

SUMMARY OF STAGES AND FACILITIES AT CHANGE-OVER POINTS (2011) 24/06/2011 Update

Facilities listed refer to the **START** of the stage. To determine what is available at the **END** of the stage refer to the next stage number.

Stge	Start Location	Miles	Min Age	1st Year	Stage Records Snr, Master, Jr	Terrain	Toilets	Food/Drink	Other Facilities	Marshalls	Course Signing
1	King's Lynn	16.81	18	2011	M: -, -, - FM: -, -, -	Multi-Terrain	Yes (Plenty)	Meal Service	Change/Shower Parking	Dereham,	Ryston Runners AC
2	Hunstanton	14.06	17	2005	M: 1:26:12, 1:28:32, 1:35:31 FM: 1:39:57, 1:34:55, -	Multi-Terrain	Public	Café nearby	Free parking Designated area	Coltishall J, Reepham R	Biggleswade AC
3	Burnham Overy	5.76	15	2010	M: 0:35:04, 0:39:19, 0:35:05 FM: 0:42:42, 0:45:52, 0:41:06	Multi-Terrain	V limited in shop	Vending machine	Limited parking	UKNet Runners	UKNet Runners
4	Wells	11.14	17	2010	M: 1:04:44, 1:09:54, - FM: 1:17:42, 1:29:00, -	Multi-Terrain	Public	Café	Parking (Pay and Display)	Norfolk Gazelles, Ramsey RR	British Airways AC
5	Cley	10.81	16	2010	M: 1:04:41, 1:10:44, 1:26:28 FM: 1:26:52, 1:31:48, -	Multi-Terrain	Portaloo	Wiveton Hall Café	Park Wiveton Hall/Ch.over	NRR	Milton Keynes AC
6	Cromer	7.90	16	2006	M: 0:43:25, 0:47:40, 0:44:02 FM: 0:50:12, 0:51:46, 0:51:00	Road	Public	Café	Parking (Pay & Display)	NNBR	Committee
7	Mundesley	9.24	16	2006	M: 0:48:14, 0:52:14, 0:49:34 FM: 1:00:47, 1:03:08, 1:26:12	Road	Village Hall	Snacks Village hall	Limited parking	NNBR	Committee
8	Lessingham	7.52	16	2006	M: 0:41:22, 0:43:05, 0:41:19 FM: 0:45:31, 0:48:52, 0:50:18	Road	Village hall	None	Parking	CONAC	Committee
9	Horsey	11.30	17	2006	M: 1:02:08, 1:08:11, 1:04:23 FM 1:13:50, 1:13:23, -	Road	National Trust	Kiosk	Free Parking	CONAC	Committee
10	Great Yarmouth	20.06	18	2010	M: 2:00:11, 2:01:10, - FM: 2:51:32, 2:20:09, -	Road	Limited	Snacks (GYADAC)	Park on road	Gt Y'mouth RR, GYADAC, Bedford H., Wymondham	Committee
11	Bungay	14.60	17	2010	M: 1:29:12, 1:31:08, - FM: -, -, 1:46:25, -	Road	Sports Centre	Snacks	Free parking & Changing	Bungay BDRC	Committee
12	Scole	19.67	18	2008	M: 1:48:49, 1:59:12, - FM: 2:18:10, 2:33:25, 3:59:07	Road	Portaloo	Burger Bar	Parking in field	Tiptree RR	Committee
13	Thetford	13.25	17	2008	M: 1:17:54, 1:21:01, 1:19:29 FM 1:28:17, 1:29:03, 1:21:50	Road	Portaloo	Snacks (Thetford AC)	Park on road	Thetford AC	Committee
14	Feltwell	8.80	16	2006	M: 0:48:09, 0:49:50, 0:49:17 FM: 0:57:27, 0:59:50, 1:07:01	Road	Portaloo	None	Park on side road	Bishop's Stortford	Committee
15	Wissington	7.20	16	2006	M: 0:41:35, 0:42:59, 0:43:32 FM: 0:49:17, 0:48:02, 0:41:47	Road	Portaloo	None	Park side road 800M away	Ely Runners	Committee
16	Downham Market	5.49	15	2002	M: 0:30:20, 0:30:38, 0:32:15 FM: 0:34:11, 0:35:00, 0:33:27	Road	Portaloo	None	Heygates Car Park	Yaxley	Committee
17	Stowbridge	11.73	17	2006	M: 1:04:24, 1:06:47, 1:08:43 FM: 1:21:43, 1:18:55, 1:13:57	Multi-Terrain	Portaloo	None	Small car park	Stowmarket, W. Norfolk, Pinks & Blacks	St.Ed.Pacers

Total = 195.34 (RED BOLD = CHANGED FOR 2011)