25 Mile Run (or just part(s) of it!) Sunday 5 July 9am Exeter Arena Imperial afterwards	SWRR 25 years running!
Stage 1 9:00 - 10:00 Exeter Arena to Double Locks 7 miles Pete Williams leading this, includes crossing of river Exe from Topsham (by ferry, not swimming). Stage 2 10:00 - 11:05 Double Locks to Lazy Toad, Brampford Speke 7.5 miles Bit of a hill from Upton Pyne to Brampford Speke. Stage 3 11:05 - 11:50 Lazy Toad to Railway Bridge on Rewe-Columjon road 5.5 miles Dave Moulder leading this, nice country lanes through Thorverton and Rewe. Stage 4 11:50 - 12:40 Railway Bridge - Exeter Arena 5 miles Tony Gale leading us back to the Arena from the banks of the River Culm.	Run in stages – do as much or as little as you like. Target pace 8:45 minute miles, slower if required. This is a social run, not a race. Location of changeover points marked on the map. Imperial afterwards (optional Stage 5!)