Thursday - [E North-East Town

[E] Town Circular Forwards (Group C: 3.1 miles, Group B: 5.8 miles, Group A: 7.3 miles)

View the Route Maps:

Long (Group A): <u>http://www.mapmyrun.com/routes/view/158509781</u> [GPX File] Medium (Group B): <u>http://www.mapmyrun.com/routes/view/158511023</u> [GPX File] Short (Group C): <u>http://www.mapmyrun.com/routes/view/158511621</u> [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 slippy underfoot especially the canal bank which was treacherous on Sunday.