



ACROSS THE DIVIDE

ADVENTURE RACING

2010 / 2011



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ADVENTURE RACING WITH ACROSS THE DIVIDE

Across the Divide is all about challenge, exploring the **boundaries of what's possible**, about being different and our Adventure Racing series takes these ideals to the next level. Featuring some of the toughest ultra marathons and adventure races in the world, our programme of events starts with the highly rated and BBC-featured '**Namibia Ultra Marathon**': a **24 hour 126km race from Brandberg Mountain, the country's highest and most spectacularly rugged peak**, to the infamous Skeleton Coast.

The Across the Divide Adventure Racing and Ultra Marathon series offers a range of distances from a single marathon event to an ultra marathon: anything from 55km to the equivalent of three marathons run consecutively.

Suitable for individual runners, for small corporate teams and for charity fundraisers the Adventure Racing series is **expertly managed by Across the Divide's highly experienced staff using our well established event and expedition management model**. These events are the ultimate in physical challenges.

ABOUT ACROSS THE DIVIDE

Across the Divide was established in 1996 by Karen and Mark Hannaford in response to a growing need for professionally organized charity treks and corporate challenges. We are extremely proud of the fact that during our first ten years we facilitated the raising of over £30 million for charitable and socially worthwhile causes and continue to facilitate the raising of over £4 million per annum.

From our first charity trek in 1997 **Across the Divide's product range has expanded to include other charitable fundraising solutions** such as bike rides, dog sledding challenges, multi activity events, ultra marathon and adventure races.

Across the Divide stands for safety, quality, thoroughness, dependability and innovative event management all delivered with a strong sense of fun. **Underpinning all of Across the Divide's activities is a reputation for safety and thorough event planning**; the depth of experience and friendliness of our staff; and the flexibility of our planning approach, endeavoring at all times to deliver our event solutions to the highest possible standards and in an ethical and sustainable manner.

Choose your challenge, choose your charity, register and start fundraising!



ACROSS THE DIVIDE
ADVENTURE RACING

NAMIBIA ULTRA
MARATHON

24 - 31 MAY 2010

23 – 30 MAY 2011

126km - 3 marathons - 24 hours. This is the 3rd successful year of the Namibia 24 hour Ultra Marathon, which is rapidly becoming known as the ultimate endurance test for distance runners. Our challenging route will take you into the northern Namib Desert, the oldest desert in the world and the largest and most remote National Park in Africa.

Charity Contact: Jenn Chidley
jenn@acrossthedivide.com
+44 (0) 1460 298027



MORE INFORMATION

This ultra marathon race is of an extreme nature. It will be a serious undertaking to train hard enough to cope with the onslaught of the Namib Desert, covering 126km (78 miles) in the brief time span of 24 hours.

You will race 126km in 24 hours across the vast expanse of the desert, through endless plains framed by distant ridges and mountains, past dramatic granite outcrops. You will be running under the clearest of blue skies during the day and a bright moon during the night.

You will be completely self reliant from the start of the ultra marathon until the end, and will need to carry your food and equipment on your back. Water stations and medical tents will be provided along the route. Temperatures are expected to be in the region of min 5°C / max 36°C but could be more extreme.

THE ROUTE

The race begins at the foot of the Brandberg Mountain range. The route will be undulating: firm underfoot but fairly stony, so you will need to choose your path with care. The route continues along a dry river bed with the terrain continuing to be firm underfoot with loose stones but, as you near the second checkpoint, the ground becomes softer underfoot, with short grass cover in places.

As you set off for the third checkpoint you will be able to see your next challenge rising gently above the plains: the Messum Crater, a vast crater with a mixture of mildly undulating and flat terrain. After leaving the Messum Crater behind you will drop down onto the gravel plains. Here the terrain becomes very difficult underfoot with uneven surfaces and loose stones which are tricky to navigate in the dark. This will lead you to your final checkpoint on the coast before heading on to the last section which follows the line of the coast in a southerly direction. During the final stages of your challenge you will be faced with a punishing uphill section before turning off for the remaining 3km stretch to the beach and the finish line.



