

# NORWICH ROAD RUNNERS

www.nrr.org.uk

## Cross Country Series 2009-10

**SUNDAY 22<sup>nd</sup> NOVEMBER 2009**

**SUNDAY 3<sup>rd</sup> JANUARY 2010**

**SUNDAY 21<sup>st</sup> FEBRUARY 2010**

**Mass race start at 10:00am**

(Juniors 8-12 years, 2 minutes later)

**Location: Houghen Plantation, near Horsford,  
Norwich, Norfolk**

Parking at OS grid ref TG181175. Approach from Norwich via B1145 Holt Road, turn left at crossroads towards Felthorpe, at northern end of Horsford village. Clickable map at <http://www.nrr.org.uk>

### ENTRY

Each race Seniors £2.50 affiliated, £4.50 unaffiliated; Juniors £1.00 (15 & under).

No entry in advance; Entry on the day only from 09:00am.

Juniors min. age on race day 8 Years.

### APPROXIMATE DISTANCES

The course will consist of a 2.6km (1.62 mile) lap.

**Men** 4 laps 10.4km; **Women & 16+ juniors** 3 laps 7.8km;

**13-15 juniors** 2 laps 5.2km; **8-12 juniors** 1 lap 2.6km.

### FACILITIES

The event takes place in the woods, and therefore facilities are limited.

Please arrive changed and ready to run. Limited refreshments will be available, including tea, coffee and soup.

### SERIES PRIZES

Trophies will be awarded to males and females who complete the whole series of three races, as follows, based on position:

(All three races count; prizes will be mailed after final event on 21/02/10)

Race winner (in addition to age prize)

1<sup>st</sup> 8-12 M/F

1<sup>st</sup> 13-15 M/F

1<sup>st</sup> 16-39 M/F

1<sup>st</sup> 40-44 M/F

1<sup>st</sup> 45-49 M/F

1<sup>st</sup> 50-54 M/F

1<sup>st</sup> 55-59 M/F

1<sup>st</sup> 60+ M/F

### HEALTH WARNING.

Athletes should be aware of the dangers of dehydration. Drink plenty of water before and during exercise. Alcoholic drinks are dehydrating.

It is unwise to undertake strenuous exercise when suffering from an infection

For further information, and a location map, please visit our web site at <http://www.nrr.org.uk>, or e-mail [info@nrr.org.uk](mailto:info@nrr.org.uk)