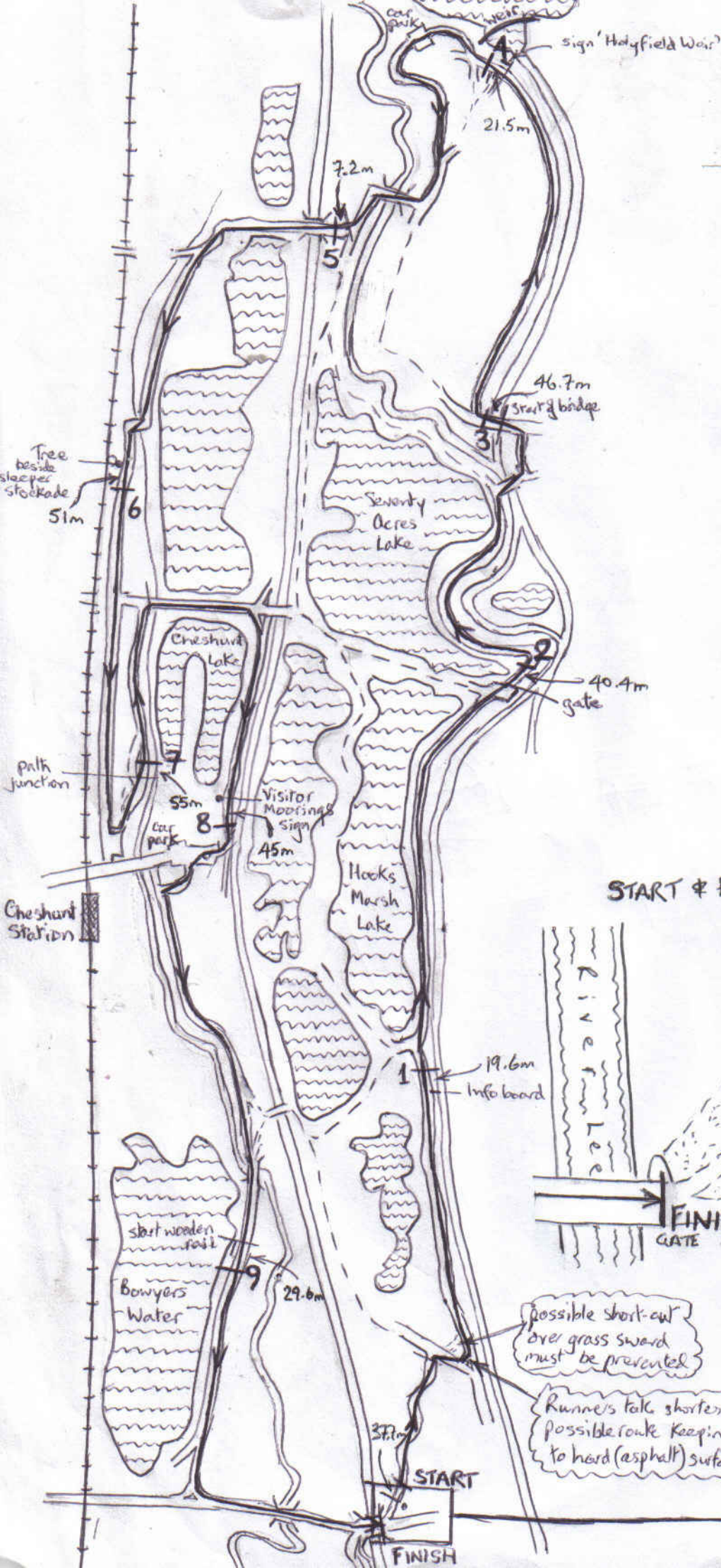
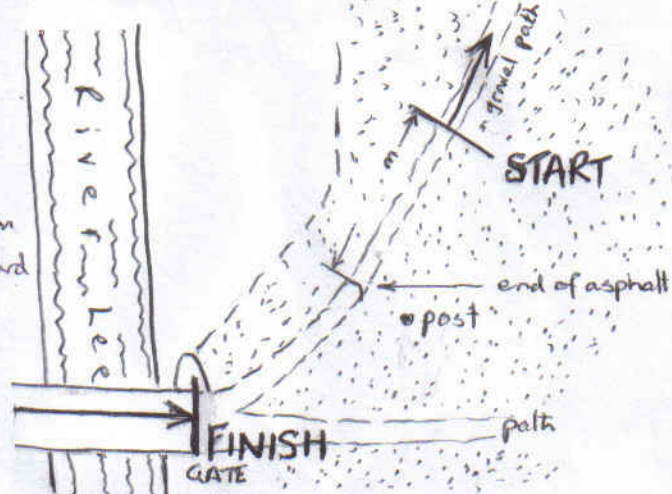


LEE VALLEY 10km

Cheshunt, Herts
9 July 2006



START & FINISH DETAIL



possible short-cut
over grass sward
must be prevented

Runners take shortest
possible route keeping
to hard (asphalt) surface