



3rd September 2014
Derek Harrison

- Long route: 7.2 miles
- Short routes
one shortcut: 6.2 miles
both shortcuts: 5.2 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 casper.morris@uk.dk.com by tuesday evening.
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