Absolutely fantastic event that will be with everyone for the rest of their lives and for the right reasons.

The organisation and logistics of the marathon day were outstanding for such a challenging race, in a hostile and almost unbearable climate, and over such a distance.

Jerry Haywood, 2009 Ultra Runner

www.acrossthedivide.com

PRICES

2010 OPTION 1 (SELF FUNDING)	OPTION 2 (MINIMUM SPONSORSHIP)
Registration fee: £150	Registration fee: £150
Tour costs (exc. reg fee): £1,580 - including flights at £880	Minimum sponsorship: £3,000
Insurance: £47	Insurance: £47

2011 OPTION 1 (SELF FUNDING) Approximate prices. Exact prices to be confirmed.	OPTION 2 (MINIMUM SPONSORSHIP)
Registration fee: £150	Registration fee: £150
Tour costs (exc. reg fee): £1660 - including flights at £920	Minimum sponsorship: £3300
Insurance: £47	Insurance: £47

ITINERARY

DAY 1 - LONDON HEATHROW - WINDHOEK

We board our international flight from London Heathrow bound for Windhoek. The flight arrives the following morning.

DAY 2 - WINDHOEK - BRANDBERG

On arrival at Windhoek, we transfer by bus to our camp in the Namib Desert. On arrival in camp there will be a short orientation briefing. After this you are free to settle in, begin marathon preparations and take in some of the awesome surroundings.

DAY 3 - RACE REGISTRATION AND ACCLIMATISATION DAY

After breakfast, a half day trek is arranged to give you an indication of the type of terrain and extremes you will encounter during the race. In the afternoon, a full ultra marathon briefing will take place. A pre challenge meal is provided in the evening followed by a final Q&A session.

DAY 4 - RACE DAY

After an early breakfast, the firing pistol will sound at 0900 sharp, and your epic journey will commence.

DAY 5 - RACE FINISH AND RECOVERY

After a night spent running by the light of the moon, you will continue your gruelling run to the finish line on the beach at Jakkalsputs on the Atlantic Coast. Your tents will be set up and ready for you to crawl into and begin your recovery. After a short rest, we will leave camp at around 1300 and transfer to our hotel in Swakopmund where the sensible runners take the time to relax and recover from the efforts of the previous 24 hours.

DAY 6 - FREE DAY IN SWAKOPMUND

Today you are free to explore Swakopmund and the surrounding area at your leisure. In the late afternoon a visit to the nearby Swakopmund dunes is arranged, followed by a celebratory meal to congratulate ourselves on our achievements and swap stories of our adventures.

DAY 7 - TRANSFER TO WINDHOEK

After breakfast at the lodge we board our bus and transfer back to the airport for our flight back home.

DAY 8 - TRANSFER BACK TO HEATHROW

We arrive at Heathrow early morning.

ACCOMMODATION

Your first 2 nights will be camping in 2 man dome tents within a remote desert camp, with basic facilities including a bar, dining area, showers and long drop toilets

Your final 2 nights will be spent in the Hotel Alte Brucke in Swakopmund on the Skeleton Coast.



ACROSS THE DIVIDE
ADVENTURE RACING

NAMIBIA MARATHON

24 - 31 MAY 2010

23 – 30 MAY 2011

42km. This is an endurance test for marathon runners. Our route will take you into the northern Namib Desert, the oldest desert in the world and the largest remote National Park in Africa.

If the landscape does not help to keep mind and soul occupied, the ostrich and springbuck you will pass along the way should bring your thoughts back to focus.

Charity Contact: Jenn Chidley
jenn@acrossthedivide.com
+44 (0) 1460 298027



MORE INFORMATION

The marathon of 42km will be run at the same time as the 126km ultra. All competitors will start together, but the marathon runners will finish at the 42km rest station. You will have to finish the marathon within 8 hours.

This race is of such an extreme nature that it will be serious undertaking to train hard enough to cope with the onslaught of the Namib Desert, covering 42km (26 miles) in no longer than 8 hours.

You will be self reliant during the event and will need to carry any food that you may need on your back. There will be water stations and medical tents at intervals along the route.

