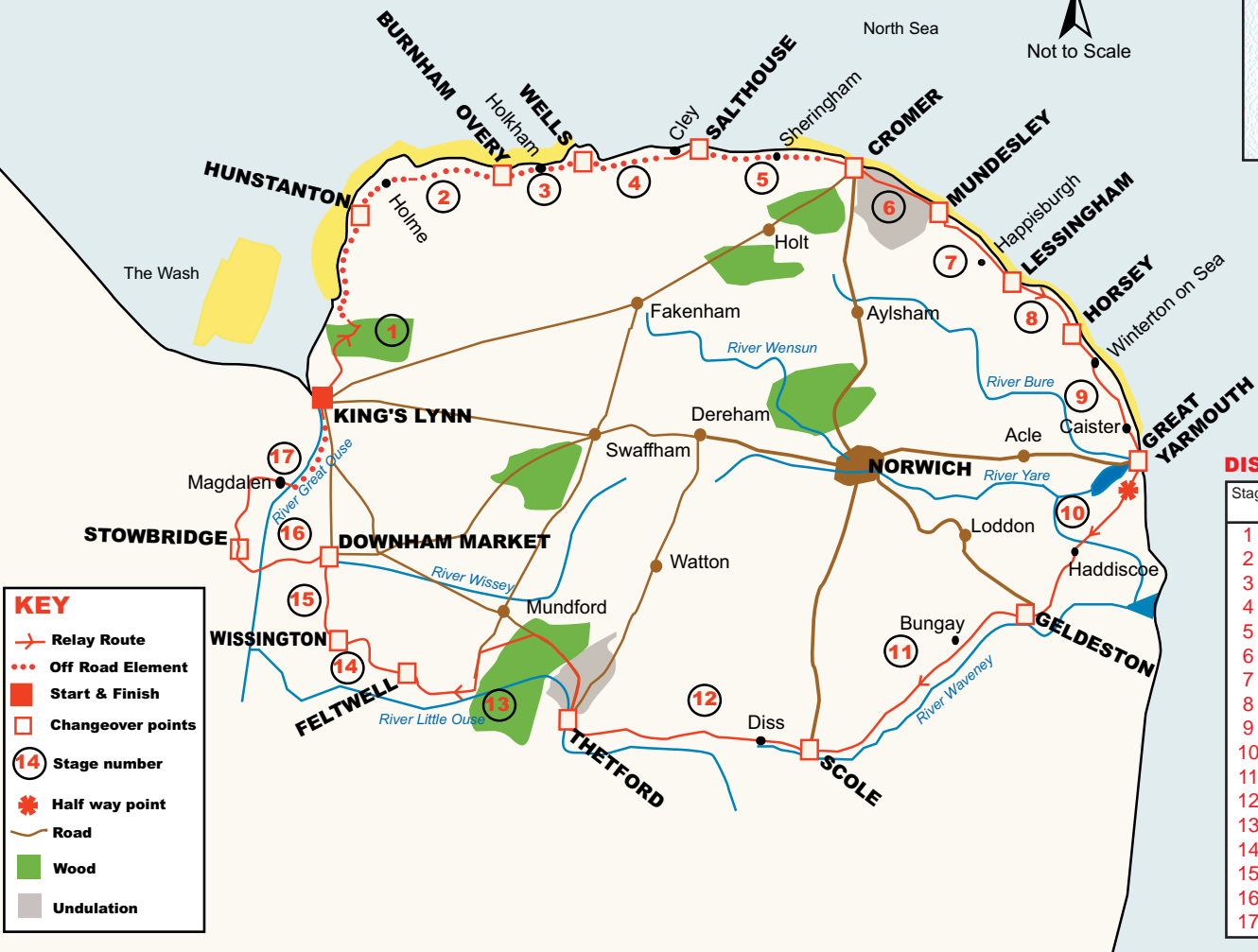


THE ROUND NORFOLK RELAY COURSE



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	12.85	48.62
5	8.61	57.23
6	7.86	65.09
7	9.24	74.33
8	7.52	81.85
9	11.30	93.15
10	15.08	108.23
11	19.60	127.83
12	19.67	147.50
13	13.25	160.75
14	8.80	169.55
15	7.20	176.75
16	5.49	182.24
17	11.73	193.97