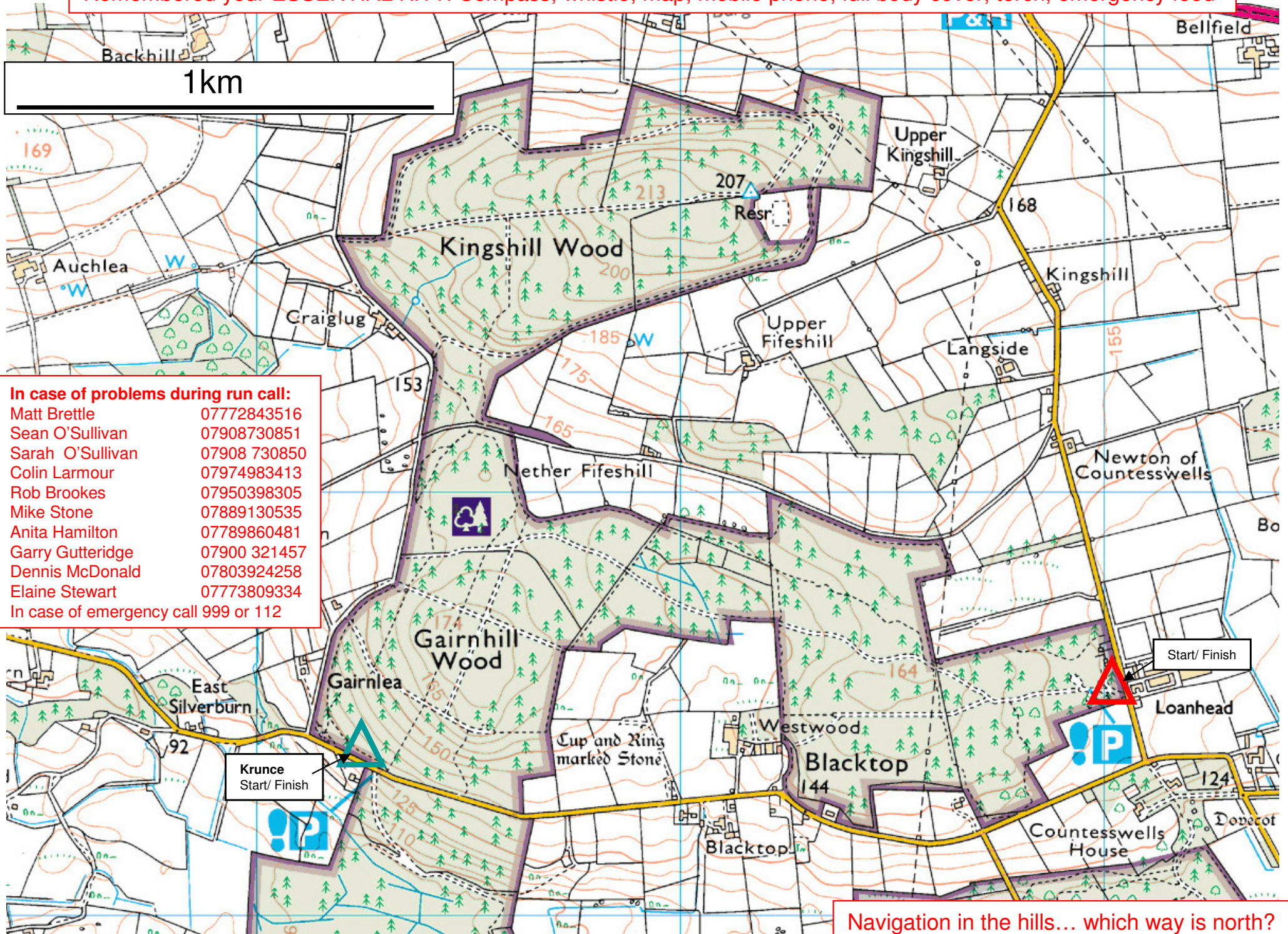


Remembered your ESSENTIAL KIT?: Compass, whistle, map, mobile phone, full body cover, torch, emergency food



In case of problems during run call:

Matt Brettle	07772843516
Sean O'Sullivan	07908730851
Sarah O'Sullivan	07908 730850
Colin Larmour	07974983413
Rob Brookes	07950398305
Mike Stone	07889130535
Anita Hamilton	07789860481
Garry Gutteridge	07900 321457
Dennis McDonald	07803924258
Elaine Stewart	07773809334

In case of emergency call 999 or 112

Navigation in the hills... which way is north?