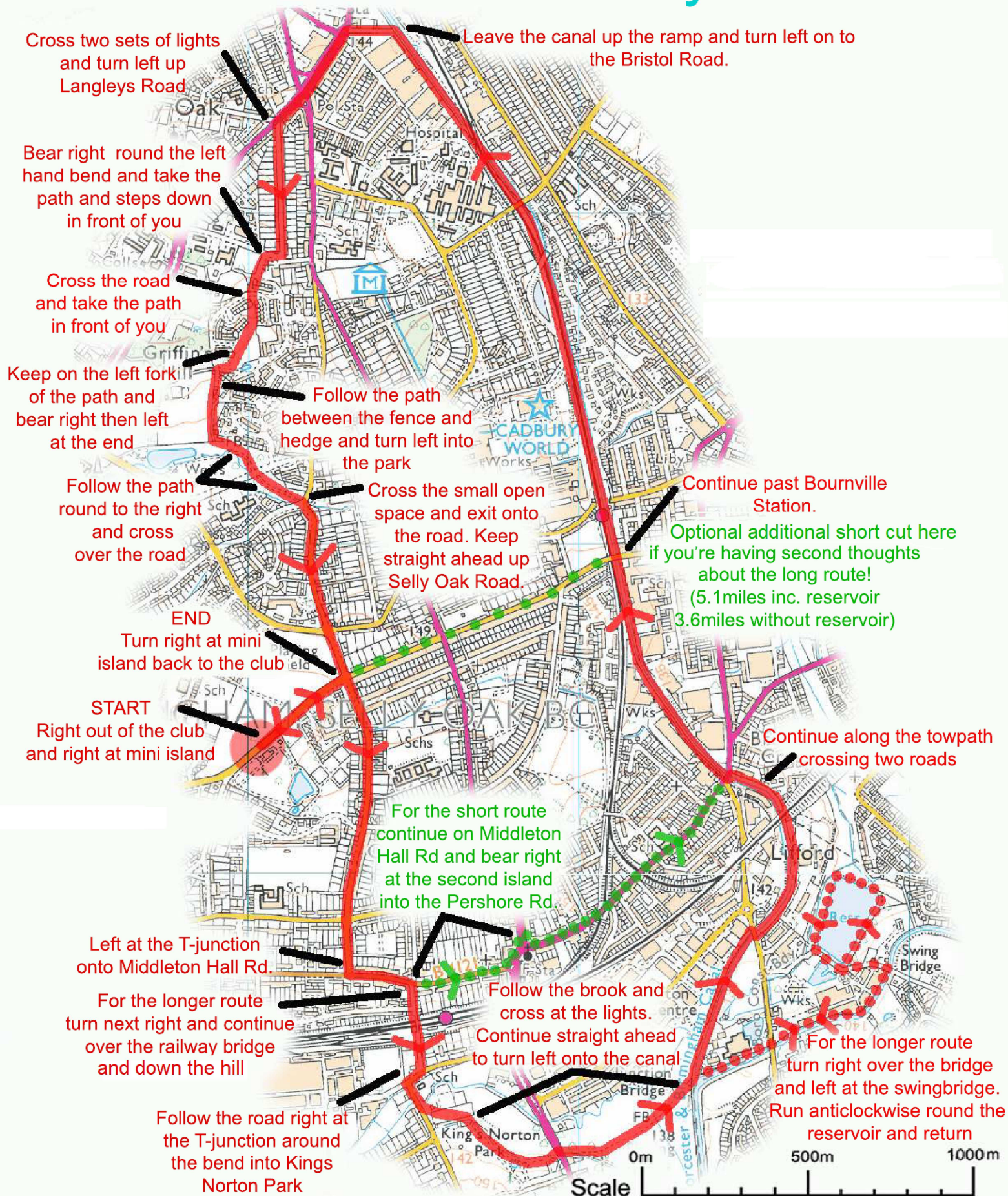


K N Park-Canal-Selly Oak



DISTANCE = 5.8 miles (9.4 km)

SHORT ROUTE = 5 miles (8 km)

LONG ROUTE = 7.3 miles (11.8 km)

Ascent=negligible

Ascent=negligible

Ascent=negligible

Bournville Harriers