

Provisional Road Running and Duathlon Fixture List 2012

Saturday	01-Jan-12	10k	Wymondham New Year's Day	www.wymondhamac.org.uk
Sunday	08-Jan-12	12k & 6k	Suffolk County XC Championships	www.suffolkathletics.org.uk
Sunday	22-Jan-12	15m	Folksworth 15	www.yaxleyrunners.org.uk
Sunday	22-Jan-12	15m	Benfleet 15m	www.benfleetrunningclub.com
Saturday	28-Jan-12	Various	SoE XC championships	www.suffolkathletics.org.uk
Sunday	29-Jan-12	10m	Reedham 10	www.gydac.org.uk
Sunday	05-Feb-12	13.1m	Great Bentley Half Marathon	www.gbrc.org.uk
Sunday	12-Feb-12	10k	Valentines 10k	www.norfolkgazelles.co.uk
Sunday	26-Feb-12	13.1m	Roding Valley Half Marathon	www.rvhm.org.uk
Sunday	26-Feb-12	10m	Tarpley 10 & 20	www.pacers.org.uk
Sunday	26-Feb-12	20m	Tarpley 10 & 20	www.pacers.org.uk
Sunday	04-Mar-12	20m	Essex 20 Mile Road Race	www.essexroadrunning.org.uk
Sunday	04-Mar-12	20m	Wymondham 20	www.wymondhamac.org.uk
Sunday	11-Mar-12	26.2m	Blackpool Marathon	www.fyldecoastrunning.com/blackpool-mainpage.html
Sunday	18-Mar-12	Duathlon	Mud & Mayhem Thetford Duathlon	www.gobeyondultra.co.uk
Sunday	18-Mar-12	10k	Mud & Mayhem Thetford 10k	www.gobeyondultra.co.uk
Sunday	18-Mar-12	13.1m	Fritton Lake Half Marathon	www.activeoutdoorsport.co.uk
Sunday	18-Mar-12	9m	NiceTri "Hurden 9"	www.nicetri.co.uk
Sunday	18-Mar-12	18m	NiceTri 18	www.nicetri.co.uk
Sunday	25-Mar-12	13.1m	Stowmarket Half Marathon	www.stowmarketstriders.org.uk
Sunday	25-Mar-12	13.1m	Brentwood Half Marathon	www.brentwoodhalf.org
Sunday		5m	Braintree 5	www.braintreeanddistrictac.co.uk
Sunday	01-Apr-12	13.1m	Reading Half Marathon	www.readinghalfmarathon.com
Sunday	01-Apr-12	Duathlon	Diss Duathlon	www.tri-anglia.co.uk
Sunday		13.1m	Colchester Half Marathon	www.colchesterhalfmarathon.co.uk
Friday	06-Apr-12	5m	Sudbury Fun Run	www.sudburyfunrun.co.uk
Friday	06-Apr-12	10k	Roger Wing 10k	www.bungayblackdogrunningclub.co.uk
Sunday	08-Apr-12	10k	Trowse 10k	www.conac.org.uk
Sunday		13.1m	Broadland Half Marathon	www.nrr.org.uk
Sunday	15-Apr-12	10k	Cambridge Cambourne 10k	www.cambridgefestivalofrunning.com
Sunday	15-Apr-12	10k	Newham Classic 10k	www.newhamclassic10k.com
Sunday	15-Apr-12	13.1m	Bungay Half Marathon	www.bungayblackdogrunningclub.co.uk
Sunday	15-Apr-12	26.2m	Bungay Marathon	www.bungayblackdogrunningclub.co.uk
Sunday	15-Apr-12	26.2m	Brighton Marathon	www.brightonmarathon.co.uk
Sunday	15-Apr-12	26.2m	Paris Marathon	www.parismarathon.com
Sunday	15-Apr-12	10k	Flitwick 10k	www.afrunningclub.org.uk
Sunday	15-Apr-12	Duathlon	Cambridge Duathlon	www.cambridgetriathlonclub.com
Sunday	22-Apr-12	26.2m	Virgin London Marathon	www.london-marathon.co.uk
Sunday	29-Apr-12	26.2m	Greater Manchester Marathon	www.greatermanchestermarathon.com
Sunday	29-Apr-12	26.2m	Milton Keynes Marathon	www.miltonkeynesmarathon.co.uk
Sunday	29-Apr-12	26.2m	Shakespeare Marathon	www.shakespearemarathon.org.uk
Thursday	03-May-12	7k	Newmarket Heath Run 6k	www.newmarketjoggers.co.uk
Saturday	05-May-12	10k	Fen Drayton 10k	www.fendrayton10k.org.uk
Sunday	06-May-12	10k	Kings Lynn GEAR	www.greateastangliarun.co.uk
Sunday	06-May-12	Duathlon	Great Notley Spring Duathlon	www.born2tri.co.uk
Monday	07-May-12	10k	Breckland 10k	www.thetford-ac.co.uk
Sunday	13-May-12	10k	Alton Fun Run	www.altonwaterrun.co.uk
Sunday	13-May-12	26.2m	Halstead Marathon	www.halsteadroadrunners.net
Sunday	20-May-12	10k	Woodbridge 10k	www.woodbridgeshufflers.org.uk
Sunday	20-May-12	10k	Great Manchester Run	www.greatrun.org

