

Round Norfolk Relay 2011

It is that time of the year again when we need to start preparing for our entry in the Round Norfolk Relay. This year the race falls over the weekend of the 17-18th September. It will be our 13th year at the event.

For the uninitiated, the Round Norfolk Relay is a 17 stage race (requiring 17 runners) covering a total of 194.85 miles. The race attracts over 50 clubs from around the country. The stages vary in distance from 5.76 miles up to 20.06 miles and are run around the clock. Last year we managed to complete the course in a very respectable 21 hours, 57 minutes and 49 seconds (6 min. 45 seconds per mile).

Ideally we would like to enter the 'Club' Category which requires at least 5 females and, without condition to gender, 6 masters (men over 40 and women over 35 on race day).

As always we would like to field the strongest team possible and the target will be to beat our own club record of 21hours 18minutes and 5 seconds. Therefore if you are interested in either running or helping (i.e. with time keeping, driving the mini-bus, driving support vehicles, cycling alongside the runners etc.) please let me know.

This race really is a unique experience for the runners and helpers involved and it is quite aptly billed as 'the ultimate club challenge'. Full race details can be found on the following website: www.roundnorfolkrelay.com

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