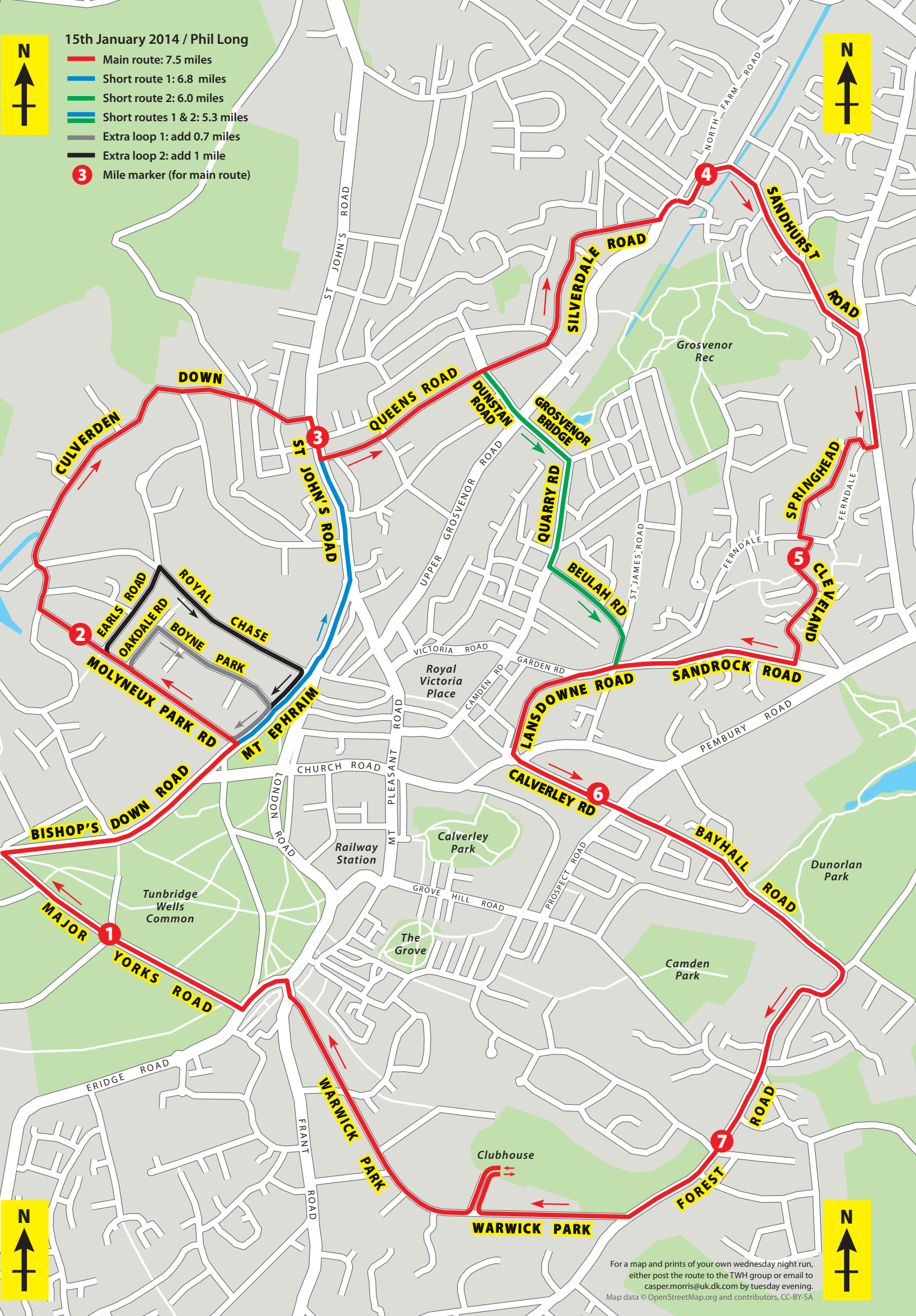


15th January 2014 / Phil Long

- Main route: 7.5 miles
- Short route 1: 6.8 miles
- Short route 2: 6.0 miles
- Short routes 1 & 2: 5.3 miles
- Extra loop 1: add 0.7 miles
- Extra loop 2: add 1 mile
- 3 Mile marker (for main 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](mailto:casper.morris@uk.dk.com) by tuesday evening.  
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