

Stage			Runner	Cyclist	Night Car	Est Start Time
1	Kings Lynn - Hunstanton	16.81	Ian Grimwood	Jan Blake	n/a	06:00
2	Hunstanton - Burnham Overy	14.06	Charles Arnold	Jan Blake	n/a	08:35
3	Burnham Overy. - Wells	5.76	Deb Bryant	n/a	n/a	10:25
4	Wells - Cley	11.14	Christopher Watson	Jan Blake	n/a	11:10
5	Cley - Cromer	10.81	Andy Hedley	Deb Bryant	n/a	12:35
6	Cromer - Mundesley	7.90	Gary Baldwin	Deb Bryant	n/a	14:25
7	Mundesley - Lessingham	9.24	Sarah-Jane Harman	Andrew Deans	n/a	15:30
8	Lessingham - Horsey	7.52	Robin Wynde	Deb Bryant	Gary Baldwin / Andy Hedley	16:50
9	Horsey - Belton	16.60	Neil Harvey	Christopher Watson	Andy Hedley	17:55
10	Belton - Earsham	18.13	Nick Haworth	Charlie Arnold	Andy Hedley	20:10
11	Earsham - Scole	12.45	Paul Cooke	Kevin Parker	Gary Baldwin	22:20
12	Scole - Thetford	19.67	John Stott	Kevin Parker	Gary Baldwin	23:45
13	Thetford - Feltwell	13.25	Frank Mcloughlin	Neil Harvey	Andy Hedley	02:10
14	Feltwell - Wissington	7.27	Vicky Berry	Gary Baldwin	Nick Haworth	04:05
15	Wissington - Downham Market	10.59	Julian Brunt	Ian Grimwood	n/a	05:10
16	Downham Market - Stowbridge	5.49	Zoe Luscombe	Robin Wynde	n/a	06:50
17	Stowbridge - Kings Lynn	11.73	Juliet Grimwood	Robin Wynde	n/a	07:40