



WYMONDHAM AC Event Calendar 2017 as at 18 May 2017

Featuring:

- **WAC Social Runs**
- **parkrun of the Month**
- **WAC races for non-members**
- **Race of the month**
- **Social events (might involve exercise for some!)**
- Development and training
- WAC Members Races
- **Other notable events and races**

The Club meets every Monday night (except Bank Holidays) in the Club House at 6.30pm for 6.45pm for training sessions. All members are welcome and all runners who can run 5k or more catered for.

From October to April there's usually a hill training session on the second Thursday in each month. Meet at 6.30 outside Argos at Longwater Retail Park. All members are welcome.

From May to September there's a training session on the grass track at Hethersett Old Hall School at 6.30pm on Thursday evenings (please park outside gym at Norwich end of site). All members are welcome.

From late September to March there's a group circuit training session in the gym at Hethersett Old Hall School at 6.30pm prompt on Thursday evenings (please park outside gym at Norwich end of site). All members are welcome.

From late September to April there's a training session at Copper Smith Way behind Wymondham Police Station at 6.30pm on Thursday evenings (except the second Thursday in the month). All members are welcome.

CC after a race denotes it's a County Championship race, LPGP denotes its part of the Leathes Prior Grand Prix Series.

Note: If you're coming along for a drink, tea & cakes, lunch etc. please remember your cash - there's no such thing as a free lunch!



JANUARY

What: WAC organised open race
When: Monday 2 January 2017
Time: Helpers at time advised by Race Director. Race Starts 10.30am
Event: WAC New Year's 10k
For: All WAC members needed to help
Meet: Central Hall, Back Lane, Wymondham NR18 0QB
Contact: Andrew Lane

What: WAC Social Run
When: Sunday 8 January 2017
Where: Sea Palling beach
Time: 8.30am
For: All welcome. Pace and distance to suit all runners (out and back run)
Meet: At Sea Palling beach car park at 8.30am NR12 0UH
Contact: Roy Harvey
Afterwards: Coffee and bacon sandwich in the beach cafe.

What: WAC parkrun of the Month
When: Saturday 21 January 2017
Event: Catton parkrun
Where: Catton Park, Oak Lane, Norwich, Norfolk, NR6 7DB
Time: 9am
For: All welcome. Run at your own pace
Entries: Entries on the day following one-off registration at
<http://www.parkrun.org.uk/register/>
More information: [Here](#)
Afterwards: Coffee and cakes in the cafe
Supporters very welcome

What: WAC Race of the month
When: Sunday 29 January 2017
Event: GYDAC BAM Nuttall Freethorpe Ten - LPGP
Where: Freethorpe Village Hall, Norfolk, NR13 3NZ
Time: 11am
Entries: Runners are advised to enter in advance
More information: [Here](#)
Supporters very welcome



FEBRUARY

What: WAC parkrun of the month
When: Saturday 11 February 2017
Event: Mulbarton 200th parkrun 5k
Where: The Common, Mulbarton, Norwich, NR14 8AE
Time: 9am
For: All welcome. Set your own pace
Entries: On the day only. One-off registration at <http://www.parkrun.org.uk/register/>
More information: [Here](#)
Supporters very welcome

What: WAC Race of the month
When: Sunday 19 February 2017
Event: Norfolk Gazelles Valentine 10K - LPGP + CC
Where: Easton College , Bawburgh Road, NR9 5GA
Time: 10:00 am
Entries: Runners are advised to enter in advance
More information: [Here](#)
Supporters very welcome

MARCH

What: WAC Social Event
When: Saturday 4 March 2017
Event: London Velodrome
Where: Lee Valley VeloPark, Stratford, London
Time: TBC
For: WAC Members
Cost: £40 per 1 hour session plus £10 for hire of hat, gloves and cleats
More information: [Here](#)
Contact: Al Bowen

