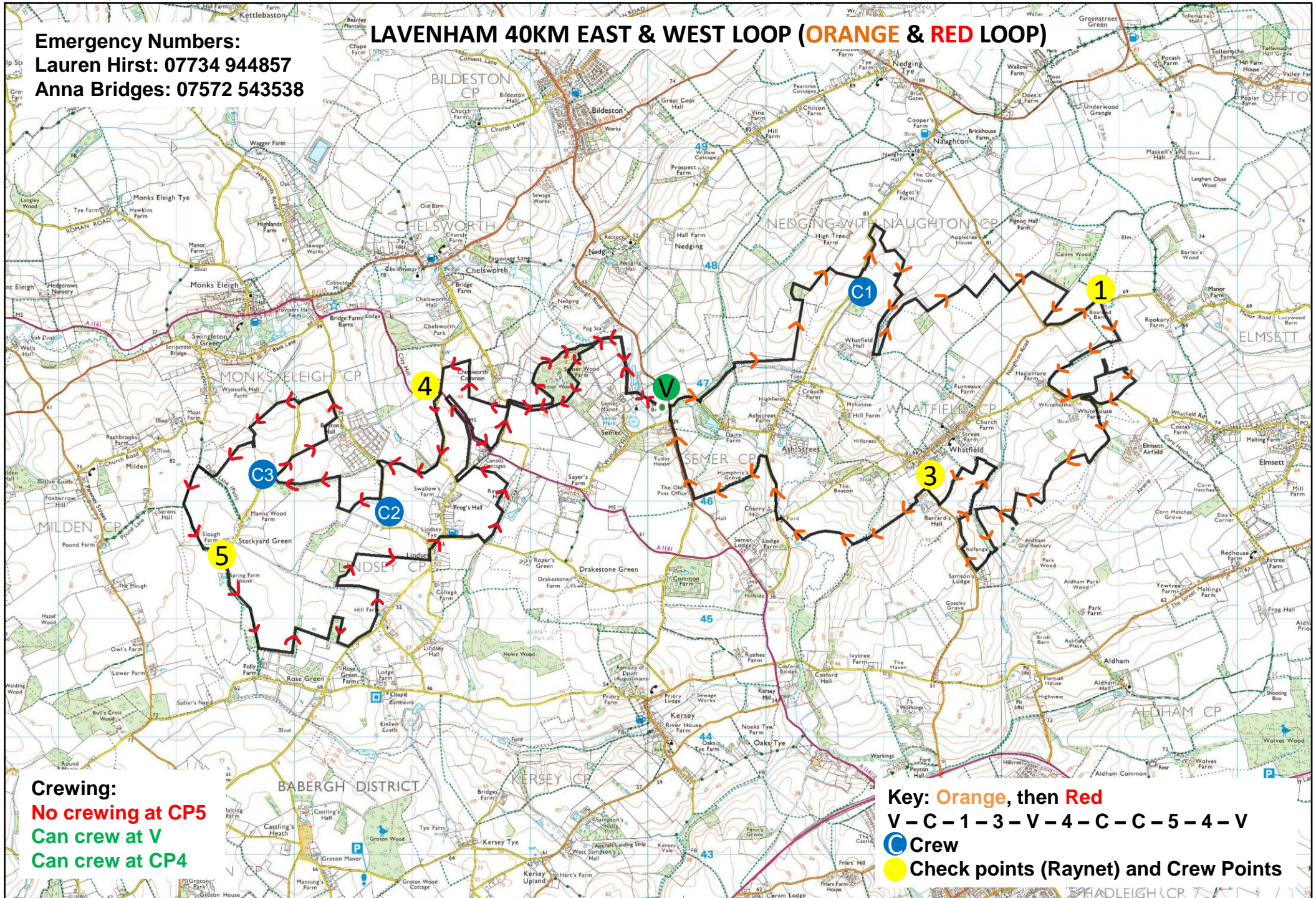


Emergency Numbers:
Lauren Hirst: 07734 944857
Anna Bridges: 07572 543538

LAVENHAM 40KM EAST & WEST LOOP (ORANGE & RED LOOP)

50
49
48
47
TL
46
45
44
43



Crewing:
No crewing at CP5
Can crew at V
Can crew at CP4

Key: Orange, then Red
V - C - 1 - 3 - V - 4 - C - C - 5 - 4 - V
C Crew
Yellow Check points (Raynet) and Crew Points

LAVENHAM 40KM LOOP E/W 2023