

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

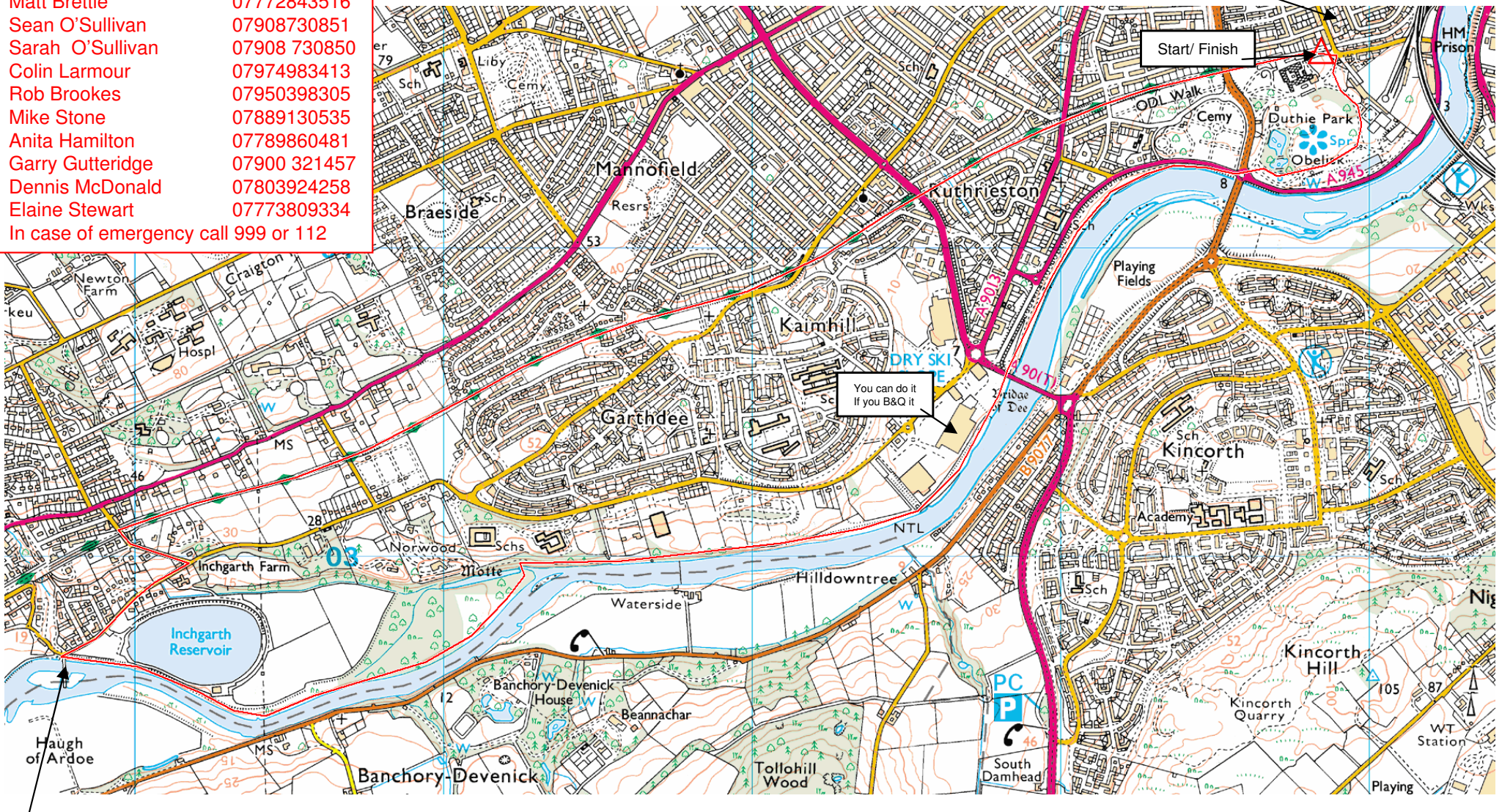


PUB! Inn in the Park

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



Furtherest point out – Up to railway and back into town

Safety on this run – WEAR FLUORESENT GEAR – AND TAKE CARE CROSSING ROADS
Route out along river, back along disused railway line



Navigation in the city... don't use a compass while standing next to a bus