



13th March 2019 / Adam Dennis

- Ninja Long: 8.4 miles
- S Ninja Short: 6.3 miles
- - - Route on a path
- Dark! Headtorch helpful
- 2 Mile marker (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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