

# ***Marriotts Way Ultra run***

*36 miles or 18 miles*

*Sunday 7th November 2010*

*Starting at 8am*

Meeting at Halfords car park NR2 4TQ, at Barn road roundabout, Norwich, at the bottom of Grapes hill

Please do not park in Halfords car park there is a Pay and Display Car Park opposite Toys R Us just across the road from Halfords

The run will be on Marriotts way to Reepham Station and back, approximately 36 miles, with the option of the 1/2 way run, finishing at Reepham

***(Own transport home)***

There will be water available at Reepham station, but otherwise the run will be self supported and unguided

There will be a sign on sheet at the start, and you will be given a numbered wrist band to wear; you will sign again at Reepham (*entering your finishing time if you are doing the 1/2*) and again at the finish in Norwich, entering your finishing time.

You will then be free to go, or wait and support your fellow runners at the finish

There will be a get-together at the White Horse PH in Trowse at 7pm for the presentation of certificates to all finishers of the 36mile run

This is a Free to enter fun event to challenge the body and mind, and you will take part at your own risk.

Please register your intent to run with me, Russell Clarke

At [clarkedaws@supanet.com](mailto:clarkedaws@supanet.com) or text to 07941301968