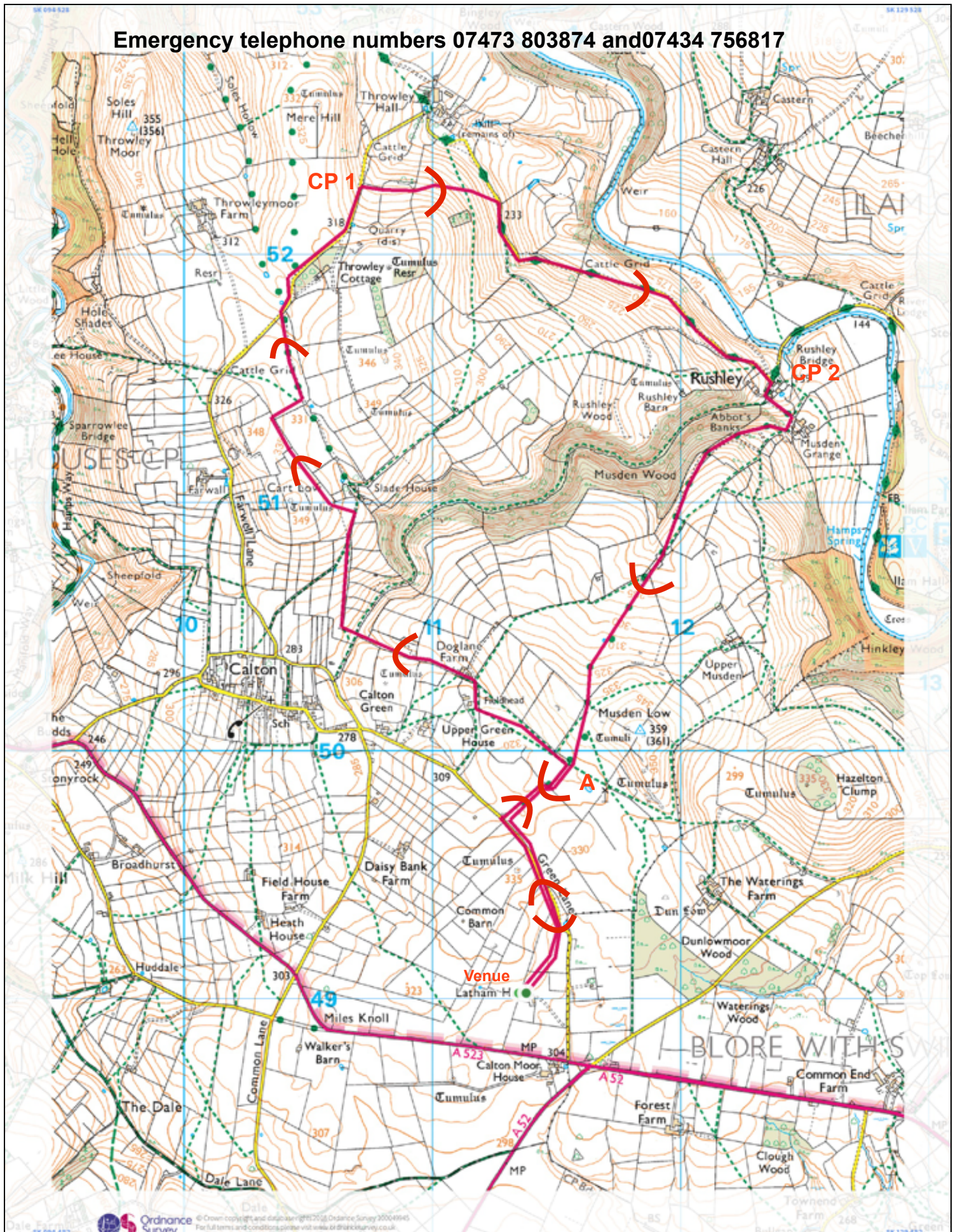


Emergency telephone numbers 07473 803874 and 07434 756817



6 mile route - venue loop 1 - venue 10 mile route loop1 + loop 2

16 mile route - loop 1, loop 2, repeat loop1 from A

20 mile route, as 16 plus repeat loop2 from CP2

Ilam Ride Loop 1- 6 miles