



“OUT TO LUNCH”

Sunday 28th February 2009

We will meet at Huntleys - <http://www.huntleys.co.uk> - on the A59 at Samlesbury, Preston, PR5 0YN 10.30am for 11am start. (Note: half an hour later than usual start). We will enjoy a run through the country lanes of Lancashire ending with a leisurely lunch at around 2pm at the “Norman Jepson” PR2 5PZ.

There will be a mid-point pit stop for about half an hour for a wander at Ingleton.

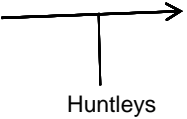
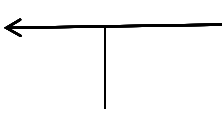
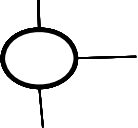
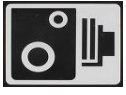
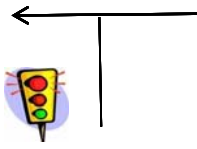
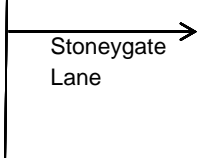
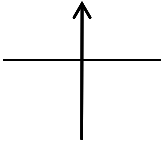
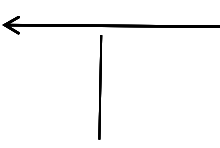
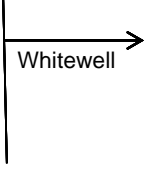
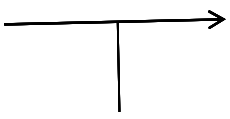
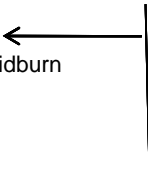
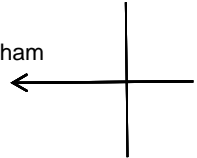

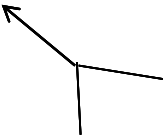
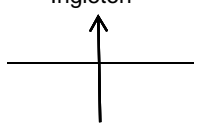


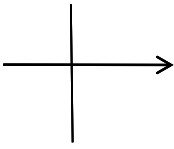
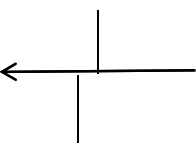
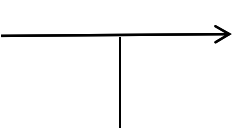
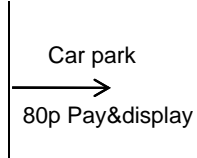
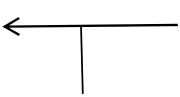
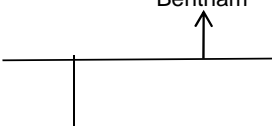
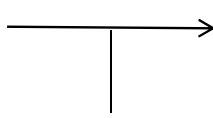
Those who don't wish to lunch are most welcome to join us for the run and a drink at the end.

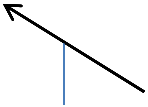
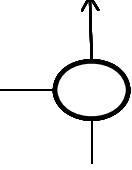
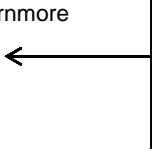
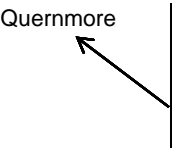
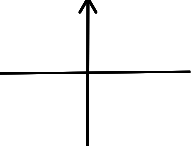
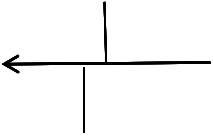
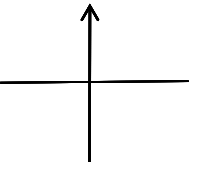

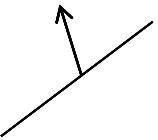
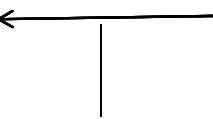
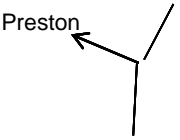
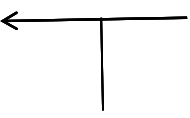
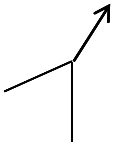
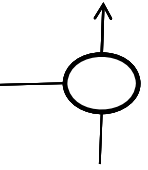
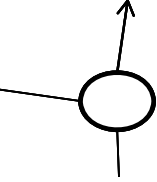
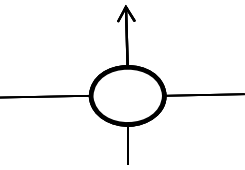
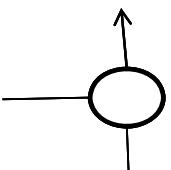
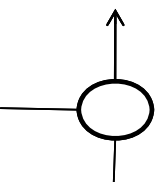


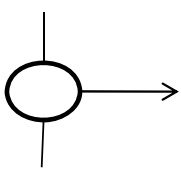
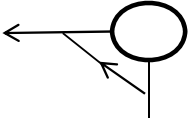

John & Bernadette Holden.

