

Race Day Info – 21st Trowse 10k

Sunday 15 March 2026, race starts at 9.00am

Race webpage: <https://conac.org.uk/trowse-10k-road-race>

This race is organised by the members and friends of City of Norwich AC and we thank you for choosing our race. This year is our 21st edition and we hope you enjoy your day.

Please read this information carefully to help you get the most from our race. Good luck!

Race HQ

Our race is based at the Norfolk Snowsports Club, Whitlingham Lane, Trowse, Norwich, NR14 8TW.

There are no changing or baggage facilities at this event, so please ensure you arrive ready to run. Toilet facilities will be provided at Race HQ, please join the shortest queue.

Race numbers

If you opted to have your race number sent in the post when you registered for this event, please remember to bring it with you and please bring your own pins.

If you are collecting your race number on race day, please collect it from Race HQ at the Norfolk Snowsports Club by no later than 8.30am. Please bring your own pins. We will be open from 7:15am.

Your race number must be pinned to the front of your top layer, using a pin in each corner. You must not cut, fold or mutilate your race number in any way. Please complete the requested medical details on the reverse of your race number. Do not cover your race number with a jacket or anything similar, as the chip probably won't work if you do and we won't know who you are.

IMPORTANT – a Trowse 10k race number must not be used by someone other than the person it is intended for, so do not pass it on. If we discover any instances of misuse, there will be consequences for both the donor and the recipient.

Getting there & car parking

On race day, competitor car parking can be found at:

- County Hall pay & display car park, NR1 2DH ([what3words: fast.little.ants](#))
- Whitlingham Country Park pay & display car park, NR14 8TR ([what3words: hopes.raced.fully](#))

All competitor parking is on a first come first served basis as these car parks are also open to the public on race day (though only very light use is likely from anyone else so early on a Sunday morning).

It is a ten-minute walk from either car park to Race HQ in Whitlingham Lane so please give yourself plenty of time to get parked.

IMPORTANT - extensive “no parking” measures will be in place along the entire length of Whitlingham Lane on the morning of race day to help ensure the safety of all runners during the race.

Any vehicles contravening the no parking regulations will be removed at the owner's expense.

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Sunday 15 March 2026, race starts at 9.00am

Getting there & car parking (cont'd)

So please use the car parks. And - where possible - please car share, use public transport or arrive by bicycle. Bicycles may be left at Race HQ at the owner's risk.

Please note that - except for Blue Badge holders - there will be absolutely no competitor parking at Race HQ on race day.

At the Start

Our start line is located on the road at the entrance to the Norfolk Snowsports Club and will be clearly marked. Please line up from 8:50am in expected finishing times (sub-40mins towards the front, 40mins - 60mins in the middle and so on) and please listen carefully to our instructions.

The race will start promptly at 9:00am. The race route is and "out & back" loop for the first 3km and then two anti-clockwise laps along quiet country lanes, which in the main will remain open to normal traffic. Accordingly, please always run on the left hand side of the road and use the footpaths where directed.

Please click [here](#) to view a map of the race route - this is the Trowse 10k race page on the City of Norwich AC website

Water Station

There will be a water station out on the course - you will pass this on two occasions during the race, at approximately 4.5km and 8.3km. Please keep to the racing line on the left hand side of the road if you are not collecting water.

Large orange bins will be positioned out on the course for the disposal of water bottles and any other race debris - please use them! Thank you.

Please do not dispose of any race debris anywhere other than in our orange bins. By working with us in this way, you help us to reduce the impact of our race on the local environment. We will recycle all waste materials after the race.

Medical

Staff from [Norfolk Event Medical Services](#) will be on duty during our race, located at Race HQ and around the course. If you need medical assistance at any time, please inform the nearest race marshal.

Whitlingham Broad Campsite

We are very grateful to the staff at [Whitlingham Broad Campsite](#) for allowing us to run through their site, however please remember that this is private property and please keep the noise down at all times, some guests may still be asleep.

Runners and spectators must not use any of the facilities at the Campsite, that is ... not before, not during or not after the race. Thank you for your cooperation.

During the race, runners must stick strictly to the race route. Race marshals will be positioned within in the Campsite to ensure runners and spectators observe these rules.

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Devices with headphones or earbuds

The use of devices with headphones or earbuds - and this includes bone conduction headphones - is prohibited during this event. So absolutely no headphones at all, please.

We want you to be alert and aware of everything that is going on around you, especially when traffic is approaching from behind. It is also very important that you are able to hear clearly any verbal instructions that the police and our race marshals may need to give you.

If you are seen wearing a device with headphones or earbuds during the race then you will be disqualified.

At the Finish

Smile Please! We always try to photograph every finisher so please do your best to look your best. Once you have crossed the finish line, please keep moving and avoid waiting in the finish area. This helps us keep the space clear and helps ensure a smooth flow for all participants away from the finish line. Water and bananas will be available for all finishers. And there's no need to remove your race number, it's yours to keep.

If your race number is marked with a green dot, then thank you for your donation which will help the work of [Home-Start Norfolk](#). If your race number is not marked with a green dot then please collect your race memento from our medal desk.

Presentation

The presentation of prizes will commence at approximately 10:00 am at Race HQ. Please come along to congratulate those who win a prize.

When leaving

Please be aware that some runners may still be enjoying their race when you decide to leave, so please look out for them, please give them absolute priority and please give them a big cheer. And please use the footpaths along Whitlingham Lane in particular as you return to your vehicle. Thank you.

Results & photos

Please visit [Total Race Timing](#) for live results on race day and to view your finish line photos.

Trowse 10k on social media

Please click [here](#) to follow the Trowse 10k on Facebook.

Thank you

Thank you very much for entering our race and we hope you enjoy your day.

Please visit the [Trowse 10k](#) race page on the City of Norwich AC website to read lots more to do with the Trowse 10k, including the results from every edition of our race since 2005.