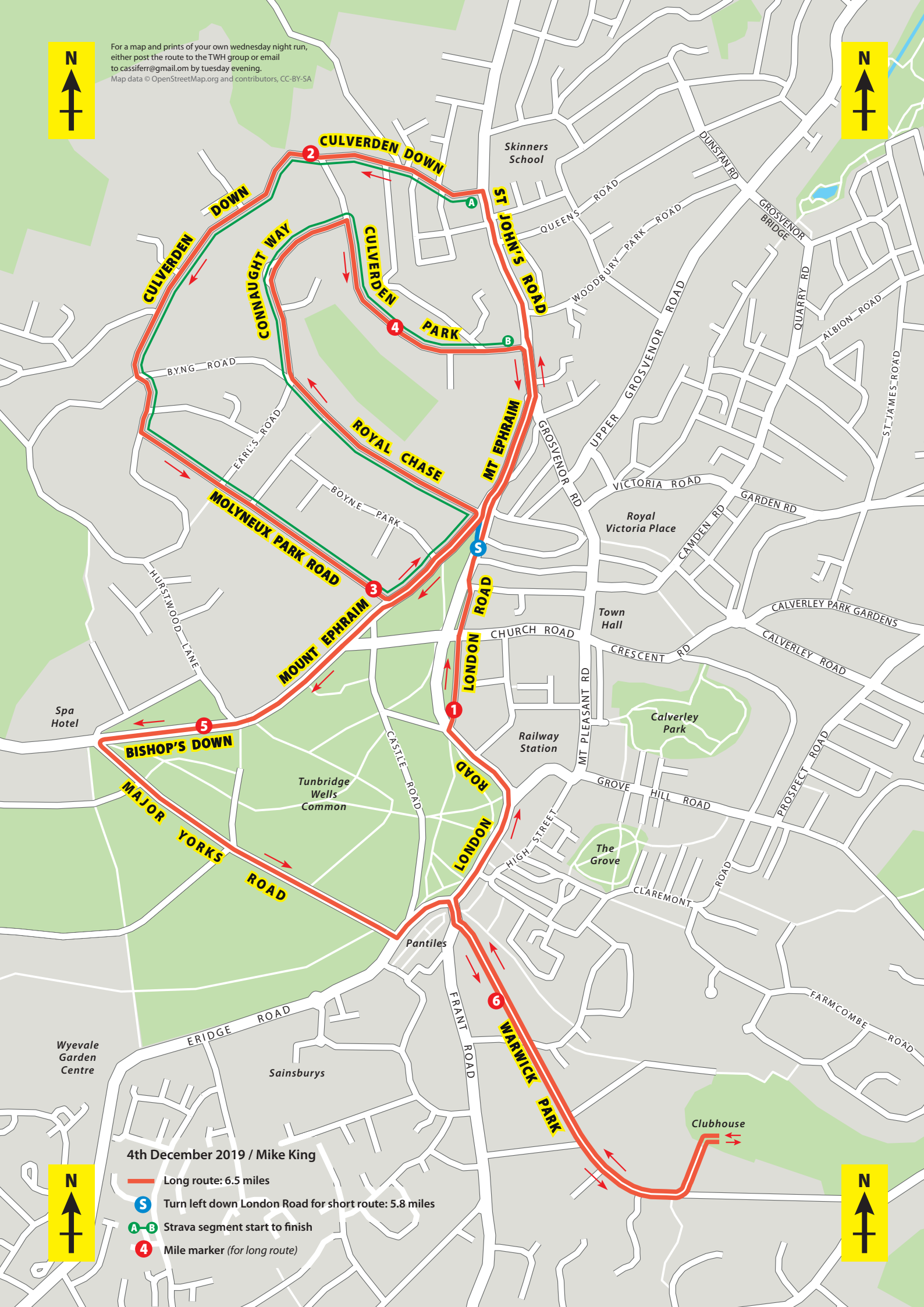







For a map and prints of your own wednesday night run, either post the route to the TWH group or email to [cassiferr@gmail.com](mailto:cassiferr@gmail.com) by tuesday evening.  
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4th December 2019 / Mike King

-  Long route: 6.5 miles
-  Turn left down London Road for short route: 5.8 miles
-  Strava segment start to finish
-  Mile marker (for long route)

