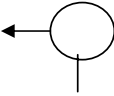


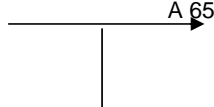
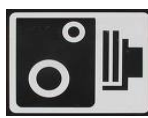

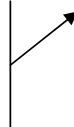
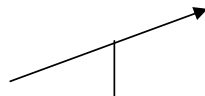
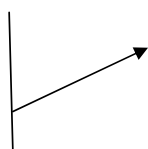
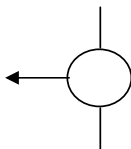
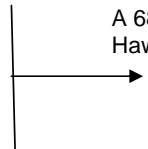
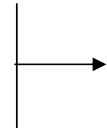
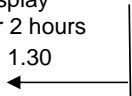
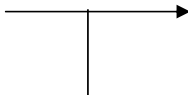
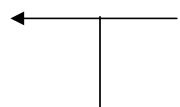
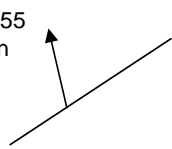
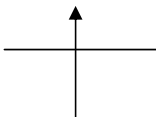
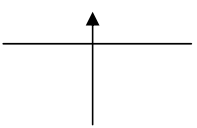

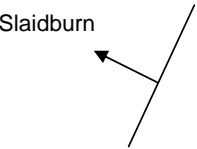
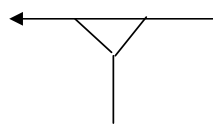
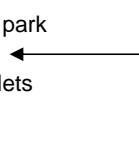

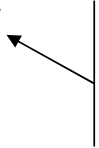

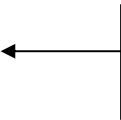
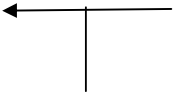
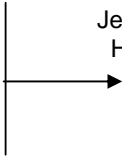
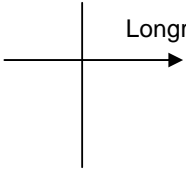


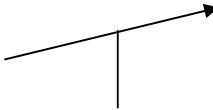
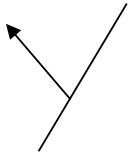
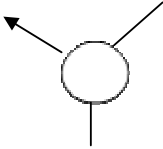
SUNNY END OF AUGUST RUN

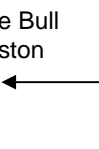
Start point - Truckhaven, Carnforth. LA5 9RQ

