

Remember your essential kit: map, compass, whistle, full body cover, mobile phone, emergency food

In case of problems during run call:

Matt Brettle	07772843516
Sean O'Sullivan	07908730851
Colin Larmour	07974983413
Rob Brookes	07950398305
Mike Stone	07889130535
Anita Hamilton	07789860481
Dennis McDonald	07803924258
Elaine Stewart	07773809334
Sarah O'Sullivan	07908730850
Gary Gutteridge	07900321457

In emergency dial 999 or 112



START: 1 = Visitor Centre, 2 = Rowantree, 3 = Donview

