

## SUMMARY OF STAGES AND FACILITIES AT CHANGE-OVER POINTS (2019)

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.  
Items in red indicate changes made in 2019.

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	Portaloos x2	Wiverton Hall Café and Cley	Park Wiveton 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	<b>Tri Anglia</b>
8	Lessingham	7.52	16	2006	Road	Village hall	None	Parking	Dune Runners
9	Horsey	16.60	18	2016	Road	National Trust	Kiosk (limited opening)	Free parking, showers	CONAC
10	Belton	18.13	18	2016	Road	Portaloos 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	Portaloos x1	None	Parking in field	Haverhill AC
13	Thetford	13.25	17	2008	Road	Portaloos x1	Snacks ( <i>Thetford AC</i> )	Park on side road	Thetford AC
14	Feltwell	7.27	16	2012	Road	Portaloos x2	None	Park on side road	Bishop's Stortford
15	Wissington	10.59	16	2012	Road	Portaloos x2	None	Parking by changeover	Cambs and Coleridge
16	Downham Market	5.49	15	2002	Road	Portaloos in Heygates car park	None	Heygates Car Park	<b>Fenland RC</b>
17	Stowbridge	11.73	17	2006	Multi-Terrain	Portaloos x1	<b>Heron Public House</b>	Small car park	Stowmarket <b>Ryston Runners</b> W.Norfolk (Lynnsport)