Lead car 3008JH (Red MK 3)

Telephone 07885 206497

"GONE TO LUNCH"

<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</p>  <p>Huntleys</p>	<p>2</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>A59</p> 	<p>3</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</p> 
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<p>4</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>40mph</p> 	<p>5</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>6</p> <table border="1"> <tr><td>miles</td><td>6.6</td></tr> <tr><td>Km</td><td>10.6</td></tr> <tr><td>Rster</td><td>6.9</td></tr> </table>	miles	6.6	Km	10.6	Rster	6.9	 <p>Stoneygate Lane</p>
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<p>7</p> <table border="1"> <tr><td>miles</td><td>8.5</td></tr> <tr><td>Km</td><td>13.7</td></tr> <tr><td>Rster</td><td>8.8</td></tr> </table>	miles	8.5	Km	13.7	Rster	8.8		<p>8</p> <table border="1"> <tr><td>miles</td><td>10.8</td></tr> <tr><td>Km</td><td>17.4</td></tr> <tr><td>Rster</td><td>11.2</td></tr> </table>	miles	10.8	Km	17.4	Rster	11.2		<p>9</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>Whitewell</p>
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<p>10</p> <table border="1"> <tr><td>miles</td><td>12.0</td></tr> <tr><td>Km</td><td>19.3</td></tr> <tr><td>Rster</td><td>12.5</td></tr> </table>	miles	12.0	Km	19.3	Rster	12.5		<p>11</p> <table border="1"> <tr><td>miles</td><td>12.2</td></tr> <tr><td>Km</td><td>19.6</td></tr> <tr><td>Rster</td><td>12.7</td></tr> </table>	miles	12.2	Km	19.6	Rster	12.7	<p>Slaidburn</p> 	<p>12</p> <table border="1"> <tr><td>miles</td><td>25.4</td></tr> <tr><td>Km</td><td>40.9</td></tr> <tr><td>Rster</td><td>26.4</td></tr> </table>	miles	25.4	Km	40.9	Rster	26.4	<p>Clapham</p> 
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<p>13</p> <table border="1"> <tr><td>miles</td><td>35.1</td></tr> <tr><td>Km</td><td>56.5</td></tr> <tr><td>Rster</td><td>36.4</td></tr> </table>	miles	35.1	Km	56.5	Rster	36.4	<p>Ingleton</p> 	<p>14</p> <table border="1"> <tr><td>miles</td><td>35.2</td></tr> <tr><td>Km</td><td>56.6</td></tr> <tr><td>Rster</td><td>36.5</td></tr> </table>	miles	35.2	Km	56.6	Rster	36.5		<p>15</p> <table border="1"> <tr><td>miles</td><td>36.2</td></tr> <tr><td>Km</td><td>58.3</td></tr> <tr><td>Rster</td><td>37.6</td></tr> </table>	miles	36.2	Km	58.3	Rster	37.6	<p>Ingleton</p> 
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<p>16</p> <table border="1"> <tr><td>miles</td><td>36.5</td></tr> <tr><td>Km</td><td>58.7</td></tr> <tr><td>Rster</td><td>37.9</td></tr> </table>	miles	36.5	Km	58.7	Rster	37.9	<p>Ingleton</p> 	<p>17</p> <table border="1"> <tr><td>miles</td><td>37.0</td></tr> <tr><td>Km</td><td>59.5</td></tr> <tr><td>Rster</td><td>38.4</td></tr> </table>	miles	37.0	Km	59.5	Rster	38.4		<p>18</p> <table border="1"> <tr><td>miles</td><td>39.4</td></tr> <tr><td>Km</td><td>63.4</td></tr> <tr><td>Rster</td><td>40.9</td></tr> </table>	miles	39.4	Km	63.4	Rster	40.9	
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<p>19</p> <table border="1"> <tr><td>miles</td><td>39.5</td></tr> <tr><td>Km</td><td>63.6</td></tr> <tr><td>Rster</td><td>41.0</td></tr> </table>	miles	39.5	Km	63.6	Rster	41.0		<p>20</p> <table border="1"> <tr><td>miles</td><td>39.6</td></tr> <tr><td>Km</td><td>63.7</td></tr> <tr><td>Rster</td><td>41.1</td></tr> </table>	miles	39.6	Km	63.7	Rster	41.1		<p>21</p> <table border="1"> <tr><td>miles</td><td>39.8</td></tr> <tr><td>Km</td><td>64.1</td></tr> <tr><td>Rster</td><td>41.3</td></tr> </table>	miles	39.8	Km	64.1	Rster	41.3	 <p>Car park 80p Pay&display</p>
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<p>22</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 EXIT</p> 	<p>23</p> <table border="1"> <tr><td>miles</td><td>0.3</td></tr> <tr><td>Km</td><td>0.5</td></tr> <tr><td>Rster</td><td>0.3</td></tr> </table>	miles	0.3	Km	0.5	Rster	0.3	<p>Bentham</p> 	<p>24</p> <table border="1"> <tr><td>miles</td><td>3.4</td></tr> <tr><td>Km</td><td>5.5</td></tr> <tr><td>Rster</td><td>3.5</td></tr> </table>	miles	3.4	Km	5.5	Rster	3.5	
