

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

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

CC = Norfolk County Championship race
SGP = Sportlink Grand Prix Series race