Postponed



What: WAC parkrun of the Month
When: Saturday 4 March 2017
Event: Brundall parkrun 5k
Where: Countryside Park, Postwick Lane, Brundall, Norfolk, NR13 5RF
Time: 9am
For: All welcome. Run at your own pace
Entries: Entries on the day following one-off registration at <http://www.parkrun.org.uk/register/>
Afterwards: Grab a coffee at The Daily Grind Mobile Barista Coffee.
More information: [Here](#) - Supporters very welcome

What: Race of the month
When: Sunday 12 March 2017
Event: NRR Broadland Half Marathon
Time: 9:30 am
Where: South Walsham Village Hall, NR13 6DZ
Entries: Entries are now closed
More information: [Here](#)
Supporters very welcome

What: WAC Social Event
When: Saturday 18 March 2017
Event: WAC Awards Evening with dinner and dancing!
Where: Maids Head Hotel, Tombland, Norwich
Time: 7pm
For: WAC members and guests. Tickets £25 (member)/£28 (guests)

What: Other race
When: Sun 19 March 2017
Event: Mad March Hare 10k
Where: Scottow Enterprise Park, NFR10 5FB

What: WAC organised open race
When: Sunday 26 March 2017
Event: 20 Mile Race - LPGP
All WAC members needed to help
Time: As advised by Andrew Lane - race starts 9:30
Where: Meet at Abbey Hall, corner of Vicar Street/Church Street, Wymondham
Contact: Andrew Lane



APRIL

What: Other race

When: Sun 2 April 2017

Event: Bungay Festival of Running - Marathon, half marathon and 10k

Where: Bungay

What: Other Race

When: Sun 2 April 2017

Event: Greater Manchester Marathon

Where: Manchester

What: Other race

When: Sun 9 April 2017

Event: City of Norwich Half Marathon

Where: Norfolk Showground

What: Other race

When: Sun 9 April 2017

Event: Brighton Marathon

Where: Preston Park, Brighton

What: WAC Social Run

When: Sunday 17 April 2017

What: 5 to 7 miles mixed terrain

Where: Wensum Valley

Time: 8:30am

For: All welcome. Paced to suit all runners

Meet: Earlham Park Café

Afterwards: Bacon rolls and tea/coffee in café

Contact: TBC

What: Other race

When: Sunday 23 April 2017

Event: Virgin Money London Marathon



What: Other race
When: Wednesday 26 April 2017
Event: Great Yarmouth 5 Mile Series Race 1
Where: The Marina Centre, Great Yarmouth

What: WAC parkrun of the Month
When: Saturday 29 April 2017
Event: Blickling parkrun 5k
Where: Blickling Park (National Trust), Blickling, Aylsham, Norwich,
NR11 6NF
Time: 9am
For: All welcome. Set your own pace
Entries: On the day only. One-off registration at
<http://www.parkrun.org.uk/register/>
More information: [Here](#)
Afterwards: Coffee in the National Trust's Muddy Boots Café
Supporters very welcome

What:- Race of the month
When: Sunday 30 April 2017
Event: Grand East Anglia Run - 10k
Where: Tuesday Market Place, King's Lynn,
Time: 10:45 am
Entries: Runners advised to enter in advance
More information: [Here](#)
Supporters very welcome
Afterwards:

MAY

What: Other race
When: Monday 1 May 2017
Event: Breckland 10k
Where: Croxton Village Hall, Thetford

What: WAC AGM
When: 15 May 2017
Where: Wymondham Rugby Club
Time: 6:45 pm - 7:15 pm



What: Other race
When: Sunday 7 May 2017
Event: Dereham 10m - LPGP + CC
Where: Dereham

What: Other race
When: Wednesday 10 May 2017
Event: Great Yarmouth 5m Series Race 2
Time: 7:15 pm
Where: Marina Centre, Great Yarmouth

What: Other race
When: Wednesday 17 May 2017
Event: Wroxham 5k Series Race 1
Where: Broadland High School, Wroxham

What: Other race
When: Sunday 21 May 2017
Event: Chase the Train
Where: Aylsham Train Station, NR11 6BW

