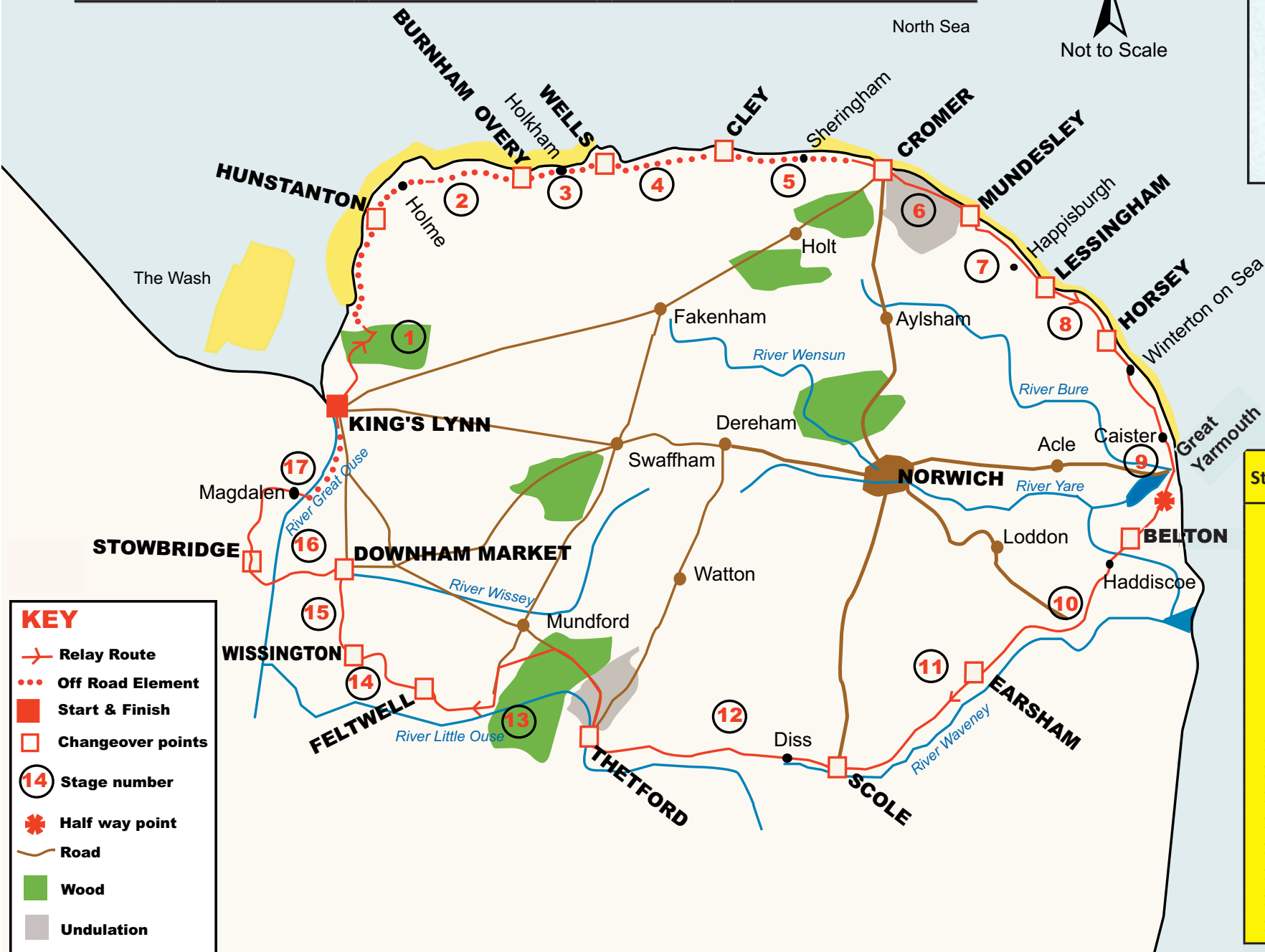
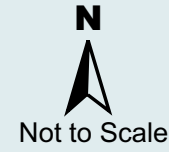


THE ROUND NORFOLK RELAY COURSE



KEY

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

DISTANCES (MILES)

Stage	Distance	Run Distance
1	16.32	16.32
2	14.06	30.38
3	5.76	36.14
4	11.14	47.28
5	10.81	58.09
6	7.90	65.99
7	9.24	75.23
8	7.52	82.75
9	16.60	99.35
10	18.13	117.48
11	12.45	129.93
12	19.67	149.60
13	13.25	162.85
14	7.27	170.12
15	10.59	180.71
16	5.49	186.20
17	11.73	197.93