

RNR Race Manual 2021





Images by Philip Donlan, Andrew Baker, Kate Penn, Christopher Shearwood, David Lane, Karen Peck, Andre Pittock, Chris Arnold, Chris Merrylees and Daniel Barber. Cover: Damien Pitts.



18th/19th September 2021
ARC Permit

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Additional copies of the RNR Information Booklet can be downloaded from the Round Norfolk Relay website at www.roundnorfolkrelay.com

RNR 2021

REGISTRATION AND PRE-RACE ADMINISTRATION

A: Before the race weekend:

- Make sure you have read all the race rules either in this booklet or on the RNR website. Please comply with published COVID 19 guidelines and any special instructions issued by the RNR committee closer to race weekend.
- Ensure that your race timekeeper(s) have read the “Online timing - information for time keepers” information sheet on the RNR website.
- Ensure that you are familiar with the race day substitution input form on the RNR website home page.
- Distribute your team’s race numbers (17 for runners, 2 for cyclists and 1 for the timekeeper).
- Email the Administrator, (admin@roundnorfolkrelay.com) to confirm receipt of the race manual and numbers.

B: At registration (please arrive at least 30 minutes before your allocated start time):

1. Team Declaration: You will be asked to check your team declaration.

- You CAN change individual runners and/or the class you have entered. Please note you will need to know the dates of birth of any new runners in order to do this. You CANNOT alter your time estimate or your start time.
- You will need to confirm the mobile phone numbers of your support crew and timekeepers. Mobile phones should be switched on at all times.
- You will be asked to sign your declaration and also a statement saying that you have read all the race rules and will adhere to them.

2. Race briefing: You will need to attend a short race briefing, which will cover any issues we need to draw to your attention before you set off (such as safety matters and any changes to the course). You will then be given:

- Safety notices for your escort vehicles (make sure you have string/blu tack/sellotape/cable ties so that these can be fixed securely to your vehicle).
- An updated mobile phone contact list (if applicable).
- Two hardcopy Timesheets. One should be filled in as soon as you pass through each changeover. The official race timekeepers may ask to inspect your Timesheet at any point during the race, so do make sure this is kept up-to-date. (The second Timesheet is a spare, to be used only if you spoil the original one.)
- Two hi-viz team numbers for display in the rear of your escort vehicles –these will have already been supplied with this booklet and your race numbers
- Two parking passes for display in the front of escort vehicles, allowing free parking adjacent to Lighthouse Cafe Hunstanton, Lady Anne’s Drive Holkham, Wells-Next-the-Sea, Wiveton Hall and Cley.

Accident and Emergency Hospitals

Hospital	Post Code	Telephone	UK Nat Grid coordinates	Lat/Long (Decimal)
James Paget, Lowestoft Road, GORLESTON (Near Great Yarmouth)	NR31 6LA	01493 452452	TG 520 024	N52.56102 E1.71655
West Suffolk, Hardwick Lane, BURY St. EDMUNDS	IP33 2QZ	01284 713000	TL 851 629	N52.23317 E0.709121
Norfolk and Norwich, Colney, NORWICH	NR4 7UY	01603 286286	TG 181 071	N52.61784 E1.22041
Queen Elizabeth, Gayton Road, KING'S LYNN	PE30 4ET	01553 613613	TF 650 202	N52.75422 E0.44346

Safety advice for team coordinators The following list is designed to aid team coordinators in finalising their own instructions. It is not intended to be all encompassing nor to take the place of race safety rules which are mandatory.

Team support vehicles

The number of team support vehicles should be kept to a safe minimum. It is recommended to carry: first aid kit and space blanket; water (no longer supplied by RNR); team mobile phones and car chargers; flashing ORANGE beacon; spare hi-viz clothing; torch; satnav (if available); spare bike lights and batteries.

It is strongly recommended that drivers of official vehicles take regular rest periods and should not drive for more more than four hours without a break.

Accompanying vehicles

The number of escort and accompanying vehicles should be kept to a safe minimum in order to avoid unnecessary congestion on the roads and at changeovers, and to avoid causing inconvenience to the public.

Emergency procedures

In the event of any medical emergency, road traffic accident or criminal incident call 999 immediately with the following information;

- Brief description of the incident: e.g. collapsed runner, RTA, harassment, theft etc.
- Number of persons involved
- Location of incident (be as accurate as possible)
- Name of reporting person and contact phone number

Report the incident to race HQ (07856 965650)

Runners

- Complete the medical information on the reverse of your race number.
- As far as possible, monitor runners' progress on off-road stages.
- In the case of a runner feeling unwell before or during the race, err on the side of caution by withdrawing that person. Do not take risks.

Safety Rules for the RNR

All teams and runners participating in the race are required to comply with the following rules: (NB serious or repeated infringement of safety rules may result in disqualification)

General Safety Rules

- G1 All competitors, officials, spectators and other participants must observe the Highway Code.
- G2 All runners must be escorted by a cyclist during daylight hours 6.45-19.00 (except off-road sections on stages 1-4 where cycles are not permitted). **This is a safety critical rule.**
- G3 All runners must be escorted by a vehicle outside daylight hours (19.00-06.45 or longer in the event of adverse weather or as otherwise instructed by the Race Director or Referee). **This is a safety critical rule.**
- G4 Changeover zones shall extend 10 metres either side of the stage start line. This zone must be kept clear of vehicles at all times.
- G5 No one has the power to direct traffic except a police officer.
- G6 All participants are responsible for reading and obeying the safety instructions which apply to them.
- G7 Report any incidents/accidents/near misses to the marshals who can report them to the Race Director.
- G8 No participants may trespass on private land (e.g. Feltwell Golf Club).

Safety Rules for Runners

- R1 All runners must wear a hi-viz bib with reflective strips (RNR recommended standard is BSEN471) at **all** times on **all** stages. Non-compliance will be automatically penalised by a DNS for that stage and may also result in disqualification. There will be no warnings and no appeals. **This is a safety critical rule.**
- R2 All runners must run with (and not against) traffic while running on the roads, keeping well to the left hand side of the road and must not shortcut any roundabouts. Use pavements and footpaths where possible.
- R3 All runners must carry a functional mobile phone while running the off-road stages without an escort. **This is a safety critical rule.**
- R4 A runner's race number must be clearly visible from the front. The race number should be attached to the front of the runner's reflective bib and not their vest beneath. The emergency information must also be completed on the reverse of the race number.
- R5 Runners must obey race instructions from race marshals and officials.
- R6 Personal audio/mp3 players must not be worn during the race. **This is a safety critical rule.**
- R7 Runners must remain vigilant at stage changeovers.
- R8 Runners must remain aware of traffic, pedestrians, adverse ground conditions, animals and overhanging foliage.
- R9 Runners must abide by road and course signage and signals including at railway crossings.
- R10 Runners must inform their team leader of any pre-existing medical conditions in advance of starting their stage.
- R11 Runners must familiarise themselves with their course/stage and be aware of highlighted special hazards.
- R12 Runners should dress appropriately for the prevailing weather conditions.

- R13 Runners should ensure they are properly hydrated and fuelled.
- R14 Except when overtaking, runners **must not** leave their escort cyclist or vehicle.
- R15 When approaching a slower moving race vehicle, runners should be confident that they have been seen. Please read and adhere to the RNR Passing Protocol.
- R16 Where stage 1 runners run outside daylight hours they should also wear a head torch on all off-road sections.

Safety Rules for Escort Vehicles

- V1 All escort vehicles must display a team number **visible** from the rear.
- V2 Always drive directly behind your runner. Do **not** leave your runner alone.
- V3 All escort vehicles must be fitted with a rotating flashing **orange** beacon light attached to the roof. Ensure that the beacon light is **located at the rear**. Do not use hazard warning lights whilst moving. **This is a safety critical rule.**
- V4 Escort vehicles must display the RNR issued warning sign on the rear of the vehicle.
- V5 Wear high-visibility clothing when exiting from the vehicle.
- V6 Vehicles must carry a first aid kit, a spare orange beacon light, spare bicycle lights and a functional mobile phone.
- V7 When overtaking slower teams allow your runner to pass the other escort vehicle and runner only when it is safe and clear to do so. All runners and escorts should follow the Passing Protocol set out below.
- V8 Escort vehicles must obey the Highway Code.
- V9 Escort vehicles should be aware of the course route and carry the course stage descriptions and maps on board.
- V10 Escort drivers should ensure adequate rest breaks and not drive whilst tired.
- V11 Spot checks will be carried out to ensure compliance with rules V1 to V4.
- V12 Be aware of runners undertaking your vehicles.

Safety Rules for Escort Cyclists

- C1 Cyclists must display a team number visible from the rear.
- C2 Cyclists must ride behind their runner.
- C3 Cyclists must wear Hi-Vis and reflective items (RNR recommended standard is BSEN471). **This is a safety critical rule.**
- C4 Cyclists must use functioning front and rear lights when cycling during the hours of darkness. **This is a safety critical rule.**
- C5 Cyclists must carry a functional mobile phone.
- C6 Cyclists must be accompanied by an escort vehicle during the hours of darkness. For the avoidance of doubt use of an escort vehicle is mandatory during the hours of darkness as defined in rule G3 above. Use of an additional cycle escort is permitted and encouraged during the hours of darkness, but a cyclist cannot take the place of the mandatory escort vehicle. **This is a safety critical rule.**
- C7 Cyclists must obey the Highway Code.
- C8 Cyclists should be familiar with the course stage and have access to the stage description and map.
- C9 Cycles should be roadworthy.
- C10 Cycle helmets must be worn.

Safety Critical Incidents

The rules applicable to safety critical incidents include but are not limited to G2, G3, R1, R3, R6, V3, C3, C4 and C6. Where breaches of safety critical rules are observed any marshal or race

official shall be entitled to stop the offending race participant, notify them of the breach, and issue a verbal warning. If that warning is ignored and the breach not remedied immediately then the breach shall be reported to the Race HQ, the Race Director or a Race Referee, upon which in addition to any other penalties imposed the Race Director may disqualify the team concerned from the race in progress, or from the following year's race.

RNR Passing Protocol

When approaching a slower moving runner and escort vehicle (and cyclist if one is present) with the intention of passing them the following protocol should be observed, particularly on main roads during the hours of darkness.

The escort vehicle of a runner/team about to be overtaken should move slightly out to the right, away from the kerb, in order to create a notional 'corridor' for the faster runner (and cyclist if one is present) to overtake on the inside. Thus the faster runner will in fact be "undertaking" the team/vehicle in front, remaining on the left and close to the side of the road.

After the faster runner (and their cyclist if one is present) has emerged from the corridor and moved ahead, the slower escort vehicle should then move back in towards the kerb, having first checked that it is safe to do so.

Meanwhile the escort vehicle accompanying the faster runner should remain behind the slower vehicle until such time as a suitable gap has opened up in front of the slower vehicle. Then - and only then - the faster vehicle should seek to overtake the slower runner and their vehicle.

In summary, faster runners and their cyclists should always **undertake** slower teams, staying to the left. The vehicle accompanying the faster runner should always **overtake** the slower team, passing them on the right.

Slower vehicles should not doggedly hug the kerb, thereby preventing faster runners from overtaking in safety on the nearside. Faster runners overtaking on the offside of slower vehicles place themselves at risk of running into the path of incoming traffic as well as traffic overtaking from behind.

General Rules Governing The Round Norfolk Relay

Version 2021/1

The Event

1. The Round Norfolk Relay (RNR) will take place annually over the third weekend in September, staged under the auspices of Athletics Norfolk with day to day management vested in the Round Norfolk Relay Committee. The event will be permitted by and staged under the rules of the Association of Running Clubs (ARC).
2. Starting and finishing in Lynnsport and Leisure Park, King's Lynn, the race follows a multi-terrain course of approximately 198 miles, generally along a route adjacent to the Norfolk county boundary. The course, including each of the 17 component stages, will have been measured.
3. It is the responsibility of each club/team to ensure that their runners and supporters are aware of the general rules and safety rules.

Team Composition

4. Each team, regardless of class, will consist of 17 runners. Within the race there will be five team classes: Open, Club, Masters, Ladies and Mixed. The criteria for each class are as follows:
 - **Open:** the composition is unrestricted.
 - **Club:** must include 5 females and 6 masters (defined below) of either gender: the remaining runners may be of any age and gender; all must be first claim with club.
 - **Masters:** must be made up of all masters either male or female (men aged 40 and above and women 35 and above on race day).
 - **Ladies:** must comprise all females.
 - **Mixed:** must comprise a minimum of 8 females.

Eligibility

5. Runners must be a fully paid up member of the club they are representing. Save for Club class teams it need not be their first claim club.
6. A runner may only run one stage and for one team.
7. Juniors under the age of 15 (on race day) are not permitted to run in the event. The minimum age for a junior to run an individual stage is given at the top of each stage description on the website. These must be strictly adhered to.

The Entry Procedure

8. The capacity of the race will be determined on the basis of current safety considerations and announced before the entry opens, usually in early April.
9. All entries will be governed by the principle of 'One team, per class, per club'.
10. All clubs entering the race must be affiliated either to England Athletics (EA) or to the Association of Running Clubs (ARC)
11. Priority Entries. Clubs based in Norfolk and currently affiliated to Athletics Norfolk (AN) will be

entitled to one priority entry. In addition any club providing significant assistance to the staging of the race (eg marshalling, race day administration etc) will also be entitled to one priority entry. This means that the maximum priority entry for any single club will be two teams - subject to the 'one team per class' rule.

12. Non Priority Applications. Clubs, irrespective of their priority status, can make applications for additional non priority places. The maximum number of priority entries plus non priority applications is limited to four teams per club - again subject to the 'one team per class' rule. To ensure priority entry entitlement clubs must submit their entries before the closure of the entry period. Clubs granted a priority entry will be published on the RNR website in advance of the entry opening. Those clubs will have to submit an online entry and pay the entry fee within two weeks, after which the offer of a priority entry will be withdrawn.

13. Allocation of non priority applications. In the event of the race being oversubscribed the maximum number of teams allowed for any club will be restricted to three. Non priority applications will then be allocated as follows:

- One team from those clubs without a priority entry entitlement.
- One further team from all clubs. If there are insufficient places these will be selected by ballot.
- One additional team from all clubs. If there are insufficient places these will be selected by ballot.
- In addition a single non priority place may be allocated by the committee to any newcomer or other team entering the race after at least a five year absence.

14. An entry will only be deemed to have been received/accepted when full payment of the entry fee has been made.

15. Withdrawals. If for any reason a club decides to withdraw their entry, no refund of the entry fee will be given within 3 months of the date of the race. Any club withdrawing before the 3 month period will be required to pay 20% of the entry fee to cover administrative costs.

Declarations and Start times

16. Teams are required to declare full details of their runners, officials, categories entered and estimated running time prior to the race. This is the Initial Declaration.

17. The declaration form will be made available on the RNR website at least three weeks before the event. You MUST include an estimated running time which will be used to determine your team's start time and for the award of the time estimate prize. The declaration can be amended as often as required up to 30 minutes before your race starting time. However you cannot amend your estimated running time or allocated start time after the Wednesday preceding the race weekend. The allocated start time may be subsequently adjusted at the discretion of the committee.

18. Time Estimates. It is the duty of each team manager to ensure that their team's estimated running time is as accurate as possible. If any teams arrive before 7:30am at Stowbridge (16/17 changeover), the RNR reserves the right to hold those teams until 8:00am. Teams arriving before 7:30am at Stowbridge or over an hour outside their submitted time estimate two years in succession will result in a review of their clubs' entry entitlements.

19. A Final Declaration must be made at least 30 minutes before a team's allocated start time. Previously submitted Initial Declaration details may be changed with the exception of the time estimate (see 17). Subject to Rule 23, once the Final Declaration has been made no changes are permitted to any element of the declaration, including those named or to the stages they have been nominated to

run. **Disqualification will result if this rule is infringed.**

20. Submission:

- Teams starting at or before 6.30am on Saturday must make a final declaration on the Friday. This may be in person at Lynnsport between 6:00pm and 9:00pm, by text (07856 965650) if there are no changes to the team, or by using the online declaration form if there are changes to the team. No other method will be accepted.
- All other teams may register **in person only** at Lynnsport on Friday between the times above (not by text or online) if they chose.
- Teams registering in person at Lynnsport on Friday will complete the full registration process: i.e. sign their Final Declaration and receive their briefing instructions, signs, race mementos etc.
- In the case of teams declaring on Friday (including in person as above), the 30 minute rule (see 20) shall still apply if late team changes are required.
- Teams registering in person on Friday will not need to attend the registration desk on Saturday unless there are any changes to the team declaration. Teams should still arrive 30 minutes before their start time and be ready to start at their allocated starting time.
- A club/team shall be held responsible for the accuracy of the information in the Final Declaration.

21. A team's start time is based on all teams finishing between 09:00 and 10:00am on Sunday. The earliest start time is 5:30 am on Saturday morning. No timekeepers will be present at Lynnsport before 08:30 on Sunday. Teams will be expected to complete the course in a maximum running time of 28:30 hours (8mins 40 secs per mile). No estimate of a team's running time in excess of 28:30 hours will be accepted. Prize-giving will be held promptly at 11:00am on Sunday. To assist in the timely production of the race result, a copy of the team time sheet may be collected at an interim changeover (location to be notified before the race) and, if required, from 8:30 am at Stowbridge (16/17 changeover).

Team Defaults

22. A club entering a team class for which they find they are unable to meet the composition criteria (see 4), may switch to an alternative class and declare this at the Final Declaration, providing they do not infringe the one team, per class, per club rule (see 9) and meet the conditions of this alternative class.

Race Day Substitutions

23. In the event of a team incurring a DNS (start of stage only), teams will be permitted to make a single substitution allowing an undeclared runner to replace the declared runner. This applies to one stage only and there can be no reshuffling of the team. Any such replacement will not be eligible for any individual race awards.

Individual Defaults.

24. See 39.

Pacing

25. Pacing is not allowed during the race. Cycling alongside or ahead of a runner constitutes pacing.

Escorts

26. Runners may not be accompanied by another runner, whether part of the team or not, except during the off-road elements of Stages 1-5 inclusive or with the prior agreement of the Chief Referee in the case of a blind or deaf runner. This rule does not preclude support elements from passing drinks or directions etc to a runner.

