



*Welcome to.....*

## *L & B's Sunday Lunch Run*

*Starting from.....*

**Huntleys Of Samlesbury, PR5 0UN**

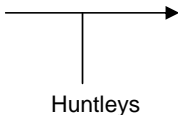

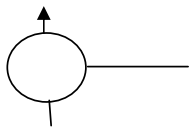

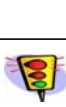
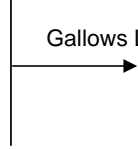
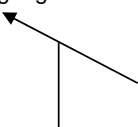
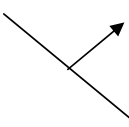

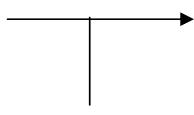

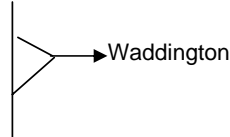
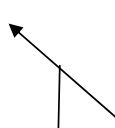
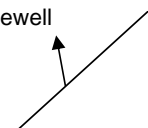
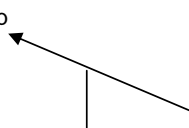
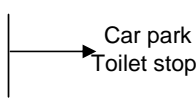
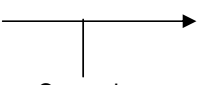
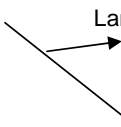
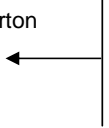

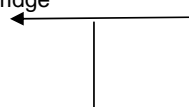
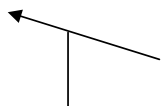
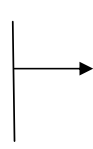
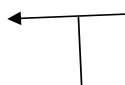


*On.....*

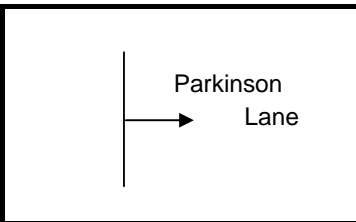
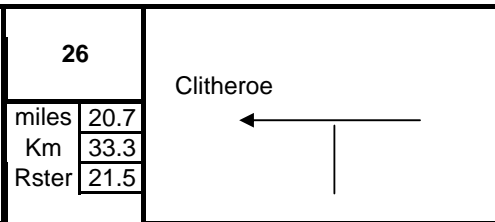
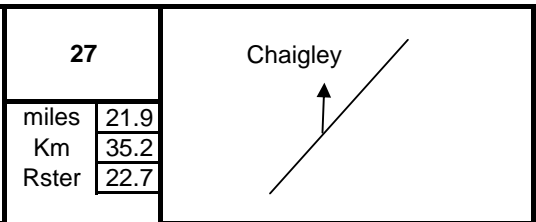
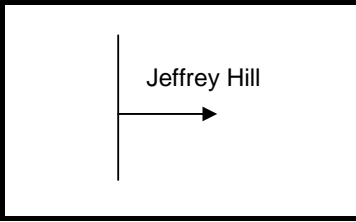
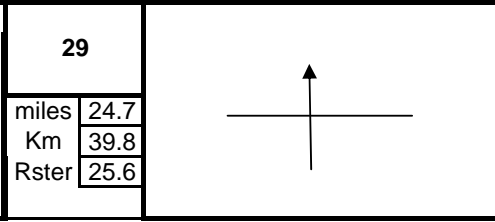
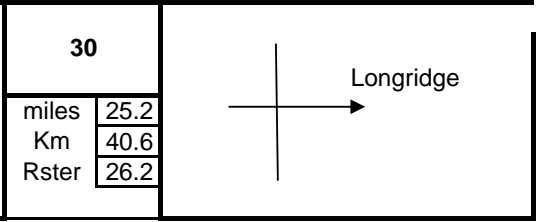
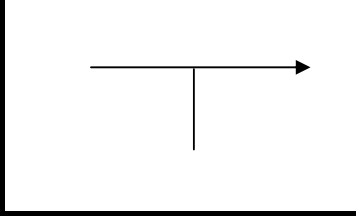
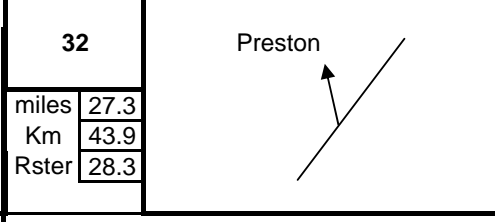
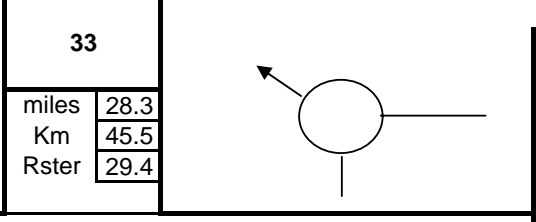
*Sunday 16<sup>th</sup> November 2008*

