

DEREHAM 10 MILE ROAD RACE

(INCORPORATING THE 2018 NORFOLK COUNTY 10 MILE CHAMPIONSHIP)
& 2018 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 GRATEFUL 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
Above age categories . Team Medals for 1st, 2nd, 3rd Male (teams of 4),
Female (teams of 3) in Senior/Vet age categories

Would you please collect your race number and timing chip from the race HQ.

Do not cut, fold or mutilate your race number in any way, and *Please fill in your personal details on the reverse of your race number before you run the event !!!*

Please note club vests must be worn to qualify for County prizes.

Please ensure your race timing chip is secured to your left shoe and that it is handed in after the race. Remember No chip = no recorded time.

N.B. It is now an England Athletics ruling that ANY musical equipment, ipods, etc are banned during this race – you will be running on open public roads and MUST be aware of any traffic around you at all times !! Anyone seen wearing headphones/earpieces will be disqualified.

No Refunds, Transfers or Deferred entries permissible.

+++++

There is a mandatory race briefing at 10.20am at the front of the school (finish area) which runners must attend. You will be held here and then taken to the start line after the briefing

+++++

Race and County trophies will be handed out at approximately 12.30pm in the race HQ.

+++++

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 email Infoderehamrunners@gmail.com

Full race results will be on our website www.derehamrunners.co.uk