



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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13th February 2019 /
Mike Staddon

- Long route: 7.0 miles
- Short route: 5.5 miles
- - - Route on a path
- ④ Mile marker (for long route)
- Dark! Headtorch helpful