27. Runners must be accompanied, while on the highway, by a 'vehicle' that must be contactable via the team official mobile. During the hours of daylight the 'vehicle' must be a pedal bicycle (not a motor vehicle) and at night a motor vehicle: both must travel **directly behind** the runner at all times. At night, in addition to a motor vehicle, a suitably lit bicycle may also be in attendance. Support cyclists must wear a team number which can be viewed from the rear. Motorcycles and electric bikes may not be used as escorting vehicles (see Safety Rules).

28. Local by-laws expressly prohibit the use of bicycles on the North Norfolk Coast Path. Therefore bicycles are not permitted to escort runners on the off-road sections of stages 1-5 inclusive.

Baton

29. A standard adult baton of the type used in track relays, supplied by the RNR, will be carried throughout the race and passed from one runner to another at each changeover point. The baton must be held in the palm of the hand and not attached to the body by any other means.

Route

30. It is a team responsibility to get runners to (and from) changeover points.

31. Route finding and navigation is a team responsibility. The designated course, as detailed in this Race Manual and on the RNR website, is to be followed at all times. Fluorescent directional signs and flashing lights will be used to sign the course as required.

32. During the race, should an emergency make it essential to alter the route, the organisers reserve the right to do so without prior warning. Arrangements will be made to inform teams of changes by using a text message.

Loudspeakers

33. The use of loudspeakers/loudhailers at any time during the race is prohibited.

Dogs

34. Dogs are not permitted to accompany runners during the race.

Timekeeping

(See also the section on Timekeeping under Administration above)

35. Each team must nominate a Principal Timekeeper as part of the Initial Declaration, who is responsible for:

- Starting digital timers at the team's start.
- Being conversant with race rules, **specifically as they apply to timekeeping.**
- Making sure that Assistant Timekeepers understand what they have to do.

- Ensuring that an accurately completed Timesheet, supplied by the RNR, is handed in at those places nominated by race instructions
- Ensuring that online submission of stage times are made accurately and promptly.
Failure to do so may invalidate your final results.

36. Timers: Digital timers must be used and all times recorded as hours:minutes:seconds. The seconds to be rounded UP to the NEXT second and the hundredths missed off.

37. Timesheets: Times must also be recorded on the hardcopy Timesheet, at each changeover, from a timer started at the team's start.

38. Recording of times: Times must be recorded as the cumulative time from the team's start, not as a stage time and not as time of day. An example of a completed Timesheet, including defaults, is included as part of the Timesheet. Each stage time should be recorded immediately at the changeover point on the issued Timesheet, and all team Timesheets and timers made available to any race official upon request. In addition timekeepers are required to submit online times at the end of each stage in accordance with instructions issued before the race.

39. Defaults - Did Not Finish (DNF) or Did Not Start (DNS):

- In the event of a runner starting but for whatever reason being unable to complete a stage, a predetermined time penalty will be applied.
- Where a runner fails to start a stage, for whatever reason, a predetermined time penalty will be applied.
- Predetermined penalty times to be applied for either default will be published prior to the race in the Time Penalty table - see below and on the RNR website.
- A default (DNF or DNS) must be noted on the Teamsheet. A default time will be attributed to the runner attracting the penalty.
- After an individual default, teams are free to start the next stage as soon as they are ready. The start time of the next stage will be zero and the timer(s) must be reset to zero.
- If a nominated runner fails to turn up to run a stage, a team may, subject to rule 24 (race day substitutions), insert a replacement runner.
- A team is allowed to default on up to THREE stages, after which they will be disqualified. In this case, individuals in that team who have successfully completed a stage, prior to disqualification, will be eligible for stage awards/records.

40. Not ready to start: Where a runner is not in position for a take-over, any time delay is to be added to the receiving not the incoming runner. The finishing time for the incoming runner ends when he/she is level with the stage sign.

41. Verification: Timers and Timesheets must be shown to a race timekeeper at any changeover when requested.

42. Timesheet copies: The Timesheet consists of two copies. The top copy should be handed to the official time keeper at the finish. The second copy should be retained by the team timekeeper in case of queries.

43. Inaccuracies: In the event of inaccurate or illegible recording of stage times so that a time cannot be verified, individual stage times and/or a team's overall time may be declared null and void. **It is therefore extremely important that timekeeping is accurate and verifiable.**

44. Disputes: In the event of a dispute or disagreement regarding any time, the Chief Timekeeper will decide and report the decision to the Race Director.

Infringements

45. Where a team or individual is considered to have infringed the general rules or safety rules of the race, a race referee or official may issue an official warning. This will be notified, at the time, to the person or team that has infringed the rule, and subsequently either directly or on the telephone to the team captain. The Chief Referee must also be notified. Where a team has received a total of three official warnings, that team will be disqualified from the team competition. A serious infringement of the rules or safety conditions may result in immediate disqualification.

46. Times posted by individuals running for the disqualified team prior to disqualification will remain eligible for individual stage awards/records.

Objections and Protests

47. Any protest or objection against the qualification to compete, or the statements on the entry form of another competitor, team or club, or of the results of the race shall be made to the Chief Referee in the manner described below. When practical, such protest or objection should be made before the date of the race, on the day of the race or no later than 7 days after the date of the race.

48. Any protest or objection must be made in writing (including email), accompanied by a deposit of £10.00, and forwarded to the Race Director, who will forward it to the Chief Referee. If, after investigation, the protest or objection appears not to have been made on reasonable grounds, the deposit shall be forfeited to the Round Norfolk Relay account. The name of the person/club making a protest will, on request, be made known to the person/club/team against whom the protest is directed.

49 The Chief Referee shall rule upon the protest or objection and his decision shall be final. The Chief Referee will communicate his decision to the Race Director and the objector. In the event of the protest or objection having a bearing on a prize/s, they will be withheld until the matter has been resolved.

Time Penalties for Stage Defaults - taken from 2019 results

In the event of a runner starting but for whatever reason being unable to complete a stage (DNF), a predetermined time penalty will be applied. The runner will be deemed to have covered the stage in a time equivalent to the slowest running time over the stage based on previous years, regardless of category, plus 5 minutes.

Where a runner fails to start a stage (DNS), for whatever reason, the team will be deemed to have covered the stage in a time equivalent to the slowest running time over the to h stage based on previous years, regardless of category, plus 10 minutes.

Predetermined penalty times to be applied in either default instance are as shown in the table below.

A default (DNF or DNS) must be noted on the Team Result Sheet. A default time will be attributed to the runner attracting the penalty. After an individual default teams are free to start the next stage as soon as they are ready. The start time of the next stage will be zero and the timer(s) must be reset to zero.

A team is allowed to default on up to three stages, after which they will be disqualified. In this case, individuals in that team who have successfully completed a stage, prior to disqualification, will still be eligible for stage awards/records.

Stage	Distance	Slowest Time	(DNS) Failure to start	Failure to finish (DNF)
1	16.32	2:48:05	2:58:05	2:53:05
2	13.75	2:44:00	2:54:00	2:49:00
3	5.76	1:06:47	1:16:47	1:11:47
4	11.14	2:21:05	2:31:05	2:26:05
5	10.81	2:12:36	2:22:36	2:17:36
6	7.90	1:41:50	1:51:50	1:46:50
7	9.24	1:37:18	1:47:18	1:42:18
8	7.52	1:32:00	1:42:00	1:37:00
9	16.60	3:44:01	3:54:01	3:49:01
10	18.13	3:01:56	3:11:56	3:06:56
11	12.45	2:13:26	2:23:26	2:18:26
12	19.67	3:06:19	3:16:19	3:11:19
13	13.25	2:16:38	2:26:38	2:21:38
14	7.27	1:17:32	1:27:32	1:22:32
15	10.59	1:55:31	2:05:31	2:00:31
16	5.49	0:58:14	1:08:14	1:03:14
17	11.73	1:56:21	2:06:21	2:01:21

RNR satnav references

Stage	Start	Lat/Long (Decimal)	UK Nat Grid	Postcode
1	Lynnsport, Greenpark Avenue, Kings Lynn	N52.76159, E0.41722	TF 63202, 20960	PE30 2NB
2	Light House Lane, Hunstanton	N52.94989, E0.49414	TF 67664, 42079	PE36 6EL
3	East Harbour Way, Burnham Overy Staithe	N52.96488, E0.74554	TF 84487, 44362	PE31 8JF
4	Beach Road, Wells-Next-The-Sea	N52.97253, E0.84956	TF 91438, 45485	NR23 1DR
5	Beach Road, Cley	N52.96503, E1.04778	TG 04773, 45362	NR25 7RZ
6	Westcliff Avenue, Cromer	N52.93425, E1.28847	TG 21096, 42490	NR27 9BA
7	Coronation Hall, Beach Road, Mundesley	N52.877916, E1.438860	TG 31500, 36700	NR11 8BE
8	School Road, Lessingham	N52.799051, E1.551342	TG 39500, 28300	NR12 0DF
9	Horse Mill, Horsey Road, Horsey	N52.74139, E1.63905	TG 45735, 22185	NR29 4EF
10	Beaufort Way, Gorleston-on-Sea	N52.557882, E1.7121506	TG 517202,02035	NR31 7RQ
11	River Waveney Study Centre, Old Harleston Rd. Earsham	N52.44482, E1.40535	TM 3152, 8843	NR35 2AF
12	Bungay Road, Scole	N52.36358, E1.16788	TM 15786, 78670	IP21 4HG
13	Telford Way, Thetford	N52.42381, E0.74162	TL 86515, 84182	IP24 1HU
14	RAF Feltwell, Wilton Road, Feltwell	N52.47856, E0.52876	TL 71831, 89743	IP26 4AY
15	GS Shropshire, Broad Drove, Wissington	N52.53498, E0.45796	TL 66810, 95851	IP26 4QF
16	Station Road, Downham Market	N52.60306, E0.36343	TF 60151, 03209	PE38 9EP
17	The Causeway, Stowbridge	N52.63741, E0.36936	TF 60427, 07042	PE34 3PQ

Access points

1.1	Snettisham Beach	N52.872864, E0.445669	TF 64700, 33400	PE31 7RB
1.2	South Beach, Heacham	N52.902938, E0.469669	TF 66200, 36800	PE31 7LH
2.1	Holme Next the Sea	N52.95653, E0.52930	TF 70000, 42900	PE36 6LQ
2.2	The Cricket , Burnham Deepdale	N52.96730, E0.6849	TF 80405, 44477	PE31 8DQ
3.1	Lady Annes Road, Holkham	N52.96719, E0.81443	TF 89103, 44798	NR23 1RJ
4.1	Greenways, Stiffkey	N52.95684, E0.92394	TF 96502, 43942	NR23 1QF
4.2	Quay Lane, Morston	N52.95778, E0.98589	TG 00658, 44218	NR25 7BH
4.3	Wiverton Hall, Blakeney	N52.95191, E1.03376	TG 03900, 43700	NR25 7TE
5.1	Beach Lane, Weybourne	N52.95124, E1.09476	TG 08000, 43800	NR25 7SR

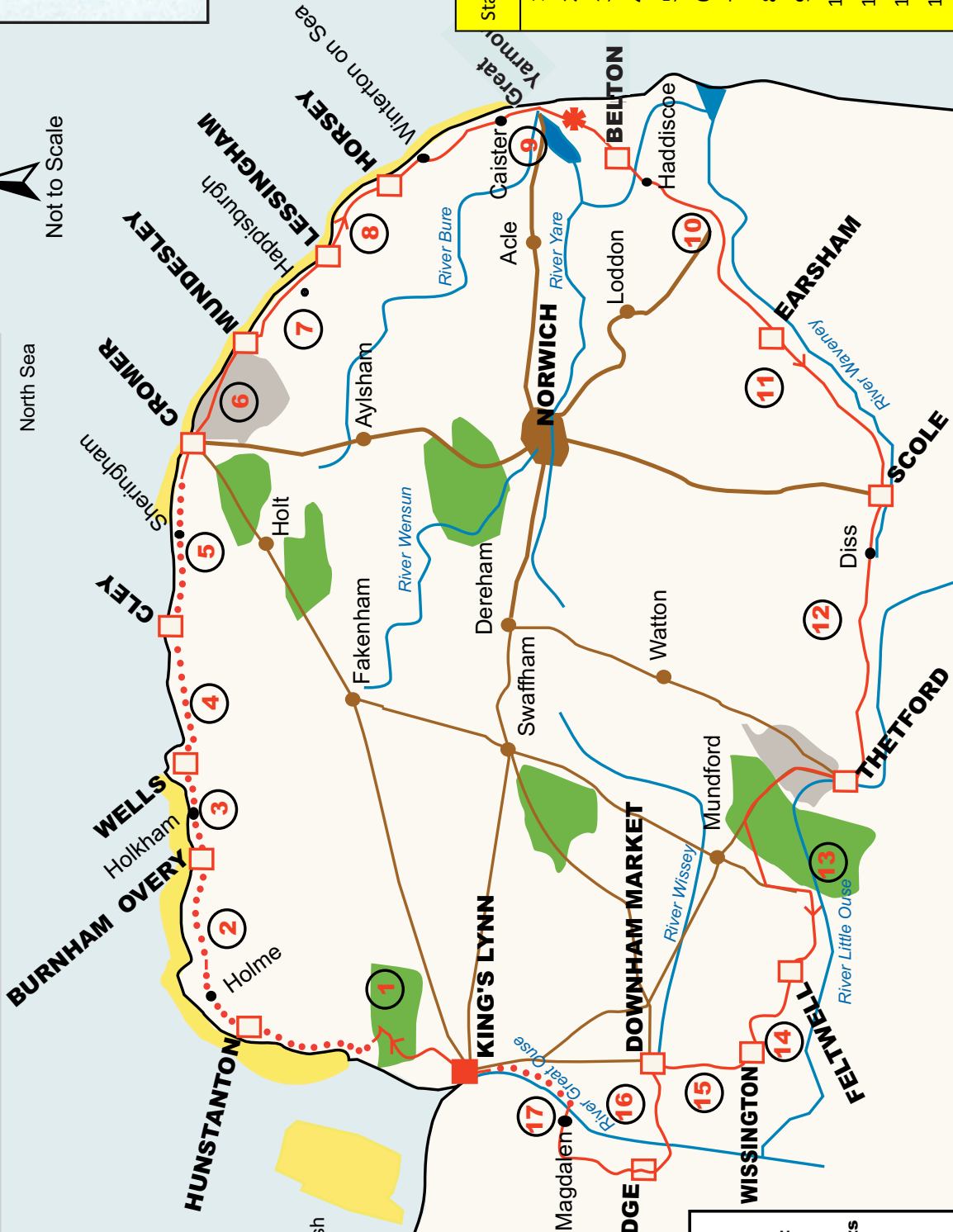
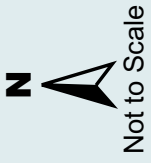
SUMMARY OF STAGES AND FACILITIES AT CHANGE-OVER POINTS

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.

Stage	Start Location	Miles	Min Age	1st Year	Terrain	Toilets	Food/Drink	Other Facilities	Marshals
1	King's Lynn	16.32	18	2015	Multi-Terrain	Yes (Plenty)	Meal Service	Change/Shower, Parking	Dereham,
2	Hunstanton	13.75	17	2005	Multi-Terrain	Public	Café nearby	Free parking Designated area	Reepham R
3	Burnham Overy	5.76	15	2010	Multi-Terrain	The Boathouse,	Coffee	Limited parking	Cottishall
4	Wells	11.14	17	2010	Multi-Terrain	Public	Café	Parking (Pay and Display)	Norfolk Gazelles,
5	Cley	10.81	16	2010	Multi-Terrain	Portaloo x2	Wiverton Hall Café and Cley	Park Wiverton Hall/Ch.over	NRR
6	Cromer	7.90	16	2006	Road	Public	Café	Parking (Pay & Display)	NNBR
7	Mundesley	9.24	16	2006	Road	Village Hall	Snacks Village hall	Limited parking	Tri Anglia
8	Lessingham	7.52	16	2006	Road	Village hall	None	Parking	Dune Runner
9	Horsey	16.60	18	2016	Road	National Trust	Kiosk (limited opening)	Parking, showers	CONAC
10	Belton	18.13	18	2016	Road	Portaloo x1	Not known	Free parking	GYRR (Changeover) Wymondham (Course)
11	Earsham	12.45	17	2014	Road	Toilets in Centre	Snacks (tea room)	Free parking	Bungay BDRC
12	Scole	19.67	18	2008	Road	Portaloo x1	None	Parking in field	Haverhill AC
13	Thetford	13.25	17	2008	Road	Portaloo x1	Snacks (Thetford AC)	Park on side road	Thetford AC
14	Feltwell	7.27	16	2012	Road	Portaloo x2	None	Park on side road	Bishop's Stortford
15	Wissington	10.59	16	2012	Road	Portaloo x2	None	Parking by changeover	Camb and Coleridge
16	Downham Market	5.49	15	2002	Road	Portaloos in Heygates car park	None	Heygates Car Park	Fenland RC
17	Stowbridge	11.73	17	2006	Multi-Terrain	Portaloo x1	Heron Public House	Small car park	Stowmarket Ryston Runners W.Norfolk (Lynnsport)

