

**MX5 OWNERS CLUB EASTERN REGION**

**THE HMF™ SUMMER RUN 17 JULY 2005**

start point: Sainsbury's / McDonald's Carpark, London Road, Thetford IP24 3QL

**Important: We leave at 9.30 am sharp !!!**

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**ZERO YOUR TRIP ON LEAVING THE CAR PARK.**

miles	kms	<b>SECTION 1, THETFORD TO SOUTH ELMHAM HALL</b>
0.0	0.0	On leaving Sainsbury's turn left and continue on road over two sets of traffic lights (not including pedestrian crossings) & mini roundabout until reaching first main roundabout.
1.9	3.0	At roundabout take 3rd exit towards Diss on A1066.
2.5	4.0	At roundabout take 1st exit towards Diss on A1066.
6.2	10.0	Just after the Shadwell sign post take next left signposted with a Caravan & camping sign. This turn is like a slip road, be aware of possible traffic from right.
		Follow road through forest.
9.6	15.5	At crossroads straight over up hill towards Kenninghall not signposted.
11.2	18.0	At T-junction turn left towards Kenninghall not signposted.
13.0	21.0	Kenninghall, through village towards Banham.
14.6	23.5	Banham, through village continue to junction just after sharp right hand bend.
15.7	25.5	At junction turn right signposted Industrial Area. Visibility of oncoming traffic poor be aware. Road narrows to single track.
17.1	27.5	At crossroads turn right B1077 to Diss.
17.3	28.0	Turn left towards The Pulhams B1134. Follow road over level crossing at Maltings to A140 crossroads.
23.8	38.5	At crossroads straight over signposted The Pulhams. This is a very busy junction be aware.
24.5	39.5	Pulham Market, on leaving village is a lay-by outside the school on right hand side , Regroup at this point.
25.4	41.0	Pulham St Mary, on leaving village over humped bridge toward Starston.
27.6	44.5	Starston village 20MPH over narrow bridge towards Harleston.
28.8	46.5	Harleston follow signpost Town centre, at T-junction turn left into One-way street & follow road out of town towards Yarmouth A143 to roundabout.
30.1	48.5	At roundabout straight over signposted Redenhall.
		Through village toward Wortwell.
31.0	50.0	Wortwell, through village to T-junction.
32.0	51.5	At T-junction turn right B1062 Homersfield .Take second turning on right signposted South Elmham Hall & Minster.
33.0	53.0	At crossroads turn left Keep following signs for South Elmham Hall.
33.4	54.0	South Elmham village, turn right up single track road signposted South Elmham Hall.
34.7	56.0	Turn right up drive to South Elmham Hall & Minster.
		<b>Time for a brew.</b>

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		<b>SECTION 2, SOUTH ELMHAM HALL TO LONG STRATTON</b>
<b>miles</b>	<b>kms</b>	
0	0.0	On leaving South Elmham Hall turn right & continue on single track road to T-junction.
0.6	1.0	At T-junction turn right signposted Halesworth , continue on this road.
3.3	5.5	UNMARKED HUMPED BACK BRIDGE BE AWARE, TOO FAST AND YOU WILL BE AIRBORNE!!
3.5	6.0	Rumburgh village continue on road.
5.1	8.0	Wissett village continue on road & immediately after Humped back bridge turn left signposted Bungay. Single track road
7.9	13.0	Turn right signposted Bungay and continue to T-junction.
8.6	14.0	At T-junction turn left on A144 to Bungay , note speed restrictions. Follow road to Bungay.
14.2	23.0	Bungay, follow road through town until roundabout, at roundabout straight over following sign for Ditchingham, down cobbled one-way street.
15.3	24.5	Ditchingham at roundabout straight over signposted B1332 Norwich, continue on road until Brooke.
22.4	36.0	Brooke turn left at crossroads near Kingshead pub signposted Baptist Chapel & follow the signs for Shotesham.
25.1	40.5	Shotesham, through village & turn left at Church on the hill signposted Saxlingham & continue to T-junction.
27.4	44.0	Saxlingham, at T- junction turn left for Hempnall not signposted & continue on road .
29.3	47.0	Hempnall, on entering village turn right at War memorial & then take first left both signposted Fritton ,single track road to crossroads.
30	48.5	At crossroads straight over signposted Fritton
30.8	49.5	Fritton, on entering village take first turn on right, passing the phone box. The common should now be on your left, follow road to T-junction.
31.7	51.0	At T-junction turn right signposted Long Stratton & follow road round S-bends to T-junction .
33.4	54.0	Long Stratton, At T-junction turn right onto the A140 to Norwich, follow road over first set of traffic lights & just past Martins new Solar Co-op turn left into Swan Lane. Fuel on the right before the stop if you need it including Optimax !
33.8	55.5	<b>Turn left into Co-op car park for comfort stop.</b>

