## GETTING TO THE START AND FINISH OF THE BOUDICCA WAY ULTRAMARATHON

This is one of the most logistically easy A to B ultramarathons you could do. We strongly encourage parking in Norwich and getting the train. It's only a 16 minute train journey.

## THE START/ REGISTRATION

The start is at Hope Church, Vinces Road, Diss, IP22 4HQ <a href="https://www.wearehopechurch.net/">https://www.wearehopechurch.net/</a>

This is about 200 metres from Diss train station. A 2 minute walk.

If you are arriving from Norwich, cross over the bridge at the station, walk down the road opposite (Gilray road) and turn right, just after Fisher road you will see Hope Church on the right hand side.

There are regular train services from Norwich to Diss. The journey takes 16 minutes and trains leave on the hour and at half past the hour. So a 0632, 0700 or 0732 train would get you to the start in time, although the earlier of these times is preferable to prevent a rush of people needing registering and trackers at the last minute.

Registration will be open from approximately 0630.

There is limited on street parking here and there are pay and display car parks in town but some of them are limited to 2 hr stays so only really ideal for drop offs. Please do not park at Hope Church as there will be lots of people here registering and event staff need access to vehicles etc..

## THE FINISH

The finish line is at The Manor Rooms, Trowse, Norwich, NR14 8ST Trowse is a lovely village with a large village green and is next to the river.

The Manor Rooms are centrally located in Trowse just up the road from the White Horse pub (about 20 metres away!)

It is a beautiful old building (the Manor Rooms, not the pub..although the pub is quite nice) and we are very lucky to be allowed to use it.

Trowse will be an excellent location, you will be able to cheer your runners for the last 200 metres or so as they pop out from the riverside path and run up to the Manor Rooms.

There are 3 pubs and a cafe in Trowse so you can spend a lovely few hours in the sunshine at Trowse waiting for the runners to arrive. Plus there is an extensive playpark for those with younger children.

If you are a dog owner and you are waiting for your runner then there are excellent dog walks (some of the best in Norwich) around Whitlingham broad and the woods. Well worth a visit.

Again, if you are travelling by car we encourage you to use pay and display car parks in Norwich or down Whitlingham lane (there are a few free spaces here) and there is a big car park at Whitlingham Country Park (you can park all day for £6).

Car park is on Whitlingham Lane, NR14 8TR

From here it is a 15 minute walk to the Manor Rooms or if you are parking here and getting the train to the start it is a 2 mile walk (30 minutes at least I would guess).

Do not try and park at Norwich Ski Club and do not park on double yellow lines on Whitlingham lane.

Trowse itself is a small village with very narrow lanes so it is not advisable to park anywhere in the village beyond the White Horse pub. If you are using the pub then the pub car park is fair game I guess..