

GETTING THERE 50 MILE ROUTE

ACLE FOR THE 50 MILE ROUTE

Train:

Acle is on the main line from Norwich to Great Yarmouth but the service doesn't start early enough on a Saturday morning to get you to the start on time. But if you are staying in Acle the night before then it is fine. There are several accommodation options locally with the Travelodge being a short 10 minute walk from the start and registration at Acle Recreation Ground.

Bus:

The X1 bus from Great Yarmouth Market Gates departs at 0630 and arrives at Acle Kings Head at 0646, this is about a 400 metre walk to the start. If you get this bus don't dawdle as registration closes 0715. There are no good buses from Norwich that time of day.

Car:

Acle Recreation centre is at Bridewell Lane, Acle, NR13 3RA. It is the turning just next to the Methodist church. Acle is just off the main A47 between Norwich and Great Yarmouth. There is ample parking at the start and it is free. Cars are obviously left at owner's risk.

GETTING BACK TO YOUR CAR IF YOU LEAVE IT AT ACLE

Remember this is an A to B race so you will be finishing 50 miles away from your car in Cromer if you leave your car at Acle so we would recommend lift sharing or getting dropped off if possible. Getting back to Acle after the race will not be a very quick journey on public transport as you would need to get the train to Norwich and then the connecting Great Yarmouth service that stops at Acle. This is a possible option for early finishers but not recommended.

Taxis:

There are several taxi companies in Cromer and a rough price for a cab to Acle from Cromer is £58 , so if you were thinking of this option sharing between 4 wouldn't be too costly.

Car parks in Cromer:

For getting picked up your spectators have a choice of a few car parks. The closest one is actually at the end of the Weavers way just off Meadow Road/ West street NR27 9DS. Other options are Cadogan road NNDC car park , NR27 9HU (this is uphill from the finish but only 350 metres away so you might need a piggyback) or Runton road NNDC car park , NR27 9AU next to Blue Sky café at the top of the rise on the coast road (this is about 800 metres from the finish).

Lift sharing:

The trail running community in Norfolk is very friendly (as are most trail runners) so you may find that you could get a lift back with a local runner if you are in a real pickle. If you find yourself in a situation where you haven't planned your return journey then you can always discuss this with a marshal or race director to see what other local options there are (this

may mean getting a lift back to Acle in the early hours when the race has packed up as we cannot guarantee lifts). **So the bottom line is please plan for this part of the race.**

GETTING TO STALHAM FOR THE 50 KM ROUTE

Bus:

There is only one bus from Norwich that will get you to Stalham on time for the start and that is the 5B bus , this leaves Norwich Castle meadow at 09:55 and gets to Stalham Tescos for 10:46. This is almost exactly 1km to registration at Stalham Poppy Centre (which is just off Recreation rd at the top of St Johns Road). NR12 9BH is the postcode for the Poppy Centre. When you have registered here you will be directed to the start of the Weavers' way which is back down St Johns road and right at the bottom to assemble on the gravel path.

From Great Yarmouth the X6 bus leaves from Market Gates stop at either 0830 or 1030, both of these will get you to Stalham on time. The latter bus arrives in Stalham 11:15 which is a full hour before the start and should allow you enough time to get registered and to the start line. (this bus passes through Caister, Ormesby St Michael, Rollesby, Potter Heigham, Catfield, Ludham and Sutton)

Please check bus times in advance as these change from time to time.

Car:

Car parking is limited in Stalham. You will not be able to leave your car at The Poppy Centre as there are only 3 or 4 spaces and the gates are locked at dusk so you won't be able to get out. There are some free spaces on the High street and a small pay and display car park at the end of the High Street at the start of the Weavers way (this is currently £1 for the first 2 hours and then 70p an hour after that). For this reason we strongly recommend lift sharing or getting dropped off and picked up at the end.

If you do need to get back to Stalham at the end the best taxi quote is currently £36.50 for a 4 person car from Cromer (so between 4 of you is less than £10 each). I couldn't begin to work out a public transport option for getting back to Stalham I think that would be quite a logistical challenge!

Please remember to plan your route home before you start or book a B and B in Cromer of which there are plenty.

