



Gem Stilliard
26th February 2020

- Short route: 5.6 miles
- A—B 'Kenyan Hills' 0.9 mile loop
short route: no loops
long route: 1 loop (6.5 miles)
longer routes: + loops
- 4 Mile marker (for short 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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