

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): <http://www.mapmyrun.com/routes/view/158509781> [GPX File]

Medium (Group B): <http://www.mapmyrun.com/routes/view/158511023> [GPX File]

Short (Group C): <http://www.mapmyrun.com/routes/view/158511621> [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.