What: Race of the month
When: Wednesday 24 May 2017
Event: Great Yarmouth 5m Series Race 3 - LPGP
Where: Marina Centre, Great Yarmouth
Time: 7:15 pm
Entries: Runners advised to enter in advance
More information: [Here](#)
Supporters very welcome



What: WAC parkrun of the Month
When: Saturday 27 May 2017
Event: Fritton Lake parkrun
Where: Fritton Lake Country Park, Beccles Road, Fritton
Time: 9am
For: All welcome. Set your own pace
Entries: On the day only. One-off registration at
<http://www.parkrun.org.uk/register/>
Supporters very welcome
Afterwards: Coffee in the café
More information: [Here](#)

JUNE

What: Other race
When: 4 June 2017
Event: Mike Groves 10k
Where: Scottow Enterprise Park, NR10 5B

What: WAC Social Event
When: Sunday 4 June 2017
Event: Norwich 100/50/25 cycle ride
Where: The Forum, Millennium Plain, Norwich, Norfolk NR2 1TF
Time: 6.45am onwards
For: All welcome
More information: [Here](#)

What: WAC parkrun of the Month
When: Saturday 10 June 2017
Event: Sheringham parkrun 5k
Where: Sheringham Park (National Trust), Upper Sheringham, Norfolk, NR26 8TL
Time: 9am
For: All welcome. Set your own pace
Entries: On the day only. One-off registration at
<http://www.parkrun.org.uk/register/>
More information: [Here](#)
Afterwards: Coffee in the Courtyard Cafe - Supporters very welcome



What: Other race
When: 11 June 2017
Event: Alex Moore Relay
Where: The Goat Inn, Skyton

What: Race of the month
When: Wednesday 14 June 2017
Event: Wroxham 5k Series Race 2 - LPGP
Where: Wroxham
Time: 7:15 pm
Entries: Runners are advised to enter in advance
More information: [Here](#)
Supporters encouraged

What: WAC Club race
When: Monday 19 June 2017
Event: WAC Ed Burton Memorial 5m series (Race 1 of 3)
Where: Meet at Wymondham War Memorial, at the junction of Town Green and Vicarage Street, Wymondham
Time: 6.30pm
For: WAC members. All Welcome
Contact: Terry Brannan

What: WAC Social Event
When: 23/24/25 June
Event: Adventure Weekend
Where: Fritton Park
Time: TBC
For: WAC members.
Cost: Around £35 - £40
Contact: Roy Harvey

JULY

What: Race of the month
When: Sunday 2 July 2017
Event: Humpty Dumpty 10k - LPGP
Where: Freethorpe
Time: 10:30 am
For: All



Entries: Runners are advised to enter in advance
Supporters welcomed

What: Other race
When: Wednesday 5 July 2017
Event: Wroxham 5k Series Race 3
Where: Wroxham

What: Other race
When: Saturday 8 July 2017
Event: CONAC - City of Norwich Lord Mayor's 5k
Where: Norwich
Time: 4:50 pm
Entries: Runners are advised to enter in advance (20 minute 5k or better)
More information: [Here](#)
Afterwards: The Glasshouse, Fye Bridge (head from Tombland towards Magdalen Street and it's on the right).

What: WAC Social
When: Saturday 8 July 2017
Event: Supporters outing - CONAC - City of Norwich Lord Mayor's 5k
Where: Meet on Tombland, Norwich
Time: 4:30 pm
Afterwards: The Glasshouse, Fye Bridge, Norwich (head from Tombland towards Magdalen Street and it's on the right).

What: Other race
When: Sunday 9 July 2017
Event: East Harling 10k
Where: East Harling Sports and Social Club, East Harling

What: WAC Ed Burton Memorial 5m series (Race 2 of 3)
When: Monday 10 July 2017
Where: Meet at Wymondham War Memorial, at the junction of Town Green and Vicarage Street, Wymondham
Time: 6.30pm
For: WAC members. All Welcome
Contact: Terry Brannan



What: Other race

When: Sunday 16 July 2017 - TBC

Event: Ipswich Jaffa RC - Ekiden Relay

Where: Woodbridge School, Burkitt Road, Woodbridge, Suffolk, IP12 4JH

For: All runners welcome. Paced to suit all runners. 5k, 7.2k and 10k legs.

