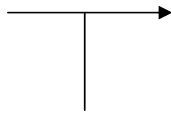
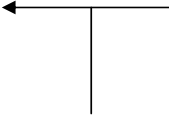
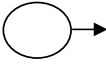

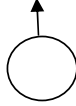
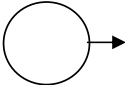
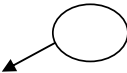
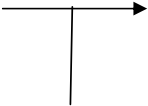
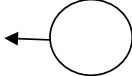
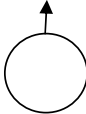


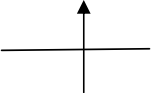

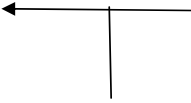
Ashley's BBQ Run

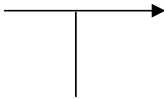
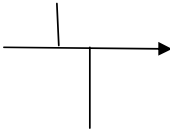

1	Zero Trip LEFT out of carpark	2		3	
miles	0.0	miles	0.1	miles	0.4
Km	0.0	Km	0.2	Km	0.6
Rster	0.0	Rster	0.1	Rster	0.4


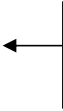
4		5	Preston 	6	
miles	0.7	miles	0.9	miles	1.1
Km	1.1	Km	1.4	Km	1.8
Rster	0.7	Rster	0.9	Rster	1.1

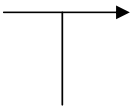
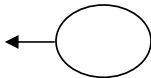

7		8	Follow Coast Road	9	Banks 
miles	1.2	miles	0.0	miles	5.6
Km	1.9	Km	0.0	Km	9.0
Rster	1.2	Rster	0.0	Rster	5.8

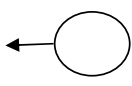
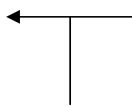
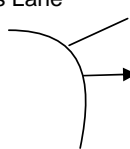
10		11		12	
miles	13.1	miles	13.2	miles	13.4
Km	21.1	Km	21.2	Km	21.6
Rster	13.6	Rster	13.7	Rster	13.9


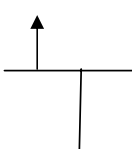
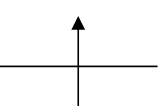
13		14	Parbold B5246 	15	Cedar Farm 
miles	13.7	miles	16.5	miles	19.9
Km	22.0	Km	26.6	Km	32.0
Rster	14.2	Rster	17.1	Rster	20.7

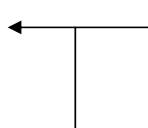


16		17		18	Wiggin Tree carpark Drink stop 
miles	22.5	miles	23.1	miles	23.8
Km	36.2	Km	37.2	Km	38.3
Rster	23.4	Rster	24.0	Rster	24.7

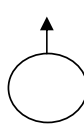
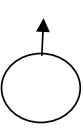
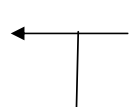
19	Zero Trip RIGHT out of carpark	20		21	The Common 
miles	0.0	miles	0.8	miles	1.3
Km	0.0	Km	1.3	Km	2.1
Rster	0.0	Rster	0.8	Rster	1.3

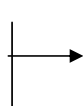
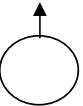
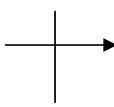
22	Burscough 	23		24	
miles	2.1	miles	2.7	miles	2.8
Km	3.4	Km	4.3	Km	4.5
Rster	2.2	Rster	2.8	Rster	2.9

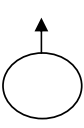
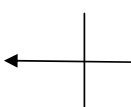
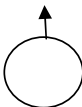
25	Taylor's Farm	26	A570	27	Whitleys Lane
miles 4.3		miles 6.8		miles 6.8	
Km 6.9		Km 10.9		Km 10.9	
Rster 4.5		Rster 7.1		Rster 7.1	

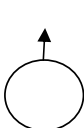
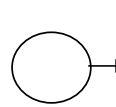
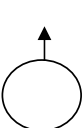
28	Scarth Hill lane	29		30	
miles 8.3		miles 8.6		miles 9.8	
Km 13.4		Km 13.8		Km 15.8	
Rster 8.6		Rster 8.9		Rster 10.2	

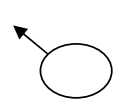
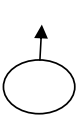
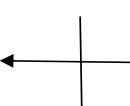
31		32	Town Green Lane	33	Winifred Lane
miles 10.3		miles 10.4		miles 10.7	
Km 16.6		Km 16.7		Km 17.2	
Rster 10.7		Rster 10.8		Rster 11.1	

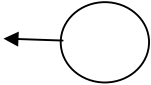
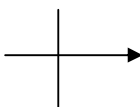
34	Formby	35	Formby	36	Formby
miles 11.3		miles 11.4		miles 13.5	
Km 18.2		Km 18.3		Km 21.7	
Rster 11.7		Rster 11.8		Rster 14.0	

37	Blackmoore Lane	38	Tesco	39	Duel Carriageway
miles 13.6		miles 17.7		miles 17.8	
Km 21.9		Km 28.5		Km 28.6	
Rster 14.1		Rster 18.4		Rster 18.5	

40		41		42	
miles 18.7		miles 20.3		miles 21.8	
Km 30.1		Km 32.7		Km 35.1	
Rster 19.4		Rster 21.1		Rster 22.6	

43		44		45	
miles 24.4		miles 25.0		miles 25.3	
Km 39.3		Km 40.2		Km 40.7	
Rster 25.3		Rster 25.9		Rster 26.3	

46		47		48	Lawn Mower Museum
miles 25.5		miles 25.6		miles 26.1	
Km 41.0		Km 41.2		Km 42.0	
Rster 26.5		Rster 26.6		Rster 27.1	

49			50			51		Back to Ashley's Mazda
miles	26.4		miles	26.5		miles		
Km	42.5		Km	42.6		Km	0.0	
Rster	27.4		Rster	27.5		Rster	0.0	