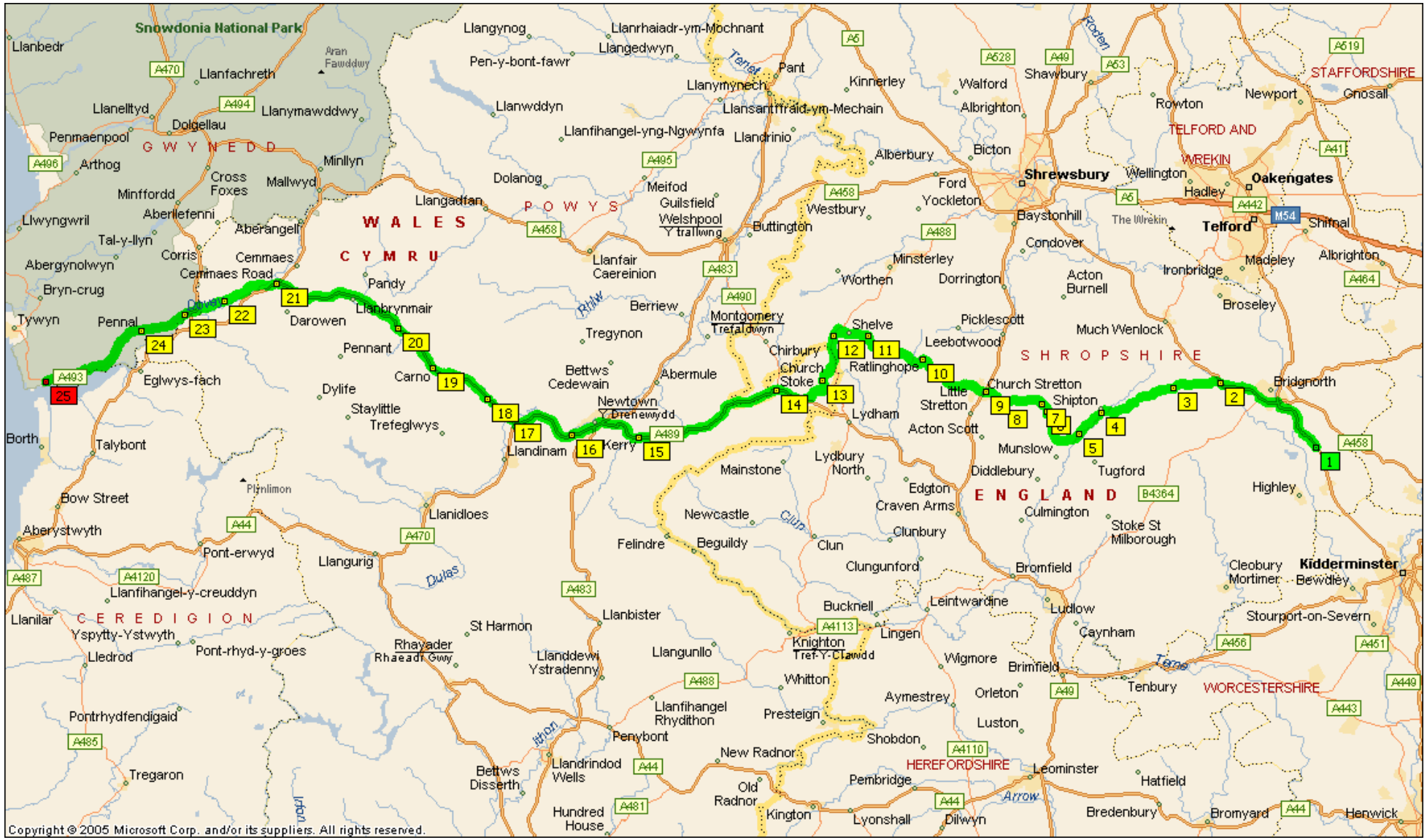Tiv n` Chips Run August 2nd 2009 – Outbound Route - Quatford to Aberdovey (92 miles)