Temperatures are expected to be in the region of min 5°C / max 36°C but could be more extreme.

THE ROUTE

The race begins at the foot of the Brandberg Mountain range. The route will be undulating: firm underfoot but fairly stony, so you will need to choose your path with care. The route continues along a dry river bed with the terrain continuing to be firm underfoot with loose stones but, as you near the second checkpoint, the ground becomes softer underfoot, with short grass cover in places.

The finish line for our marathon runners will be the welcome shade of a large Acacia tree, where you will be cheered across the finish line.

PRICES



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Registration fee: £150	Registration fee: £150
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Insurance: £47	Insurance: £47

Great. Well run and personable, felt safe and welcome. Liked varied terrain and there was something for every taste. The heat will be the main challenge for a runner. Thanks for a great trip. Allie O'Donovan, **Namibia Marathon** winner 2009

The race and the whole experience was amazing. I thought the organisation of every element was just right, in terms of you never felt like you were being told what to do, and you knew that behind the scenes it was being run like clockwork. Also loved being with like-minded people which was refreshing. Nick Tidball (Team Men's Fitness) **Namibia Ultra** competitor 2009

ITINERARY

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DAY 3 - RACE REGISTRATION AND ACCLIMATISATION DAY

After breakfast, a half day trek is arranged to give you an indication of the type of terrain and extremes you will encounter during the race. In the afternoon, a full marathon briefing will take place. A pre challenge meal is provided in the evening followed by a final Q&A session.

DAY 4 - RACE DAY

After an early breakfast, the firing pistol will sound at 0900 sharp, and your epic journey will commence. Following completion of your marathon you will be transferred to the ultra marathon finish line at Jakkalsputs on the Atlantic Coast, where your tents will be set up and ready for you to crawl into and begin your recovery.

DAY 5 - RACE FINISH AND RECOVERY

After a night spent running by moonlight the ultra marathon runners will begin to cross the finish line in the early hours. After a short rest, we will leave camp at around 1300 and transfer to our hotel in Swakopmund where the sensible runners take the time to relax and recover from the efforts of the previous 24 hours.

DAY 6 - FREE DAY IN SWAKOPMUND

Today you are free to explore Swakopmund and the surrounding area at your leisure. In the late afternoon a visit to the nearby Swakopmund dunes is arranged, followed by a celebratory meal to congratulate ourselves on our achievements and swap stories of our adventures.

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ACCOMMODATION

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Your final 2 nights will be spent in the Hotel Alte Brucke in Swakopmund on the Skeleton Coast.



ACROSS THE DIVIDE
ADVENTURE RACING

ICELAND

LAUGAVEGUR ULTRA
MARATHON

15 - 19 JULY 2010

14 - 18 JULY 2011

The "Laugavegur" course is one of the most beautiful in Iceland, stretching from Landmannalaugar in the highlands to Thorsmork, a natural reservation area.

The area is famous for the yellow, orange and purple hues of surrounding mountains. The adventure race blazes a trail through moss fields, meadows of wool grass, steam springs and bizarre lava formations where blossoms defy the raw climate.

Charity Contact: Jenn Chidley
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MORE INFORMATION

Do not be fooled by the iconic beauty of this mountain marathon course. This is a tough mountain challenge and having a good race plan is essential. A common error that adventure runners make is to take the first part of the mountain race too fast. Bear in mind that this distance is usually hiked over four days!

The distance of the ultra marathon is 55km and this is from Landmannalaugar to Thorsmork. This mountain course is multi terrain so be prepared for anything: sand, gravel, grass, snow, ice and even the occasion river and stream crossing. The race ends at **Thorsmork, described as Iceland's brightest** pearl, surrounded by rugged mountains and beautiful glaciers.

THE ROUTE

The first section of the course is from Landmannalaugar to Hrafninnusker which is approximately 10km. The scenery is pretty, but this is the toughest part of the course as most of it is uphill. As this section comprises only one fifth of the total distance setting off at a slow pace is advised. The section contains stretches of ice and snow as well as geothermal activity so tread carefully.