THE ROUND NORFOLK RELAY COURSE

North Sea

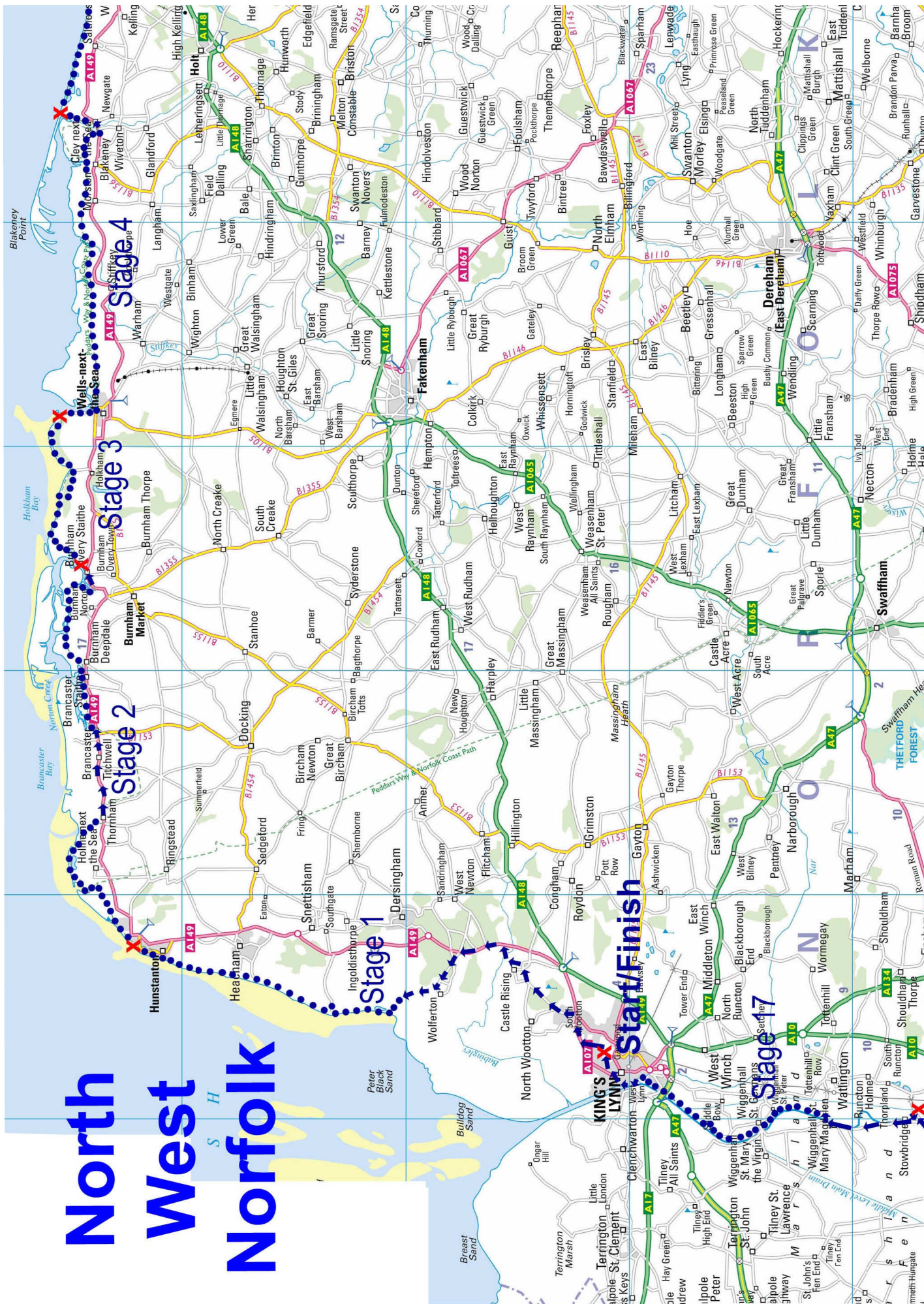


KEY

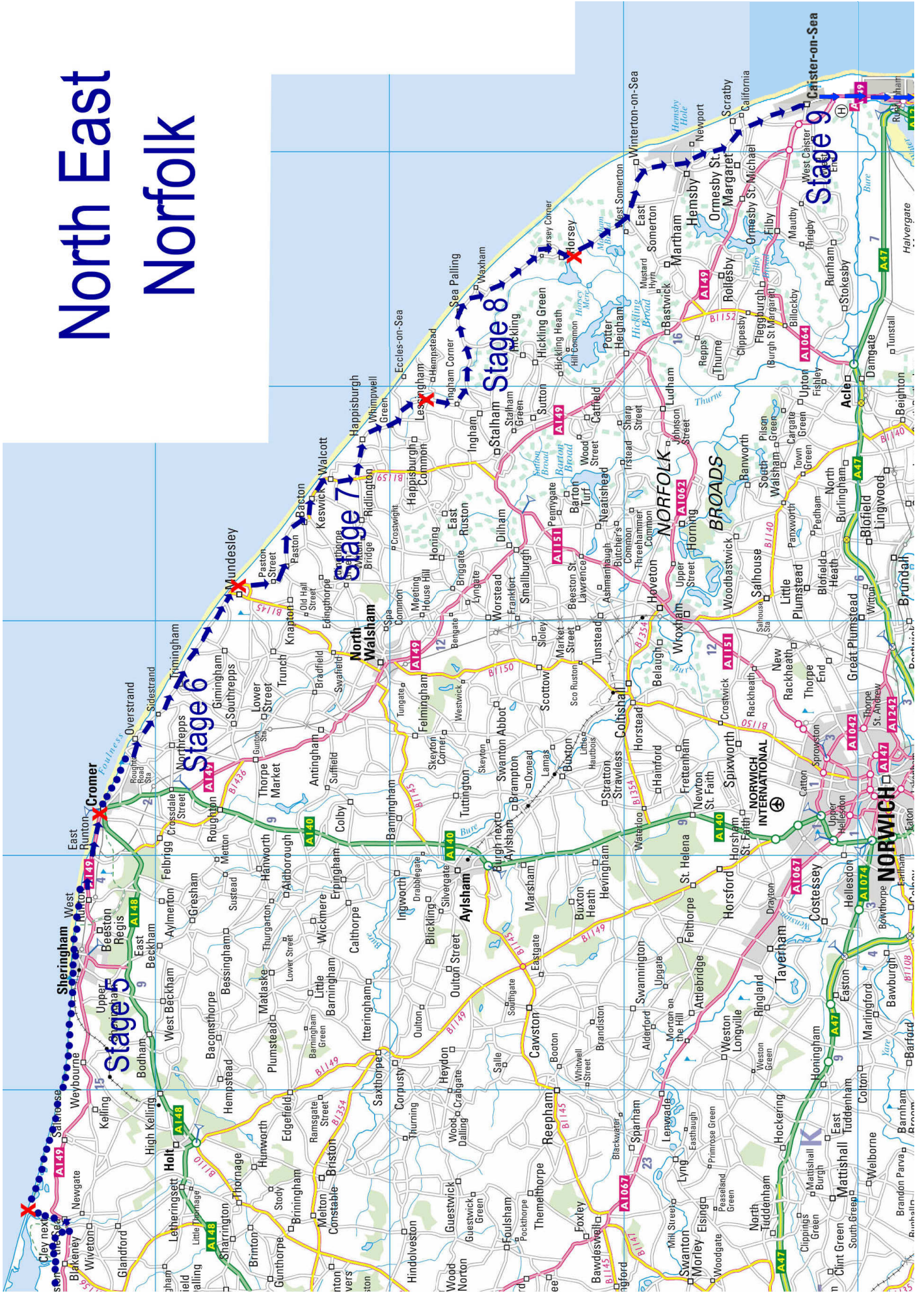
- Relay Route
- Off Road Element
- Start & Finish
- Changeover points
- Stage number
- Half way point
- Road
- Wood
- Undulation

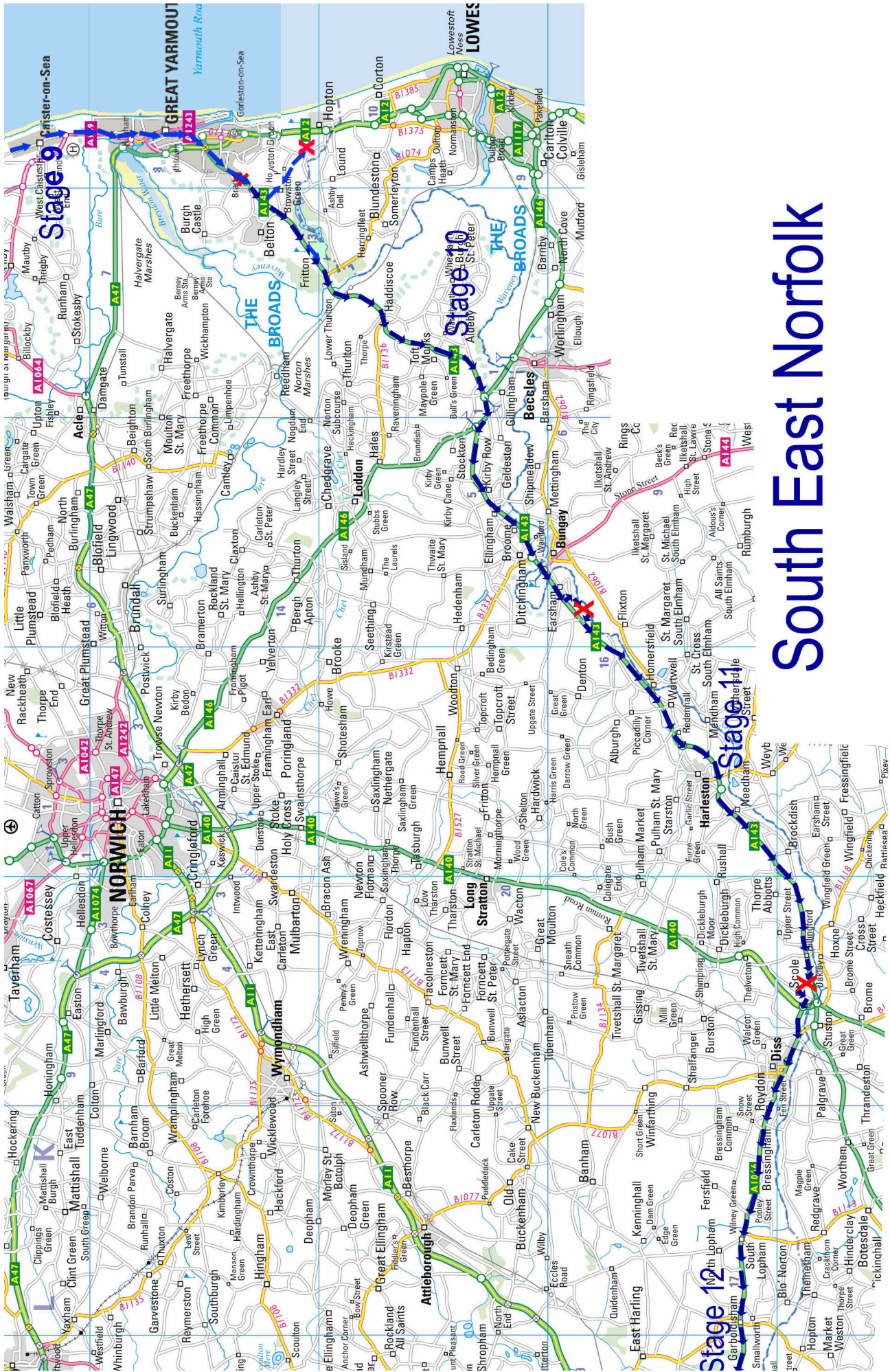
Stage	Distance	Run Distance
1	16.32	16.32
2	13.75	30.07
3	5.76	35.83
4	11.14	46.97
5	10.81	57.78
6	7.9	65.68
7	9.24	74.92
8	7.52	82.44
9	16.6	99.04
10	18.13	117.17
11	12.45	129.62
12	19.67	149.29
13	13.25	162.54
14	7.27	169.81
15	10.59	180.4
16	5.49	185.89
17	11.73	197.62

