



Marham Flyers Lightning New Years Eve 10K



Notes:

1. This years event will all be administer from the 'Black Top' car park (signposted on the way in).
2. Registration is located as you enter the car park and will open from 9 am. Please allow sufficient time to collect your race number before the start of the Race at 11:00 am.
3. This year there is no 'on the day' entry,
4. Portaloos will be available and a self help refreshment stall.
5. There is no baggage drop but the Start is only a short distance from the car park so individuals will be expected to keep all their spare/warm kit in their cars.
6. There is a water stand located at the 5K point.
7. Medals, goody bags, water, fruit and beer will be available for collection by runners at the finish with refreshments also available in the car park.
8. Prize giving will be held in the car park at 1:30 pm
9. Finally, have a great run and enjoy!