

## Athletics Norfolk Road Race Fixture List 2019 - v3 plus WAC events

January	1	New Year's Day 10k		<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
	19	WAC parkrun of the month Brandon Country Park		
	27	Freethorpe Ten	SGP1	<a href="http://www.gydac.co.uk">www.gydac.co.uk</a>
February	6	Athletics Norfolk Road Running Committee meeting & AGM		<a href="http://www.athleticsnorfolk.org.uk">www.athleticsnorfolk.org.uk</a>
	17	Valentine 10k	CC & SGP2	<a href="http://www.norfolkgazelles.co.uk">www.norfolkgazelles.co.uk</a>
	23	WAC parkrun of the month Brundall		
March	3	Inter-Counties 20m - Rochford, Essex		<a href="http://www.essexroadrunning.org.uk">www.essexroadrunning.org.uk</a>
	3	Ringland Half Marathon	CC & SGP3	<a href="http://www.norwichroadrunners.com">www.norwichroadrunners.com</a>
	16	WAC Awards Evening Barnham Broom		
	17	Mad March Hare 10k		<a href="http://www.coltishalljaguars.co.uk">www.coltishalljaguars.co.uk</a>
	23	WAC parkrun of the month Catton		
	24	Wymondham 20m	SGP4	<a href="http://www.wymondhamac.org.uk">www.wymondhamac.org.uk</a>
April	31	Diss Duathlon		<a href="http://www.tri-anglia.co.uk">www.tri-anglia.co.uk</a>
	7	City of Norwich Half Marathon		<a href="http://www.cityofnorwichhalfmarathon.com">www.cityofnorwichhalfmarathon.com</a>
	13	WAC parkrun of the month Sheringham		
	14	Bungay Marathon, Half Marathon, 10K, 5K		<a href="https://bungayblackdogrunningclub.co.uk/fes">https://bungayblackdogrunningclub.co.uk/fes</a>
	20	5K Target Race Training Session at Henderson Track: 9.30		
	24	Great Yarmouth 5m Series - race 1		<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
May	28	London Marathon		<a href="http://www.virginlondonmarathon.com">www.virginlondonmarathon.com</a>
	5	Grand East Anglia Run		<a href="http://www.grandeastangliarun.co.uk">www.grandeastangliarun.co.uk</a>
	6	Breckland 10k		<a href="http://www.thetford-ac.co.uk">www.thetford-ac.co.uk</a>
	8	Great Yarmouth 5m Series - race 2		<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	12	Dereham 10m	CC & SGP5	<a href="http://www.derehamrunners.co.uk">www.derehamrunners.co.uk</a>
	12	Waveney Spring Triathlon		<a href="http://www.tri-anglia.co.uk">www.tri-anglia.co.uk</a>
	13	WAC Annual General Meeting		
	15	Wroxham 5k Series - race 1		<a href="http://www.norwichroadrunners.com">www.norwichroadrunners.com</a>
	18	WAC parkrun of the month Blickling		
	18-19	Green Belt Relay		
	19	Chase the Train		<a href="http://www.nnbr.co.uk">www.nnbr.co.uk</a>
	22	Great Yarmouth 5m Series - race 3		<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
June	25	5K Target Race Training Session at Henderson Track: 9.30		
	26	Holt 10k	SGP6	<a href="http://www.nnbr.co.uk">www.nnbr.co.uk</a>
	2	Mike Groves 10k		<a href="http://www.coltishalljaguars.co.uk">www.coltishalljaguars.co.uk</a>
	5	Athletics Norfolk Road Running Committee meeting		<a href="http://www.athleticsnorfolk.org.uk">www.athleticsnorfolk.org.uk</a>
	9	Alex Moore Relay: WAC target race		<a href="http://www.norfolkgazelles.co.uk">www.norfolkgazelles.co.uk</a>
	12	Wroxham 5k Series - race 2, also WAC target race	CC & SGP7	<a href="http://www.norwichroadrunners.com">www.norwichroadrunners.com</a>
