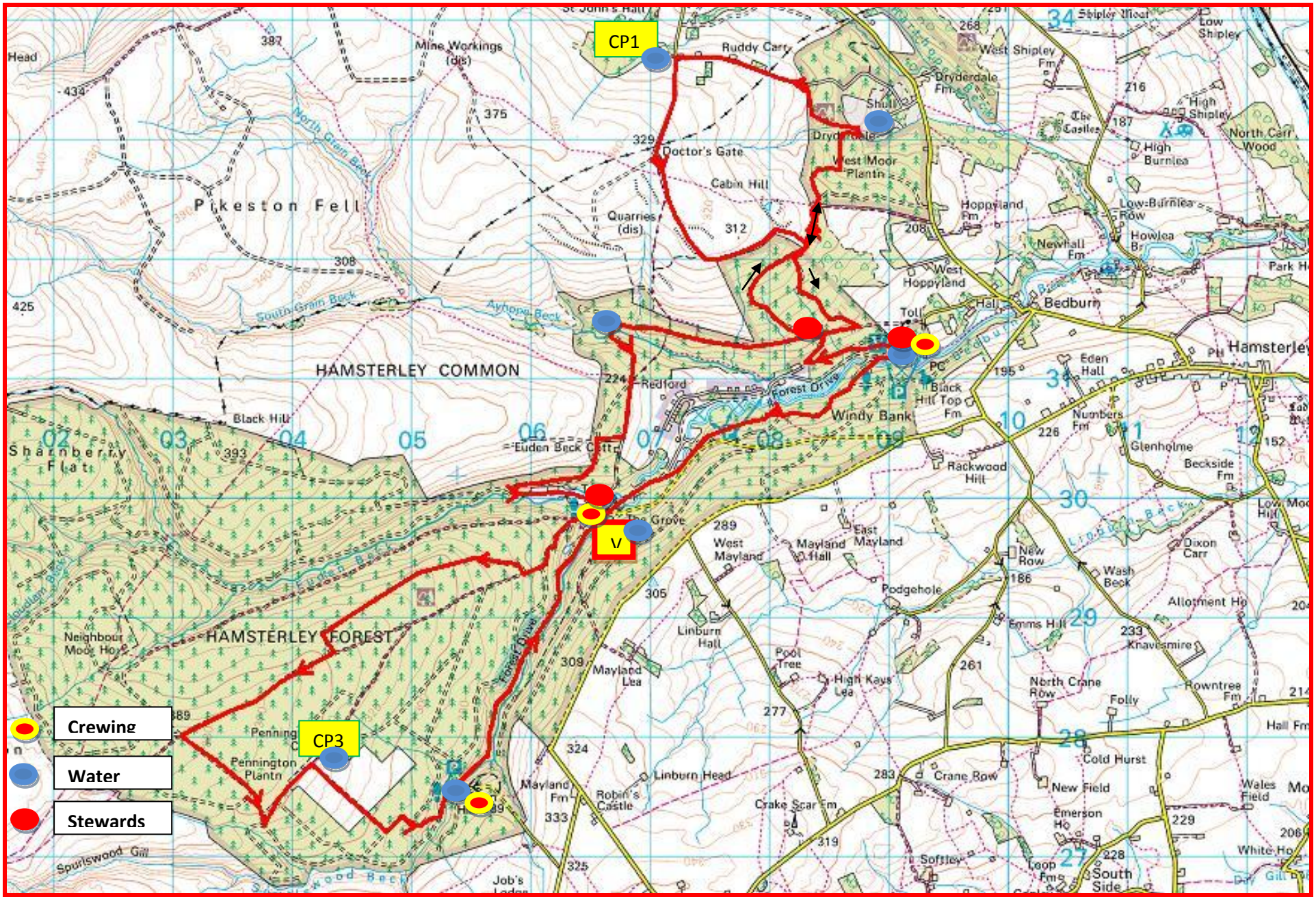The Elephant Trees Ride 2013 incorporating The Northern Championships 32k Route