

| Stage |                                    |              | Runner             | Cyclist            | Night Car      | Est Start Time |
|-------|------------------------------------|--------------|--------------------|--------------------|----------------|----------------|
| 1     | <b>Kings Lynn - Hunstanton</b>     | <b>16.81</b> | Paul Cooke         | Jan Blake          | n/a            | 07:30          |
| 2     | <b>Hunstanton - Burnham Overy</b>  | <b>14.06</b> | Natalie Garner     | Jan Blake          | n/a            | 09:25          |
| 3     | <b>Burnham Overy. - Wells</b>      | <b>5.76</b>  | Deb Bryant         | n/a                | n/a            | 11:10          |
| 4     | <b>Wells - Cley</b>                | <b>11.14</b> | Christopher Watson | Jan Blake          | n/a            | 12:00          |
| 5     | <b>Cley - Cromer</b>               | <b>10.81</b> | Charlie Arnold     | Deb Bryant         | n/a            | 13:20          |
| 6     | <b>Cromer - Mundesley</b>          | <b>7.90</b>  | Paula Frost        | Deb Bryant         | n/a            | 14:45          |
| 7     | <b>Mundesley - Lessingham</b>      | <b>9.24</b>  | Hannah Broom       | Deb Bryant         | n/a            | 15:45          |
| 8     | <b>Lessingham - Horsey</b>         | <b>7.52</b>  | Mark Stead         | Christopher Watson | Deb Bryant     | 16:50          |
| 9     | <b>Horsey - Belton</b>             | <b>16.60</b> | Neil Harvey        | Christopher Watson | Deb Bryant     | 18:00          |
| 10    | <b>Belton - Earsham</b>            | <b>18.13</b> | Nick Haworth       | Charlie Arnold     | Mark Stead     | 20:20          |
| 11    | <b>Earsham - Scole</b>             | <b>12.45</b> | Ian Grimwood       | Kevin Parker       | Natalie Garner | 22:30          |
| 12    | <b>Scole - Thetford</b>            | <b>19.67</b> | Rob Morgan         | Kevin Parker       | Neil Harvey    | 00:20          |
| 13    | <b>Thetford - Feltwell</b>         | <b>13.25</b> | Frank Mcloughlin   | Mark Stead         | Nick Haworth   | 02:40          |
| 14    | <b>Feltwell - Wisington</b>        | <b>7.27</b>  | Gary Baldwin       | Mark Stead         | Rob Morgan     | 04:35          |
| 15    | <b>Wisington - Downham Market</b>  | <b>10.59</b> | Juliet Grimwood    | Robin Wynde        | Ian Grimwood   | 05:35          |
| 16    | <b>Downham Market - Stowbridge</b> | <b>5.49</b>  | Corinne Calligan   | Robin Wynde        | n/a            | 07:15          |
| 17    | <b>Stowbridge - Kings Lynn</b>     | <b>11.73</b> | Natalie Morgan     | Rob Morgan         | n/a            | 08:10          |