More information: [Here](#)

What: WAC parkrun of the Month

When: Saturday 22 July 2017

Event: Holkham parkrun 5k

Where: Holkham Hall, Wells-next-the-Sea, Norfolk, NR23 1AB

Time: 9am

For: All welcome. Run at your own pace

Entries: Entries on the day following one-off registration at <http://www.parkrun.org.uk/register/>

Afterwards: Coffee and cakes in the café.

More information: [Here](#)

Supporters very welcome

What: Other race

When: Friday 28 July - LPGP

Event: Worstead 5m

Where: Village Square, Worstead

Afterwards: Live music, beer and barbecue at Worsted Festival

What: Other race

When: [See here for information](#)

Event: Nelson Knee Knobbler

What: Other race

When: [See here for information](#)

Event: Bungay Summer series 10k



AUGUST

What: Other race

When: Sunday 6 August 2017

Event: Run Norwich 10k

Where: City Hall, Norwich

What: WAC parkrun of the Month

When: Saturday 12 August 2017

Event: Fritton Lake parkrun 5k

Where: Fritton Lake Country Park, Beccles Road, Fritton

Time: 9am

For: All welcome. Run at your own pace

Entries: Entries on the day following one-off registration at
<http://www.parkrun.org.uk/register/>

More information: [Here](#)

Supporters very welcome

What: Race of the Month

When: Sunday 13 August 2017

Event: Great Yarmouth Half Marathon - CC

Where: Ormiston Venture Academy, Oriel Avenue, Gorleston NR31 7JJ

Time: 10:00 am

Entries: Runners are advised to enter in advance

More information: [Here](#)

Afterwards:

Supporters and family encouraged

What: WAC Ed Burton Memorial 5m series (Race 3 of 3)

When: Monday 14 August 2017

Where: Meet at Wymondham War Memorial, at the junction of
Town Green and Vicarage Street, Wymondham

Time: 6.30pm

For: WAC members. All Welcome

Contact: Terry Brannan

What: Other Race

When: Sunday 20 August 2017

Event: Dereham 5k

Where: Dereham



What: Other Race - Multi Terrain
When: Sunday 27 August 2017
Event: Reepham Runners Panther Summer Run
Where: Reepham

What: Summer Barbeque
When: 21 August 2017
Where: Rugby Club, Tuttles Lane, Wymondham
Time: 7:45 pm
Contact: [TBC]

SEPTEMBER

What: Other race
When: Sunday 3 September 2017
Event: Wissey Half Marathon
Where: Oxborough, Norfolk

What: Race of the month
When: Saturday 16/Sunday 17 September 2017
Event: Round Norfolk Relay
Where: Norfolk
Entries: Team(s) to be arranged
Other: Helpers needed
Contact: TBC
Supporters encouraged

What: WAC parkrun of the Month
When: Saturday 23 September 2017
Event: Gorleston parkrun 5k
Time: 9am
Where: Gorleston Cliffs near Great Yarmouth
For: Paced to suit all runners
Entries: On the day only. One-off registration at
<http://www.parkrun.org.uk/register/>
More information: [Here](#)
Afterwards: Coffee at the Cafe among the lower level shops
Supporters very welcome



What: Other race
When: Sunday 24 September 2017
Event: Jolly Jaguars 10k
Where: Scottow Enterprise Park, NR10 5FB

OCTOBER

What: Other race
When: Sunday 1 October 2017
Event: Bure Valley 10m
Where: Banningham, Norfolk

What: Other race
When: Sunday 1 October 2017
Event: Nicholsons Lowestoft Half Marathon
Where: Lowestoft, Suffolk

What: Development and training
When: Sunday 1 October 2017
Event: Development Workshop
Where: Easton College (TBC)
Times: TBC
Other information:
Open to all WAC Club Members.
Detailed programme TBC
Cost: TBC

