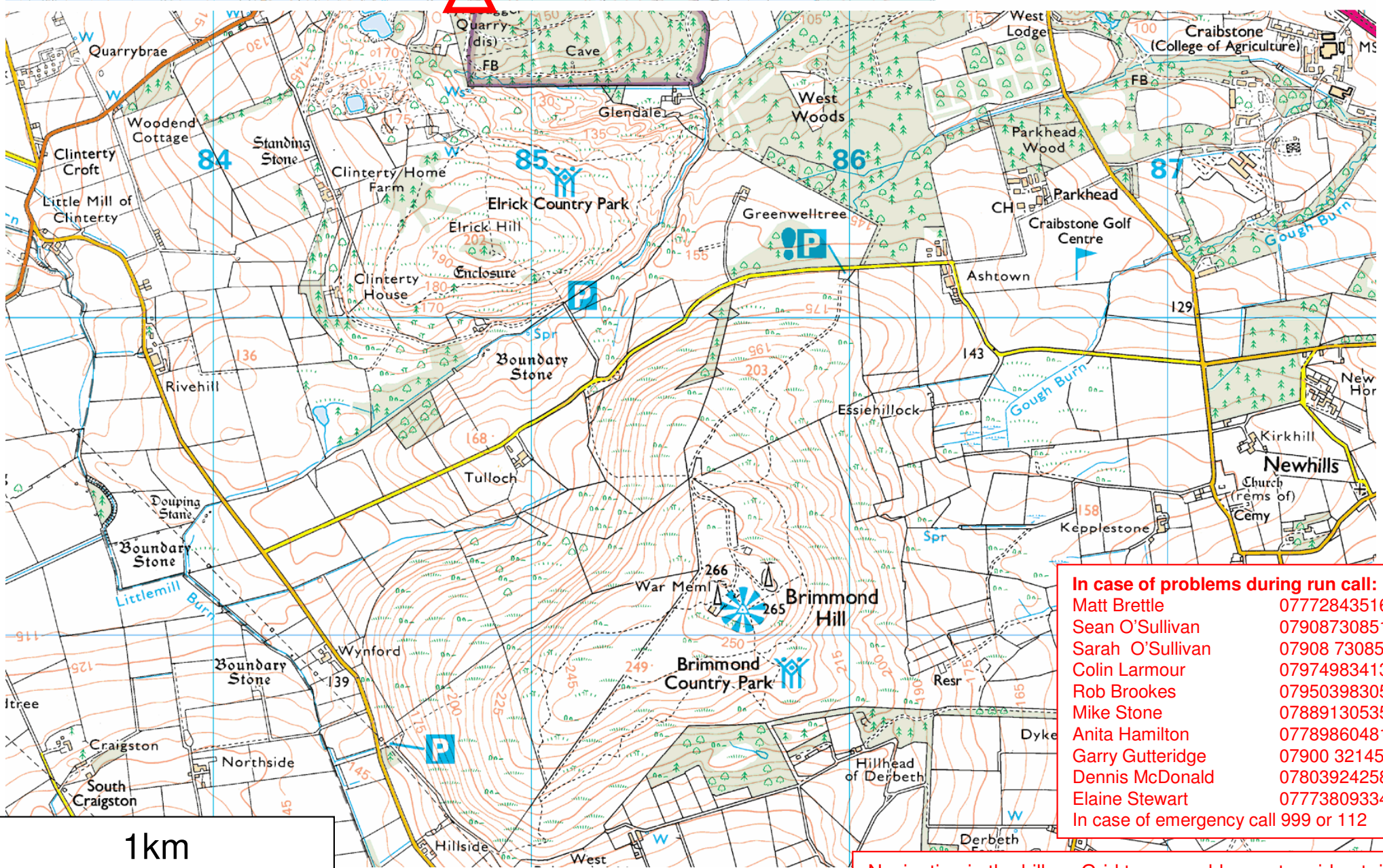
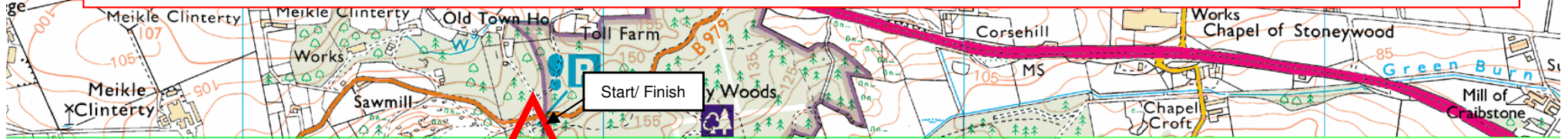
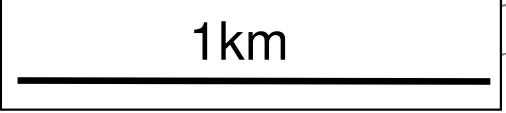


Remembered your ESSENTIAL KIT?: Compass, whistle, map, mobile phone, full body cover, torch, emergency food



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... Grid to mag add, mag to grid get rid