



13th December 2017
Craig Chapman

- Long route: 7.6 miles
- Medium route: 6.0 miles
- S Turn left here for short route: 3.0 miles
- - - Route on a path
- 2 Mile marker (for long route)
- Dark! Headtorch helpful

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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