

	Stage		Runner	Cyclist	Night Car	Est Start Time
1	Kings Lynn - Hunstanton	16.81	Paul Davies	Jan Blake	n/a	07:00
2	Hunstanton - Burnham Overy	14.06	Paul Cooke	Jan Blake	n/a	09:00
3	Burnham Overy. - Wells	5.76	Juliet Naylor	n/a	n/a	10:45
4	Wells - Cley	11.14	Andy Hedley	Debs Bryant	n/a	11:30
5	Cley - Cromer	10.81	Charlie Arnold	Debs Bryant	n/a	13:15
6	Cromer - Mundesley	7.90	Rob Morgan	Chris Watson	n/a	15:00
7	Mundesley - Lessingham	9.24	Sarah-Jane Seaman	Debs Bryant	n/a	15:50
8	Lessingham - Horsey	7.52	Simon Strong	Paul Cooke	Paul Davies	17:10
9	Horsey - Belton	16.60	Ian Grimwood	Robin / Fiona	Andrew Hedley	18:25
10	Belton - Earsham	18.13	Nick Haworth	Kevin Parker	Simon Strong	20:55
11	Earsham - Scole	12.45	Juliet Grimwood	Kevin Parker	Andrew Hedley	23:10
12	Scole - Thetford	19.67	John Stott	Rob Morgan	Charlie Arnold	01:10
13	Thetford - Feltwell	13.25	Frank McLoughlin	Rob Morgan	Juliet / Ian Grimwood	03:50
14	Feltwell - Wisington	7.27	Zoe Luscombe	Sarah-Jane Seaman	Juliet / Ian Grimwood	05:50
15	Wisington - Downham Market	10.59	Neil Harvey	Andrew Hedley / Charlie Arnold	n/a	06:55
16	Downham Market - Stowbridge	5.49	Vicky Berry	Andrew Hedley / Charlie Arnold	n/a	08:20
17	Stowbridge - Kings Lynn	11.73	Natalie Morgan	Robin / Fiona	n/a	09:10