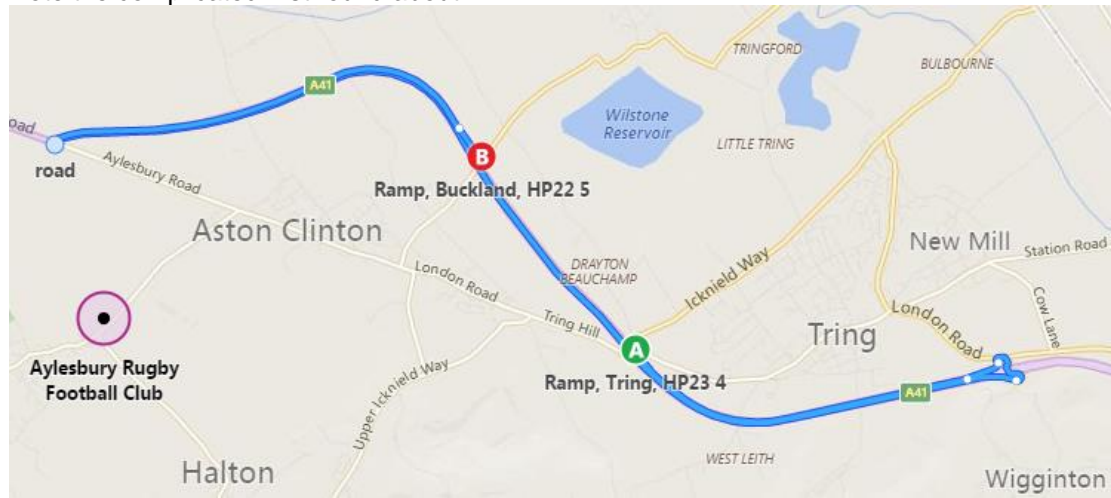


F11/10 Course

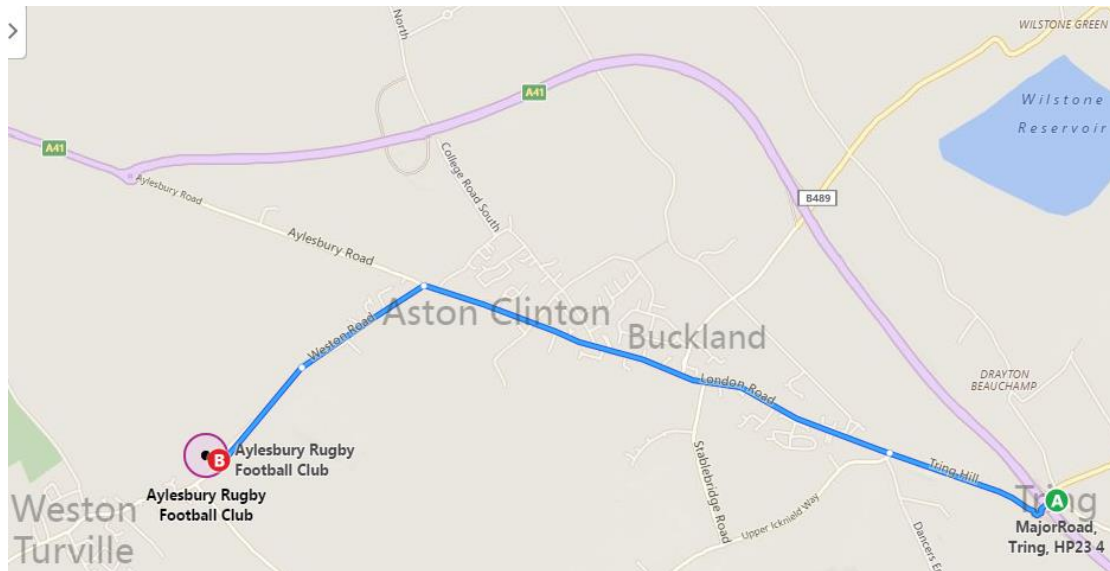
A – Start

B – Finish

Note the complicated first round about



F11/10 HQ to start  
 Turn Left out of Aylesbury RF Club  
 Head North-East on Weston Rd for @1mile  
 At the roundabout, take the 2<sup>nd</sup> exit onto London Rd for @1mile  
 Continue over the mini RAB on to and up Tring Hill/B4009 for @1mile  
 At the roundabout, take the 2<sup>nd</sup> exit onto B4009 and cross over the Dual Carriageway  
 At the roundabout, take the 3<sup>rd</sup> exit onto A41 Slip Road  
 The Start is on the slip road



Finish to HQ  
 Continue up the Slip Road to the T-Junction  
 Turn Right onto Lower Icknield Way for @1mile  
 At the roundabout, take the 2<sup>nd</sup> exit onto London Rd for @1mile  
 At the roundabout, take the 1<sup>st</sup> exit onto Weston Rd for @1 mile  
 The HQ is on the right

