

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	Running Distance
1	16.32	16.32
2	14.06	30.38
3	5.39	35.77
4	12.76	48.53
5	8.61	57.14
6	7.86	65.00
7	9.24	74.24
8	7.52	81.76
9	11.30	93.06
10	15.08	108.14
11	19.60	127.74
12	19.67	147.41
13	13.25	160.66
14	8.80	169.46
15	7.20	176.66
16	5.49	182.15
17	11.73	193.88