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miles	kms	<b>SECTION 3, LONG STRATTON TO COLTON</b>
0	0	Turn left out car park back onto Swan Lane note 20MPH speed limit and six speed humps, follow road to Forncett.
2.4	3.9	Forncett, continue on road following signs for Tacolneston to Forncett End to crossroad opposite the Jolly Farmers pub.
4.6	7.4	At crossroads turn left signposted New Buckingham B1113 follow road to Bunwell.
5	8.0	Bunwell, take first right signposted Bunwell into Bunwell Street & continue on this road to Spooner Row.
9.6	15.4	Spooner Row enter village note traffic calming system. At The Three Boars pub crossroads turn left signposted Sutton, continue over level crossing to roundabout & turn right signposted Wymondham. At next roundabout go straight over also signposted Wymondham to T-junction.
10.8	17.4	At T-junction turn left sign posted Morley & Wymondham College to next roundabout & turn right following All routes sign.
11.3	18.2	Turn right signposted Morley & Wymondham college. Passed Wymondham college on your right & continue to Crossroads in Morley.
12.8	20.6	AT crossroads straight over up the side of the Buck pub, signposted Wicklewood. Single track road continue to crossroads.
13.5	21.7	At crossroads straight over to next T-junction & turn right signposted Wiclewood & continue to next T-junction & turn right signposted Wymondham , then take first left to Kimberley & continue to Island junction.
14.5	23.3	At Island junction turn right (note ignore sign post twisted in different directions) & continue to crossroads.
14.9	24.0	At crossroads turn right onto the B1135 signposted Wymondham. Visibility poor of traffic from the right. Continue to T-junction & turn left signpost B1135 Dereham & continue onto Kimberley.
17.3	27.8	Kimberley, At T-junction turn right onto the B1108 signposted Norwich & continue past the Dereham turning to your next left turn to Barnham Broom signposted Barnham Broom Road. Beware of traffic coming from your left when you turn into this road there is a small road which joins it.
18.4	29.6	Barnham Broom, at crossroads go straight over & continue to Barnham Broom Country Club on right, take right turn signposted Colton at side of Country Club, single track road, take next left signposted Honingham into High House Farm Lane, continue round S-bend.
22.2	35.7	The Ugly Bug Inn on right hand side. Overflow car park on left hand side.
		<b>Lunch.</b>

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miles		kms		<b>SECTION 4, COLTON BACK TO THETFORD</b>	
0.0	0.0	On leaving the car park turn right (If in overflow turn left) to T-junction			
0.3	0.5	At T-junction turn left signposted Honingham & continue to next T-junction & turn left signposted East Tuddenham			
1.9	3.0	East Tuddenham continue through village.			
3.4	5.5	Mattishall continue through village , note 20MPH & speed humps.			
5.3	8.5	Yaxham continue through village towards Dereham on the B1135.			
7.8	12.5	Dereham, At roundabout go left signposted Watton A1075, go under flyover & over level crossing to traffic lights & turn left signposted Watton A1075. Continue on this road to Watton. Speed Camera on leaving Dereham.!!			
17.1	28.0	Watton, straight over at the traffic lights signposted Thetford A1075, continue on this road through Stowbedon & Wretham.			
28.3	46.5	Level crossing, continue to roundabout			
30.1	49.5	At roundabout turn right onto A11 signposted London / Newmarket & continue on this road over the next two roundabouts at the third roundabout turn left into Thetford & first left into Sainsbury/MacDonald's car park.			
33.9	55.5	<b>Finish .....</b>			