What: WAC parkrun of the Month
When: Saturday 7 October 2017
Event: Lowestoft parkrun 5k
Time: 9am
Where: Lowestoft Promenade, Claremont Pier, Wellington Esplanade,
Lowestoft, Suffolk, NR33 0BS
For: Paced to suit all runners
Entries: On the day only. One-off registration at
<http://www.parkrun.org.uk/register/>
More information: [Here](#)
Afterwards: coffee in Nemo's Restaurant, Claremont Pier
Supporters very welcome



What: Other race
When: Sunday 8 October 2017
Event: Marriotts Way 10k
Where: Aylsham

What: WAC Winter Time Trial (Heat 1 of 3)
When: Monday 9 October 2017
Where: Meet at Club House
Time: 6.30pm
For: WAC members. All Welcome
Contact: Sue Stirling

What: Race of the month
When: 15 October 2017
Event: East Coast 10k - LPGP
Where: St George's Theatre, Great Yarmouth
Entries: Runners are advised to enter in advance
More information: [Click here](#) - Supporters encouraged

What: Other race
When: Sunday 22 October 2017
Event: Trowse 10k

What: Other race
When: Saturday 28 October
Event: Norfolk Coastal Marathon and Half Marathon

What: Other race
When: Sunday 29 October 2017
Event: Holt 10k - LPGP
Where:

NOVEMBER

What: WAC Winter Time Trial (Heat 2 of 3)
When: Monday 6 November 2017
Where: Meet at Club House
Time: 6.30pm
For: WAC members. All Welcome
Contact: Sue Stirling



What: WAC parkrun of the month
When: Saturday 11 November 2017
Event: Thetford Park Run
Where: Abbey Meadows, Thetford IP24 1BB
Time: 9am
For: All welcome. Set your own pace
Entries: On the day only. One-off registration at
<http://www.parkrun.org.uk/register/>
More information: [Here](#)
Supporters very welcome

What: WAC Social
Event: Leathes Prior Grand Prix Presentation Evening
When: Saturday 11 November 2017
More information available on the [Athletics Norfolk website](#)

What: WAC Winter Time Trial (Heat 3 of 3)
When: Monday 27 November 2017
Where: Meet at Club House
Time: 6.30pm
For: WAC members. All Welcome
Contact: Sue Stirling

DECEMBER

What: WAC parkrun of the Month
When: Saturday 9 December 2017
Event: Eaton parkrun 5k
Where: Eaton Park, Norwich, NR4 7AZ
Time: 9am
For: All welcome. Run at your own pace
Entries: on the day following one-off registration at
<http://www.parkrun.org.uk/register/>
More information: [Here](#) - Supporters very welcome

What: Other race
When: [TBC] 2017
Event: Norfolk Cross Country Championships
Where: TBC



What: Other race
When: Sunday 10 December 2017
Event: Buxton 5k Fun Run

What: WAC Winter Time Trial (Final)
When: Monday 11 December 2017
Where: Meet at Club House
Time: 6.30pm
For: WAC members. All Welcome
Contact: Sue Stirling

What: WAC Social Event
When:
Event: Music Quiz
Where:
Time:
Cost:
Contact: David Hazleton

What: Other race
When: Sunday 10 December 2017 (TBC)
Event: Turkey Trot 10m
Where: Beccles

What: WAC Club Night Social Run
When: Monday 18 December 2017
Event: Christmas Lights Charity Run around Wymondham
Where: Rugby Club, Wymondham
Time: 6:30 pm
For: All welcome. Set your own pace.
More information: Fancy dress encouraged - bring some change for the charity collection.
Afterwards: Mince pies and a hot drink at the Rugby Club.

What: Other race
When: 26 December 2017
Event: Groggy Doggy, Bungay



JANUARY 2018

What: WAC organised race

When: Monday 1 January 2018

For: All WAC members needed to help

Meet: Race HQ

Time: As advised by Andrew Lane

Contact: Andrew Lane