http://www.norfolkgazelles.co.uk">www.norfolkgazelles.co.uk</a>
March	7	Wymondham 20m	<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
	21	Southern Men's 12 Stage & Women's 6 Stage Road Relay	<a href="http://mcs.open.ac.uk/mkac">http://mcs.open.ac.uk/mkac</a>
	21	Broadland Half Marathon	<a href="http://www.nrr.org.uk">www.nrr.org.uk</a>
	28	Spring 10k - CC	<a href="http://www.coltishalljaguars.co.uk">www.coltishalljaguars.co.uk</a>
April	4	Trowse 10k	<a href="http://www.conac.org.uk">www.conac.org.uk</a>
	11	Chase the Train	<a href="http://www.nnbr.co.uk">www.nnbr.co.uk</a>
	14	Great Yarmouth 5m Series, race 1	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	17	National Men's 12 Stage & Women's 6 Stage Road Relay	<a href="http://www.race-results.co.uk">www.race-results.co.uk</a>
	25	London Marathon	<a href="http://www.london-marathon.co.uk">www.london-marathon.co.uk</a>
	28	Great Yarmouth 5m Series, race 2 - RCGP 4	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
May	1	Race for Life Norwich	<a href="http://www.raceforlife.org">www.raceforlife.org</a>
	2	Race for Life Norwich	<a href="http://www.raceforlife.org">www.raceforlife.org</a>
	2	Grand East Anglia Run 10k	<a href="http://www.grandeastangliarun.co.uk">www.grandeastangliarun.co.uk</a>
	3	Breckland 10k	<a href="http://www.thetford-ac.co.uk">www.thetford-ac.co.uk</a>
	12	Great Yarmouth 5m Series, race 3	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	16	Dereham 10m - RCGP 5 & CC	<a href="http://www.derehamrunners.co.uk">www.derehamrunners.co.uk</a>
	23	Edingthorpe 4m	
	26	Wroxham 5k Series, race 1 - RCGP 6	<a href="http://www.nrr.org.uk">www.nrr.org.uk</a>
	30	Alex Moore Relay	<a href="http://www.norfolkgazelles.co.uk">www.norfolkgazelles.co.uk</a>
June	13	Midsummer 10m	<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
	23	Wroxham 5k Series, race 2	<a href="http://www.nrr.org.uk">www.nrr.org.uk</a>
	27	Humpty Dumpty 10k - RCGP 7	<a href="http://www.gydac.org.uk">www.gydac.org.uk</a>
July	1	Ryston 5m	<a href="http://www.rystonrunners.co.uk">www.rystonrunners.co.uk</a>
	7	Mike Groves Run	<a href="http://www.coltishalljaguars.co.uk">www.coltishalljaguars.co.uk</a>
	10	Lord Mayor's 5k City Centre Classic	<a href="http://www.conac.org.uk">www.conac.org.uk</a>
	11	RAF Marham 10m	
	20	Race for Life King's Lynn	<a href="http://www.raceforlife.org">www.raceforlife.org</a>
	23	Worstead Festival 5m	<a href="http://www.nnbr.co.uk">www.nnbr.co.uk</a>
August	15	Great Yarmouth Half Marathon	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	22	Reepham Summer Sunday Run 10k - RCGP 8	<a href="http://www.reephamrunners.co.uk">www.reephamrunners.co.uk</a>
	26	Wroxham 5k Series, race 3 - CC	<a href="http://www.nrr.org.uk">www.nrr.org.uk</a>
September	5	Wissey Half Marathon - RCGP 9 & CC	<a href="http://www.rystonrunners.org.uk">www.rystonrunners.org.uk</a>
	18 & 19	Round Norfolk Relay	<a href="http://www.roundnorfolkrelay.com">www.roundnorfolkrelay.com</a>
	25	Southern Men's 6 Stage & Masters Road Relays	<a href="http://www.afd.org.uk">www.afd.org.uk</a>
	26	Diss 15m & 7½m	<a href="http://www.dissac.co.uk">www.dissac.co.uk</a>
	26	Southern Women's 4 Stage & Young Athletes Road Relays	<a href="http://www.afd.org.uk">www.afd.org.uk</a>
October	3	Autumn 10k - RCGP 10	<a href="http://www.coltishalljaguars.co.uk">www.coltishalljaguars.co.uk</a>
	10	Marriott's Way 10k	<a href="http://www.broadland.gov.uk">www.broadland.gov.uk</a>
	16	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>
	17	North Norfolk 7m	<a href="http://www.nnbr.co.uk">www.nnbr.co.uk</a>
	17	National Young Athletes Road Relays	<a href="http://www.race-results.co.uk">www.race-results.co.uk</a>
	24	East Coast Run 10k	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
November	28	City of Norwich Half Marathon	<a href="http://www.cityofnorwichhalfmarathon.com">www.cityofnorwichhalfmarathon.com</a>
December	12	Buxton 5k Xmas Fun Run	<a href="http://www.norfolkgazelles.co.uk">www.norfolkgazelles.co.uk</a>