CHECKPOINTS 50 KM RACE

RACE REGISTRATION : 0930-1100 RACE BRIEF: 1115 RACE START: 1130

REGISTRATION AND RACE START ARE BOTH AT THE STALHAM POPPY CENTRE (Please bear in mind that this is also Checkpoint 3 for the 50 mile race so runners may be coming in to use the facilities while you are registering, please make way for them as they may be in a rush and feel free to cheer them on)

Stalham Poppy Centre, Recreation Rd, Stalham, Norwich NR12 9BH

Checkpoint 1 - 12.5 km - North Walsham Community Centre, New Rd, North Walsham NR28 9DF (Cut off 15:10 hrs) (ten past 3pm)

Checkpoint 2 - 25.5 km - Bucks Inn, Blickling Hall, Aylsham, NR11 6NF..no official cut off but checkpoint will close at 17:30

Checkpoint 3 - 35.5 km - Cricketers on the Green Public House, The Green, Aldborough, Norwich, NR11 7AA (Cut off 19:10 hrs) (ten past 7pm)

Finish - 50 km - Cromer Pier/Promenade, Cromer, NR27 9HE (Finish cut off time is 21:30 hrs) (half past 9pm)

Post race refreshments/drop bag collection – Cromer Community Centre, Garden Street, Cromer NR27 9HN