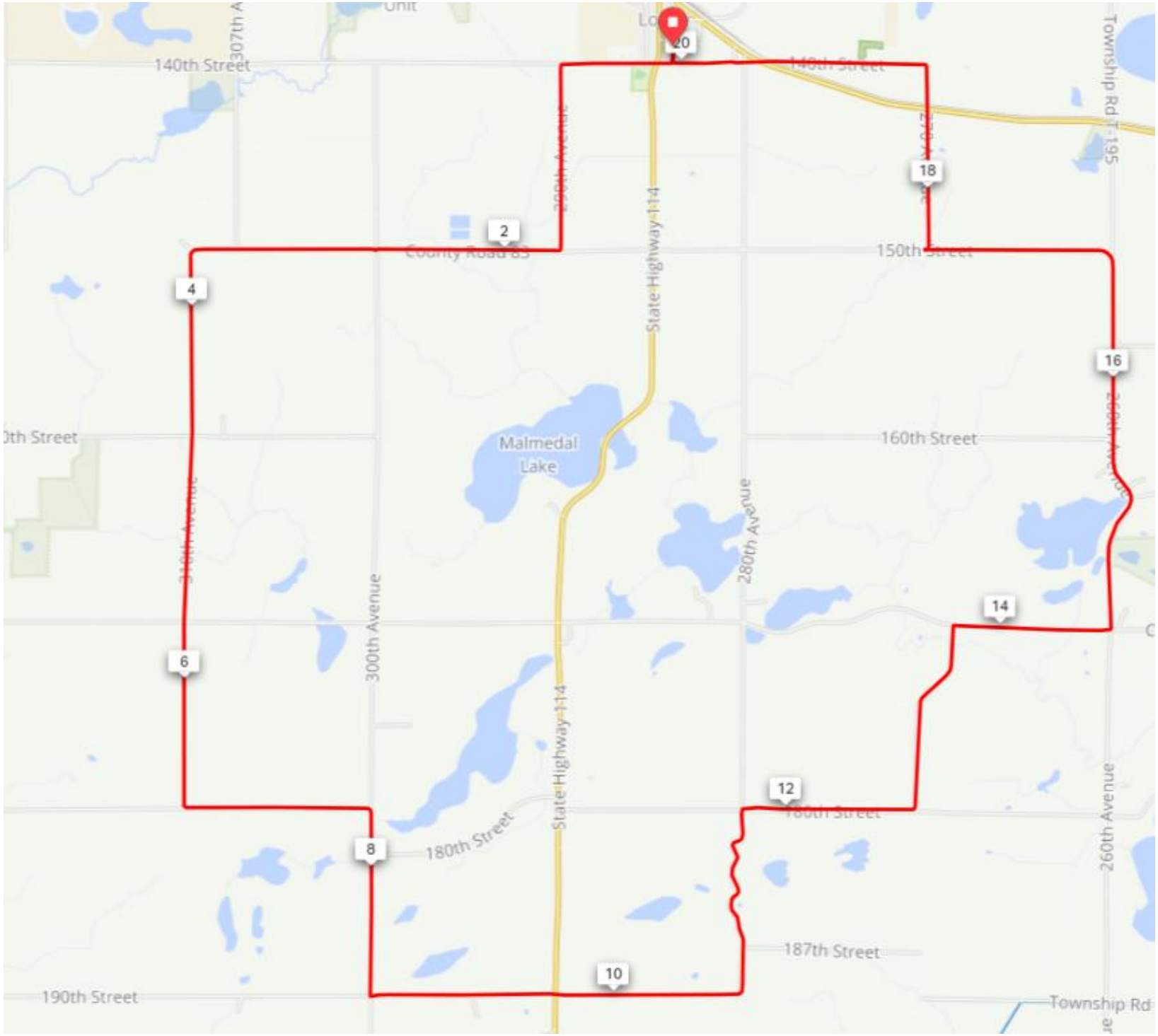Lowry Lowdown (20 miles)