	15	WAC parkrun of the month Watton - NB new parkrun		
July	30	Humpty Dumpty 10k	SGP8	<a href="http://www.gydac.co.uk">www.gydac.co.uk</a>
	3	Wroxham 5k Series - race 3, also WAC target race		<a href="http://www.norwichroadrunners.com">www.norwichroadrunners.com</a>
	6	Lord Mayor's 5k City Centre Classic, also WAC target race		<a href="http://www.conac.org.uk">www.conac.org.uk</a>
	7	Norwich Triathlon		<a href="https://www.tri-anglia.co.uk/">https://www.tri-anglia.co.uk/</a>
	7	Harling 10k		<a href="https://harling10k.wixsite.com/mysite">https://harling10k.wixsite.com/mysite</a>
	14 TBC	Ekiden Relay, WAC target race		
	21	Run Norwich		<a href="http://www.runnorwich.co.uk">www.runnorwich.co.uk</a>
	21	Dereham Carnival Mile		<a href="http://www.derehamrunners.co.uk">www.derehamrunners.co.uk</a>
	26	Worstead 5m	SGP9	<a href="http://www.nnbr.co.uk">www.nnbr.co.uk</a>
	27	WAC parkrun of the month Lingwood - NB new parkrun		
August	7	Scottow Sundowner 5k		<a href="http://www.coltishalljaguars.co.uk">www.coltishalljaguars.co.uk</a>
	9	Reephams Summer 10k		<a href="http://www.reephamrunners.co.uk">www.reephamrunners.co.uk</a>
	11	Great Yarmouth Half Marathon		<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	18	Dereham 5k	SGP10	<a href="http://www.derehamrunners.co.uk">www.derehamrunners.co.uk</a>
	24	10K Target Race Training Session at Kett's Park: 9.30		
	31	WAC parkrun of the month Gorleston		
September	1	Wissey Half Marathon		<a href="http://www.rystonrunners.org.uk">www.rystonrunners.org.uk</a>
	8	10K Target Race Training Session at TBA: 9.30		
	14 & 15	Round Norfolk Relay, also Target Race		<a href="http://www.roundnorfolkrelay.com">www.roundnorfolkrelay.com</a>
	22	Jolly Jaguars 10k	SGP11	<a href="http://www.coltishalljaguars.co.uk">www.coltishalljaguars.co.uk</a>
	28	WAC parkrun of the month Mulbarton		
October	29	Bure Valley 10m		<a href="http://www.burevalleyharriers.com">www.burevalleyharriers.com</a>
	6	Marriott's Way 10k		<a href="http://www.broadland.gov.uk">www.broadland.gov.uk</a>
	9	Athletics Norfolk Road Running Committee meeting		<a href="http://www.athleticsnorfolk.org.uk">www.athleticsnorfolk.org.uk</a>
	13	East Coast 10k, also Target 10K race	SGP12	<a href="http://www.gyrr.co.uk">www.gyrr.co.uk</a>
	26	WAC parkrun of the month Wymondham - NB new parkrun		
November	27	Trowse 10k, also Target 10K race		<a href="http://www.conac.org.uk">www.conac.org.uk</a>
	15	Sportlink Grand Prix Series Presentation Evening - A Night of Celebrations		
	23	WAC parkrun of the month Sloughbottom - NB new parkrun		
	24	XC Target Race Training Session at Britannia Café, Mousehold Heath: 9.30		
December	8	Buxton 5k Fun Run		<a href="http://www.norfolkgazelles.co.uk">www.norfolkgazelles.co.uk</a>
	21	WAC parkrun of the month Colney Lane incl Mob Match v Norfolk Gazelles		
	28	XC Target Race Training Session at Earlham Park Café: 9.30		

CC = Norfolk County Championship race

SGP = Sportlink Grand Prix Series race

More WAC events (eg Ed Burton 5 mile race series, and summer BBQ) will be added in the course of the next few months.