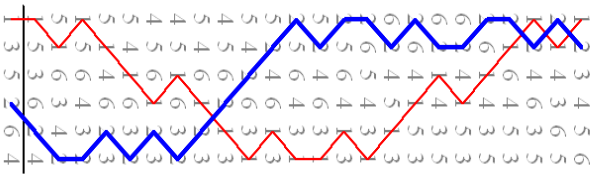
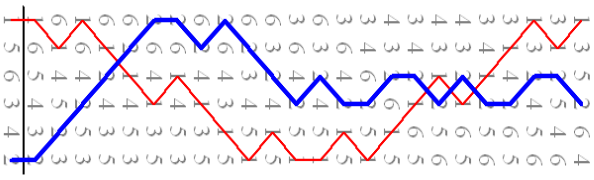
Northern District

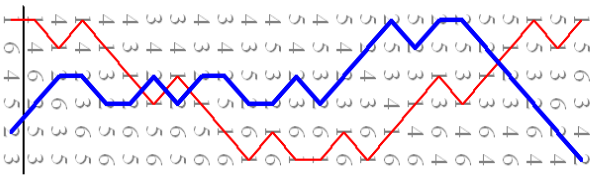
"Beyond Plain Bob" Training Notes - Session F

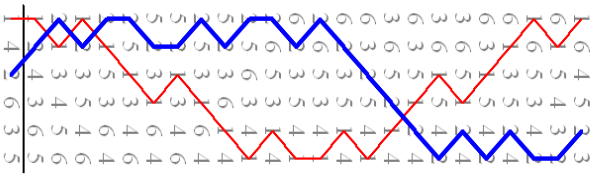
PRIMROSE SURPRISE MINOR

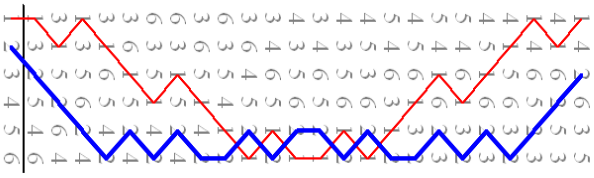
(3-4-2-3-4-5 LH1)

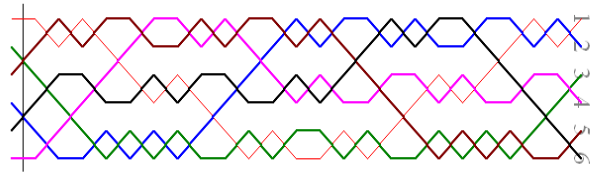


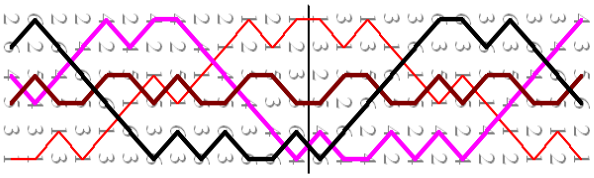


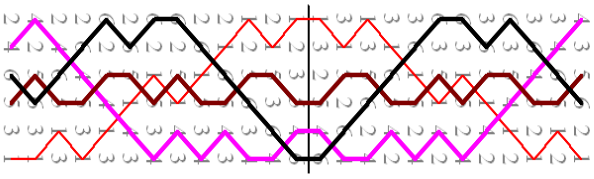






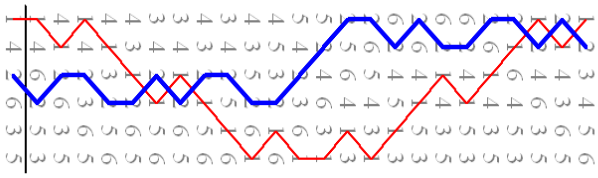


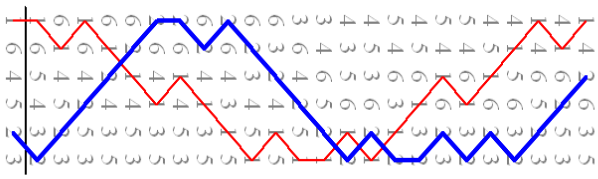


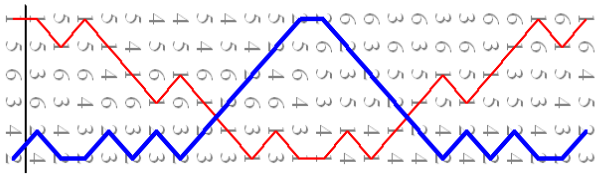


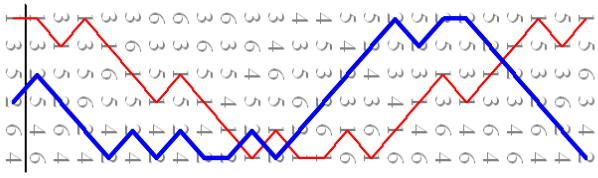
IPSWICH SURPRISE MINOR

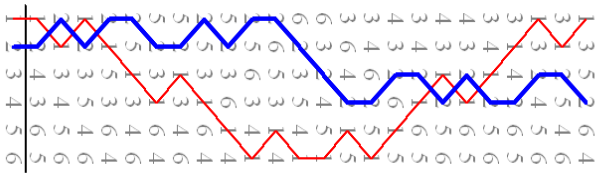
(3-4-2-3-4-1 LH2)

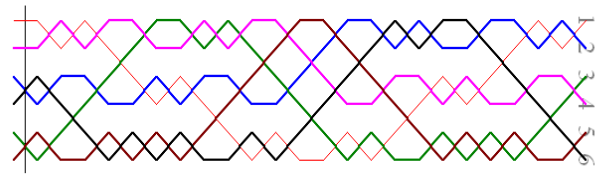


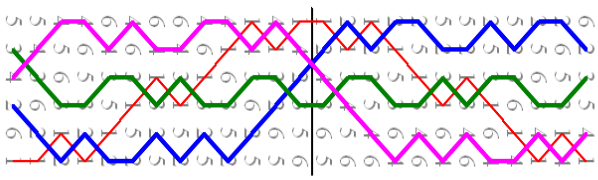


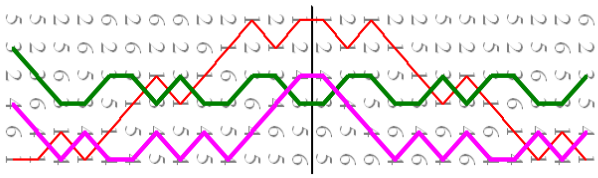












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