North West Norfolk

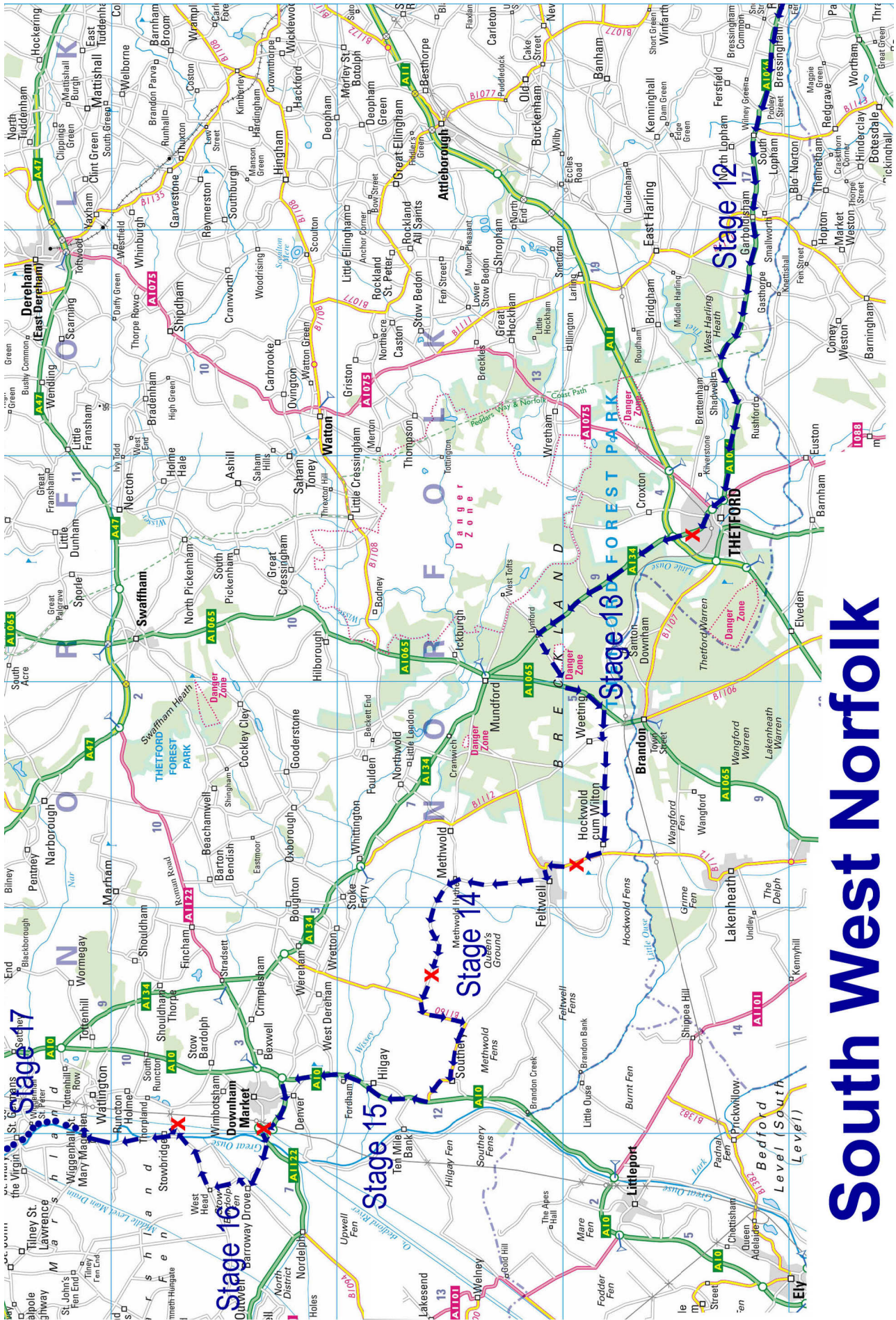


North East Norfolk

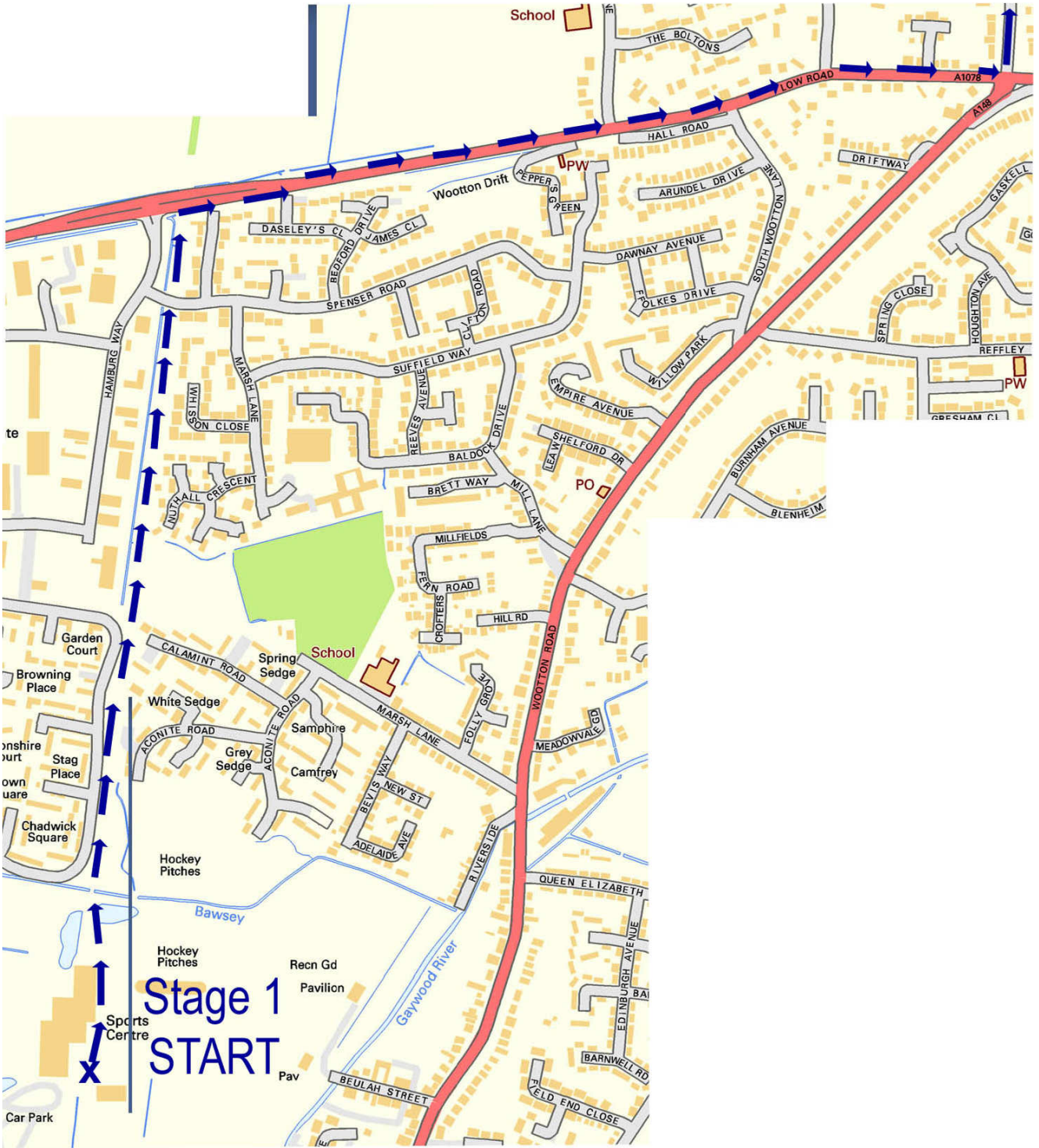




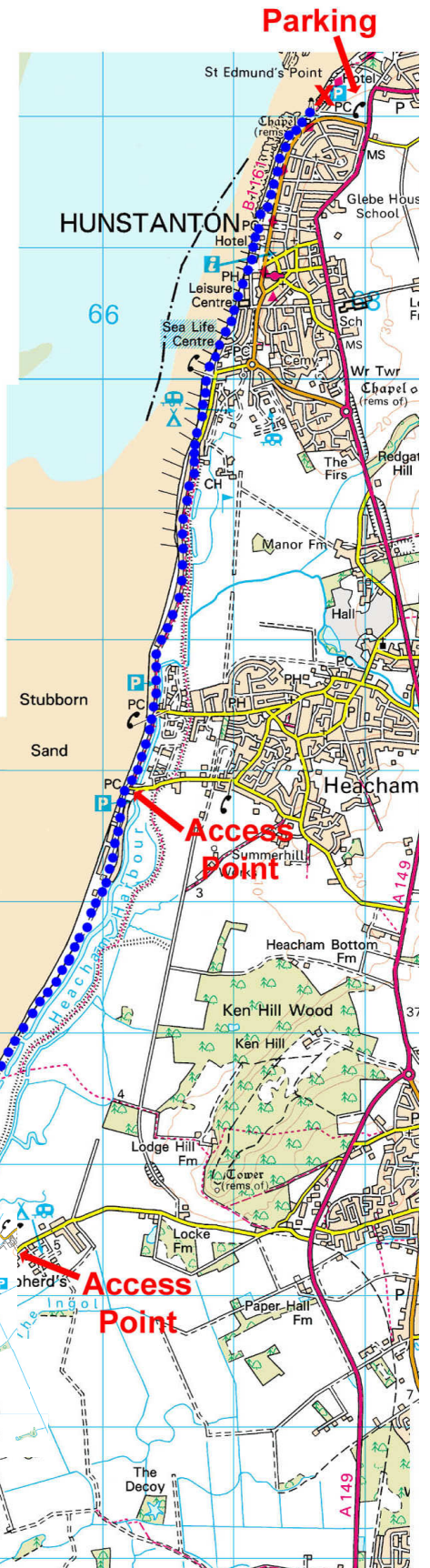
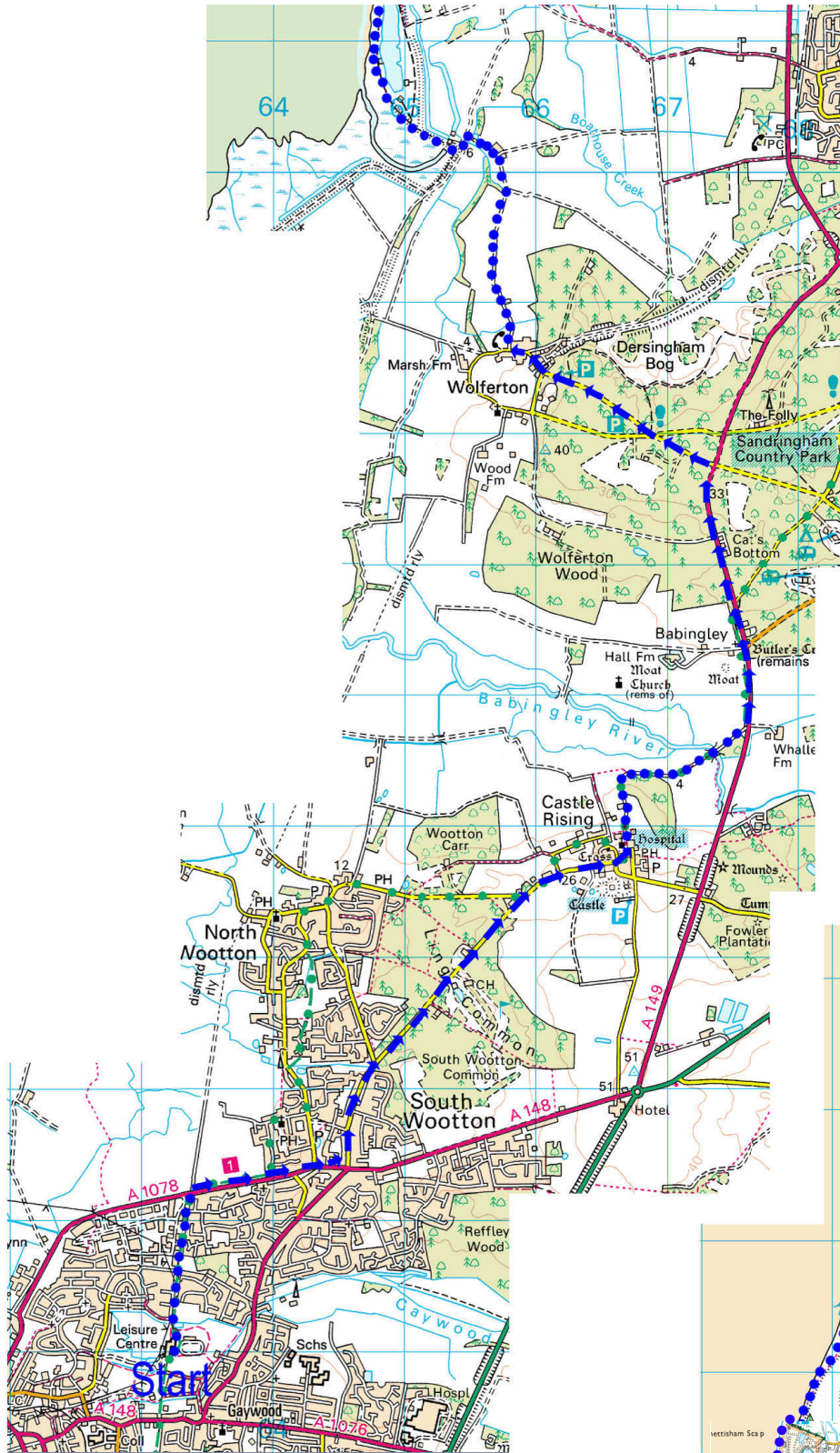
South East Norfolk



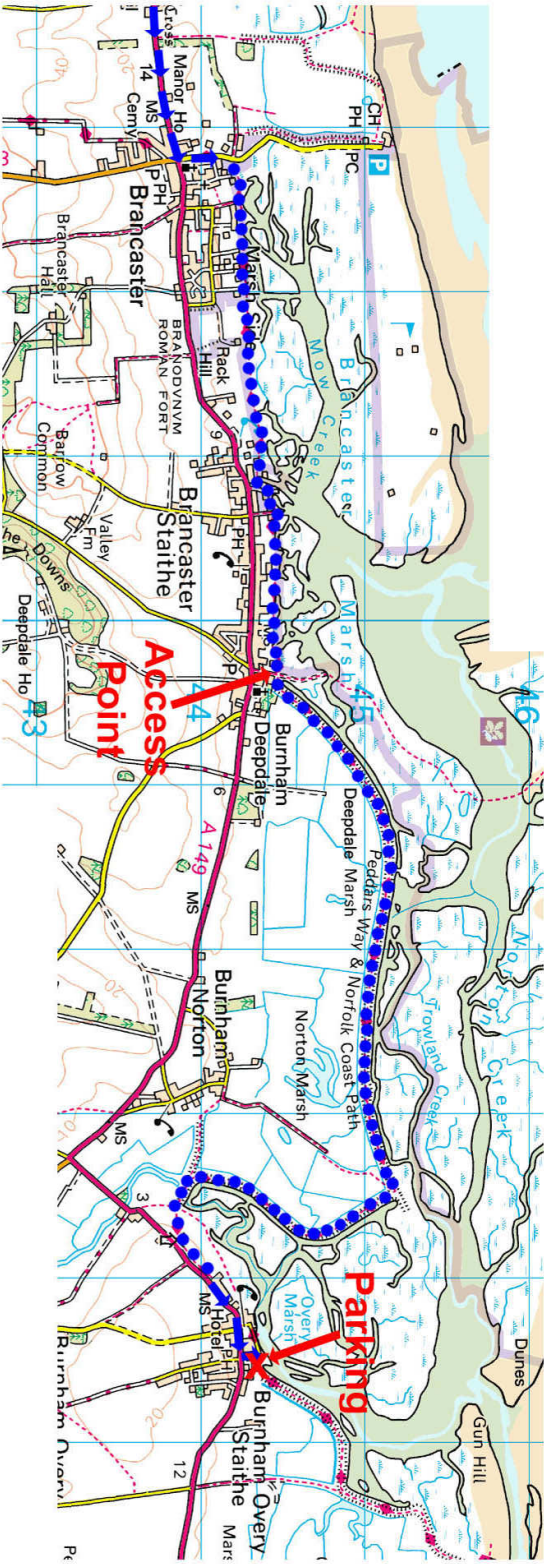
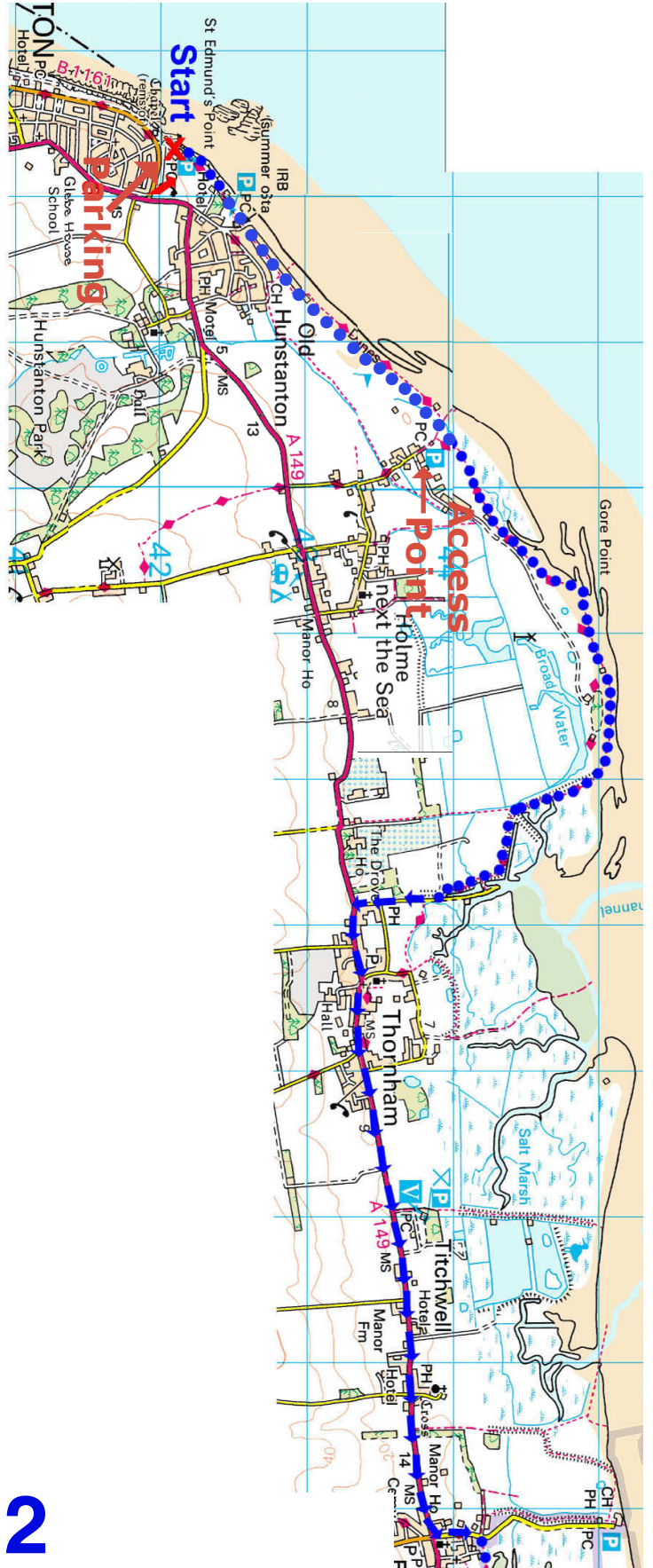
South West Norfolk



Stage 1 start at Lynnsport



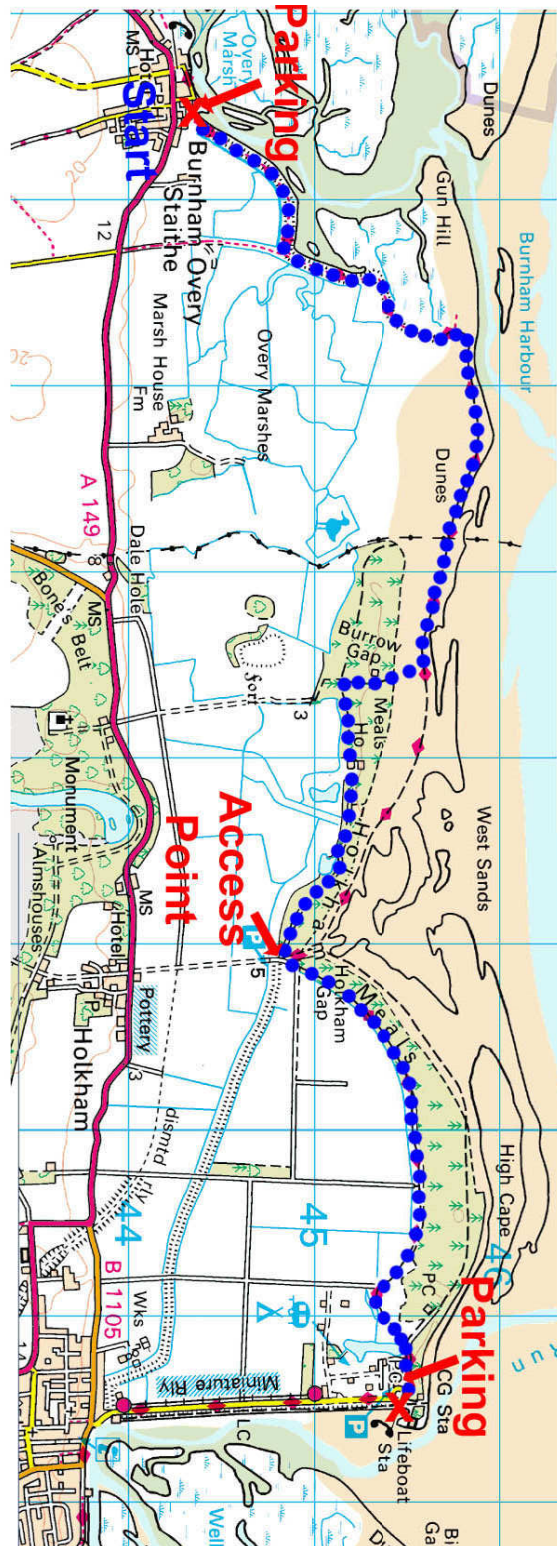
Stage 1
Kings Lynn to Hunstanton
16.32 miles



Stage 2

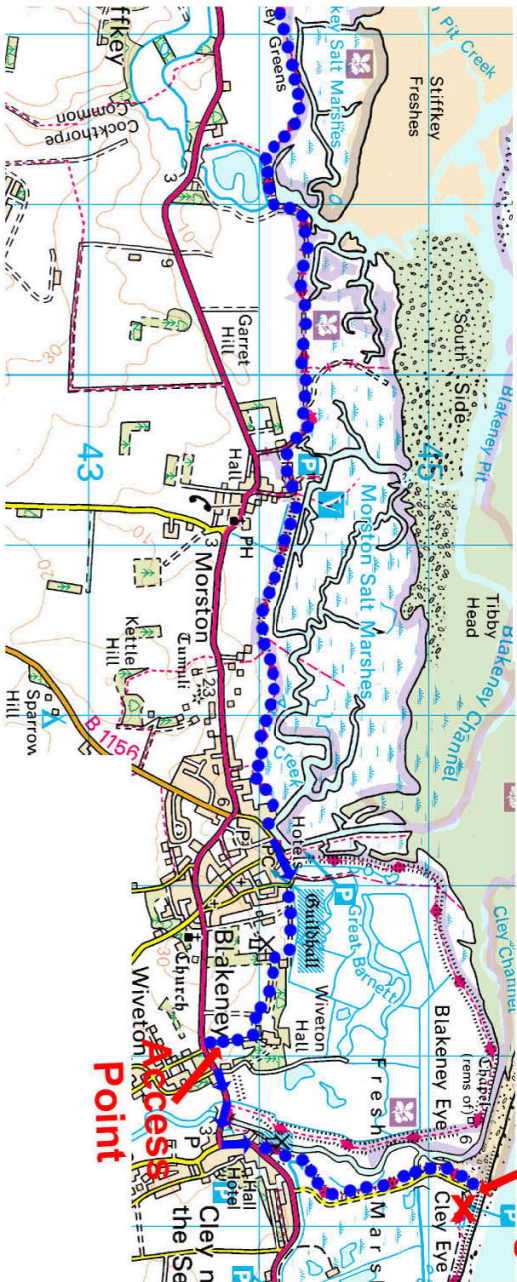
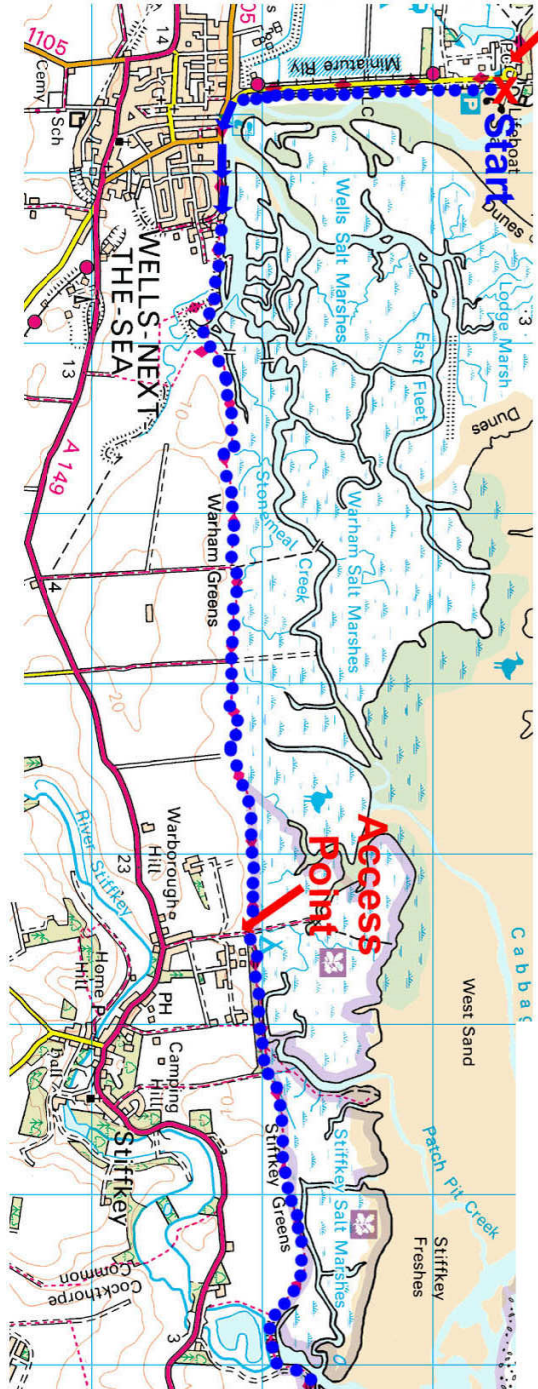
Hunstanton to Burnham Overly

