



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](mailto:casper.morris@uk.dk.com) by tuesday evening.  
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14th November 2012 / Geoff Turner

- Main route: 6.9 miles
- - - Route on a path
- 4 Mile marker
- Dark! Headtorch recommended