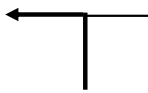
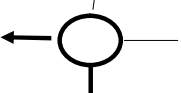
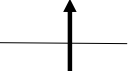
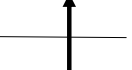



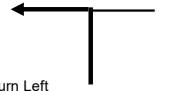

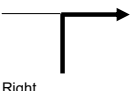

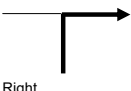
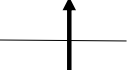


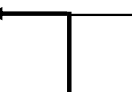
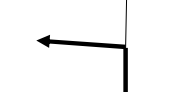
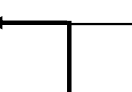
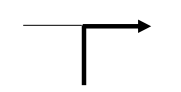

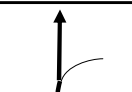

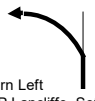

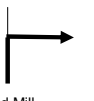




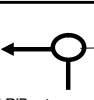
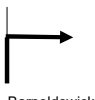
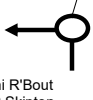
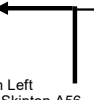
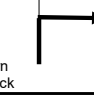
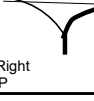
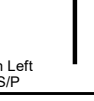
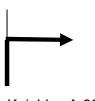
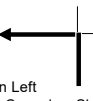
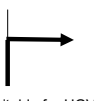
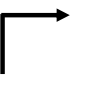
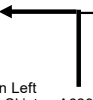
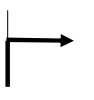




















