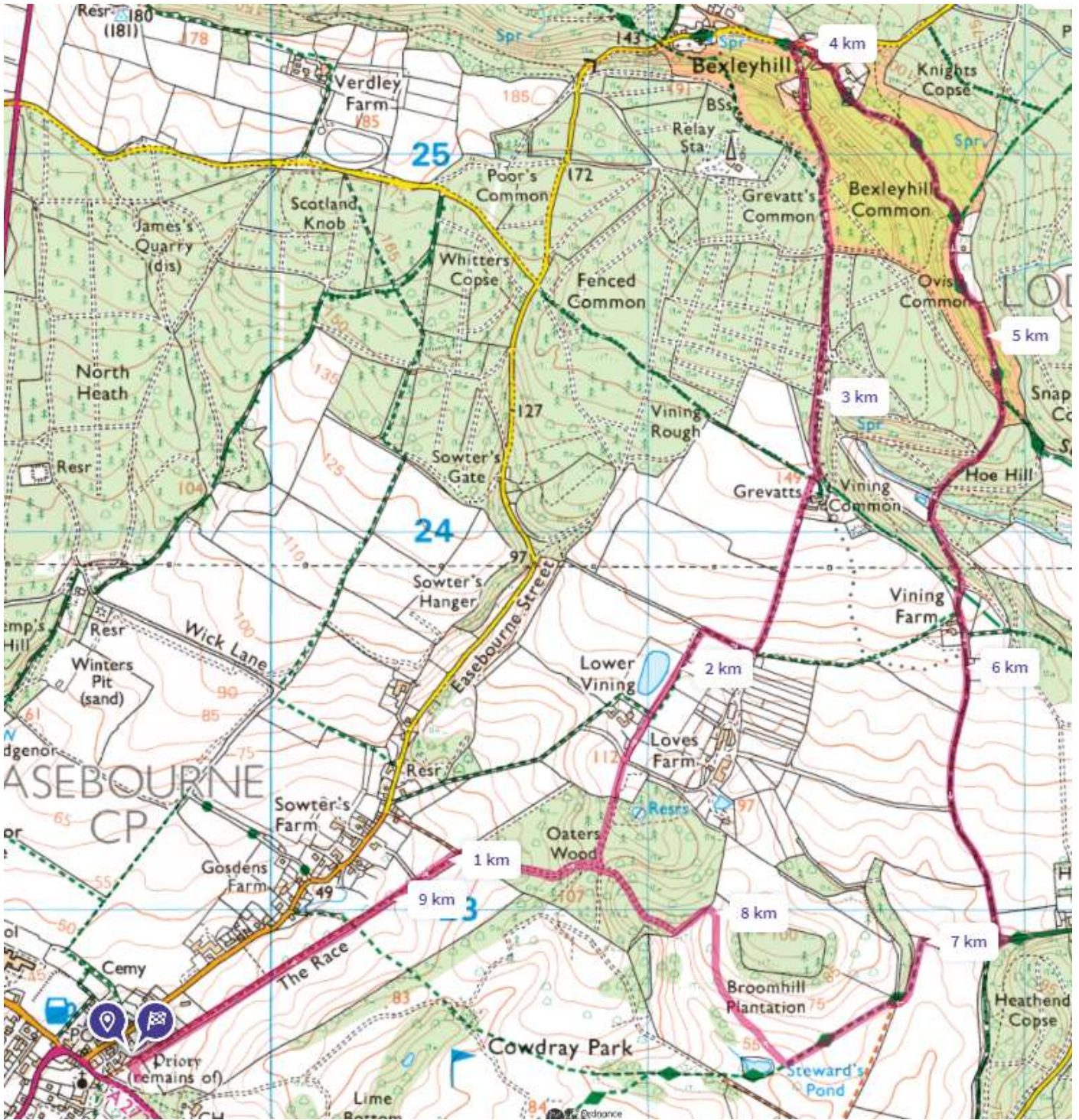


# Cowdray 'Run the Seasons'



Autumn 10km Course (Ascent 286m)