



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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6th February 2019 / Cathy Gill

- Goose: 6.5 miles
- Wingless goose: 5.2 miles
- 4 Mile marker (for long route)
- Dark! Headtorch helpful