<table border="1"> <tr><td>1</td></tr> <tr><td>Miles</td><td>0.0</td></tr> <tr><td>Cum</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Cum</td><td>0</td></tr> </table>	1	Miles	0.0	Cum	0.0	Km	0.0	Cum	0	 <p><b>ZERO TRIP At T Junc</b></p>	<table border="1"> <tr><td>Cum</td><td></td></tr> </table>	Cum		<table border="1"> <tr><td>2</td></tr> <tr><td>Miles</td><td>0.1</td></tr> <tr><td>Cum</td><td>0.1</td></tr> <tr><td>Km</td><td>0.2</td></tr> <tr><td>Cum</td><td>0.2</td></tr> </table>	2	Miles	0.1	Cum	0.1	Km	0.2	Cum	0.2	 <p>S/P Harrogate A658 (A61)</p>	<table border="1"> <tr><td>3</td></tr> <tr><td>Miles</td><td>0.9</td></tr> <tr><td>Cum</td><td>1.0</td></tr> <tr><td>Km</td><td>1.6</td></tr> <tr><td>Cum</td><td>2.6</td></tr> </table>	3	Miles	0.9	Cum	1.0	Km	1.6	Cum	2.6	 <p>Traffic Lights S/P Pool</p>
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<table border="1"> <tr><td>4</td></tr> <tr><td>miles</td><td>1.0</td></tr> <tr><td>Cum</td><td>1.9</td></tr> <tr><td>Km</td><td>1.6</td></tr> <tr><td>Cum</td><td>3.1</td></tr> </table>	4	miles	1.0	Cum	1.9	Km	1.6	Cum	3.1	 <p>Traffic Lights S/P Pool</p>		<table border="1"> <tr><td>5</td></tr> <tr><td>Miles</td><td>1.0</td></tr> <tr><td>Cum</td><td>2.9</td></tr> <tr><td>Km</td><td>1.6</td></tr> <tr><td>Cum</td><td>4.7</td></tr> </table>	5	Miles	1.0	Cum	2.9	Km	1.6	Cum	4.7	 <p>Mini R'Bout S/P Harrogate</p>	<table border="1"> <tr><td>6</td></tr> <tr><td>Miles</td><td>0.2</td></tr> <tr><td>Cum</td><td>3.1</td></tr> <tr><td>Km</td><td>0.3</td></tr> <tr><td>Cum</td><td>5.0</td></tr> </table>	6	Miles	0.2	Cum	3.1	Km	0.3	Cum	5.0	 <p>Keep Right S/P Harrogate A658</p>		
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<table border="1"> <tr><td>7</td></tr> <tr><td>miles</td><td>1.1</td></tr> <tr><td>Cum</td><td>5.2</td></tr> <tr><td>Km</td><td>1.8</td></tr> <tr><td>Cum</td><td>8.4</td></tr> </table>	7	miles	1.1	Cum	5.2	Km	1.8	Cum	8.4	 <p>Turn Left S/P Stainburn</p>		<table border="1"> <tr><td>8</td></tr> <tr><td>Miles</td><td>0.6</td></tr> <tr><td>Cum</td><td>5.8</td></tr> <tr><td>Km</td><td>1.0</td></tr> <tr><td>Cum</td><td>9.3</td></tr> </table>	8	Miles	0.6	Cum	5.8	Km	1.0	Cum	9.3	 <p>Turn Left S/P Stainburn, Leathley</p>	<table border="1"> <tr><td>9</td></tr> <tr><td>Miles</td><td>1.1</td></tr> <tr><td>Cum</td><td>6.9</td></tr> <tr><td>Km</td><td>1.8</td></tr> <tr><td>Cum</td><td>11.1</td></tr> </table>	9	Miles	1.1	Cum	6.9	Km	1.8	Cum	11.1	 <p>Right Turn No S/P (Greenmires Lane)</p>		
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<table border="1"> <tr><td>10</td></tr> <tr><td>miles</td><td>1.4</td></tr> <tr><td>Cum</td><td>8.3</td></tr> <tr><td>Km</td><td>2.3</td></tr> <tr><td>Cum</td><td>13.4</td></tr> </table>	10	miles	1.4	Cum	8.3	Km	2.3	Cum	13.4	 <p>Turn Right No S/P</p>		<table border="1"> <tr><td>11</td></tr> <tr><td>Miles</td><td>2.1</td></tr> <tr><td>Cum</td><td>10.4</td></tr> <tr><td>Km</td><td>3.4</td></tr> <tr><td>Cum</td><td>16.7</td></tr> </table>	11	Miles	2.1	Cum	10.4	Km	3.4	Cum	16.7	 <p>Turn Left S/P Norwood, Fewston</p>	<table border="1"> <tr><td>12</td></tr> <tr><td>Miles</td><td>3.6</td></tr> <tr><td>Cum</td><td>14.0</td></tr> <tr><td>Km</td><td>5.8</td></tr> <tr><td>Cum</td><td>22.5</td></tr> </table>	12	Miles	3.6	Cum	14.0	Km	5.8	Cum	22.5	 <p>Turn Right S/P Summer Bridge, Patley Bridge</p>		
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miles	1.4																																		
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<table border="1"> <tr><td>13</td></tr> <tr><td>miles</td><td>2.0</td></tr> <tr><td>Cum</td><td>16.0</td></tr> <tr><td>Km</td><td>3.2</td></tr> <tr><td>Cum</td><td>25.7</td></tr> </table>	13	miles	2.0	Cum	16.0	Km	3.2	Cum	25.7	 <p>Cross Main A59 <b>With Caution</b> S/P Patley Bridge</p>		<table border="1"> <tr><td>14</td></tr> <tr><td>Miles</td><td>1.2</td></tr> <tr><td>Cum</td><td>17.2</td></tr> <tr><td>Km</td><td>1.9</td></tr> <tr><td>Cum</td><td>27.7</td></tr> </table>	14	Miles	1.2	Cum	17.2	Km	1.9	Cum	27.7	 <p>Turn Left S/P Thruscross, Greenhow</p>	<table border="1"> <tr><td>15</td></tr> <tr><td>Miles</td><td>1.9</td></tr> <tr><td>Cum</td><td>19.1</td></tr> <tr><td>Km</td><td>3.1</td></tr> <tr><td>Cum</td><td>30.7</td></tr> </table>	15	Miles	1.9	Cum	19.1	Km	3.1	Cum	30.7	 <p>Turn Right S/P Greenhow, Patley Bridge</p>		
