



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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16th October 2019 / Mike King
Grand Prix Trophy Run

- Long route: 6.7 miles
- Quick Dance: 4.9 miles
- - - Route on a path
- 4 Mile marker (for long route)
- Dark! Headtorch helpful

