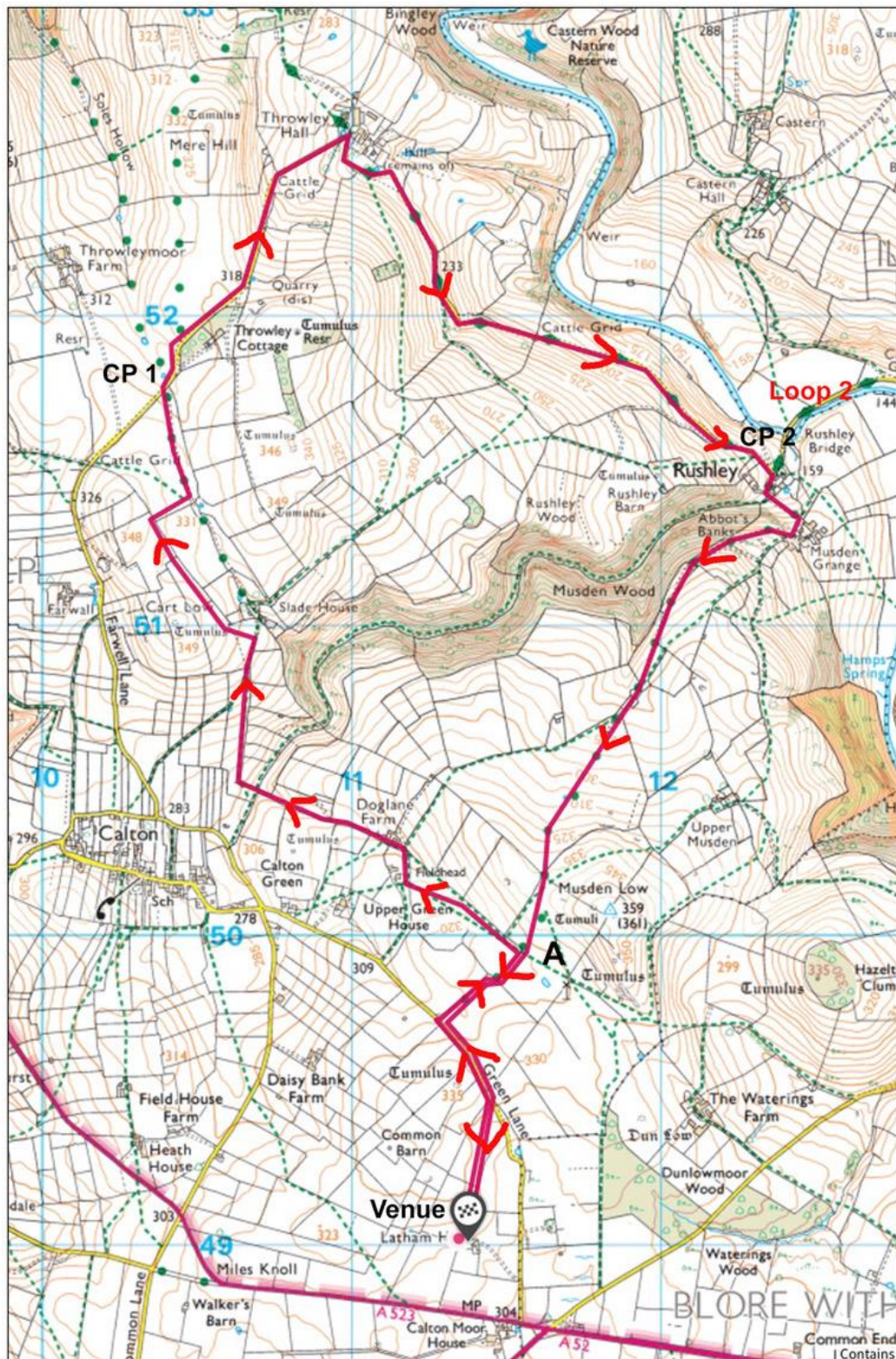


Emergency telephone numbers 07415 083807 or 07742 560778



Ilam ride loop 1 - 6 miles

6 miles venue - loop 1 - venue 10 miles loop 1 + loop 2
 16 miles loop 1, loop 2 repeat loop1 from A
 20 miles as 16 but repeat loop2 from CP2