

Day 16		Day 17		Day 18	
Day Total	Cum. Total	Day Total	Cum. Total	Day Total	Cum. Total
Day 19		Day 20		Day 21	
Day Total	Cum. Total	Day Total	Cum. Total	Day Total	Cum. Total
Day 22		Day 23		Day 24	
Day Total	Cum. Total	Day Total	Cum. Total	Day Total	Cum. Total

Please send a photo / scan of your completed record form (or other forms of evidence such as photos or receipts along the route) to competitions@cyclingsuk.org

You can then order your Land's End to John o'Groats certificate, cloth badge and T-shirt at www.cyclingsuk.org.uk/shop

Did you stay or eat at any great places during your trip? You can recommend to fellow cyclists on our Cyclists Welcome website at www.cyclistswelcome.co.uk

Good luck and enjoy the ride!

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