



3rd October 2018 / Sonja King

— Long route: 6.8 miles

— Short route 5.1 miles

⋯ Route on a path

④ Mile marker (for long route)

For a map and prints of your own wednesday night run, either post the route to the TWH group or email to [cassiferr@gmail.com](mailto:cassiferr@gmail.com) by tuesday evening.  
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