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<table border="1"> <tr><td>16</td></tr> <tr><td>miles</td><td>5.5</td></tr> <tr><td>Cum</td><td>24.6</td></tr> <tr><td>Km</td><td>8.9</td></tr> <tr><td>Cum</td><td>39.6</td></tr> </table>	16	miles	5.5	Cum	24.6	Km	8.9	Cum	39.6	 <p>Turn Left S/P Hebden, Grassington B6265</p>		<table border="1"> <tr><td>17</td></tr> <tr><td>Miles</td><td>7.3</td></tr> <tr><td>Cum</td><td>31.8</td></tr> <tr><td>Km</td><td>11.7</td></tr> <tr><td>Cum</td><td>51.2</td></tr> </table>	17	Miles	7.3	Cum	31.8	Km	11.7	Cum	51.2	 <p>Turn Left S/P National Park Centre</p>	<table border="1"> <tr><td>18</td></tr> <tr><td>Miles</td><td></td></tr> <tr><td>Cum</td><td></td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Cum</td><td>0.0</td></tr> </table>	18	Miles		Cum		Km	0.0	Cum	0.0	<p><b>COMFORT STOP ONLY PLEASE</b></p>		
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<table border="1"> <tr><td>22</td></tr> <tr><td>miles</td><td>3.1</td></tr> <tr><td>Cum</td><td>7.7</td></tr> <tr><td>Km</td><td>5.0</td></tr> <tr><td>Cum</td><td>12.4</td></tr> </table>	22	miles	3.1	Cum	7.7	Km	5.0	Cum	12.4	 <p>Turn Left off Main Road S/P Malham</p>		<table border="1"> <tr><td>23</td></tr> <tr><td>Miles</td><td>1.6</td></tr> <tr><td>Cum</td><td>9.3</td></tr> <tr><td>Km</td><td>2.6</td></tr> <tr><td>Cum</td><td>15.0</td></tr> </table>	23	Miles	1.6	Cum	9.3	Km	2.6	Cum	15.0	<p><b>CAUTION CATTLE GRID SURFACE IN POOR REPAIR SLOW</b></p>	<table border="1"> <tr><td>24</td></tr> <tr><td>Miles</td><td>3.3</td></tr> <tr><td>Cum</td><td>12.6</td></tr> <tr><td>Km</td><td>5.3</td></tr> <tr><td>Cum</td><td>20.3</td></tr> </table>	24	Miles	3.3	Cum	12.6	Km	5.3	Cum	20.3	 <p>Keep Right S/P Arms Rusted Away !!!</p>		
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miles	2.2																																						
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Miles	2.8																																						
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Cum	18.1																																						
Km	0.8																																						
Cum	29.1																																						
		Turn Left S/P Lancliffe, Settle			Turn Left S/P Settle B6479			Right Turn S/P Watershed Mill																															
<table border="1"> <tr><td colspan="2">28</td></tr> <tr><td>miles</td><td></td></tr> <tr><td>Cum</td><td></td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Cum</td><td>0.0</td></tr> </table>		28		miles		Cum		Km	0.0	Cum	0.0	<p style="text-align: center;"><b>COMFORT CAKE &amp; COFFEE AND SHOPPING STOP</b></p>		<table border="1"> <tr><td colspan="2">29</td></tr> <tr><td>Miles</td><td>0.0</td></tr> <tr><td>Cum</td><td>0.0</td></tr> <tr><td>Km</td><td>0.0</td></tr> <tr><td>Cum</td><td>0.0</td></tr> </table>		29		Miles	0.0	Cum	0.0	Km	0.0	Cum	0.0		<table border="1"> <tr><td colspan="2">30</td></tr> <tr><td>Miles</td><td>0.1</td></tr> <tr><td>Cum</td><td>0.1</td></tr> <tr><td>Km</td><td>0.1</td></tr> <tr><td>Cum</td><td>0.2</td></tr> </table>		30		Miles	0.1	Cum	0.1	Km	0.1	Cum	0.2	
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				Turn Right from Car Park <b>ZERO TRIP ON EXIT</b>				Turn Left S/P Market Place																															
<table border="1"> <tr><td colspan="2">31</td></tr> <tr><td>miles</td><td>1.7</td></tr> <tr><td>Cum</td><td>1.8</td></tr> <tr><td>Km</td><td>2.7</td></tr> <tr><td>Cum</td><td>2.9</td></tr> </table>		31		miles	1.7	Cum	1.8	Km	2.7	Cum	2.9		<table border="1"> <tr><td colspan="2">32</td></tr> <tr><td>Miles</td><td>3.2</td></tr> <tr><td>Cum</td><td>4.9</td></tr> <tr><td>Km</td><td>5.1</td></tr> <tr><td>Cum</td><td>7.9</td></tr> </table>		32		Miles	3.2	Cum	4.9	Km	5.1	Cum	7.9		<table border="1"> <tr><td colspan="2">33</td></tr> <tr><td>Miles</td><td>6.9</td></tr> <tr><td>Cum</td><td>11.8</td></tr> <tr><td>Km</td><td>11.1</td></tr> <tr><td>Cum</td><td>19.0</td></tr> </table>		33		Miles	6.9	Cum	11.8	Km	11.1	Cum	19.0		
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Cum	19.0																																						
		Roundabout S/P Skipton A65			Turn Right S/P Nelson, Gisburn, Nappa			Mini R'Bout S/P Skipton A59																															
