

SUMMARY OF STAGES AND FACILITIES AT CHANGE-OVER POINTS (2017)

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 2017.

Stge	Start Location	Miles	Min Age	1st Year	Terrain	Toilets	Food/Drink	Other Facilities	Marshalls	Course Signing
1	King's Lynn	16.32	18	2015	Multi-Terrain	Yes (Plenty)	Meal Service	Change/Shower Parking	Dereham,	Ryston Runners AC
2	Hunstanton	14.06	17	2005	Multi-Terrain	Public	Café nearby	Free parking Designated area	Reepham R	Reepham R
3	Burnham Overy	5.76	15	2010	Multi-Terrain	The Boathouse,	Coffee	Limited parking	Cottishall	Coltishall J
4	Wells	11.14	17	2010	Multi-Terrain	Public	Café	Parking (Pay and Display)	Norfolk Gazelles,	Norfolk Gazelles,
5	Cley	10.81	16	2010	Multi-Terrain	Portaloo x2	Wiveton Hall Café	Park Wiveton Hall/Ch.over	NRR	NRR
6	Cromer	7.90	16	2006	Road	Public	Café	Parking (Pay & Display)	NNBR	NNBR
7	Mundesley	9.24	16	2006	Road	Village Hall	Snacks Village hall	Limited parking	NNBR	NNBR
8	Lessingham	7.52	16	2006	Road	Village hall	None	Parking	CONAC	CONAC
9	Horsey	16.60	18	2016	Road	National Trust	Kiosk	Free parking, showers	CONAC, Bedford H	CONAC
10	Belton	18.13	18	2016	Road	Portaloo x1	Not known	Free parking	GYRR, Wymondham	GYRR,
11	Earsham	12.45	17	2014	Road	Toilets in Centre	Snacks	Free parking	Bungay BDRC	Bungay BDRC
12	Scole	19.67	18	2008	Road	Portaloo x1	Burger Bar	Parking in field	Haverhill AC	Haverhill
13	Thetford	13.25	17	2008	Road	Portaloo x1	Snacks (<i>Thetford AC</i>)	Park on side road	Thetford AC	Thetford AC
14	Feltwell	7.27	16	2012	Road	Portaloo x2	None	Park on side road	Bishop's Stortford	Bishop's Stortford
15	Wissington	10.59	16	2012	Road	Portaloo x2	None	Parking by changeover	Cams and Coleridge	Cams and Coleridge
16	Downham Market	5.49	15	2002	Road	Portaloos in Heygates car park	None	Heygates Car Park	Tri Anglia	Tri Anglia
17	Stowbridge	11.73	17	2006	Multi-Terrain	Portaloo x1	None	Small car park	Stowmarket, W.Norfolk, Pinks & Blacks	St.Edmund.Pacers