Our second section from Hrafninnusker to Alftavatn is approximately 11km as the crow flies. This is the highest section of the course. The terrain is sand with snow-filled ditches: the terrain is varied as the amount of snow varies from year to year. As the route continues the terrain becomes muddy and slippery as we reach the geothermal area.

The third section of the course from Alftavatn to Emstrur is approximately 16km. Long parts of this section are flat but there are several river crossings. Runners will be helped across the largest river, Blafjallakvisl.

The fourth and final section from Emstru/Botnar to Thorsmork is 13.5km; this section contains some tricky downhill with ropes to help make the descent slightly easier. The remainder of the course is very diverse and undulating.



PRICES

2010 OPTION 1 (SELF FUNDING)	OPTION 2 (MINIMUM SPONSORSHIP)
Registration fee: £150	Registration fee: £150
Tour costs (exc. reg fee): £1,220 - including flights at £320	Minimum sponsorship: £2,440
Insurance: £25	Insurance: £25
2011 OPTION 1 (SELF FUNDING) Approximate prices. Exact prices to be confirmed.	OPTION 2 (MINIMUM SPONSORSHIP)
Registration fee: £150	Registration fee: £150
Tour costs (exc. reg fee): £1280 - including flights at £340	Minimum sponsorship: £2,560
Insurance: £25	Insurance: £25

Very tough adventure run but beautiful challenge and great scenery. Very good organisation; really enjoyed it and will be back next year. Richard, 2008 competitor

MAGIC! Very nicely done. Great team, friendly organisation. Plenty of information and good sense of humour throughout. Will be back again. Chris Hough, 2008 and 2009 competitor

ITINERARY

DAY 1 - LONDON HEATHROW - REYKJAVIK

We board our international flight to Reykjavik. On arrival we are met and transferred by coach to our hotel. We will have an orientation briefing before sitting down to a 3 course dinner.

DAY 2 – RACE REGISTRATION

Today you will have breakfast at the hotel before being registered for the race at midday. Following this you will take a bus transfer to the race start. Tonight you will camp at the race start line in 2 man dome tents so that you are ready for the race start tomorrow.

DAY 3 - RACE DAY

Today is race day! Runner's bags will be transported from the start and from the Blafjallakvisl river crossing to the finish line at Thorsmork. After the race all runners are invited to a BBQ dinner. Following the race and prize ceremony in Thorsmork, buses will depart for Reykjavik. Showers are available at Thorsmork.

DAY 4 - FREE DAY IN REYKJAVIK

We have a free day to enjoy the sights of Reykjavik. Breakfast is provided as well as a celebratory 3 course meal in the evening.

DAY 5 - BLUE LAGOON VISIT - REYKJAVIK - LONDON HEATHROW

After breakfast we travel to the Blue Lagoon Spa for a bit of pampering before we transfer to the airport to board our return flight to the UK

ACCOMMODATION

Your first and last 2 nights will be spent in the **Hotel Baron which is located in the heart of Reykjavik's city center. Participants will be expected to share twin room accommodation to keep the price of the event down.**

The evening prior to the race start you will be camping in 2 man dome tents.



ACROSS THE DIVIDE
ADVENTURE RACING

GRAND CANYON
ULTRA MARATHON

19 - 26 SEPTEMBER
2010

18 - 25 SEPTEMBER
2011

126km - 3 marathons - 24
hours. This fantastic new
ultra marathon race will be
run in 24 hours across the
vast, wild and remote area
of the Grand Canyon's
North Rim.

Charity Contact: Jenn Chidley
jenn@acrossthedivide.com
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MORE INFORMATION

The North Rim is a spectacular area of wilderness – a raised, forested plateau surrounded by desert. Although only 10 miles (as the crow flies) from the busy tourist area of the South Rim, the North Rim is pretty isolated: there is just one road which crosses the top of the plateau and ends abruptly at the edge of the canyon. Very few visitors attempt to visit the North Rim, so you and your fellow ultra runners can expect to encounter a remoteness now rarely experienced in daily life.

You will be self reliant - carrying your food, water and survival equipment. Water stations will be set up at regular intervals, and medical staff will be positioned along the route for support if necessary, but otherwise it will be you against the elements.

