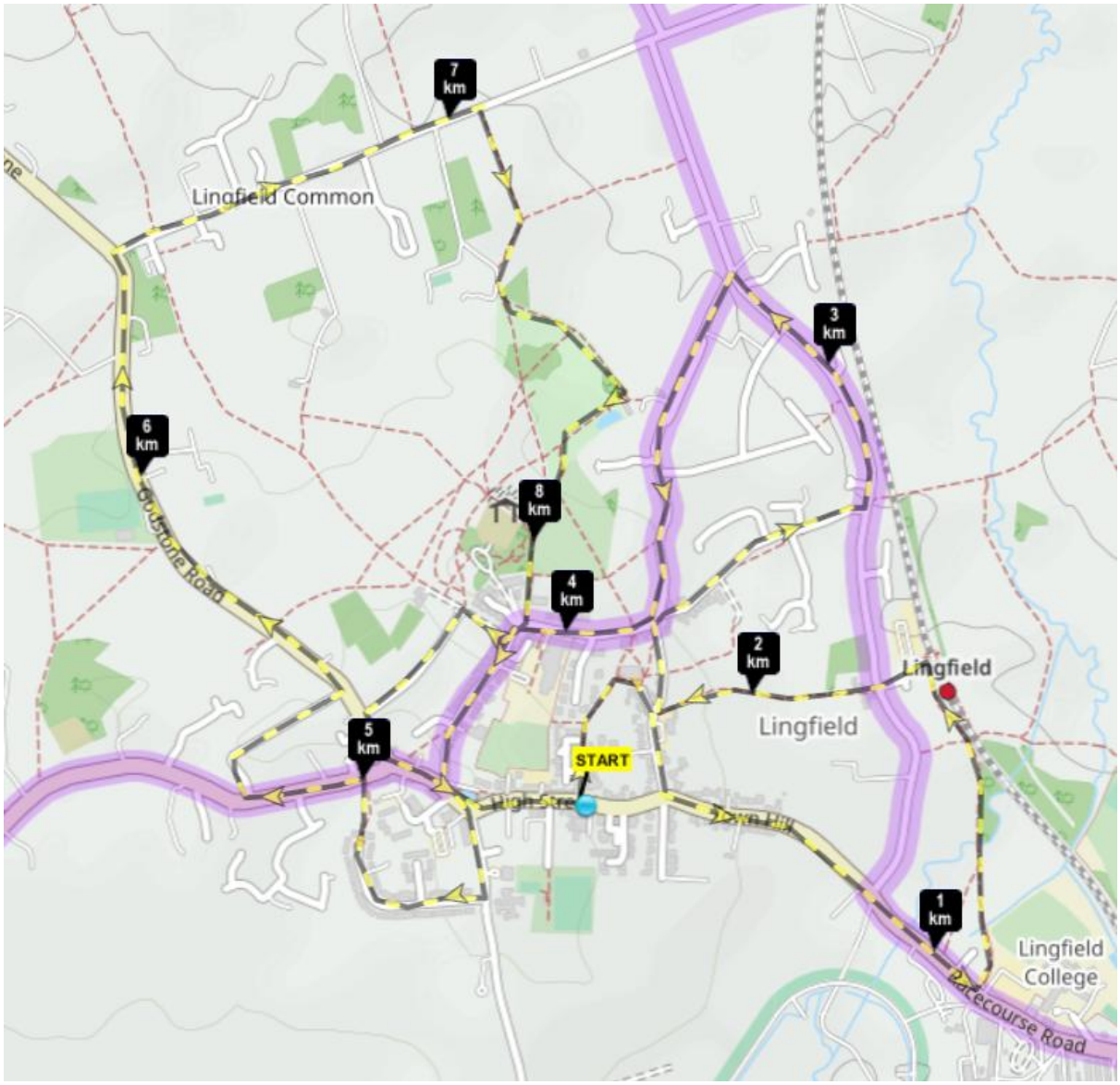James Kilfiger's route around Lingfield (9 km/5.5 miles)