*Meet for coffee 10.00, for a 10.30 start.*

# J&B's Sunday Lunch Run

<p><b>1</b></p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0	 <p>Huntleys</p>	<p><b>2</b></p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0	<p>A 59</p>  <p>Zero trip</p>	<p><b>3</b></p> <table border="1"> <tr><td>miles</td><td>1.7</td></tr> <tr><td>Km</td><td>2.7</td></tr> <tr><td>Rster</td><td>1.8</td></tr> </table>	miles	1.7	Km	2.7	Rster	1.8	<p>A59 Clitheroe</p> 
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	1.7																						
Km	2.7																						
Rster	1.8																						
<p><b>4</b></p> <table border="1"> <tr><td>miles</td><td>2.3</td></tr> <tr><td>Km</td><td>3.7</td></tr> <tr><td>Rster</td><td>2.4</td></tr> </table>	miles	2.3	Km	3.7	Rster	2.4		<p><b>5</b></p> <table border="1"> <tr><td>miles</td><td>4.1</td></tr> <tr><td>Km</td><td>6.6</td></tr> <tr><td>Rster</td><td>4.3</td></tr> </table>	miles	4.1	Km	6.6	Rster	4.3		<p><b>6</b></p> <table border="1"> <tr><td>miles</td><td>6.2</td></tr> <tr><td>Km</td><td>10.0</td></tr> <tr><td>Rster</td><td>6.4</td></tr> </table>	miles	6.2	Km	10.0	Rster	6.4	<p>Gallows Lane</p> 
miles	2.3																						
Km	3.7																						
Rster	2.4																						
miles	4.1																						
Km	6.6																						
Rster	4.3																						
miles	6.2																						
Km	10.0																						
Rster	6.4																						
<p><b>7</b></p> <table border="1"> <tr><td>miles</td><td>7.8</td></tr> <tr><td>Km</td><td>12.6</td></tr> <tr><td>Rster</td><td>8.1</td></tr> </table>	miles	7.8	Km	12.6	Rster	8.1	<p>Longridge</p> 	<p><b>8</b></p> <table border="1"> <tr><td>miles</td><td>8.0</td></tr> <tr><td>Km</td><td>12.9</td></tr> <tr><td>Rster</td><td>8.3</td></tr> </table>	miles	8.0	Km	12.9	Rster	8.3	<p>Huntington Hall Lane</p> 	<p><b>9</b></p> <table border="1"> <tr><td>miles</td><td>9.3</td></tr> <tr><td>Km</td><td>15.0</td></tr> <tr><td>Rster</td><td>9.7</td></tr> </table>	miles	9.3	Km	15.0	Rster	9.7	
miles	7.8																						
Km	12.6																						
Rster	8.1																						
miles	8.0																						
Km	12.9																						
Rster	8.3																						
miles	9.3																						
Km	15.0																						
Rster	9.7																						
<p><b>10</b></p> <table border="1"> <tr><td>miles</td><td>12.3</td></tr> <tr><td>Km</td><td>19.8</td></tr> <tr><td>Rster</td><td>12.8</td></tr> </table>	miles	12.3	Km	19.8	Rster	12.8		<p><b>11</b></p> <table border="1"> <tr><td>miles</td><td>13.3</td></tr> <tr><td>Km</td><td>21.4</td></tr> <tr><td>Rster</td><td>13.8</td></tr> </table>	miles	13.3	Km	21.4	Rster	13.8	<p>Bashall Eves</p> 	<p><b>12</b></p> <table border="1"> <tr><td>miles</td><td>13.4</td></tr> <tr><td>Km</td><td>21.6</td></tr> <tr><td>Rster</td><td>13.9</td></tr> </table>	miles	13.4	Km	21.6	Rster	13.9	<p>Waddington</p> 
miles	12.3																						
Km	19.8																						
Rster	12.8																						
miles	13.3																						
Km	21.4																						
Rster	13.8																						
miles	13.4																						
Km	21.6																						
Rster	13.9																						
<p><b>13</b></p> <table border="1"> <tr><td>miles</td><td>15.2</td></tr> <tr><td>Km</td><td>24.5</td></tr> <tr><td>Rster</td><td>15.8</td></tr> </table>	miles	15.2	Km	24.5	Rster	15.8		<p><b>14</b></p> <table border="1"> <tr><td>miles</td><td>20.3</td></tr> <tr><td>Km</td><td>32.7</td></tr> <tr><td>Rster</td><td>21.1</td></tr> </table>	miles	20.3	Km	32.7	Rster	21.1	<p>Whitewell</p> 	<p><b>15</b></p> <table border="1"> <tr><td>miles</td><td>20.4</td></tr> <tr><td>Km</td><td>32.8</td></tr> <tr><td>Rster</td><td>21.2</td></tr> </table>	miles	20.4	Km	32.8	Rster	21.2	<p>Dunsop Bridge</p> 
