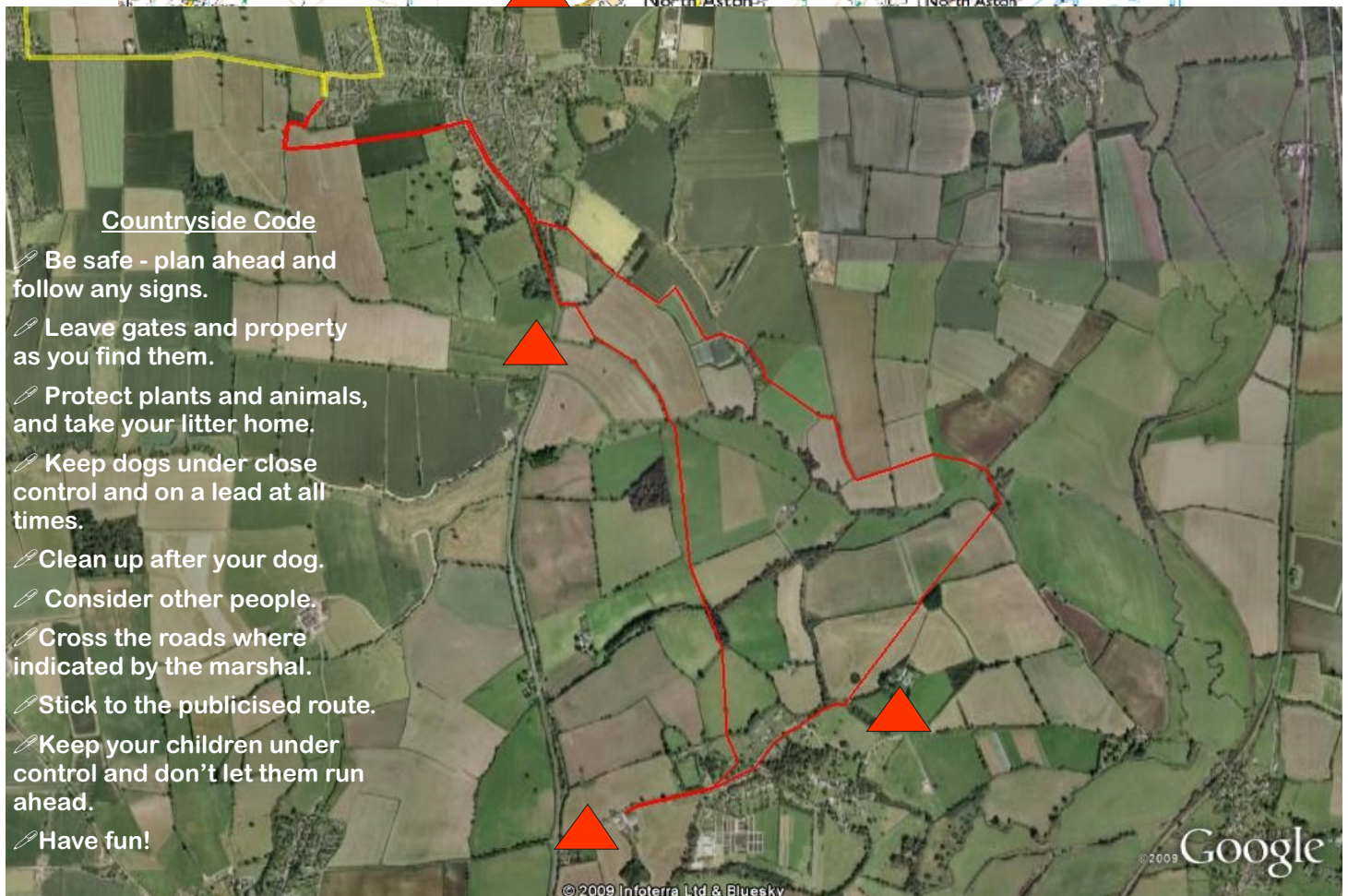


North Aston Loop
6.5 miles
Anti Clockwise
Start 11:00-11:15
Est Finish 12:30-14:30



Countryside Code

- Be safe - plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals, and take your litter home.
- Keep dogs under close control and on a lead at all times.
- Clean up after your dog.
- Consider other people.
- Cross the roads where indicated by the marshal.
- Stick to the publicised route.
- Keep your children under control and don't let them run ahead.
- Have fun!