13.75 miles



Stage 3
Burnham Overy to Wells
5.76 miles
1 square = 1km

Parking

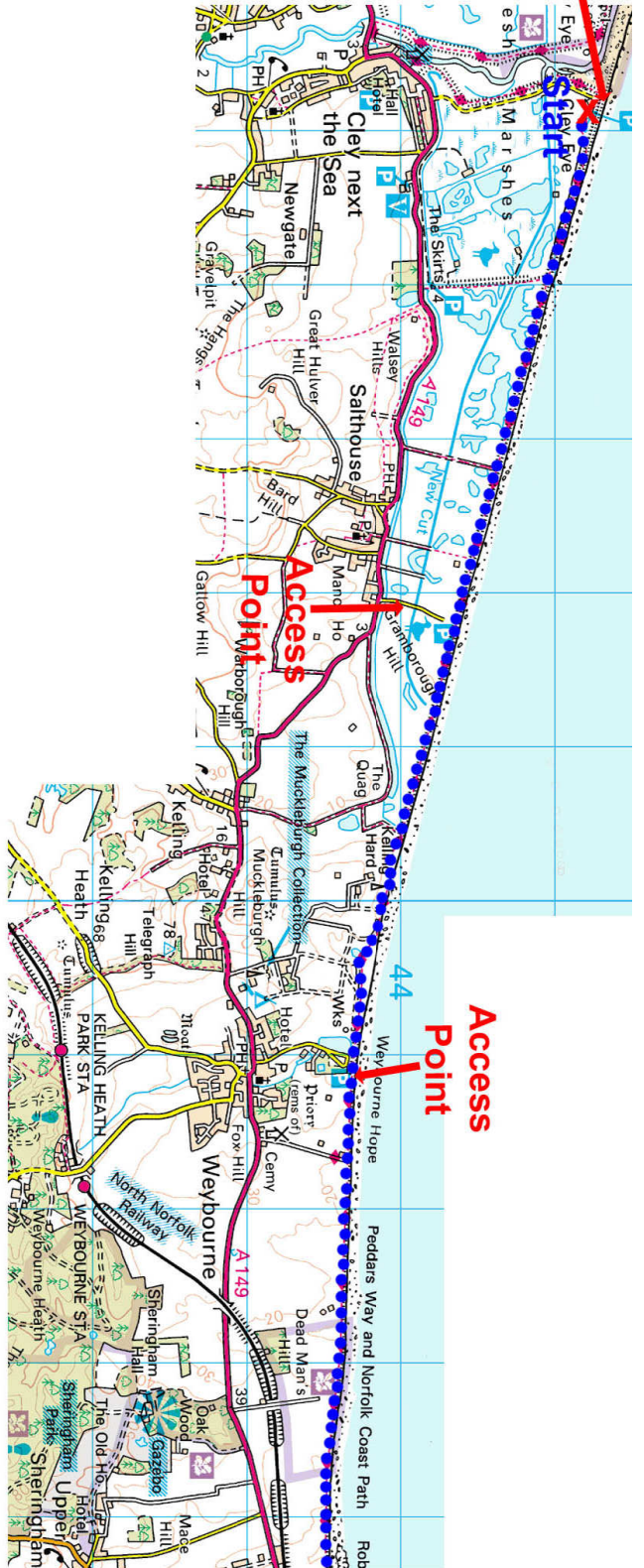


Stage 4

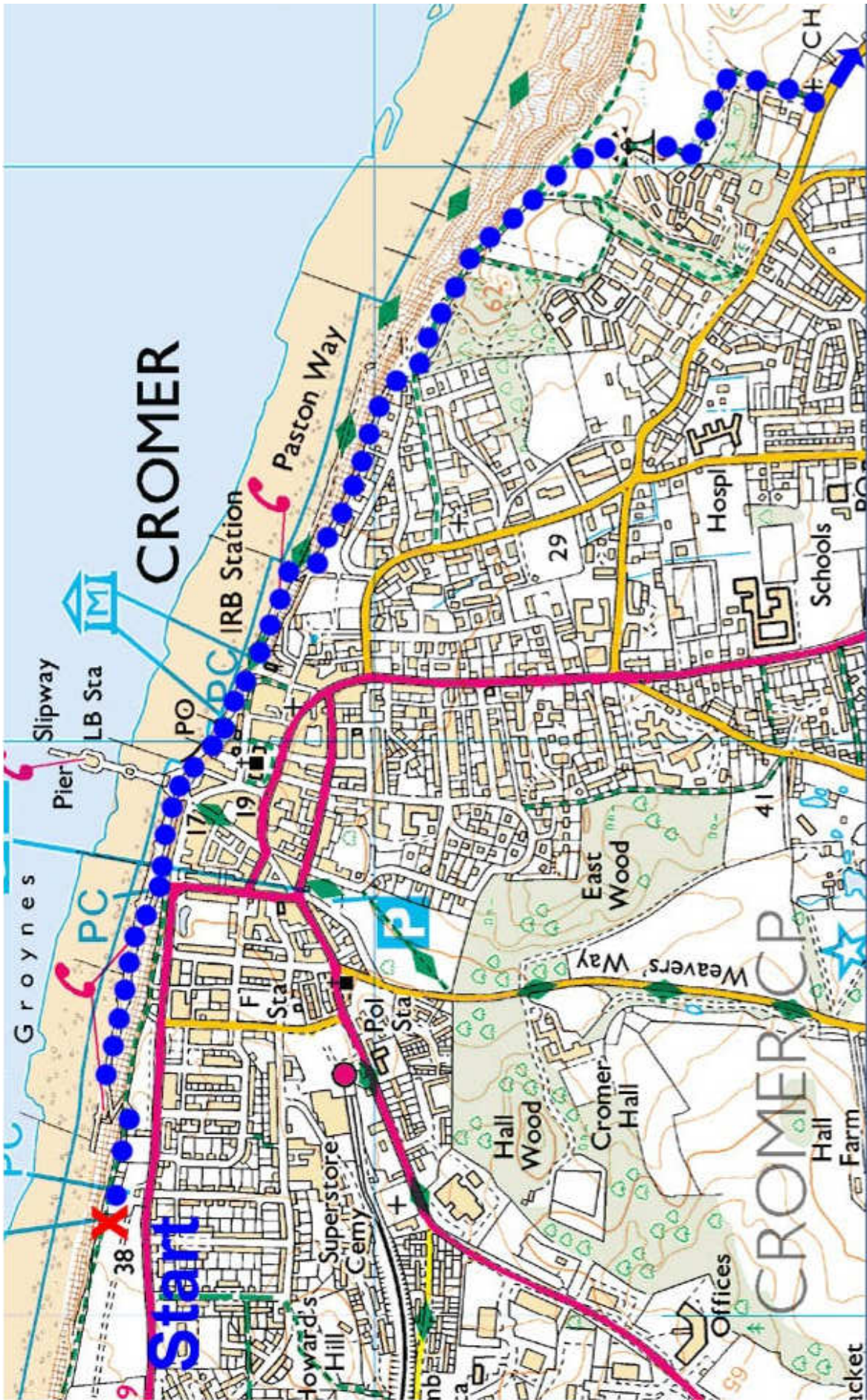
Wells to Cley

11.14 miles
1 square = 1km

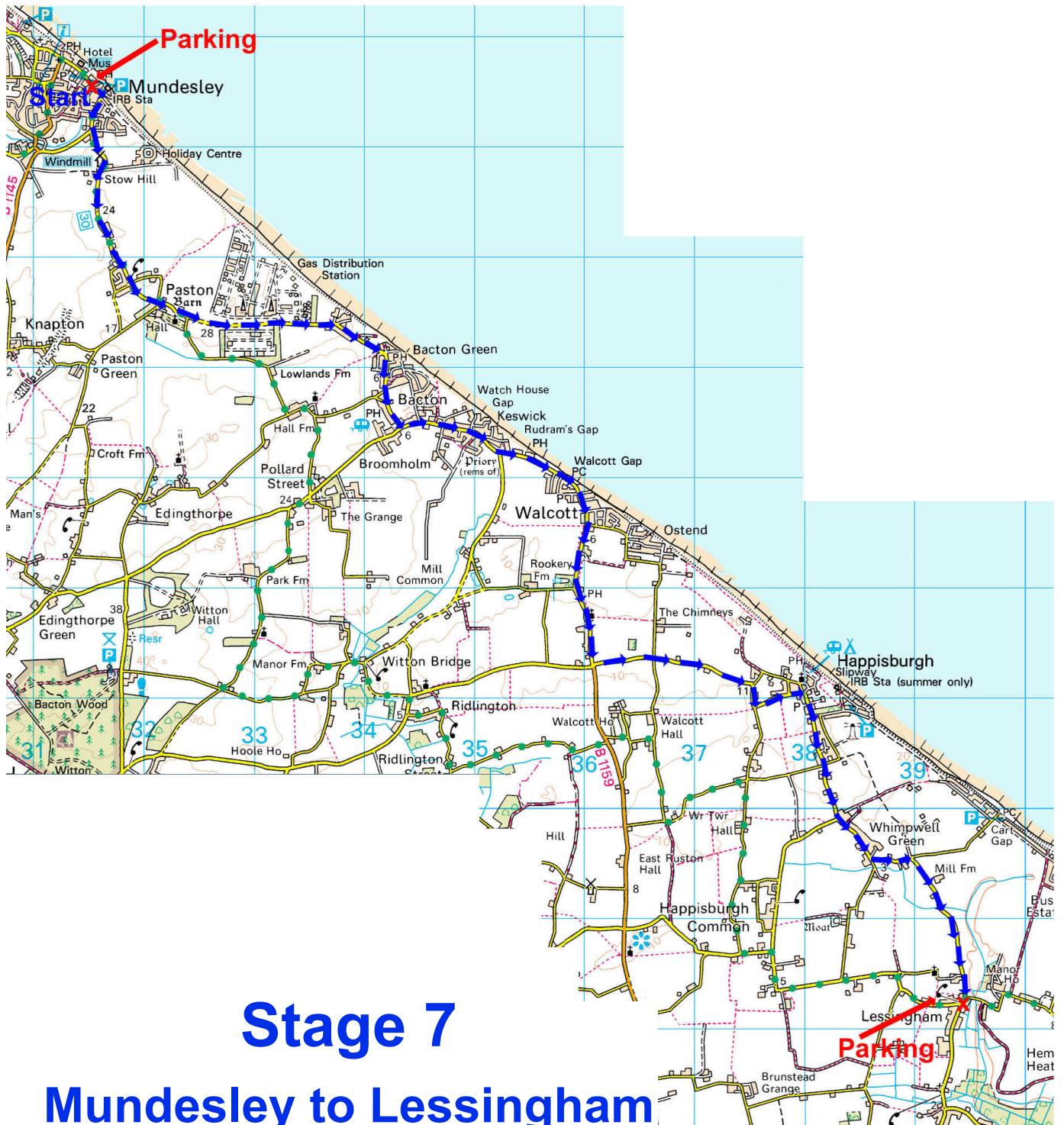
Parking



Stage 5
Cley to Cromer
10.81 miles
1 square = 1km







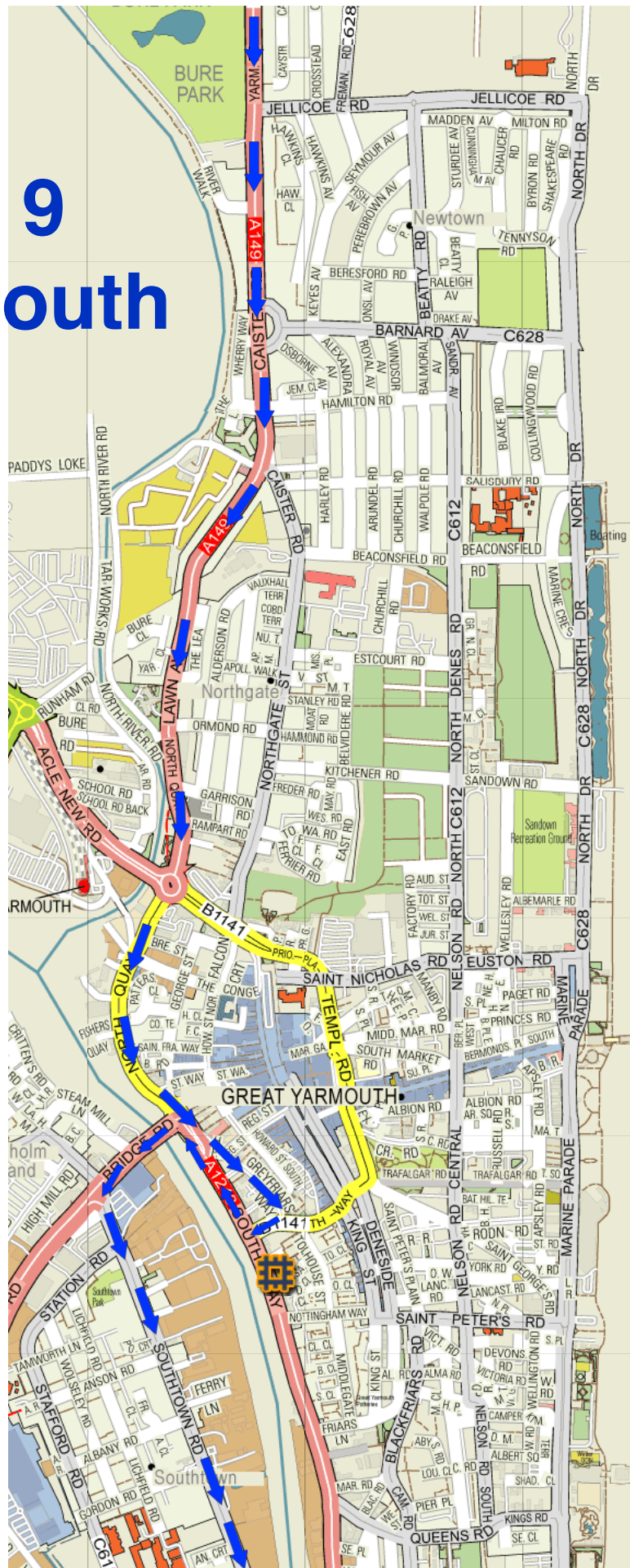


Stage 8
Lessingham to Horsey
7.52 miles
1 square = 1km



Stage 9
Horsey to Belton
16.60 miles
1 square = 1km
Page 1 of 2

Stage 9 Gt. Yarmouth



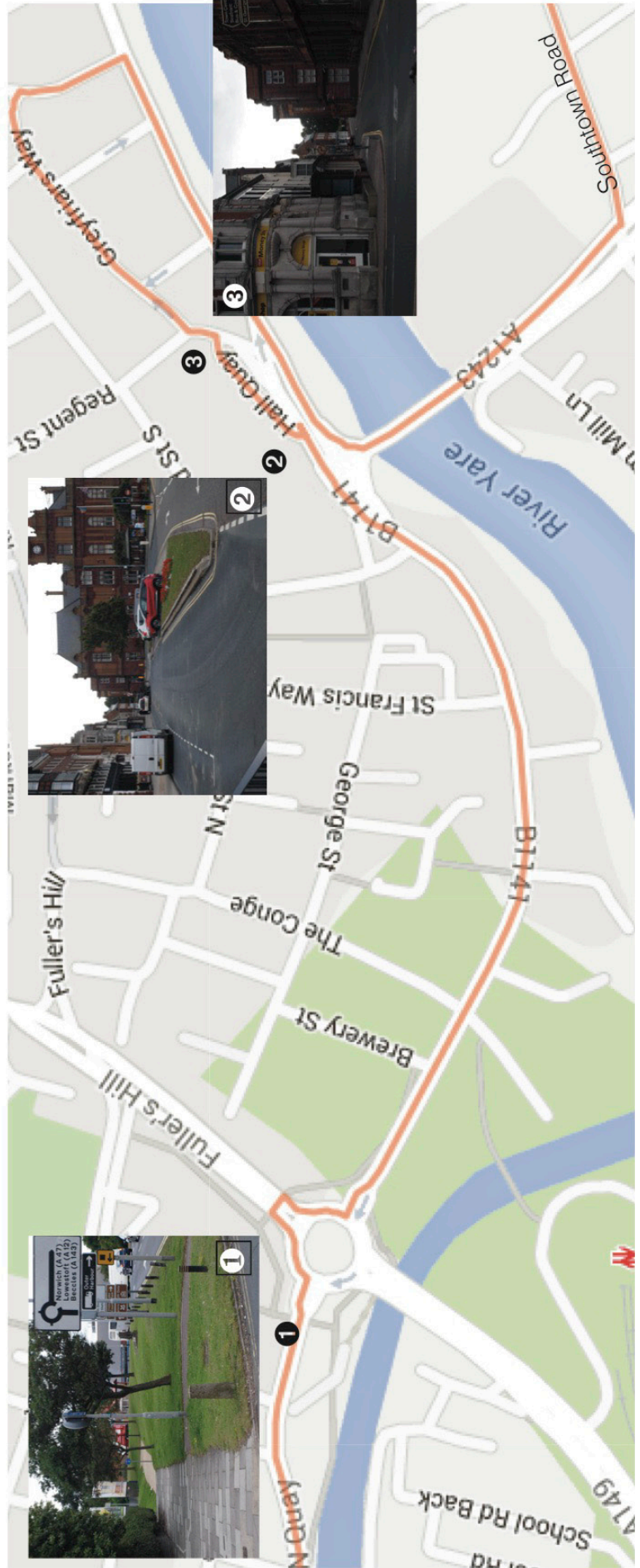
Great Yarmouth Town Centre

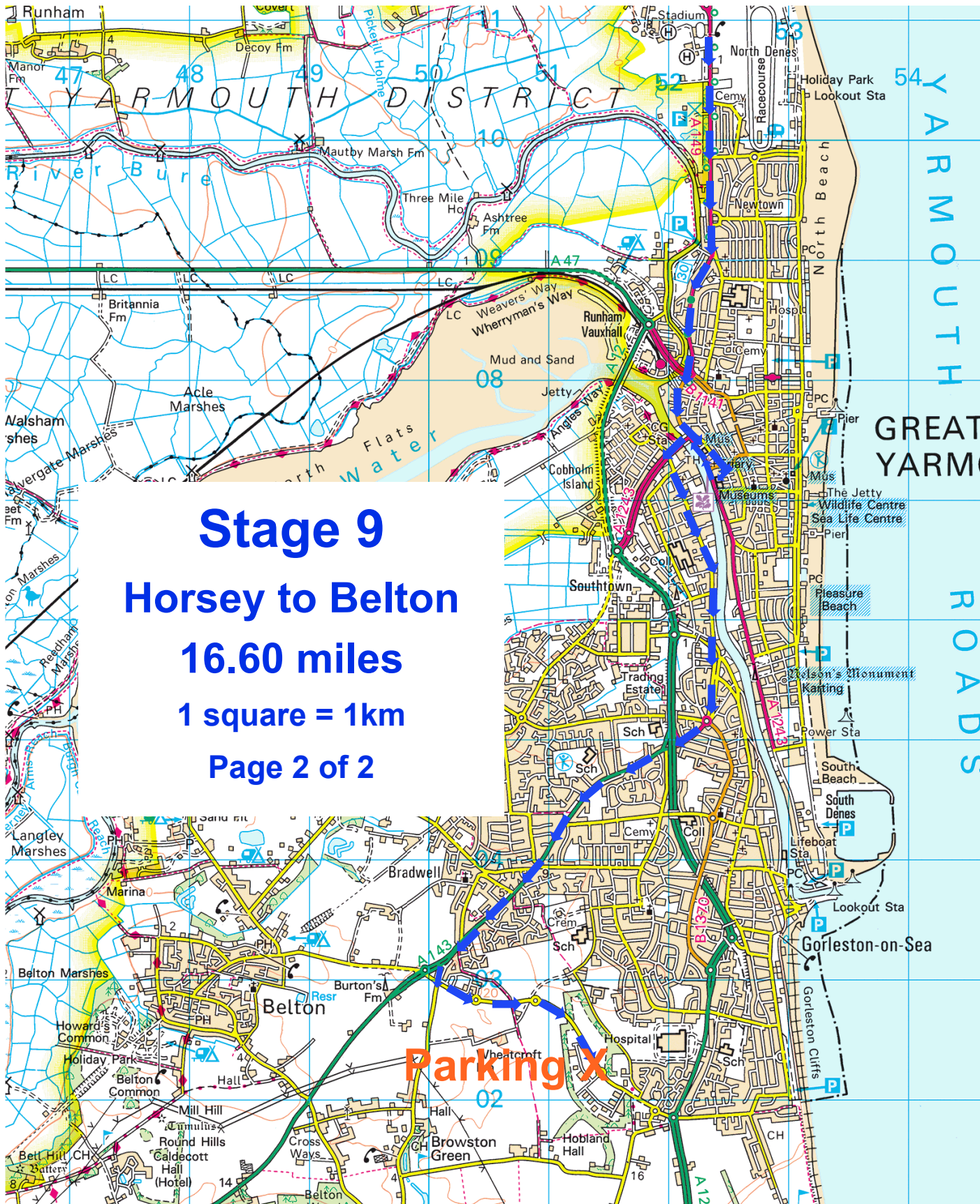
On entering Great Yarmouth on A149, do NOT turn left into Jellicoe Road as per old route.

Runners should keep on the pavement after Hamilton Road. Vehicles should take the centre lane to continue straight ahead past the bus station and straight over at the traffic lights.

