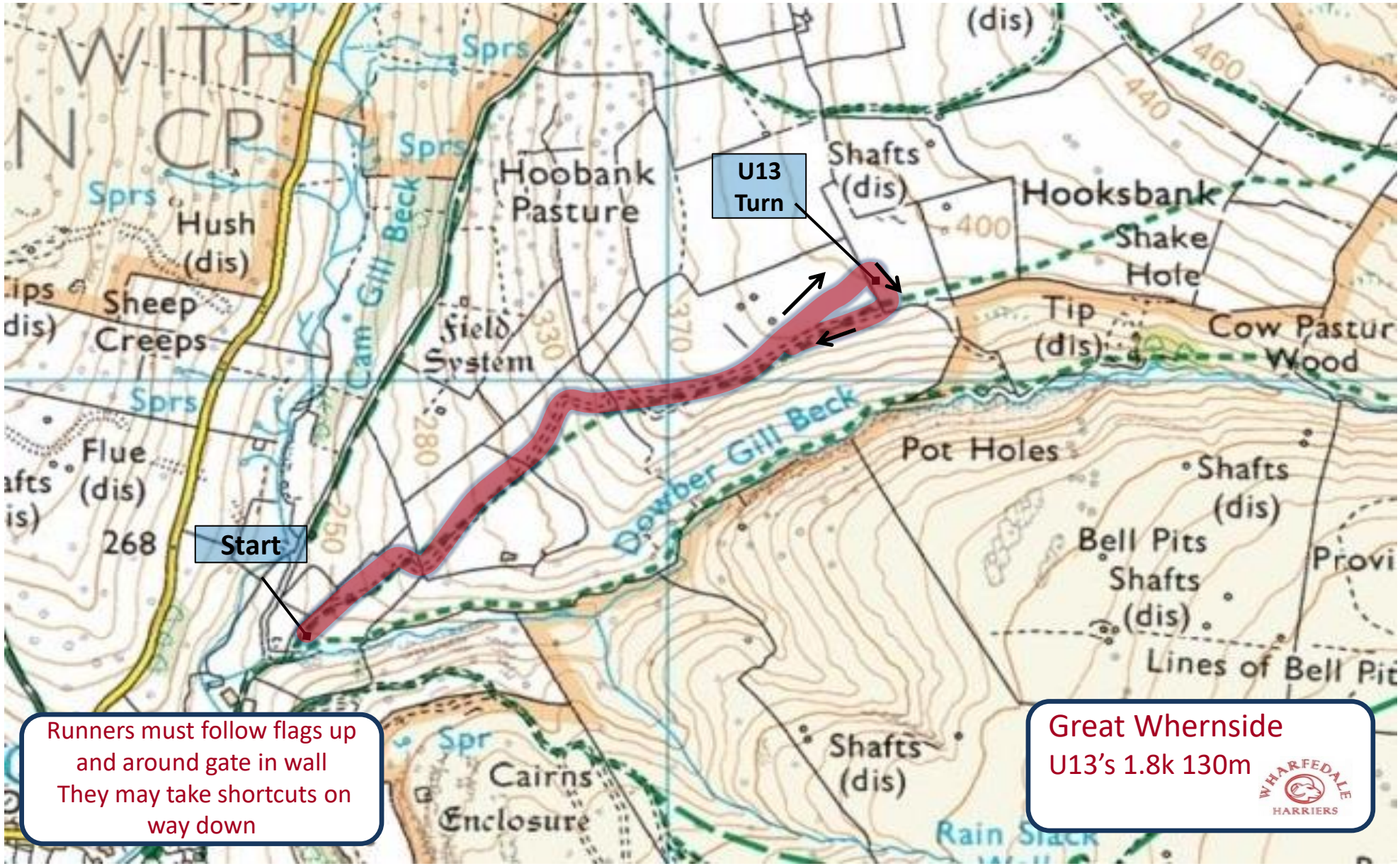

Runners must follow flags up and around gate in wall
They may take shortcuts on way down

Great Whernside
U13's 1.8k 130m

WHARFEDALE HARRIERS