THE ROUTE

Our route will follow a series of trails through the Kaibab National Forest in Northern Arizona. This beautiful area borders the Grand Canyon National Park and is perched on a high plateau averaging between 8,000 and 9,000 feet above sea level.

The scenery is spectacular - set among towering ponderosa pine trees and punctuated by hills and ridges interspersed by large open valleys of grass, streams and golden aspen trees. As the trail winds along the North Rim your views will stretch across the canyon to the South Rim and beyond to the highest point in Arizona - the San Francisco Peak (over 12,000 feet in elevation and 60 miles away).

Full route details will be available shortly, please see the website for further updates.

PRICES

2010 OPTION 1 (SELF FUNDING)	OPTION 2 (MINIMUM SPONSORSHIP)
Registration fee: £150	Registration fee: £150
Tour costs (exc. reg fee): £2,034 - including flights at £564	Minimum sponsorship: £4,000
Insurance: £47	Insurance: £47
2011 OPTION 1 (SELF FUNDING) Approximate prices. Exact prices to be confirmed.	OPTION 2 (MINIMUM SPONSORSHIP)
Registration fee: £150	Registration fee: £150
Tour costs (exc. reg fee): £2,135 - including flights at £590	Minimum sponsorship: £4270
Insurance: £47	Insurance: £47



One of the most defining moments of my life; a priceless experience and education. Alex Bamford, Namibia Ultra participant 2009

ITINERARY

DAY 1 - LONDON GATWICK - LAS VEGAS

We board our international flight to Las Vegas. We will be met at the airport by the local agent and transferred to our hotel where there will be a short orientation briefing to welcome everybody and explain timings and logistics for the forthcoming event

DAY 2 - LAS VEGAS TO KAIBAB NATIONAL FOREST

After breakfast we are transferred by bus to our base in the Kaibab National Forest. Upon arrival there will be a short orientation briefing to explain timings and camp life. After this you are free to settle in, begin race preparations and take in the awesome surroundings.

DAY 3 - RACE PREPARATION AND BRIEFING

After breakfast we will take a half day trek designed to give you an indication of the type of terrain you will encounter during the race. Our local guides will talk about what wildlife you can expect to see on route and how to react when this happens. In the afternoon a full race briefing will be held including race navigation, safety and a session from the ATD doctor on possible medical issues you may face and how to deal with them during the race.

DAY 4 - RACE DAY

The race will begin at 0900 and the arduous run through this spectacular part of the world will commence.

DAY 5 - RACE FINISH AND RECOVERY

After a night spent running by starlight, the sunrise will give you renewed strength as you continue on with this punishing race back to the finish line at camp. Your tents will be set up and ready for you to crawl into and begin your recovery. After a short rest we will leave camp at around 1300 and are transferred to a local lodge to continue our recovery.

DAY 6 - EXPLORING THE GRAND CANYON AND TRANSFER BACK TO LAS VEGAS

After a day of exploring we will transfer back to Las Vegas, where we will hold a celebratory meal to congratulate ourselves on our achievements and swap stories of our adventure.

DAY 7 - LAS VEGAS - UK

We have the morning and early afternoon to explore before heading to the airport for our flight home.

DAY 8 - ARRIVE BACK IN THE UK

We arrive back into London Gatwick in the morning.

ACCOMMODATION

Accommodation will be in the form of 2 nights at Kaibab Lodge (possibly camping), 2 nights in a hotel in Las Vegas and one night at a lodge within the Grand Canyon National Park.

Hotel and lodge rooms will be basic but clean and comfortable.

Please note that accommodation arrangements are subject to change.



ACROSS THE DIVIDE
ADVENTURE RACING

GRAND CANYON
MARATHON

19 - 26 SEPTEMBER
2010

18 - 25 SEPTEMBER
2011

42km - This fantastic new
ultra marathon race will be
run in 24 hours across the
vast, wild and remote area
of the Grand Canyon's
North Rim.

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MORE INFORMATION

The marathon of 42km will be run at the same time as the 126km ultra. All competitors will start together, but the marathon runners will finish at the 42km rest station. You will have to finish the marathon within 8 hours.