The route goes straight over the roundabout, but just before the roundabout where the cycle lane ends, runners and cyclists should get on to the pavement (photo 1), bear slightly (slip road) left and go through the SECOND underpass on the right. Exit, bear right and run on the pavement with the car park to Staples on your left. Go past Aldi.

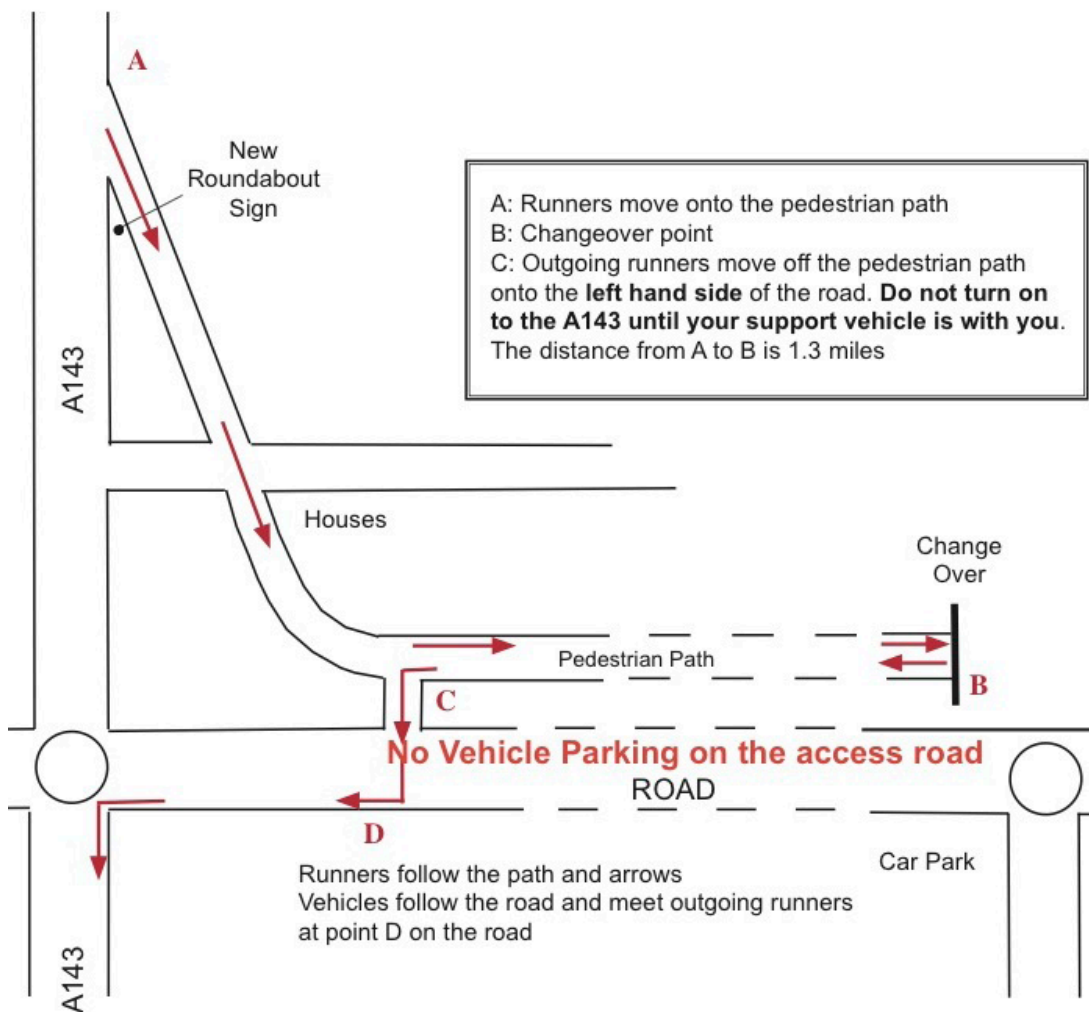
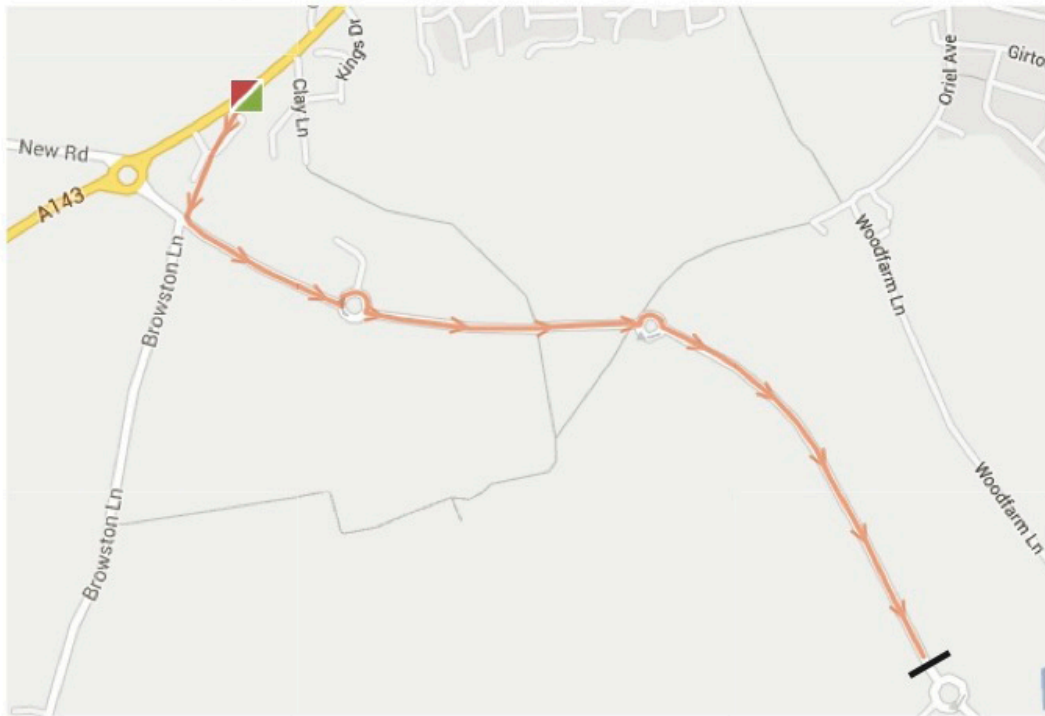
Vehicle in RHS lane to go straight ahead and runners on the pavement - exercise extreme caution at the next two junctions. Continue past CSS Computers. past the "No U Turn" sign, through the traffic lights and bear left by Lloyds Bank. Join the road, turn left and immediately turn right between The Money Shop and the Town Hall with the Clock (photo 2) into Grey Friars Way (one way). By the Unitarian Church runners cross onto RHS of the road and turn right into Yarmouth Way. Turn right at the traffic lights onto South Quay and when it's safe cross onto the LHS. Turn left over the bridge and left again into Southtown Road. (See 9l, 9m and 9n).

