

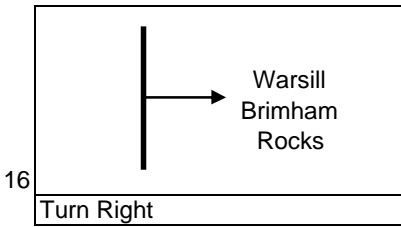
# North West Area MX-5 Owners Club

Abbey Christmas Run 13 December 2008

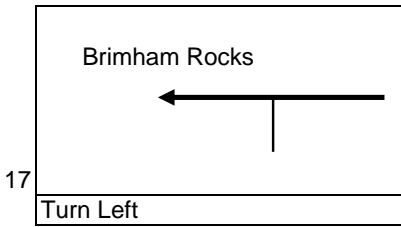
Start 10.30 am

Start Point: Morrison's Car Park, Wetherby Road, Boroughbridge, YO51 9HU

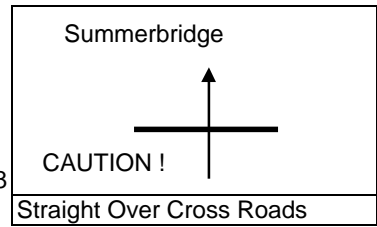
<p><b>ZERO TRIP at Car Park Exit</b></p>	<p>Boroughbridge</p>	<p>Ripon</p>																		
<p>1 Right out of car park</p>	<p>2 2nd Exit</p>	<p>3 1st Exit</p>																		
<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>0.00</td> <td>0.00</td> </tr> </table>		Miles	Km	Cum.	0.00	0.00	<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>0.06</td> <td>0.10</td> </tr> </table>		Miles	Km	Cum.	0.06	0.10	<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>0.90</td> <td>1.50</td> </tr> </table>		Miles	Km	Cum.	0.90	1.50
	Miles	Km																		
Cum.	0.00	0.00																		
	Miles	Km																		
Cum.	0.06	0.10																		
	Miles	Km																		
Cum.	0.90	1.50																		
<p>4 Turn Left</p>	<p>5 Turn Right</p>	<p>6 Turn Left</p>																		
<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>1.10</td> <td>1.80</td> </tr> </table>		Miles	Km	Cum.	1.10	1.80	<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>3.20</td> <td>5.20</td> </tr> </table>		Miles	Km	Cum.	3.20	5.20	<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>5.70</td> <td>9.10</td> </tr> </table>		Miles	Km	Cum.	5.70	9.10
	Miles	Km																		
Cum.	1.10	1.80																		
	Miles	Km																		
Cum.	3.20	5.20																		
	Miles	Km																		
Cum.	5.70	9.10																		
<p>Pateley Bridge</p>	<p>Pateley Bridge</p>	<p>Pateley Bridge</p>																		
<p>7 2nd Exit</p>	<p>8 2nd Exit</p>	<p>9 Straight Over at Lights</p>																		
<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>6.60</td> <td>10.70</td> </tr> </table>		Miles	Km	Cum.	6.60	10.70	<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>7.10</td> <td>11.50</td> </tr> </table>		Miles	Km	Cum.	7.10	11.50	<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>7.30</td> <td>11.80</td> </tr> </table>		Miles	Km	Cum.	7.30	11.80
	Miles	Km																		
Cum.	6.60	10.70																		
	Miles	Km																		
Cum.	7.10	11.50																		
	Miles	Km																		
Cum.	7.30	11.80																		
<p>Pateley Bridge</p>	<p>See Enclosed map</p>																			
<p>10 First Exit</p>	<p>11 Follow circuit back to here</p>	<p>12 Fountains Abbey</p>																		
<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>8.00</td> <td>12.90</td> </tr> </table>		Miles	Km	Cum.	8.00	12.90	<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>8.80</td> <td>14.20</td> </tr> </table>		Miles	Km	Cum.	8.80	14.20							
	Miles	Km																		
Cum.	8.00	12.90																		
	Miles	Km																		
Cum.	8.80	14.20																		
<p>No SP</p>	<p>Aldfield</p>	<p>Sawley</p>																		
<p>13 Turn Left</p>	<p>14 Turn Left on Bend</p>	<p>15 Turn Right on Bend</p>																		
<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>11.60</td> <td>18.70</td> </tr> </table>		Miles	Km	Cum.	11.60	18.70	<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>13.10</td> <td>21.10</td> </tr> </table>		Miles	Km	Cum.	13.10	21.10	<table border="0"> <tr> <td></td> <td>Miles</td> <td>Km</td> </tr> <tr> <td>Cum.</td> <td>14.50</td> <td>23.30</td> </tr> </table>		Miles	Km	Cum.	14.50	23.30
	Miles	Km																		
Cum.	11.60	18.70																		
	Miles	Km																		
Cum.	13.10	21.10																		
	Miles	Km																		
Cum.	14.50	23.30																		



