

RNR TEAM RISK CONSIDERATIONS

STAGE 1.

Extra care on crossing 1st road and on road to Castle Rising.

Extra care on joining and on the A149 and on road to Wolferton.

Beware pedestrians and cyclists on promenade at Hunstanton (club cyclists banned).

STAGE 2.

Extra care on A149 (Thornham to Brancaster) and at Burnham Overy.

Club vehicles beware tidal car park.

STAGE 3.

Beware pedestrians and cyclists between Holkham and Wells and vehicles at car park,

STAGE 4.

Beware pedestrians, cyclists and vehicles in Wells. (keep to the path where possible).

Extra care on A149 (Wiveton to Cley) particularly on small busy road in Cley.

STAGE 5.

Extra care on A149 (East Runton to Cromer) and in Cromer car park.

STAGE 6.

Beware pedestrians and cyclists on promenade at Cromer (club cyclists banned).

Extra care on joining the road after Cromer for rest of the stage and at changeover/car park.

STAGE 7.

Extra care on whole leg (run on road). Runners to be accompanied by a cyclist wearing high viz. When getting dark runners to be accompanied by own vehicles.

STAGE 8.

As stage 7. Beware of vehicles exiting Horsey Mill.

STAGE 9.

As 8. The route from here will be busier as it passes through Winterton, Hemsby, Scratby, Caister and joins the VERY BUSY A1064 into and through Gt Yarmouth.

Pay particular attention at roundabouts, traffic lights, road junctions and on crossing South Quay as these will not be manned. Run on pavement where possible.

STAGE 10.

As 8. Extra care on crossing road one mile after start and on joining the A143.

EXTRA CARE on the A143 as this is an EXTREMELY BUSY road due to the time of day and limited areas to overtake (ie frustrated drivers – be considerate).

Extreme care on roundabouts.

STAGE 11.

As 8. Extra care on joining and on the A143 as this is a very busy and sometimes fast road. Careful at two roundabouts.

Extreme care on crossing A143 towards Scole. Beware of vehicles at the changeover.

STAGE 12.

As 8. Extreme care when crossing the A140 on roundabout and on other side (no street lights), on A1066 and on going through Diss and Thetford (care at 2 roundabouts).

We recommend use of pavement where possible.

STAGE 13.

As 8. Extreme care when crossing A11 on roundabout, when leaving lit up area and on A134. Care when joining A1065 and when crossing over towards Weeting (fast road).

Care when turning right and crossing the road out of Hockwold onto the B1112. Beware vehicles at changeover.

STAGE 14.

As 8. Beware vehicles at the changeover and on this leg due to narrow roads.

STAGE 15.

As 8. Extreme care crossing over and running on A10. Stop at train crossing if lights are flashing. Narrow roads.

STAGE 16.

As 8. Extreme care on A1122 and when crossing it. Narrow roads.

STAGE 17.

As 8. Uneven terrain at start. Extreme care whilst running into and through Kings Lynn. Be aware of vehicles heading towards LynnSport.