

**NORWICH AND DISTRICT
WEDNESDAY RUNS 2019**

23/01/2019

Date	Event	Start time	Start Location	Finish Location	Contact	Cost	Description
08/05/19	Ringland Run	12 noon	Ringland Swan, 1 The Street, Ringland, Norwich, NR8 6AB	Back to the Garden, Farm Shop & Restaurant, Letheringsett, Holt, Norfolk, NR25 7JJ.	John Wells, 66 Hall Lane, North Walsham, NR28 9DU 01692 404494	Free	30 mile run
29/05/19	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.
10/07/19	Walcot Run	12 noon	Village Hall, Ferry Lane, Postwick, Norfolk, NR13 5HL.	Kingfisher Café, Coast Road, Walcot, NR12 0AP.	Brian & Jimmy Francis, 32 Borton Road, Blofield Corner, Norfolk, NR13 4RU. 01603 713767.	Free	30 mile Run.
11/09/19	Cromer Run	12 noon	Village Hall, Ferry Lane, Postwick, Norfolk, NR13 5HL.	Blue Sky Café, Runton Road, Cromer, Norfolk, NR27 9AU. 07833 682917	Brian & Jimmy Francis, 32 Borton Road, Blofield Corner, Norfolk, NR13 4RU. 01603 713767.	Free	30 mile Run