miles	15.2																						
Km	24.5																						
Rster	15.8																						
miles	20.3																						
Km	32.7																						
Rster	21.1																						
miles	20.4																						
Km	32.8																						
Rster	21.2																						
<p><b>16</b></p> <table border="1"> <tr><td>miles</td><td>22.8</td></tr> <tr><td>Km</td><td>36.7</td></tr> <tr><td>Rster</td><td>23.7</td></tr> </table>	miles	22.8	Km	36.7	Rster	23.7	<p>Dunsop Bridge</p>  <p>Car park Toilet stop</p>	<p><b>17</b></p> <table border="1"> <tr><td>miles</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Rster</td><td>0.0</td></tr> </table>	miles	0.0	Km	0.0	Rster	0.0	<p>ZERO TRIP</p>  <p>Car park</p>	<p><b>18</b></p> <table border="1"> <tr><td>miles</td><td>0.2</td></tr> <tr><td>Km</td><td>0.3</td></tr> <tr><td>Rster</td><td>0.2</td></tr> </table>	miles	0.2	Km	0.3	Rster	0.2	<p>Lancaster</p> 
miles	22.8																						
Km	36.7																						
Rster	23.7																						
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	0.2																						
Km	0.3																						
Rster	0.2																						
<p><b>19</b></p> <table border="1"> <tr><td>miles</td><td>6.1</td></tr> <tr><td>Km</td><td>9.8</td></tr> <tr><td>Rster</td><td>6.3</td></tr> </table>	miles	6.1	Km	9.8	Rster	6.3	<p>Scorton</p> 	<p><b>20</b></p> <table border="1"> <tr><td>miles</td><td>11.0</td></tr> <tr><td>Km</td><td>17.7</td></tr> <tr><td>Rster</td><td>11.4</td></tr> </table>	miles	11.0	Km	17.7	Rster	11.4		<p><b>21</b></p> <table border="1"> <tr><td>miles</td><td>15.8</td></tr> <tr><td>Km</td><td>25.4</td></tr> <tr><td>Rster</td><td>16.4</td></tr> </table>	miles	15.8	Km	25.4	Rster	16.4	<p>Longridge</p> 
miles	6.1																						
Km	9.8																						
Rster	6.3																						
miles	11.0																						
Km	17.7																						
Rster	11.4																						
miles	15.8																						
Km	25.4																						
Rster	16.4																						
<p><b>22</b></p> <table border="1"> <tr><td>miles</td><td>17.9</td></tr> <tr><td>Km</td><td>28.8</td></tr> <tr><td>Rster</td><td>18.6</td></tr> </table>	miles	17.9	Km	28.8	Rster	18.6	<p>Chipping</p> 	<p><b>23</b></p> <table border="1"> <tr><td>miles</td><td>18.4</td></tr> <tr><td>Km</td><td>29.6</td></tr> <tr><td>Rster</td><td>19.1</td></tr> </table>	miles	18.4	Km	29.6	Rster	19.1		<p><b>24</b></p> <table border="1"> <tr><td>miles</td><td>20.4</td></tr> <tr><td>Km</td><td>32.8</td></tr> <tr><td>Rster</td><td>21.2</td></tr> </table>	miles	20.4	Km	32.8	Rster	21.2	<p>Chipping</p> 
miles	17.9																						
Km	28.8																						
Rster	18.6																						
miles	18.4																						
Km	29.6																						
Rster	19.1																						
miles	20.4																						
Km	32.8																						
Rster	21.2																						

Title

<b>25</b> miles 20.6 Km 33.2 Rster 21.4		<b>26</b> miles 20.7 Km 33.3 Rster 21.5		<b>27</b> miles 21.9 Km 35.2 Rster 22.7	
<b>28</b> miles 23.0 Km 37.0 Rster 23.9		<b>29</b> miles 24.7 Km 39.8 Rster 25.6		<b>30</b> miles 25.2 Km 40.6 Rster 26.2	
<b>31</b> miles 27.0 Km 43.5 Rster 28.0		<b>32</b> miles 27.3 Km 43.9 Rster 28.3		<b>33</b> miles 28.3 Km 45.5 Rster 29.4	
<b>34</b> miles 29.0 Km 46.7 Rster 30.1	