<p>1</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 at Give Way</p> 	<p>2</p> <table border="1"> <tr><td>miles</td><td>0.7</td></tr> <tr><td>Km</td><td>1.1</td></tr> <tr><td>Rster</td><td>0.7</td></tr> </table>	miles	0.7	Km	1.1	Rster	0.7		<p>3</p> <table border="1"> <tr><td>miles</td><td>1.0</td></tr> <tr><td>Km</td><td>1.6</td></tr> <tr><td>Rster</td><td>1.0</td></tr> </table>	miles	1.0	Km	1.6	Rster	1.0	
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	0.7																						
Km	1.1																						
Rster	0.7																						
miles	1.0																						
Km	1.6																						
Rster	1.0																						
<p>4</p> <table border="1"> <tr><td>miles</td><td>11.4</td></tr> <tr><td>Km</td><td>18.3</td></tr> <tr><td>Rster</td><td>11.8</td></tr> </table>	miles	11.4	Km	18.3	Rster	11.8		<p>5</p> <table border="1"> <tr><td>miles</td><td>11.5</td></tr> <tr><td>Km</td><td>18.5</td></tr> <tr><td>Rster</td><td>11.9</td></tr> </table>	miles	11.5	Km	18.5	Rster	11.9		<p>6</p> <table border="1"> <tr><td>miles</td><td>11.6</td></tr> <tr><td>Km</td><td>18.7</td></tr> <tr><td>Rster</td><td>12.0</td></tr> </table>	miles	11.6	Km	18.7	Rster	12.0	<p>A683 Casterton</p> 
miles	11.4																						
Km	18.3																						
Rster	11.8																						
miles	11.5																						
Km	18.5																						
Rster	11.9																						
miles	11.6																						
Km	18.7																						
Rster	12.0																						
<p>7</p> <table border="1"> <tr><td>miles</td><td>19.7</td></tr> <tr><td>Km</td><td>31.7</td></tr> <tr><td>Rster</td><td>20.4</td></tr> </table>	miles	19.7	Km	31.7	Rster	20.4		<p>8</p> <table border="1"> <tr><td>miles</td><td>21.5</td></tr> <tr><td>Km</td><td>34.6</td></tr> <tr><td>Rster</td><td>22.3</td></tr> </table>	miles	21.5	Km	34.6	Rster	22.3	<p>A 684 Hawes</p> 	<p>9</p> <table border="1"> <tr><td>miles</td><td>22.1</td></tr> <tr><td>Km</td><td>35.6</td></tr> <tr><td>Rster</td><td>22.9</td></tr> </table>	miles	22.1	Km	35.6	Rster	22.9	<p>Finkle Street</p> 
miles	19.7																						
Km	31.7																						
Rster	20.4																						
miles	21.5																						
Km	34.6																						
Rster	22.3																						
miles	22.1																						
Km	35.6																						
Rster	22.9																						
<p>10</p> <table border="1"> <tr><td>miles</td><td>22.2</td></tr> <tr><td>Km</td><td>35.7</td></tr> <tr><td>Rster</td><td>23.0</td></tr> </table>	miles	22.2	Km	35.7	Rster	23.0		<p>11</p> <table border="1"> <tr><td>miles</td><td>22.5</td></tr> <tr><td>Km</td><td>36.2</td></tr> <tr><td>Rster</td><td>23.4</td></tr> </table>	miles	22.5	Km	36.2	Rster	23.4	<p>A 684 Hawes</p> 	<p>12</p> <table border="1"> <tr><td>miles</td><td>37.7</td></tr> <tr><td>Km</td><td>60.7</td></tr> <tr><td>Rster</td><td>39.1</td></tr> </table>	miles	37.7	Km	60.7	Rster	39.1	
miles	22.2																						
Km	35.7																						
Rster	23.0																						
miles	22.5																						
Km	36.2																						
Rster	23.4																						
miles	37.7																						
Km	60.7																						
Rster	39.1																						
<p>13</p> <table border="1"> <tr><td>miles</td><td>37.7</td></tr> <tr><td>Km</td><td>60.7</td></tr> <tr><td>Rster</td><td>39.1</td></tr> </table>	miles	37.7	Km	60.7	Rster	39.1	<p>Lunchstop - HAWES Pay & Display £1.20 for 2 hours Leave at 1.30</p> 	<p>14</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>15</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	
miles	37.7																						
Km	60.7																						
Rster	39.1																						
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	0.0																						
Km	0.0																						
Rster	0.0																						
<p>16</p> <table border="1"> <tr><td>miles</td><td>0.1</td></tr> <tr><td>Km</td><td>0.2</td></tr> <tr><td>Rster</td><td>0.1</td></tr> </table>	miles	0.1	Km	0.2	Rster	0.1	<p>B 6255 Ingleton</p> 	<p>17</p> <table border="1"> <tr><td>miles</td><td>16.6</td></tr> <tr><td>Km</td><td>26.7</td></tr> <tr><td>Rster</td><td>17.2</td></tr> </table>	miles	16.6	Km	26.7	Rster	17.2		<p>18</p> <table border="1"> <tr><td>miles</td><td>16.8</td></tr> <tr><td>Km</td><td>27.0</td></tr> <tr><td>Rster</td><td>17.4</td></tr> </table>	miles	16.8	Km	27.0	Rster	17.4	
miles	0.1																						
Km	0.2																						
Rster	0.1																						
miles	16.6																						
Km	26.7																						
Rster	17.2																						
miles	16.8																						
Km	27.0																						
Rster	17.4																						
<p>19</p> <table border="1"> <tr><td>miles</td><td>19.3</td></tr> <tr><td>Km</td><td>31.1</td></tr> <tr><td>Rster</td><td>20.0</td></tr> </table>	miles	19.3	Km	31.1	Rster	20.0		<p>20</p> <table border="1"> <tr><td>miles</td><td>19.9</td></tr> <tr><td>Km</td><td>32.0</td></tr> <tr><td>Rster</td><td>20.7</td></tr> </table>	miles	19.9	Km	32.0	Rster	20.7	<p>Slaidburn</p>  <p>High Bentham</p>	<p>21</p> <table border="1"> <tr><td>miles</td><td>32.0</td></tr> <tr><td>Km</td><td>51.5</td></tr> <tr><td>Rster</td><td>33.2</td></tr> </table>	miles	32.0	Km	51.5	Rster	33.2	
miles	19.3																						
Km	31.1																						
Rster	20.0																						
miles	19.9																						
Km	32.0																						
Rster	20.7																						
miles	32.0																						
Km	51.5																						
Rster	33.2																						
<p>22</p> <table border="1"> <tr><td>miles</td><td>32.1</td></tr> <tr><td>Km</td><td>51.7</td></tr> <tr><td>Rster</td><td>33.3</td></tr> </table>	miles	32.1	Km	51.7	Rster	33.3	<p>Car park Toilets</p> 	<p>23</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>24</p> <table border="1"> <tr><td>miles</td><td>0.1</td></tr> <tr><td>Km</td><td>0.2</td></tr> <tr><td>Rster</td><td>0.1</td></tr> </table>	miles	0.1	Km	0.2	Rster	0.1	<p>Lancaster</p> 
miles	32.1																						
Km	51.7																						
Rster	33.3																						
miles	0.0																						
Km	0.0																						
Rster	0.0																						
miles	0.1																						
Km	0.2																						
Rster	0.1																						

25	Dunsop Bridge	26	Chipping 	27				
miles		4.3		miles		10.2	miles	10.5
Km		6.9		Km		16.4	Km	16.9
Rster		4.5		Rster		10.6	Rster	10.9

28	Whalley 	29	Jeffrey Hill 	30	Longridge 			
miles		11.5		miles		11.7	miles	14.0
Km		18.5		Km		18.8	Km	22.5
Rster		11.9		Rster		12.1	Rster	14.5

31	Preston B 6243 	32	Preston B 6243 	33				
miles		15.8		miles		16.1	miles	17.0
Km		25.4		Km		25.9	Km	27.4
Rster		16.4		Rster		16.7	Rster	17.6

34	White Bull at Alston 	
miles		17.8
Km		28.6
Rster		18.5