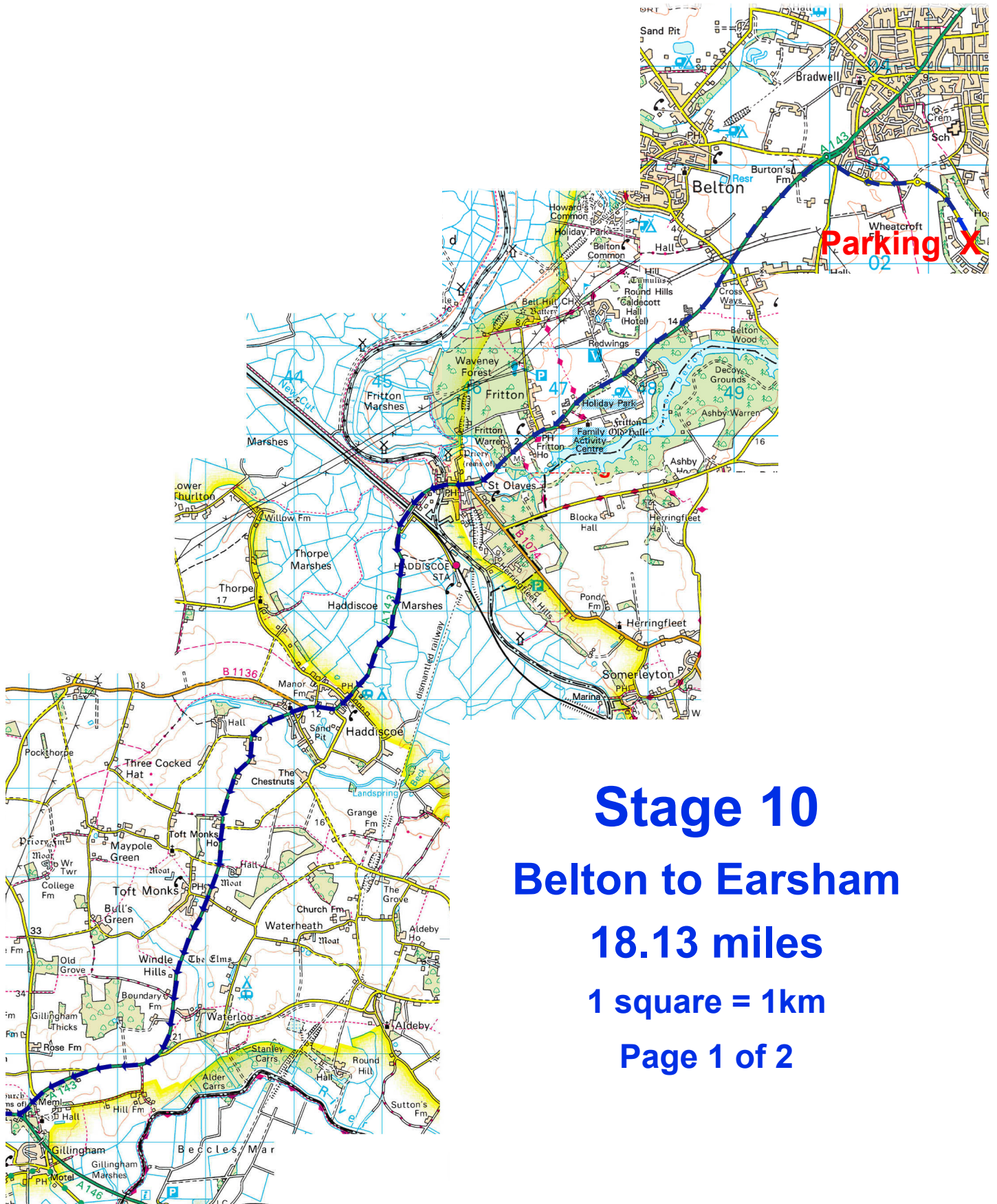




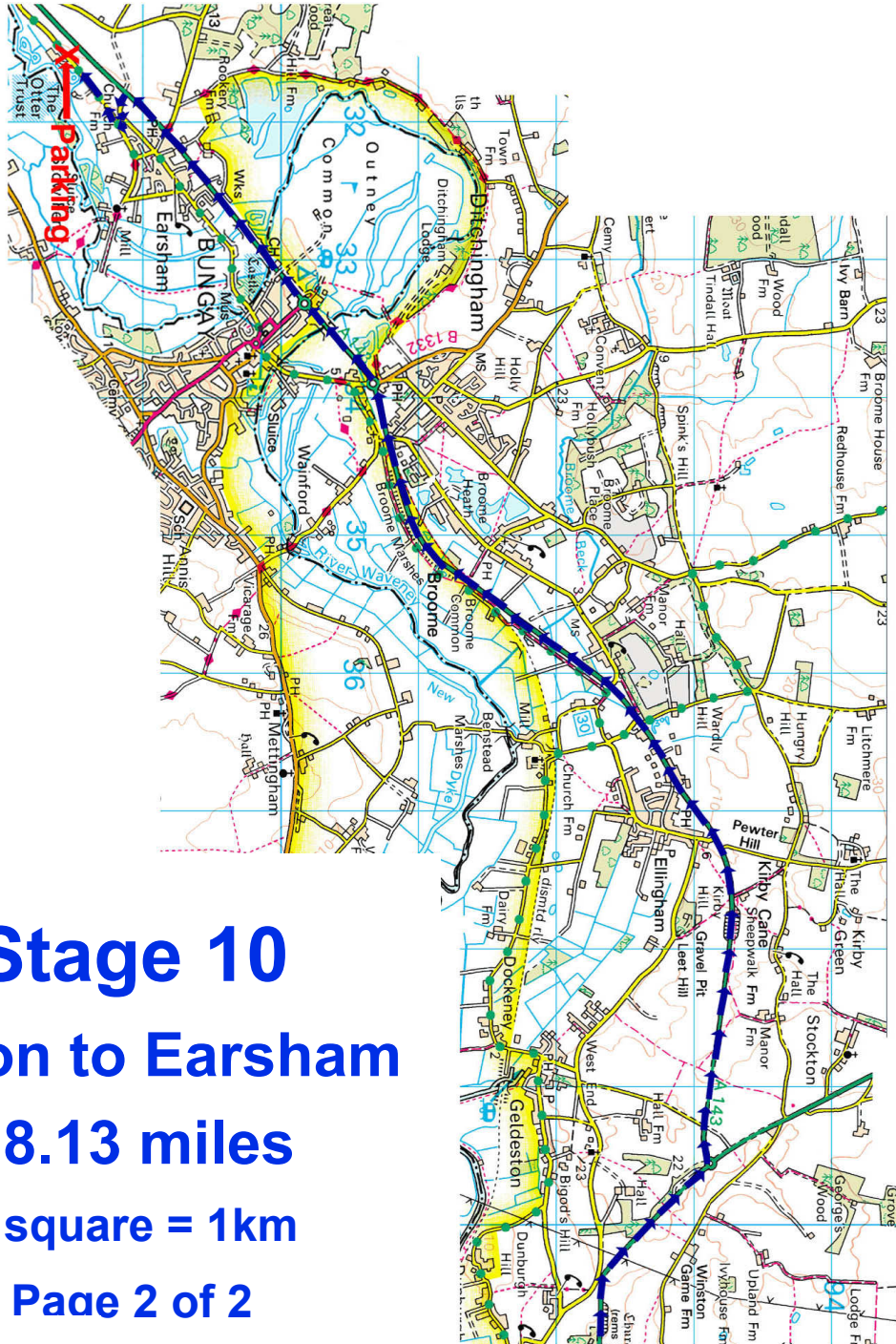
Stage 9 to 10 changeover at Belton

Belton Stage Change Over Details

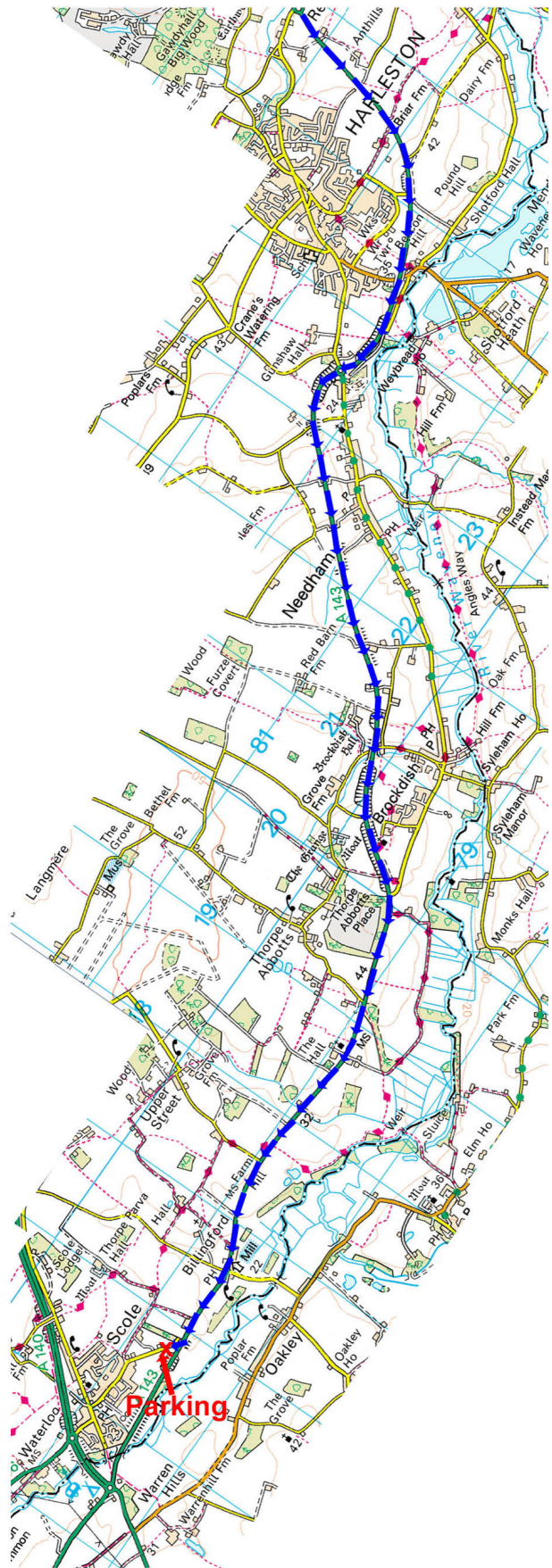




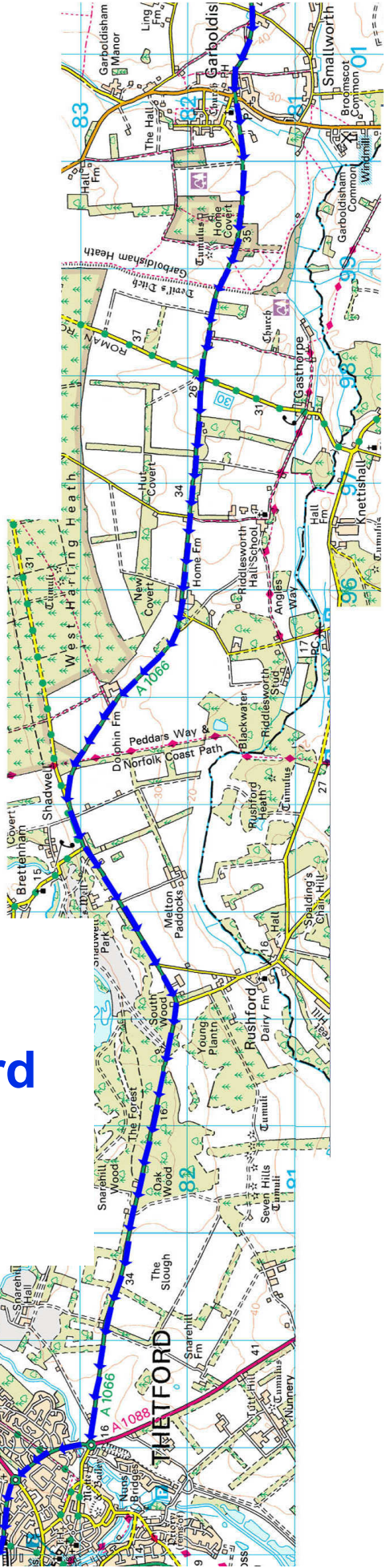
Stage 10
Belton to Earsham
18.13 miles
1 square = 1km
Page 1 of 2



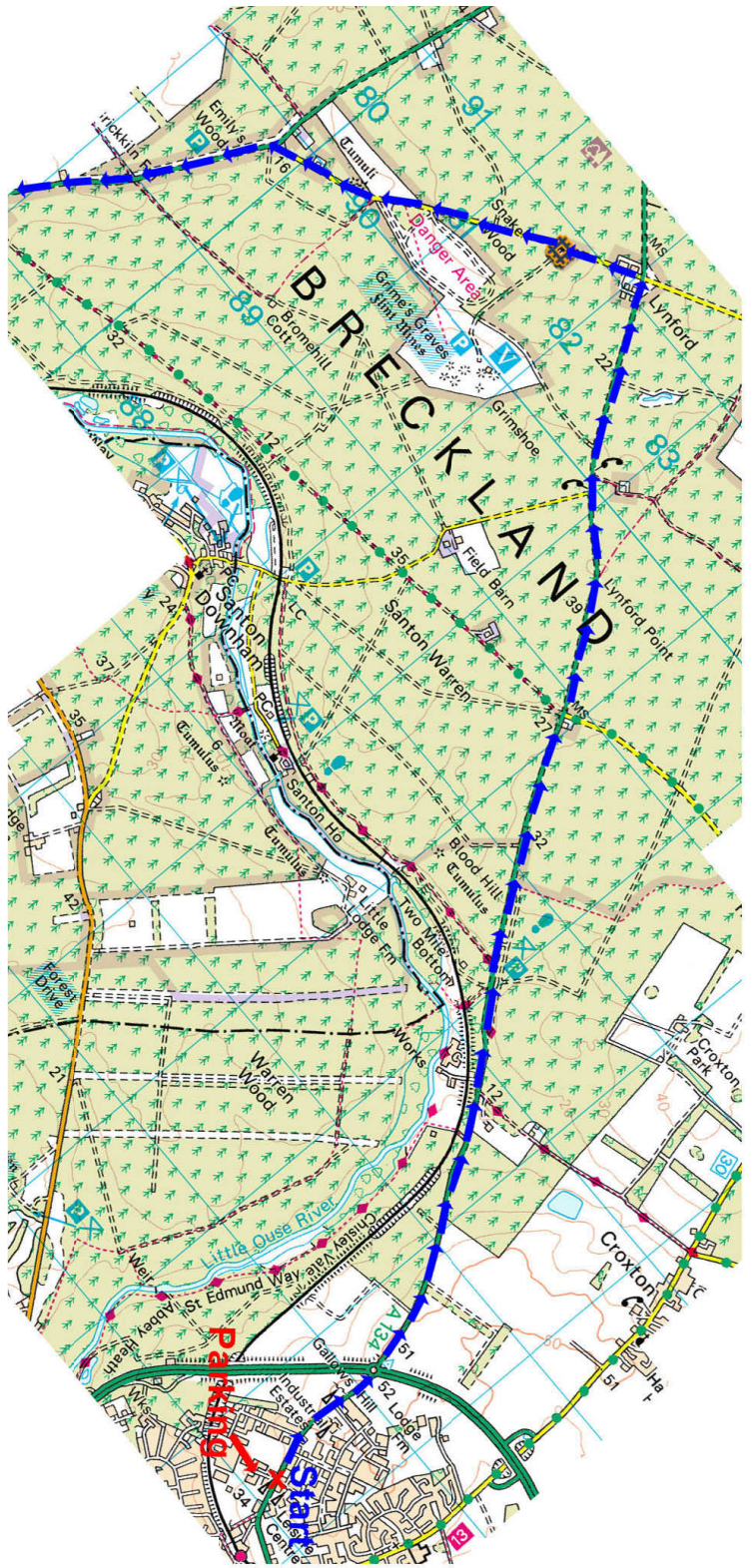
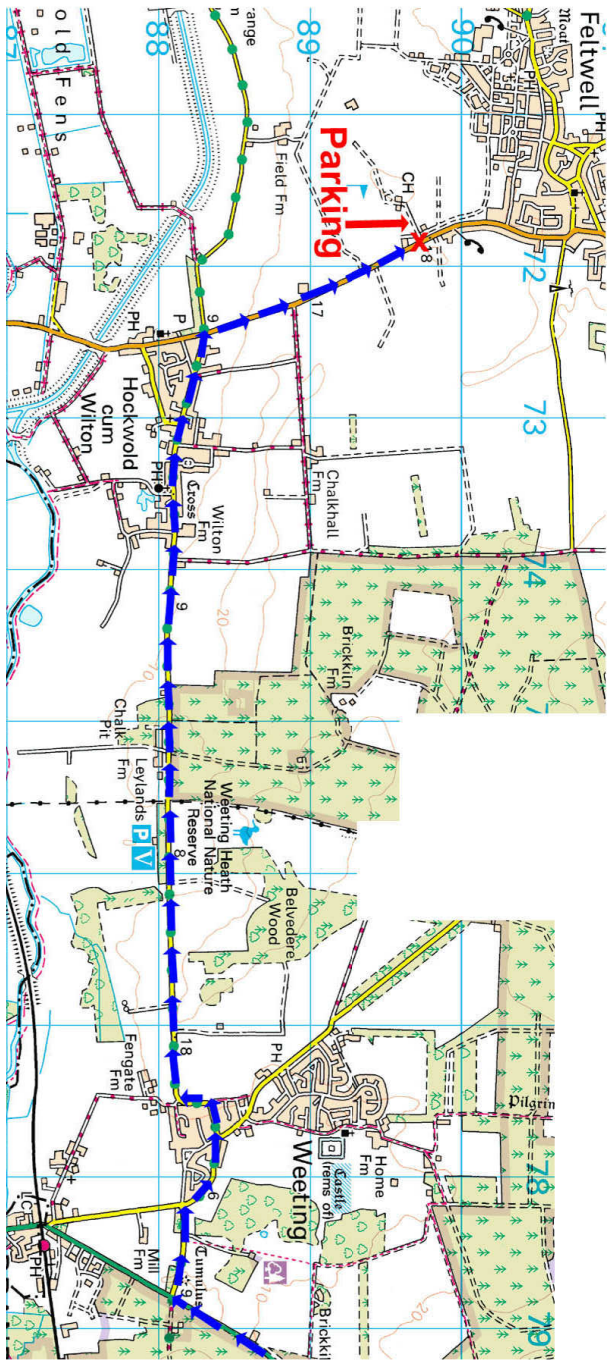
Stage 10
Belton to Earsham
18.13 miles
1 square = 1km
Page 2 of 2



