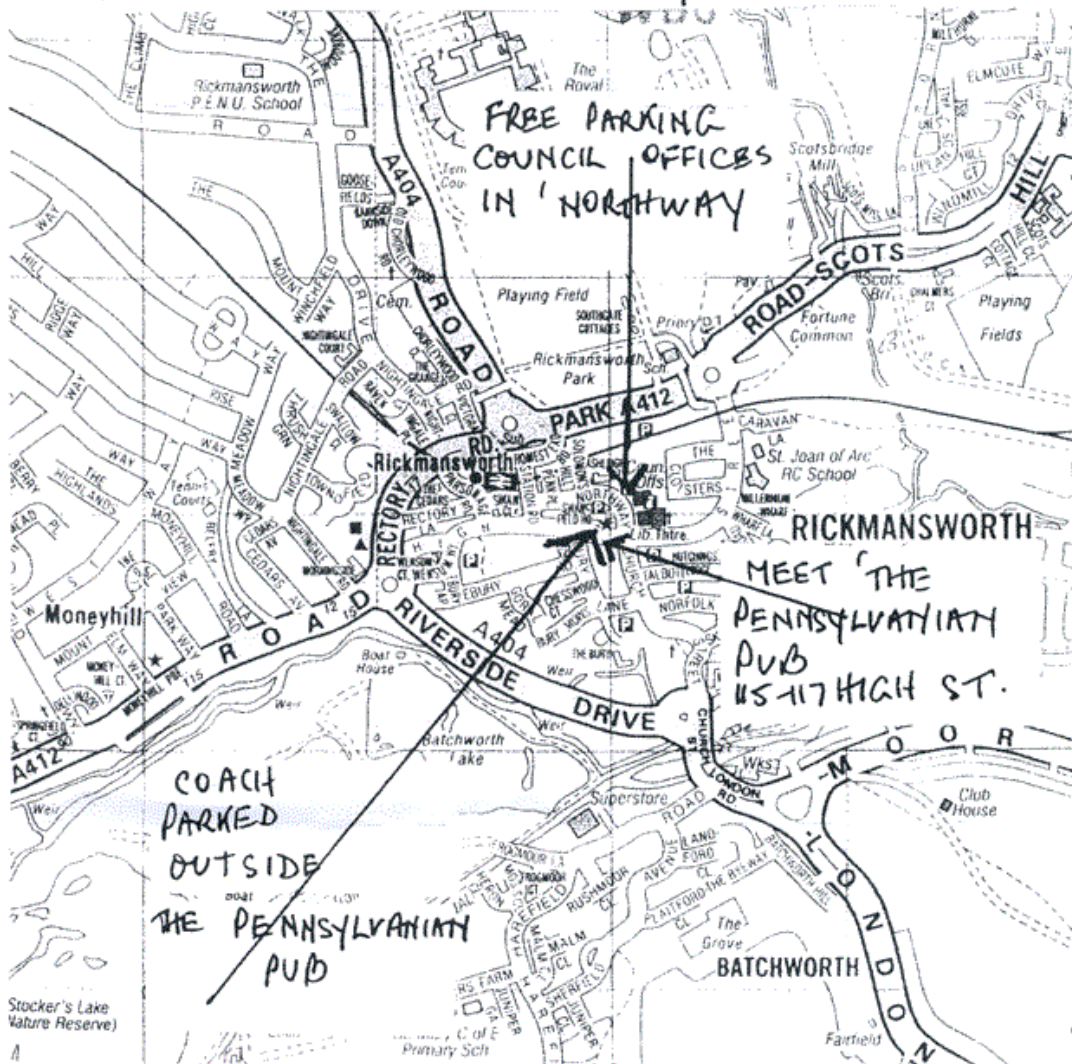


WATER RUN - 7TH JULY - 7.30PM

MEET OUTSIDE 'THE PENNSYLVANIAN' PUB AT
115-117 HIGH STREET. RICKMANSWORTH.

PARKING IS AVAILABLE 100 YARDS AWAY AT
COUNCIL OFFICES IN NORTHWAY



COST OF COACH £4

RUNS FROM 10 MILES (VIEWSLEY), TO 4½ MILES
(INCLUDES WALK)

FOOD AVAILABLE AFTERWOODS UNTIL 10PM.
AT WETHERSPOON PUB (GOOD VALUE)