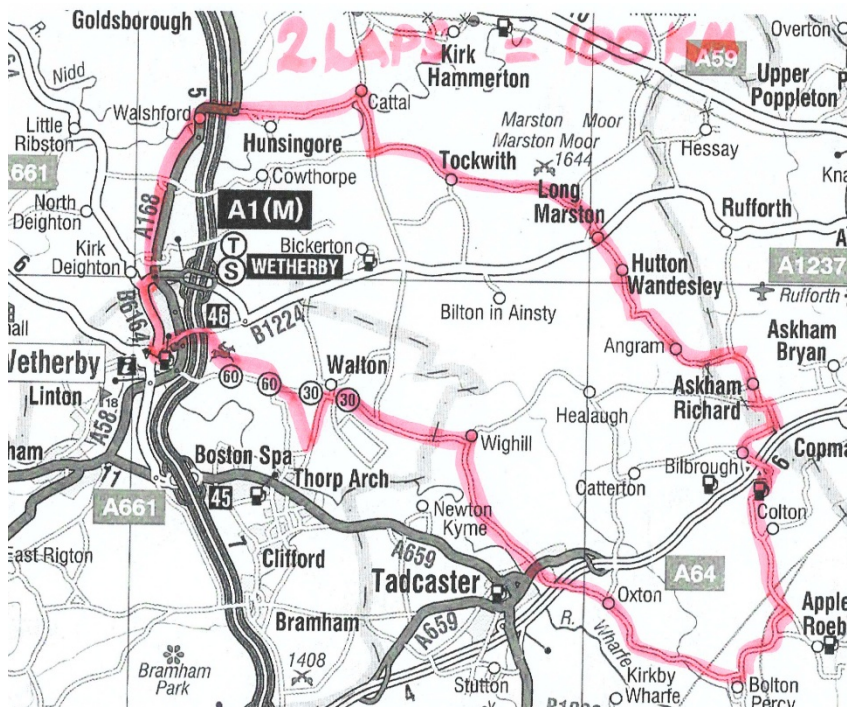


100K SPLITS

Estimated time of arrival

Departing from Wetherby Town hall at 7.00 prompt (*flagged off by the Wetherby Mayor*). Tea and coffee served in Wetherby Methodist Church hall before 7.00 am and at 11.00 am. Toilets available in the hall.

		Lap 1	Lap 2
Wighill	10K & 60K	07.48	11.54
Bolton Percy	20K & 70K	08.36	12.48
Angram	30K & 80K	09.24	13.42
Cattal	40K & 90K	10.12	14.36
Wetherby Town hall	0,50K & 100K	11.00	15.18



Contact person en-route: **Dr. Alan Bell**. He will use my phone on tel. **07928727452**. (*You can contact him to confirm where we are on the route*).

NB: This is just an estimate, we might be ahead or slower on the time.