Stage 11
Earsham to Scoble
12.45 miles
1 square = 1km



Stage 12
Scole to Thetford
19.67 miles
1 square = 1km



Stage 13

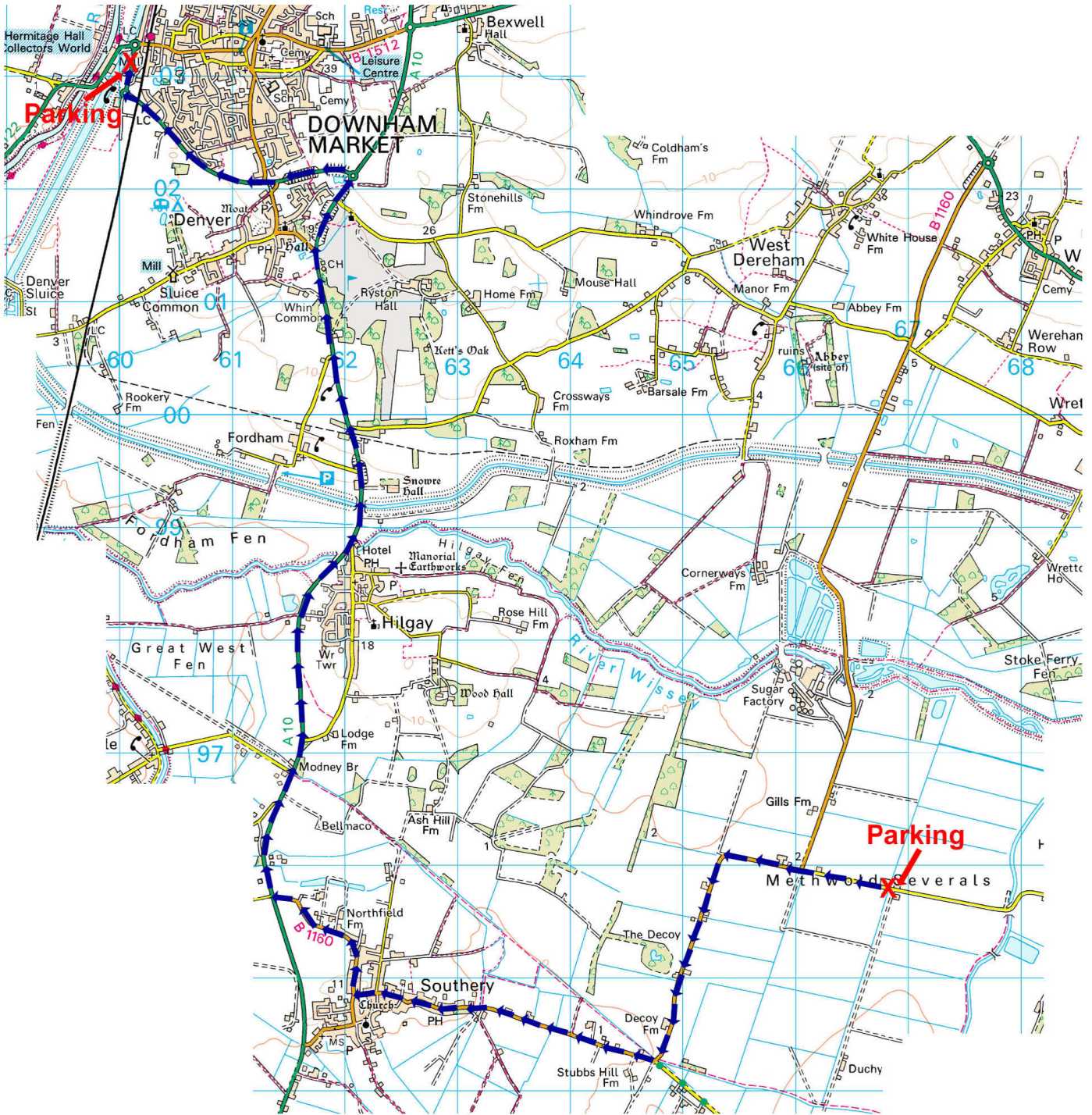
Thetford to Feltwell

13.25 miles

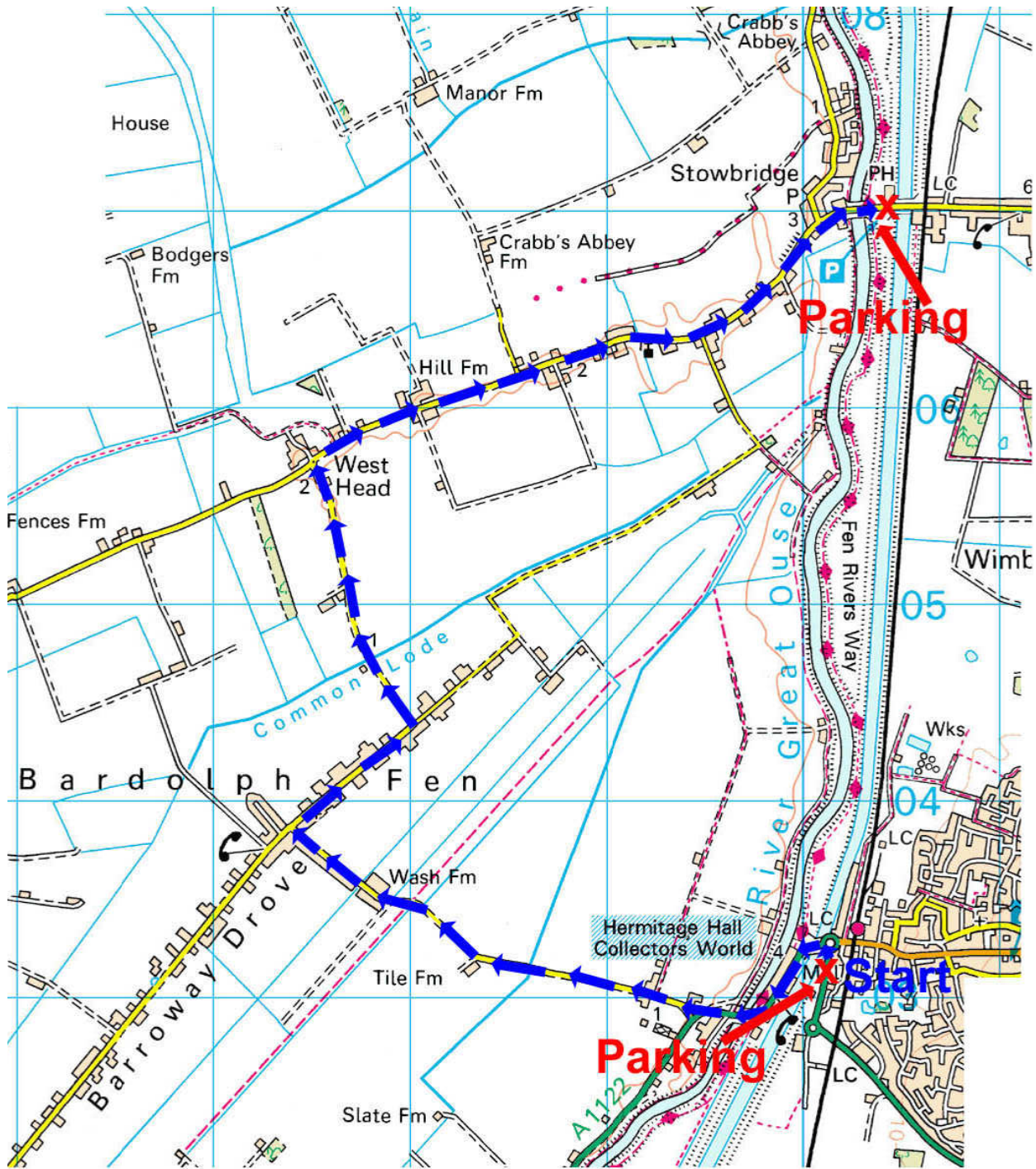
1 square = 1km



Stage 14
Feltwell to Wissington
7.27 miles



Stage 15
Wissington to Downham Market
10.59 miles
1 square = 1km

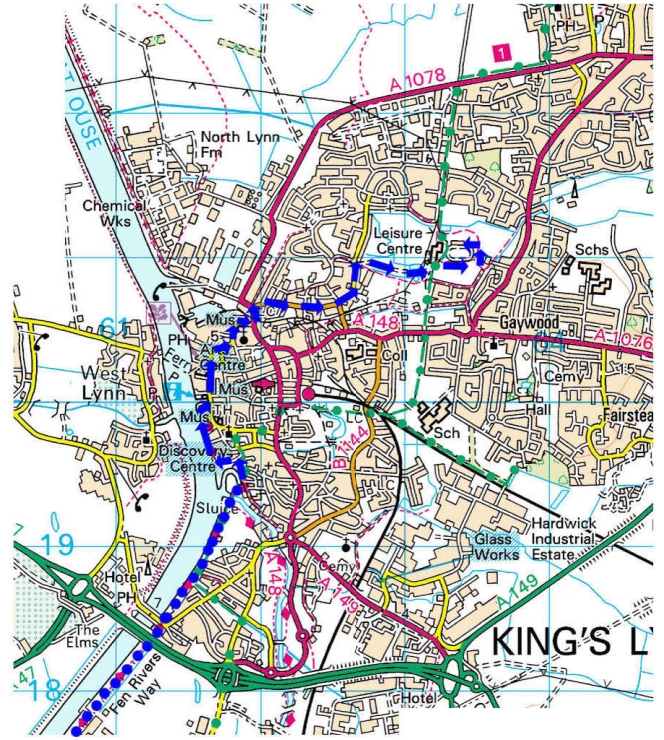
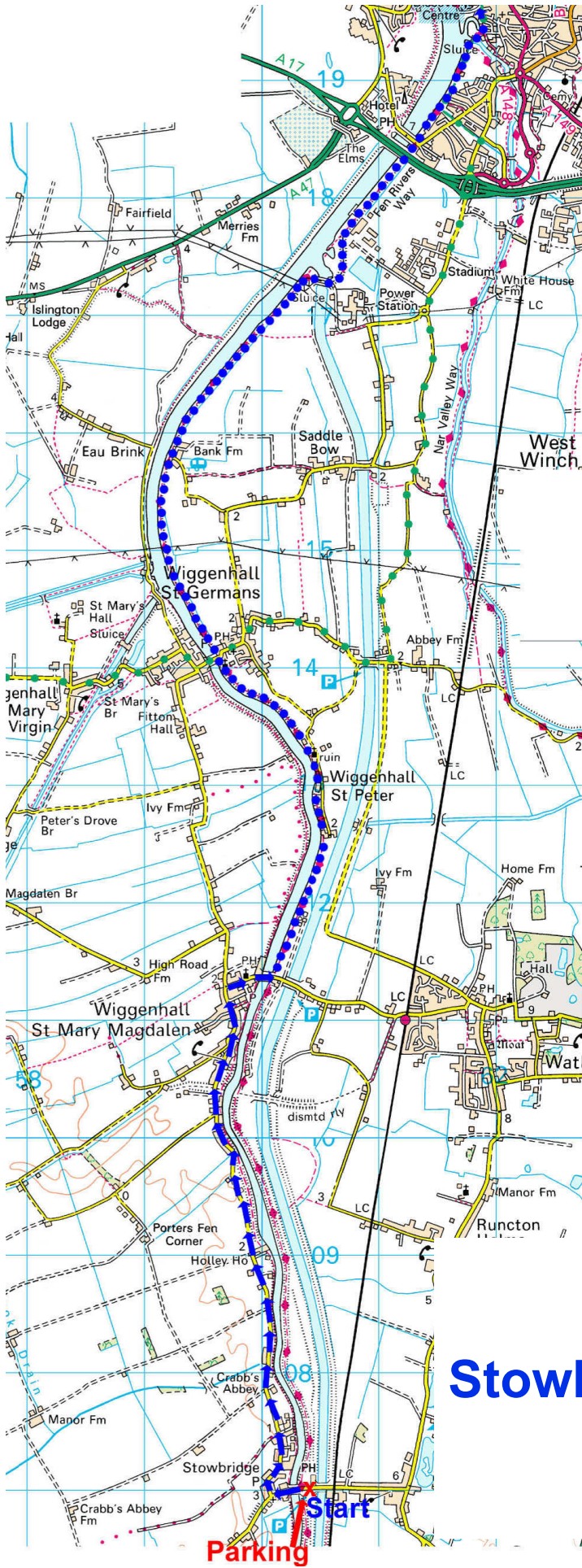


Stage 16

Downham Market to Stowbridge

5.49 miles

1 square = 1km

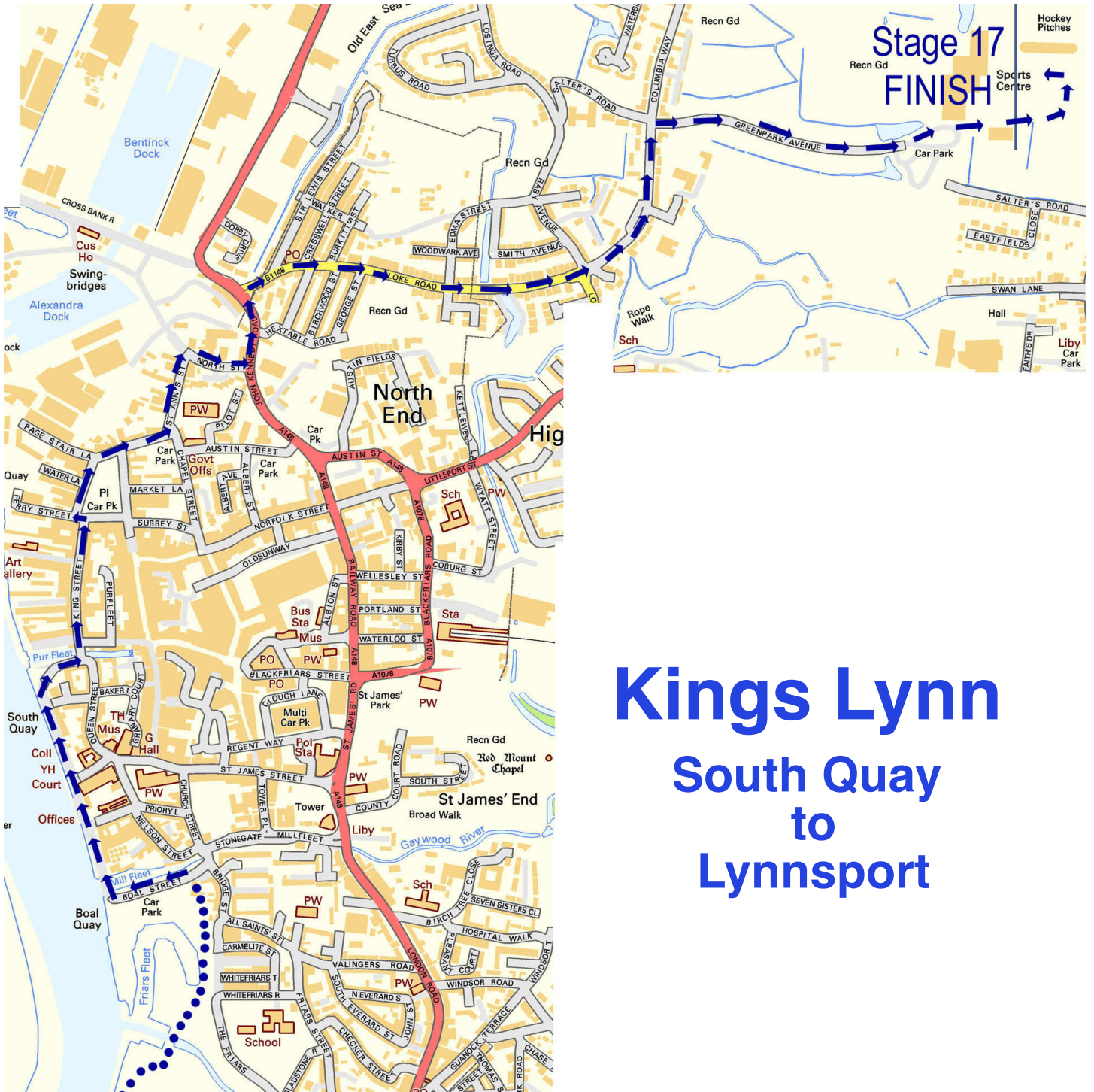


Stage 17

Stowbridge to Kings Lynn

11.73 miles

1 square = 1km



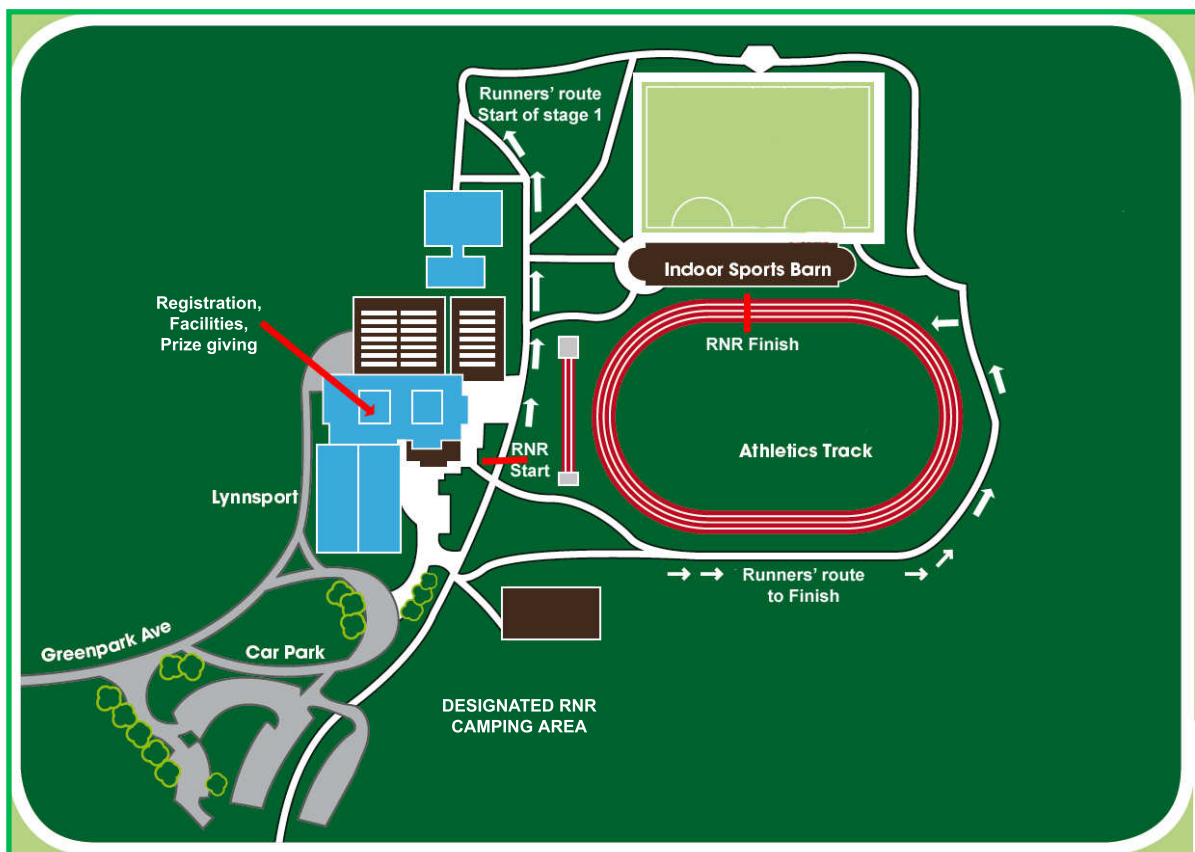
Kings Lynn

South Quay to Lynnsport

Summary of Stages

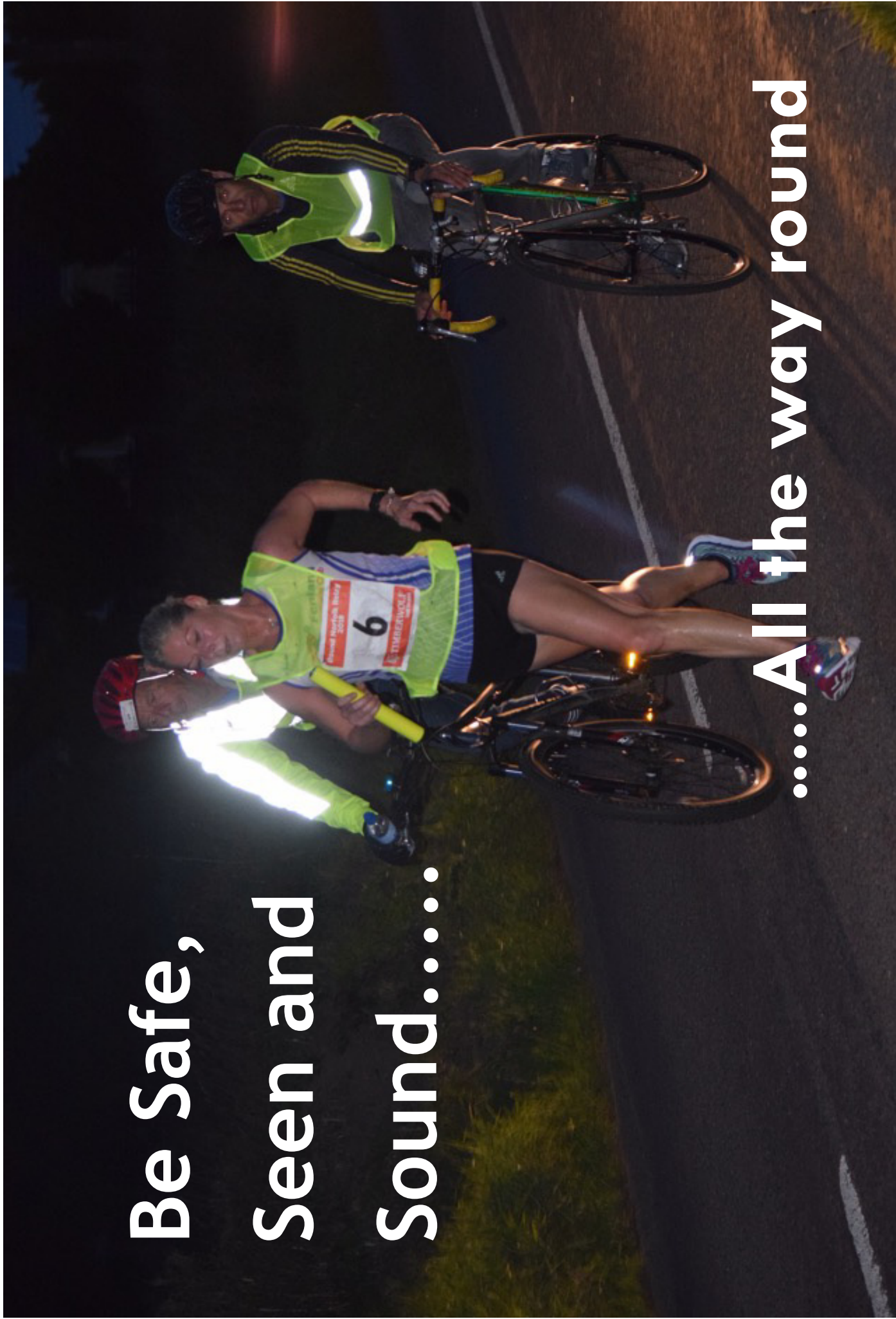
Stage No	Stage Description	Distance	Cumulative Distance	Surface
1	Kings Lynn to Hunstanton	16.32	16.32	Multi Terrain
2	Hunstanton to Burnham Overy	13.75	30.07	Multi Terrain
3	Burnham Overy to Wells	5.76	35.83	Multi Terrain
4	Wells to Cley	11.14	46.97	Multi Terrain
5	Cley to Cromer	10.81	57.78	Multi Terrain
6	Cromer to Mundesley	7.90	65.68	Multi Terrain
7	Mundesley to Lessingham	9.24	74.92	Road
8	Lessingham to Horsey	7.52	82.44	Road
9	Horsey to Belton	16.60	99.04	Road
10	Belton to Earsham	18.13	117.17	Road
11	Earsham to Scole	12.45	129.62	Road
12	Scole to Thetford	19.67	149.29	Road
13	Thetford to Feltwell	13.25	162.54	Road
14	Feltwell to Wissington	7.27	169.81	Road
15	Wissington to Downham Market	10.59	180.40	Road
16	Downham Market to Stowbridge	5.49	185.89	Road
17	Stowbridge to Kings Lynn	11.73	197.62	Multi Terrain

Round Norfolk Relay - Lynnsport plan



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Seen and
Sound.....

.....All the way round



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