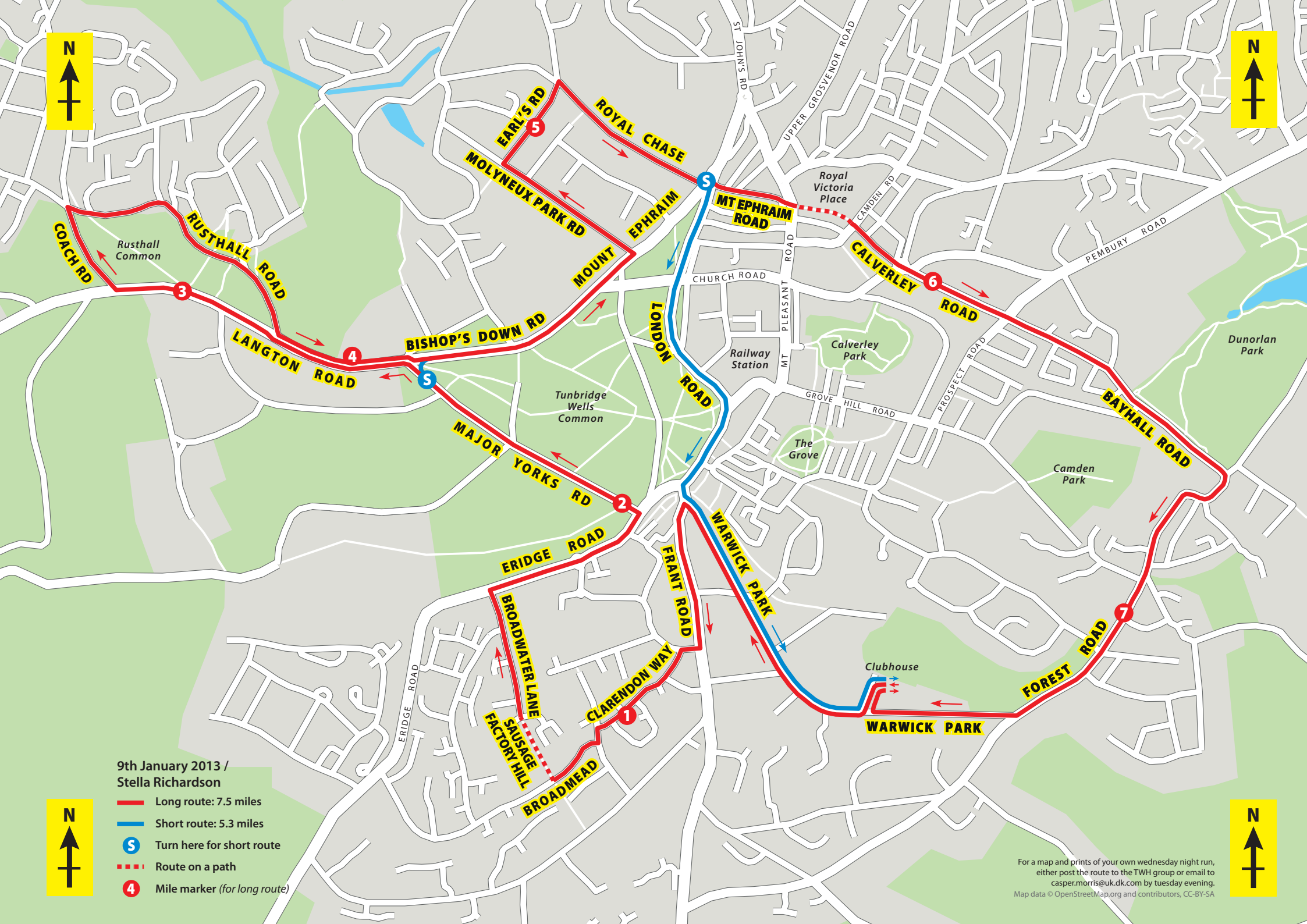




9th January 2013 /
Stella Richardson

- Long route: 7.5 miles
- Short route: 5.3 miles
- S Turn here for short route
- Route on a path
- 4 Mile marker (for 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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