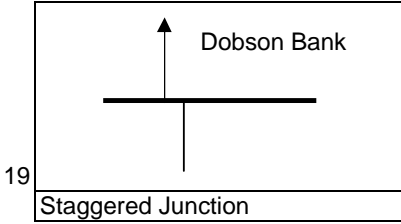
	Miles	Km
Cum.	16.80	27.10



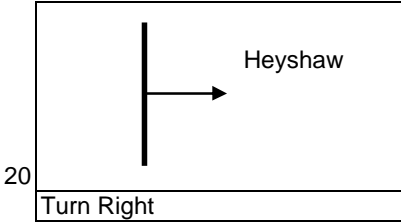
	Miles	Km
Cum.	19.60	31.60



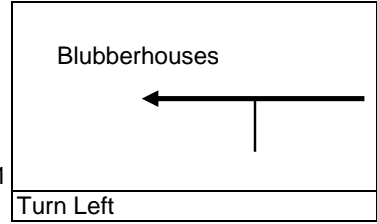
	Miles	Km
Cum.	21.40	34.40



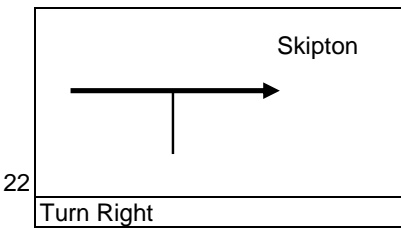
	Miles	Km
Cum.	22.40	36.00



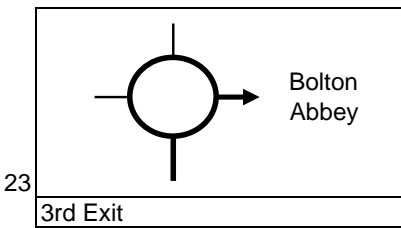
	Miles	Km
Cum.	23.50	37.90



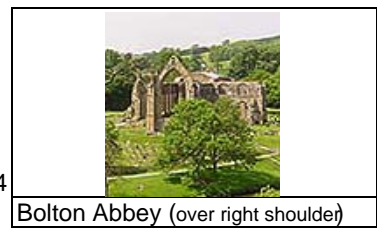
	Miles	Km
Cum.	26.30	42.30



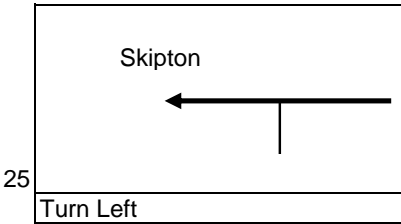
	Miles	Km
Cum.	28.50	45.90



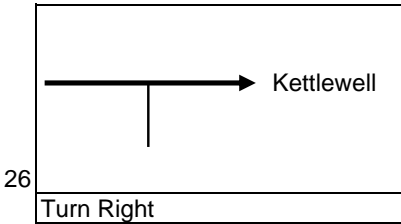
	Miles	Km
Cum.	35.30	56.80



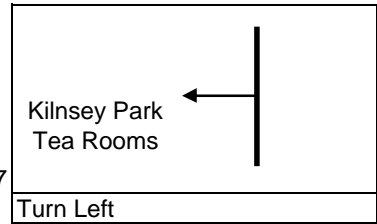
	Miles	Km
Cum.	36.40	58.50



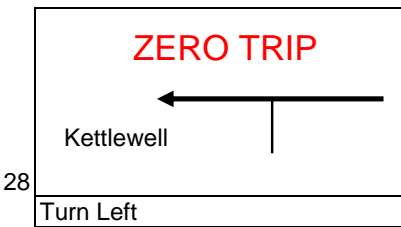
	Miles	Km
Cum.	45.50	73.20



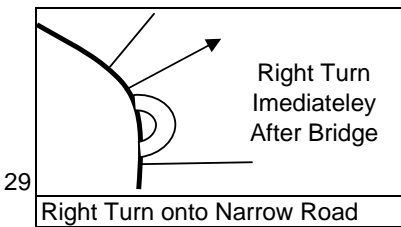
	Miles	Km
Cum.	45.60	73.30



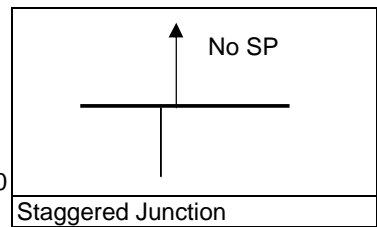
	Miles	Km
Cum.	48.30	77.70



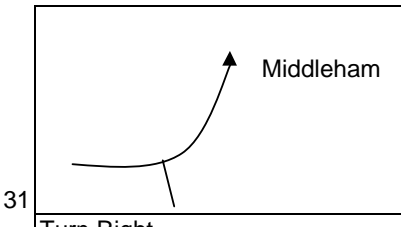
	Miles	Km
Cum.	0.00	0.00



	Miles	Km
Cum.	3.20	5.20



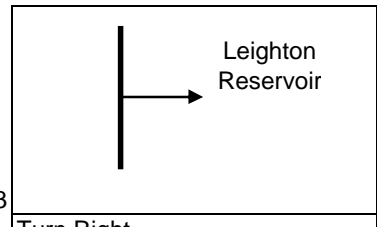
	Miles	Km
Cum.	3.30	5.30



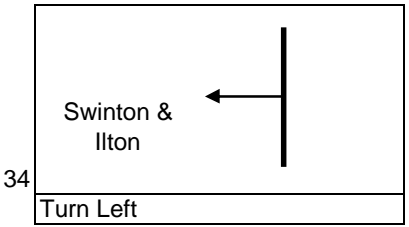