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<p>25</p> <table border="1"> <tr><td>miles</td><td>10.4</td></tr> <tr><td>Km</td><td>16.7</td></tr> <tr><td>Rster</td><td>10.8</td></tr> </table>	miles	10.4	Km	16.7	Rster	10.8		<p>26</p> <table border="1"> <tr><td>miles</td><td>13.9</td></tr> <tr><td>Km</td><td>22.4</td></tr> <tr><td>Rster</td><td>14.4</td></tr> </table>	miles	13.9	Km	22.4	Rster	14.4		<p>27</p> <table border="1"> <tr><td>miles</td><td>14.1</td></tr> <tr><td>Km</td><td>22.7</td></tr> <tr><td>Rster</td><td>14.6</td></tr> </table> <p>Quernmore</p> 	miles	14.1	Km	22.7	Rster	14.6
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<p>28</p> <table border="1"> <tr><td>miles</td><td>16.4</td></tr> <tr><td>Km</td><td>26.4</td></tr> <tr><td>Rster</td><td>17.0</td></tr> </table>	miles	16.4	Km	26.4	Rster	17.0	<p>Quernmore</p> 	<p>29</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>30</p> <table border="1"> <tr><td>miles</td><td>22.0</td></tr> <tr><td>Km</td><td>35.4</td></tr> <tr><td>Rster</td><td>22.8</td></tr> </table> 	miles	22.0	Km	35.4	Rster	22.8
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Rster	22.8																					
<p>31</p> <table border="1"> <tr><td>miles</td><td>22.6</td></tr> <tr><td>Km</td><td>36.4</td></tr> <tr><td>Rster</td><td>23.5</td></tr> </table>	miles	22.6	Km	36.4	Rster	23.5		<p>32</p> <table border="1"> <tr><td>miles</td><td>26.9</td></tr> <tr><td>Km</td><td>43.3</td></tr> <tr><td>Rster</td><td>27.9</td></tr> </table>	miles	26.9	Km	43.3	Rster	27.9	<p>Garstang</p> 	<p>33</p> <table border="1"> <tr><td>miles</td><td>27.4</td></tr> <tr><td>Km</td><td>44.1</td></tr> <tr><td>Rster</td><td>28.4</td></tr> </table> <p>Blackpool tower ahead in distance</p>	miles	27.4	Km	44.1	Rster	28.4
miles	22.6																					
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<p>34</p> <table border="1"> <tr><td>miles</td><td>29.0</td></tr> <tr><td>Km</td><td>46.7</td></tr> <tr><td>Rster</td><td>30.1</td></tr> </table>	miles	29.0	Km	46.7	Rster	30.1		<p>35</p> <table border="1"> <tr><td>miles</td><td>29.8</td></tr> <tr><td>Km</td><td>48.0</td></tr> <tr><td>Rster</td><td>30.9</td></tr> </table>	miles	29.8	Km	48.0	Rster	30.9		<p>36</p> <table border="1"> <tr><td>miles</td><td>30.6</td></tr> <tr><td>Km</td><td>49.2</td></tr> <tr><td>Rster</td><td>31.8</td></tr> </table> <p>Preston</p> 	miles	30.6	Km	49.2	Rster	31.8
miles	29.0																					
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<p>37</p> <table border="1"> <tr><td>miles</td><td>32.7</td></tr> <tr><td>Km</td><td>52.6</td></tr> <tr><td>Rster</td><td>33.9</td></tr> </table>	miles	32.7	Km	52.6	Rster	33.9		<p>38</p> <table border="1"> <tr><td>miles</td><td>38.0</td></tr> <tr><td>Km</td><td>61.2</td></tr> <tr><td>Rster</td><td>39.4</td></tr> </table>	miles	38.0	Km	61.2	Rster	39.4		<p>39</p> <table border="1"> <tr><td>miles</td><td>38.1</td></tr> <tr><td>Km</td><td>61.3</td></tr> <tr><td>Rster</td><td>39.5</td></tr> </table> 	miles	38.1	Km	61.3	Rster	39.5
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<p>40</p> <table border="1"> <tr><td>miles</td><td>38.3</td></tr> <tr><td>Km</td><td>61.6</td></tr> <tr><td>Rster</td><td>39.8</td></tr> </table>	miles	38.3	Km	61.6	Rster	39.8		<p>41</p> <table border="1"> <tr><td>miles</td><td>38.6</td></tr> <tr><td>Km</td><td>62.1</td></tr> <tr><td>Rster</td><td>40.1</td></tr> </table>	miles	38.6	Km	62.1	Rster	40.1		<p>42</p> <table border="1"> <tr><td>miles</td><td>39.0</td></tr> <tr><td>Km</td><td>62.8</td></tr> <tr><td>Rster</td><td>40.5</td></tr> </table> 	miles	39.0	Km	62.8	Rster	40.5
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miles	42.3																					
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