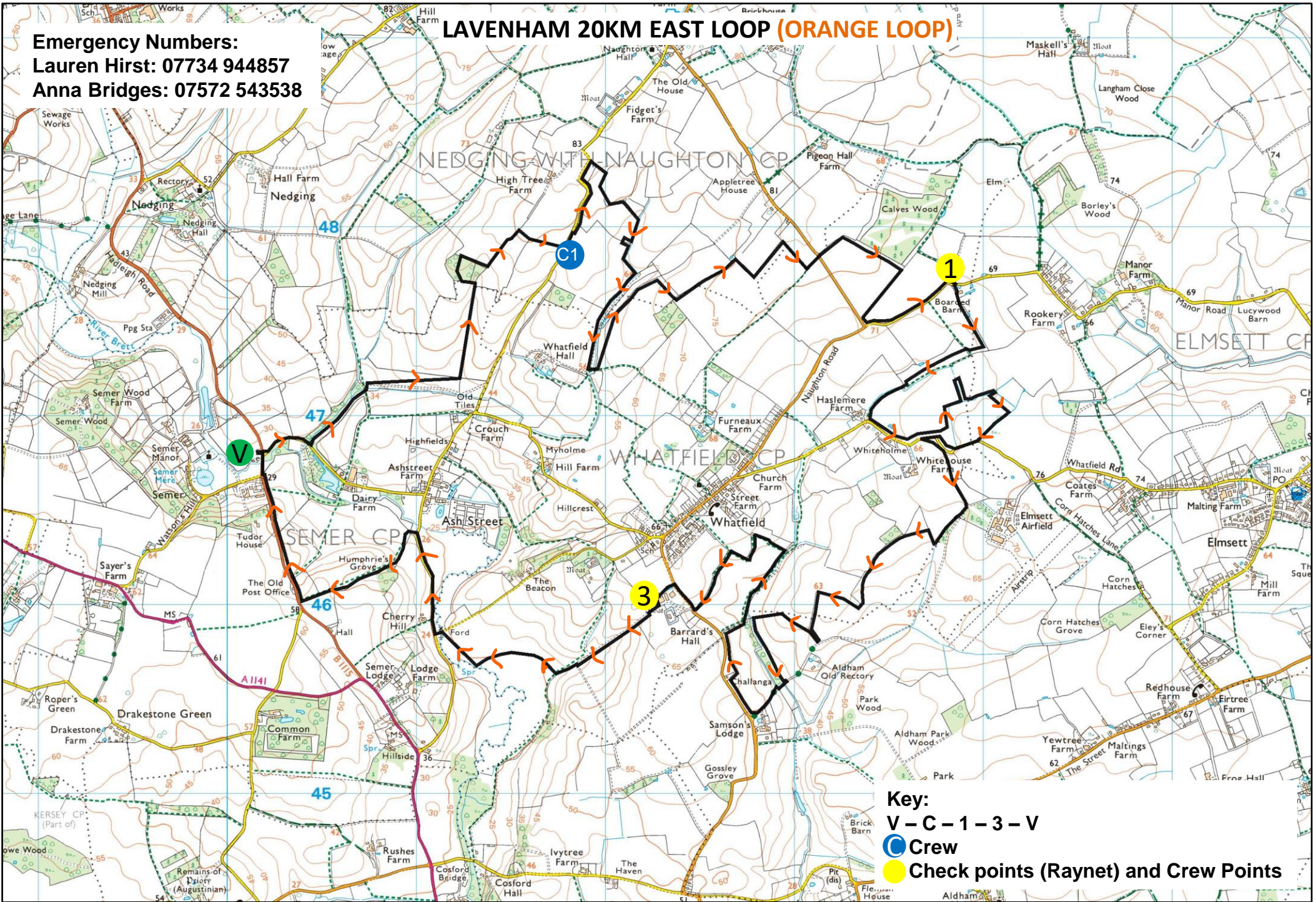


LAVENHAM 20KM EAST LOOP (ORANGE LOOP)

Emergency Numbers:
Lauren Hirst: 07734 944857
Anna Bridges: 07572 543538



Key:
V - C - 1 - 3 - V
C Crew
1-3 Check points (Raynet) and Crew Points