<table border="1"> <tr><td colspan="2">34</td></tr> <tr><td>miles</td><td>1.7</td></tr> <tr><td>Cum</td><td>13.5</td></tr> <tr><td>Km</td><td>2.7</td></tr> <tr><td>Cum</td><td>21.7</td></tr> </table>		34		miles	1.7	Cum	13.5	Km	2.7	Cum	21.7		<table border="1"> <tr><td colspan="2">35</td></tr> <tr><td>Miles</td><td>2.4</td></tr> <tr><td>Cum</td><td>15.9</td></tr> <tr><td>Km</td><td>3.9</td></tr> <tr><td>Cum</td><td>25.6</td></tr> </table>		35		Miles	2.4	Cum	15.9	Km	3.9	Cum	25.6		<table border="1"> <tr><td colspan="2">36</td></tr> <tr><td>Miles</td><td>2.2</td></tr> <tr><td>Cum</td><td>18.1</td></tr> <tr><td>Km</td><td>3.5</td></tr> <tr><td>Cum</td><td>29.1</td></tr> </table>		36		Miles	2.2	Cum	18.1	Km	3.5	Cum	29.1		
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		Turn Right S/P Bracewell, Barnoldswick			Mini R'Bout S/P Skipton			Turn Left S/P Skipton A56																															
<table border="1"> <tr><td colspan="2">37</td></tr> <tr><td>miles</td><td>1.5</td></tr> <tr><td>Cum</td><td>19.6</td></tr> <tr><td>Km</td><td>2.4</td></tr> <tr><td>Cum</td><td>31.5</td></tr> </table>		37		miles	1.5	Cum	19.6	Km	2.4	Cum	31.5		<table border="1"> <tr><td colspan="2">38</td></tr> <tr><td>Miles</td><td>0.4</td></tr> <tr><td>Cum</td><td>20.0</td></tr> <tr><td>Km</td><td>0.6</td></tr> <tr><td>Cum</td><td>32.2</td></tr> </table>		38		Miles	0.4	Cum	20.0	Km	0.6	Cum	32.2		<table border="1"> <tr><td colspan="2">39</td></tr> <tr><td>Miles</td><td>1.8</td></tr> <tr><td>Cum</td><td>21.8</td></tr> <tr><td>Km</td><td>2.9</td></tr> <tr><td>Cum</td><td>35.1</td></tr> </table>		39		Miles	1.8	Cum	21.8	Km	2.9	Cum	35.1		
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		Right Turn S/P Elslack			Turn Right No S/P			Turn Left No S/P																															
<table border="1"> <tr><td colspan="2">40</td></tr> <tr><td>miles</td><td>1.1</td></tr> <tr><td>Cum</td><td>22.9</td></tr> <tr><td>Km</td><td>1.8</td></tr> <tr><td>Cum</td><td>36.9</td></tr> </table>		40		miles	1.1	Cum	22.9	Km	1.8	Cum	36.9		<table border="1"> <tr><td colspan="2">41</td></tr> <tr><td>Miles</td><td>2.2</td></tr> <tr><td>Cum</td><td>25.1</td></tr> <tr><td>Km</td><td>3.5</td></tr> <tr><td>Cum</td><td>40.4</td></tr> </table>		41		Miles	2.2	Cum	25.1	Km	3.5	Cum	40.4		<table border="1"> <tr><td colspan="2">42</td></tr> <tr><td>Miles</td><td>0.6</td></tr> <tr><td>Cum</td><td>25.7</td></tr> <tr><td>Km</td><td>1.0</td></tr> <tr><td>Cum</td><td>41.4</td></tr> </table>		42		Miles	0.6	Cum	25.7	Km	1.0	Cum	41.4		
40																																							
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Km	1.0																																						
Cum	41.4																																						
		Right Turn S/P Crosshills, Keighley A 6068			Turn Left S/P Connoley, Skipton			Turn Right No S/P. (Unsuitable for HGV)																															
<table border="1"> <tr><td colspan="2">43</td></tr> <tr><td>miles</td><td>0.7</td></tr> <tr><td>Cum</td><td>26.4</td></tr> <tr><td>Km</td><td>1.1</td></tr> <tr><td>Cum</td><td>42.5</td></tr> </table>		43		miles	0.7	Cum	26.4	Km	1.1	Cum	42.5		<table border="1"> <tr><td colspan="2">44</td></tr> <tr><td>Miles</td><td>0.9</td></tr> <tr><td>Cum</td><td>27.3</td></tr> <tr><td>Km</td><td>1.4</td></tr> <tr><td>Cum</td><td>43.9</td></tr> </table>		44		Miles	0.9	Cum	27.3	Km	1.4	Cum	43.9		<table border="1"> <tr><td colspan="2">45</td></tr> <tr><td>Miles</td><td>0.9</td></tr> <tr><td>Cum</td><td>28.2</td></tr> <tr><td>Km</td><td>1.4</td></tr> <tr><td>Cum</td><td>45.4</td></tr> </table>		45		Miles	0.9	Cum	28.2	Km	1.4	Cum	45.4		
43																																							
miles	0.7																																						
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		Turn Right No S/P			Turn Left S/P Skipton A629			Turn Right S/P Bradley																															
<table border="1"> <tr><td colspan="2">46</td></tr> <tr><td colspan="2"></td></tr> </table>		46					<table border="1"> <tr><td colspan="2">47</td></tr> <tr><td colspan="2"></td></tr> </table>		47					<table border="1"> <tr><td colspan="2">48</td></tr> <tr><td colspan="2"></td></tr> </table>		48																							
46																																							
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miles	0.5		Miles	0.2		Miles	1.3	
Cum	28.7		Km	0.3		Km	2.1	
Km	0.8		Cum	46.5		Cum	48.6	
Cum	46.2		Turn Right No S/P (Lidget Road)			Turn Left No S/P (Silsden Road)		