This race is of an extreme nature, and it will be a serious undertaking to train hard enough to cope with the onslaught of the Grand Canyon, covering 42km (26 miles) in no longer than 8 hours.

You will be self reliant during the event and will need to carry any food that you may need on your back. There will be water stations and medical tents at intervals along the route.

THE ROUTE

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Insurance: £47	Insurance: £47



It was hot! It was hard! It was awesome! A true adventure. The race is a MUST for individuals who wish to test their limits of physical and mental endurance. Pete Holdgate - 2008 Namibia Ultra runner

ITINERARY

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ACROSS THE DIVIDE
ADVENTURE RACING

DESERT ULTRA
MARATHON TRAINING
WEEKEND

19 - 21 FEBRUARY 2010

A training weekend for any individuals planning to take part in a single or multi stage desert ultra in 2010 / 2011



MORE INFORMATION

Designed to fully prepare participants for the Namibia 24 hour Ultra Marathon, this weekend will also benefit anybody considering or entered into a multi or single stage desert ultra.

The weekend will include talks and Q&A sessions with the Namibia Ultra Race Director, previous participants and an experienced race doctor, who will give advice on:

- * Kit
- * Namibia 24hr Ultra Marathon overview
- * Health risks
- * Hydration and energy
- * Risk assessments
- * Race strategies
- * Medical issues

THE ROUTE

You will run approximately 70km over the duration of the weekend with cross country routes, runs along the stunning Jurassic coast footpath and night time runs. The training weekend is designed so that you can increase or decrease the distances depending on your current running training plan. These routes will test your fitness, stamina, equipment and fluid/ energy plan.

FOOD

We will provide you with a hearty breakfast to start your day but you must bring ALL other food for the weekend.

This is your chance to try out that freeze-dried meal or new brand of energy bar. **2008's Namibia Ultra** Marathon winner won on a diet of 9 bananas: however, this is not recommended!

LOCATION

The weekend will be held at **Across the Divide's head office on the Dorset** - Somerset border:

Across the Divide, Thorncombe Barn, Fore Street, Thorncombe, near Chard TA20 4PP

Tents will be provided with camping at the nearby Thorncombe Sports and Social Club.

If you are interested in attending this weekend please register your interest no later than 1st February 2010. For further questions please contact Jenn: jenn@acrossthedivide.com or 01460 298027

PRICES

2010

WEEKEND COST	WEEKEND COST - PAST ATD RACE PARTICIPANT
Weekend cost: £80	Weekend Cost: £40

A great opportunity to test our kit and practice at a race pace. It was also a good opportunity to take in the size of the fear that is being undertaken. 2009 training weekend participant



Registration

Payment options explained

Option 1: Self Funding This payment option requires you to cover all of your tour costs as well as the registration fee. Any additional funds raised on top of this can be given to the charity of your choice.

Option 2: Minimum Sponsorship With this payment option you pledge to raise a minimum amount of sponsorship for your chosen charity. The sponsorship amount is generally double that of the tour costs.

Your chosen charity will need to authorise this option as the fundraising agreement is between yourself and the charity.

We will invoice the charity for your tour costs 10 weeks before the event is due to take place.

How to register

Please go to our website www.acrossthedivide.com and complete the online registration form for the event of your choice.

Home>Events>(Event Name)>Add to basket

In addition to the registration form you will also need to fill out the medical and insurance forms which are part of the online registration process.

Medical Form

You must complete the medical form, advising us of any pre-existing medical conditions, and informing us of any changes that may occur before departure. Failure to do so may invalidate your insurance.

Confirmation of place

Once we have received your application and registration fee, we will confirm your place on the trip and send you the relevant race manual. This will also detail a recommended kit list, training information and country information.

What is included?

Return international flights from London; all outward flight taxes including fuel surcharges; all accommodation during the event; in country transport; all food unless otherwise specified; day-to-day running of the event; safety and logistical management; provision of UK safety staff and medical team; the organisation of emergency evacuation.

ATOL

All flights are fully protected **by ATOL**. Across the Divide's ATOL number is 6475.

Across the Divide
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Thorncombe
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