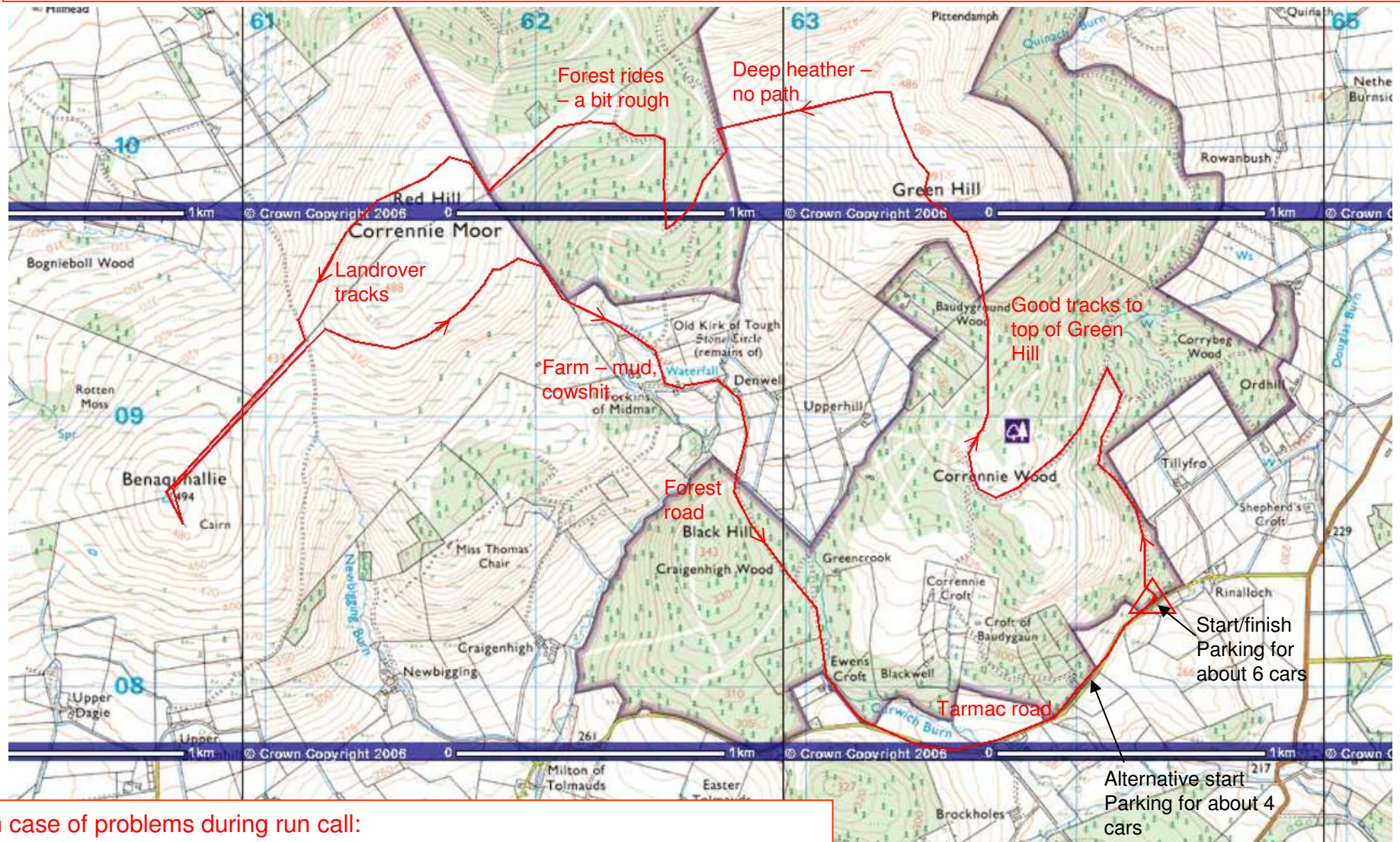


Remember your essential kit: map, compass, whistle, full body cover, mobile phone, emergency food



In case of problems during run call:

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

In emergency dial 999 or 112

About 13 km, 440 m climb

Start NJ 643 084