


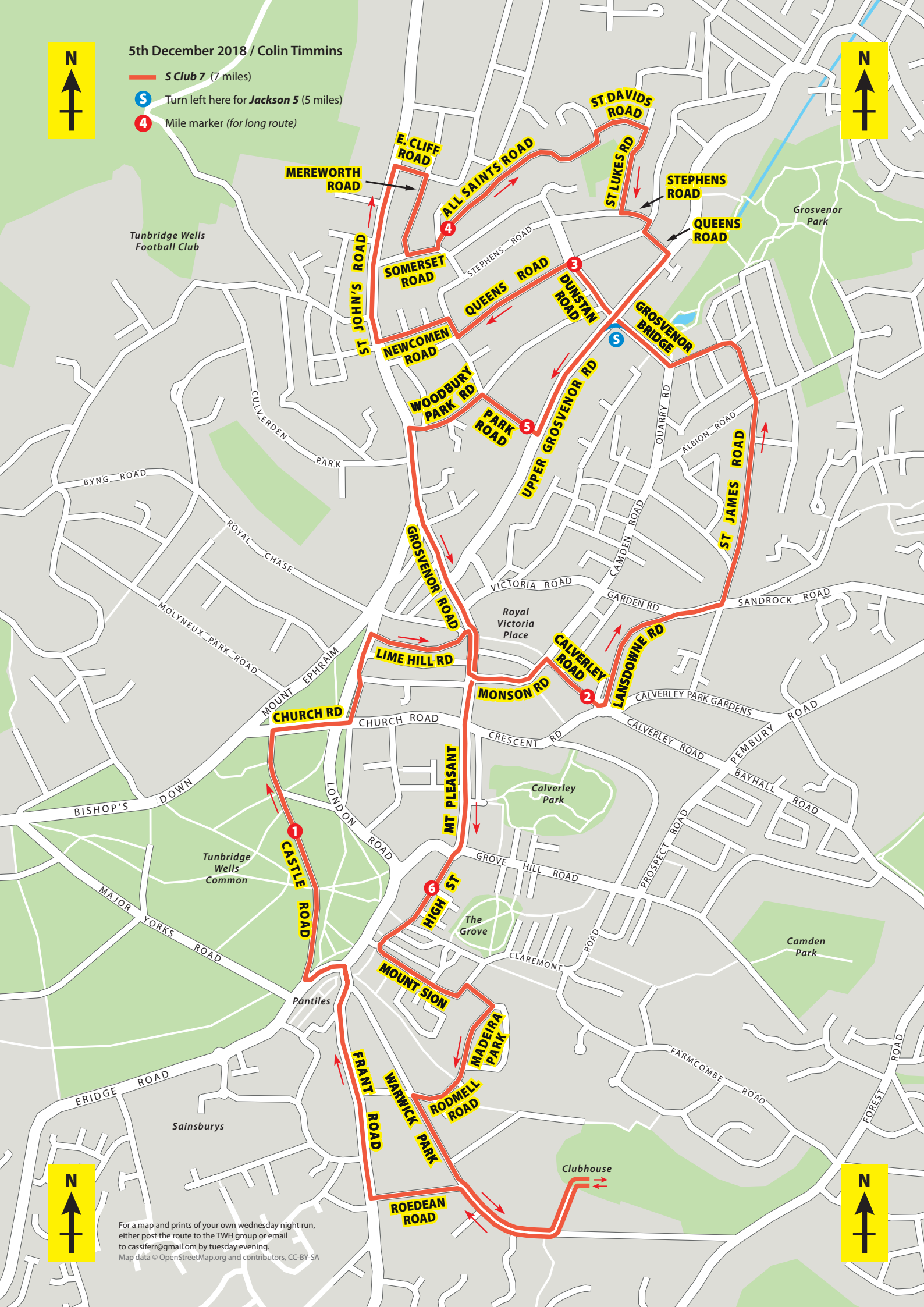


5th December 2018 / Colin Timmins

-  S Club 7 (7 miles)
-  Turn left here for Jackson 5 (5 miles)
-  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 by tuesday evening.
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