	Miles	Km
Cum	18.60	30.00



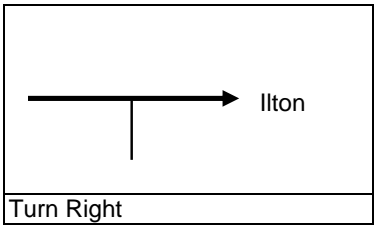
	Miles	Km
Cum	22.10	35.60



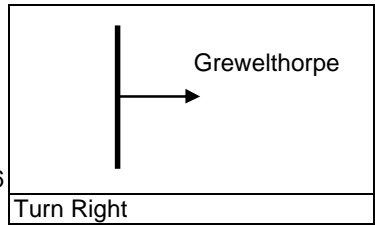
	Miles	Km
Cum	27.00	43.50



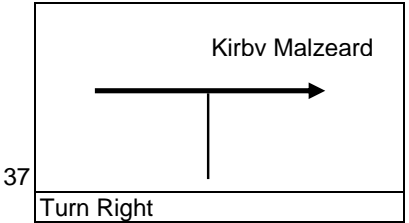
	Miles	Km
Cum.	29.50	47.40



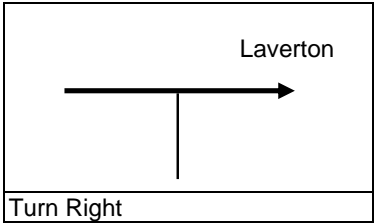
	Miles	Km
Cum.	29.90	48.20



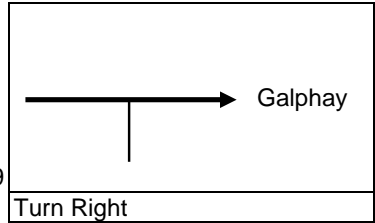
	Miles	Km
Cum.	32.40	52.10



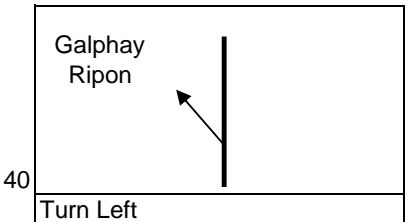
	Miles	Km
Cum.	34.00	54.80



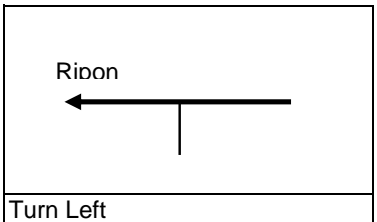
	Miles	Km
Cum.	37.10	59.70



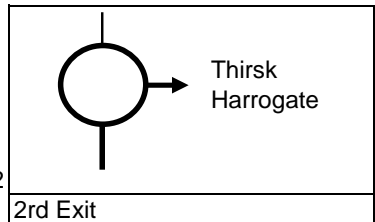
	Miles	Km
Cum.	38.40	61.80



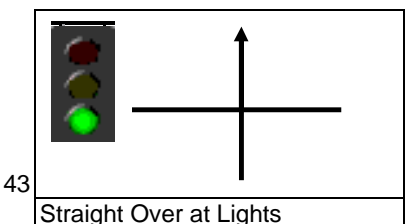
	Miles	Km
Cum.	38.90	62.60



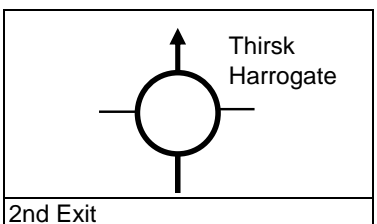
	Miles	Km
Cum.	42.80	69.00



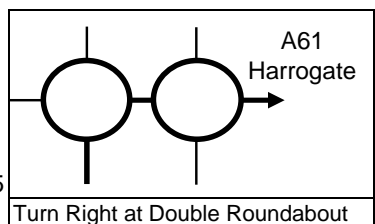
	Miles	Km
Cum.	43.30	69.70



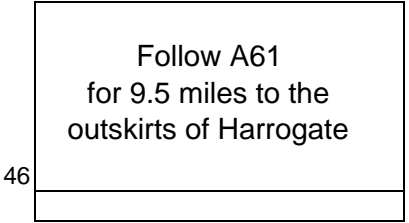
	Miles	Km
Cum.	43.90	70.80



	Miles	Km
Cum.	44.10	70.97



	Miles	Km
Cum.	44.70	71.94



**Summary:**

- 10 miles to start point
- 45 Mile Run
- 10 Miles back to Harrogate

**Total 65 miles**