Sunday	20-May-12	10m	Great Baddow 10m	www.baddowraces.org.uk
Thursday		5k	Harwich 5k Series Race 1	www.harwichrunners.co.uk
Friday	25-May-12	5m	Ipswich Friday Five	www.ipswichjaffa.org.uk
Sunday	27-May-12	26.2m	Edinburgh Marathon 2012	www.edinburgh-marathon.com
Friday	01-Jun-12	5m	Kirton Friday Five Series Race 2	www.frr.org.uk
Monday		13.1m	Brandon Forest Half Marathon	www.bfh.org.uk
Wednesday	06-Jun-12	10k	Bungay Summer Series Race 1	www.bungayblackdogrunningclub.co.uk
Thursday		5k	Harwich 5k Series Race 2	www.harwichrunners.co.uk
Friday	08-Jun-12	5m	Stowmarket Friday Five	www.stowmarketstriders.org.uk
Sunday	10-Jun-12	13.1m	Heroes Half Marathon - Bassingbourne	www.endurorunning.com
Sunday		10m	Midsummer 10	www.wymondhamac.org.uk
Wednesday		5k	Wroxham 5K Race 2	www.nrr.org.uk
Friday	29-Jun-12	5m	Bury Friday Five	www.pacers.org.uk
Sunday		10k	Humpty Dumpty 10k	www.gydac.org.uk
Sunday		13.1m	Mersea Round the Island Half Marathon	www.merseaislandraces.co.uk
Sunday	01-Jul-12	10k	Newmarket (Stetchworth)	www.newmarketjoggers.co.uk
Wednesday	04-Jul-12	10k	Bungay Summer Series Race 2	www.bungayblackdogrunningclub.co.uk
Thursday		5k	Harwich 5k Series Race 3	www.harwichrunners.co.uk
Friday		5m	Great Bentley Friday Five	www.gbrc.org.uk
Saturday	07-Jul-12	5k	Lord Mayor's 5K City Centre	www.conac.org.uk
Saturday	14-Jul-12	10m	RAF Marham	www.oaa.co.uk
Sunday		5m	Capel Five	www.capelcheetahs.co.uk
Sunday	15-Jul-12	26.2m	St Jo's Charity Ekiden Relay	www.ipswichjaffa.org.uk
Sunday		10k	TGT Brentwood 10k	www.thriftgreentrotters.co.uk
Thursday		5k	Harwich 5k Series Race 4	www.harwichrunners.co.uk
Friday		5m	Brantham Five	
Wednesday	01-Aug-12	10k	Bungay Summer Series Race 3	www.bungayblackdogrunningclub.co.uk
Sunday		5k	Ransomes 5k	www.ipswichjaffa.org.uk
Thursday		5k	Harwich 5k Series Race 5	www.harwichrunners.co.uk
Sunday	19-Aug-12	9.8k	Aldeburgh Mini Marathon	www.aldeburghcarnival.com
Sunday	19-Aug-12	10k	Riverside Runners 25 th Anniversary 10k	www.riverside-runners.com
Sunday		13.1m	Adnams Brewery Great Yarmouth	www.gyrr.co.uk
Sunday		10k	Reepham Summer 10k	www.reephamrunners.co.uk
Sunday	02-Sep-12	10k	Framlingham	www.framflyers.org.uk
Sunday		10k	Langham 10k	www.langham10km.org.uk
Sunday	09-Sep-12	4.75m	Lowestoft Scores Races	www.lowestoftroadrunners.co.uk
Sunday	16-Sep-12	13.1	Great North Run	www.greatrun.org
Sunday	16-Sep-12	Duathlon	Ipswich Duathlon	www.ipswich-tri.org
Sunday	23-Sep-12	13.1m	Larking Gowen Ipswich Half	www.ipswichjaffa.org.uk
Sunday	29-Sep-12	26.2m	Berlin Marathon	www.bmw-berlin-marathon.com
Sunday		10k	Dedham 10k	www.dedhamrun.co.uk
Sunday	07-Oct-12	10k	Martlesham 10k	www.woodbridgelions.org.uk
Sunday	07-Oct-12	5m	Wibbly Wobbly Log Jog	www.bfh.org.uk
Sunday	07-Oct-12	Duathlon	Great Notley Autumn Duathlon	www.born2tri.com
Sunday		10k	Jaguars Autumn 10K	www.coltishalljaguars.co.uk
Sunday	14-Oct-12	13.1m	Great Perkins Eastern Run	www.perkinsgreateasternrun.co.uk
Sunday	14-Oct-12	13.1m	Felixstowe Half Marathon	www.frr.org.uk
Sunday		10m	Tiptree 10	www.tiptree10.org.uk
Sunday		5m	Saxons 5 mile race	www.thesaxons.org.uk
Sunday		5m	Wix 5m	www.harwichrunners.co.uk
Sunday	21-Oct-12	13.1m	Great Birmingham Run	www.greatrun.org
Sunday	28-Oct-12	10m	Great South Run	www.greatrun.org
Sunday		10k	GYRR East coast run	www.gyrr.co.uk

