

REMEMBER YOUR ESSENTIAL KIT: map, compass, whistle, mobile phone, full body cover, emergency food

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

