

**NORWICH AND DISTRICT  
WEDNESDAY RUNS 2017**

Updated 20/01/2017

<b>Date</b>	<b>Event</b>	<b>Start time</b>	<b>Start Location</b>	<b>Finish Location</b>	<b>Contact</b>	<b>Cost</b>	<b>Description</b>
24/05/17	Ranworth Broad Run	12 noon	Village Hall, Ferry Lane, Postwick, Norfolk, NR13 5HL.	Granary Café, The Staithe, Ranworth, Norfolk, NR13 6HY.	Bob Forster, 2 Harbord Road, Frettenham, Norfolk, NR12 7ND. 01603 737540	Free	30 mile Run.
22/06/17	Round Norwich Run (Evening)	6.30 p.m.	13 Falcon Road East, Sprowston, Norwich, NR7 8XZ. 01603 412217.	Sole and Heel P.H., Salhouse Road, Rackheath, Norfolk, NR13 6QH. 01603 720146	Mike Henry, 13 Falcon Road East, Sprowston, Norwich, NR7 8XZ. 01603 412217.	£3.00	Nearly the Longest Day Run
12/07/17	Sheringham Run	12 noon	Village Hall, Ferry Lane, Postwick, Norfolk, NR13 5HL.	The Funky Mackerel, Cliff Road Car Park, Sheringham, Norfolk, NR26 8BJ. 01263 826285.	Brian & Jimmy Francis, 32 Borton Road, Blofield Corner, Norfolk, NR13 4RU. 01603 713767.	Free	30 mile Run.
09/08/17	Cherry Lane Run	12 noon	Village Hall, Ferry Lane, Postwick, Norfolk, NR13 5HL.	Cherry Lane Garden Centre, Beccles Road, Fritton, Gt. Yarmouth, Norfolk, NR31 9EU. 01493 488212	Mike Henry, 13 Falcon Road East, Sprowston, Norwich, NR7 8XZ. 01603 412217.	Free	30 mile Run.
13/09/17	Cromer Run	12 noon	Village Hall, Ferry Lane, Postwick, Norfolk, NR13 5HL.	Blue Sky Café, Runtton Road, Cromer, Norfolk, NR27 9AU. 07833 682917	Brian & Jimmy Francis, 32 Borton Road, Blofield Corner, Norfolk, NR13 4RU. 01603 713767.	Free	30 mile Run