Sunday		10m	BUPA Great South Run	www.greatrun.org
Sunday	04-Nov-12	20k & 10k	The Adnams Great East Run 20K & 10K	www.bungayblackdogrunningclub.co.uk
Sunday		10k	Billericay Striders 10k	www.striders10k.billericaystriders.com
Sunday	11-Nov-12	7m	Stowmarket Scenic 7	www.stowmarketstriders.org.uk
Sunday	11-Nov-12	10m	Stebbing Rememberance day 10	www.grangefarmdunmowrunners.co.uk
Sunday		10k	Southwold Adnams	www.adnams10k.co.uk
Sunday		10k	St Neots Riverside Half-Marathon	www.riverside-runners.com
Sunday		10m	Hadleigh 10	www.hadleighhares.co.uk
Sunday		13.1m	Larking Gowen City of Norwich	www.conac.org.uk
Sunday	16-Dec-12	10m	Turkey Trot	www.waveneyvalley.org
Sunday	26-Dec-12	2m	Plumb Pudding Race	www.ipswichjaffa.org.uk
Sunday	26-Dec-12	5k	Crown to Crown 5k	www.pitsearunningclub.org.uk
Sunday	26-Dec-12	5m	Witham Boxing Day	www.withamrc.org.uk
Sunday	26-Dec-12	Approx 5m	Groggy Doggy XC	www.bungayblackdogrunningclub.co.uk
Friday	31-Dec-12	10k	Ely New Year's Eve 10K	www.elyrunners.co.uk

Duathlons in bold text

Subject to change.

Please check with event organisers for final details of all above races.