DEREHAM 10 MILE ROAD RACE

(INCORPORATING THE 2018 NORFOLK COUNTY 10 MILE CHAMPIONSHIP)
ALSO A SPORTLINK GRAND PRIX EVENT

SUNDAY 13th MAY 2018

RACE START 10.30am

RACE CENTRE: DEREHAM NEATHERD HIGH SCHOOL, NORWICH ROAD, DEREHAM, NORFOLK, NR20 3AX

WITH GRATEFULL THANKS FOR THE CONTINUED SUPPORT OF:
D & F McCARTHY Ltd (Suppliers of Bananas for race finishers)

AMPLE CAR PARKING, TOILETS, SHOWERS AND REFRESHMENTS AVAILABLE AT RACE CENTRE

RACE PRIZES: Race Medals to all finishers
Overall Male/Female Race Winners' Individual Trophies
Trophies for 1st, 2nd, 3rd Males, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
Trophies for 1st, 2nd, 3rd Females, 40-44, 45-49, 50-54, 55-59, 60-64. 65+

COUNTY PRIZES: Trophies for 1st Male/Female. Medals for 1st, 2nd, 3rd Male/Female in the new (March 2013) County 5 year age bands. Team Medals for 1st, 2nd, 3rd Male (teams of 4), Female (teams of 3) in Senior/Vet age categories

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As this is a County Championship event, <u>CLUB VESTS MUST BE WORN</u> to qualify for County prizes. Collect your Race number & data tag at the HQ, Do not cut, fold or mutilate your race number in any way, an *Please, fill in your personal details on the reverse of your race number before you run the event !!!*

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N.B. It is now an England Athletics ruling that ANY musical equipment is banned during the race – you will be running on open public roads, and MUST be aware of traffic around you at all times. Anyone seen wearing headphones/earpieces will be disqualified.
No Refunds, Transfers or Deferred entries permissible.

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Dereham Runners AC thank you for supporting our event, and we wish you a happy and enjoyable race and hope to see you again in the future

For further information, please INFODEREHAMRUNNERS@GMAIL.COM
Full race results will be on our website WWW.DEREHAMRUNNERS.CO.UK