

DEREHAM 10 MILE ROAD RACE

(INCORPORATING THE 2019 NORFOLK COUNTY 10 MILE CHAMPIONSHIP)
ALSO A SPORTLINK GRAND PRIX EVENT

SUNDAY 12th MAY 2019

RACE START 10.30am

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

**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**

**As this is a County Championship event, CLUB VESTS MUST BE WORN 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 !!!***

**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.**

Entry info

**No Refunds or deferred entries, but transfers are available until midnight 27/4/2019,
this is via <https://www.totalracetiming.co.uk/race/87>**

**Race entries will close Friday 10th May 8pm.
No entries on the day.**

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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