Run Title : Ladies Excuse Me Run 7th January 2017

PAGE 3

76			77			54			
miles	0.8		Miles	0.7		Miles	0.0		
Cum	31.0		Cum	31.7		Cum	31.7		
Km	0.8		Km	1.1		Km	0.0		
Cum	0	Turn Right No S/P		Turn Left No S/P		Turn Right S/P Keighley, Addingham, Ilkley		Cum	51.0
55			56			57			
miles	0.0		Miles	0.4		Miles	0.4		
Cum	31.7		Cum	32.1		Cum	32.5		
Km	0.0		Km	0.6		Km	0.6		
Cum	51.0	Turn Left S/P Addingham, Ilkley A6034		Turn Right S/P Swartha, Addingham Moorsid		Turn Right S/P Swartha		Cum	52.3
58			59			60			
miles	1.0		Miles	2.5		Miles	0.0		
Cum	33.5		Cum	38.0		Cum	38.0		
Km	1.6		Km	4.0		Km	0.0		
Cum	53.9	Turn Left No S/P (Holden Lane)		Turn Left No S/P		Mini R'Bout Straight On		Cum	61.2
61			62			63			
miles	3.7		Miles	1.9		Miles	0.8		
Cum	41.7		Cum	43.6		Cum	44.4		
Km	6.0		Km	3.1		Km	1.3		
Cum	67.1	Turn Right No S/P		Turn Left No S/P (Thorpe Lane)		Turn Left THEN Immediate Right into Aldi Wetherby Whaecker C/P		Cum	71.5

Radios: Channel 5

Carol and Davids Mobile (07796) 943032

**FIRST STOP: TOILET STOP ONLY PLEASE**

National Park Centre, Hebden Road, Grassington, BD23 5LB

**SECOND STOP: CAFÉ AND SHOPPING**

Watershed Mill, Langcliffe Road, Settle, BD24 9LR

**FINAL STOP FOR MEAL**

Wetherby Whaler, Otley Road, Guiseley, LS20 8LZ

Thank You for joining us today. Particularly the Ladies, who have taken the challenge, and taken the wheel on todays run.

We hope you have all had a good time, not spent too much (of your man's) money at Watershed.

Have a safe onward journey home.