



MENTAL HEALTH AWARENESS FOR THE RURAL COMMUNITY

www.leneadon.muchloved.com

Len's Light Tractor Relay ROUTE

18th June Sun		Arrive John O'Groats KW1 4YF
20th June Tues 10am		Leave John O'Groats
	1-1.30	Helmsdale (rest stop)
	6.30pm	Dingwall MD
		(MD – Market Day) Overnight stop
21st June Wed 9am		Leave Dingwall
	1pm	Aviemore (rest stop)
	7pm	Pitlochry M&G
		(M & G – meet & greet)
22nd June Thurs	9am	Leave Pitlochry
		Aberfeldy – Crieff (rest stop)
	1pm-3pm	Stirling MD (lunchtime stop)
23rd June Fri		REST DAY, travel to RHS
24th/25th June		ROYAL HIGHLAND SHOW
		Based on SAYFC stand
26th June Mon		Edinburgh
	4pm	Lanark MD
27th June Tues	7am	Lanark to Longtown
	10.30am	Beattock (rest stop)
	1.30pm	Longtown M&G
	6pm	Carlisle M&G
28th June Wed	8.30am	Carlisle CA1 2RS to Penrith
	10am	Penrith MD
	1pm	Kirby Stephen to J36

	3.30pm	J36 NWA M&G
	7pm	Bentham MD
29 th June Thurs		Bentham to Gisburn
	10am	Gisburn MD
		Gisburn to Skipton
	1pm	Skipton M&G
		Harrogate to York
	8pm	York M&G
30 th June Fri		York to Selby
	10am	Selby M&G
		Selby to Lough
	7.30pm	Lough M&G
1 st July Sat		Lough to Boston
		Boston M&G
		Boston to Newark
	7pm	Farol, Newark M&G
2 nd July Sun		<i>DRIVER REQUIRED</i>
		Newark to Leek
	7pm	Leek M&G
3 rd July Mon		Leek to Bakewell
	10am	Bakewell MD
		Bakewell to Melton Mowbray
		Overnight stop in Market
4 th July Tues	8am	Melton Mowbray MD
	11am	Leave Melton Mowbray to Norwich
	1.30pm	Wisbech (rest stop)
		Downham Market
	4pm	Swaffham M&G
	7pm	Norwich MD
5 th July Wed		Norwich to Westminster
		Stop overnight (Thetford or Bury St Edmunds)
6 th July Thurs		Westminster

	8pm	leave drive to farm near Aylesbury
7 th July Fri		Aylesbury to Winslow
	10am	Winslow M&G <i>DRIVER REQUIRED</i>
	2.30pm	NAPTON CV47 8JA
		Napton to Stratford Market
	7pm	Stratford Market M&G
8 th July Sat		Stratford to Worcester
	10am	Worcester Market MD Worcester to Bridgnorth
	4pm	Kinlet (rest stop) Bridgnorth to Harper Adams
9 th July Sun	10am	Harper Adams M&G
	1pm	Leave
	2pm	Harper Adams to Market Drayton Market Drayton M&G Market Drayton to Oswestry
10 th July Mon		Oswestry MD
	11am	Leave Oswestry for Bala Bala (rest stop) Bala to Welshpool
	3pm	Welshpool MD
	5pm	Leave Welshpool to Rhayader
	7.30pm	Rhayader M&G
11 th July Tues		Rhayader to Builth Wells
	10am	Builth Wells M&G Builth Wells to Hereford
	1.30pm	Hereford M&G
	3pm	Hereford to Ross on Wye
	7pm	Ross on Wye M&G
12 th July Wed		Ross on Wye to Thame
	10am	Cotswold Grass Seeds, Honeydale M&G
	11.30am	leave

	2pm	Thame MD
13th July Thurs		Thame to Cirencester
	11am	Cirencester MD
	1pm	leave Cirencester to Frome
		Frome MD
14th July Fri		REST DAY
15TH July Sat		Frome to Sedgemoor
	10am	Sedgemoor MD
	1pm	Leave
		Sedgemoor to
16th July Sun		REST DAY
17TH July Mon		Honiton MD
		Honiton to South Moulton
	7pm	South Moulton M&G
18th July Tues		South Moulton to Holsworthy
		Holsworthy to Hallworthy
	7pm	Hallworthy M&G
19th July Wed		Hallworthy to Truro
		Truro M&G
		Truro to Marazion
20th July Thurs		Marazion to Lands' End
	11am	Presentation