

Thursday - [A Town Circular Backwards

[A] Town Circular Backwards (Group C: 3.48 miles, Group B: 5.35 miles, Group A: 7.2 miles)

View the Route Maps:

Long (Group A): <http://www.mapmyrun.com/routes/view/158499175> [GPX File]

Medium (Group B): <http://www.mapmyrun.com/routes/view/158499661> [GPX File]

Short (Group C): <http://www.mapmyrun.com/routes/view/158500337> [GPX File]

Or... Download the whole Route Set [[ZIP File](#)]

NOTE Please be careful when running as the combination of rain on top of ice has made it very slippery underfoot especially the canal bank which was treacherous on Sunday.