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| Group  | Route  | Miles  | Route Name |
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| 1  | <http://www.gmap-pedometer.com/?r=6741475> | 4.5 | Tovey Close |
| 2 | <http://www.gmap-pedometer.com/?r=6230871> | 5.4 | Tovey Close |
| 3 | <http://www.gmap-pedometer.com/?r=6230939> | 6.0 | Tovey Close |
| 4 | <http://www.gmap-pedometer.com/?r=6230952> | 6.4 | Tovey Close |
| 5 | <http://www.gmap-pedometer.com/?r=6230952> | 6.4 | Tovey Close |
| 6 | <http://www.gmap-pedometer.com/?r=6741470> | 7.3 | Tovey Close |
| 7 | <http://www.gmap-pedometer.com/?r=6741473> | 7.7 | Tovey Close |
| 8 | <http://www.gmap-pedometer.com/?r=6785254> | 9.1 | Tovey Close |
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| 1  | <http://www.gmap-pedometer.com/?r=6721147> | 4.3 | Church Street  |
| 2 | http://www.gmap-pedometer.com/?r=6721111 | 5.5 | Church Street  |
| 3 | http://www.gmap-pedometer.com/?r= 6138159 | 6 | Church Street  |
| 4 | [http://www.gmap-pedometer.com/?r=6138154](http://www.gmap-pedometer.com/?r=6138154%20) | 6.6 | Church Street  |
| 5 | [http://www.gmap-pedometer.com/?r=6138154](http://www.gmap-pedometer.com/?r=6138154%20) | 6.6 | Church Street  |
| 6 | http://www.gmap-pedometer.com/?r=6721141 | 7 | Church Street  |
| 7 | http://www.gmap-pedometer.com/?r= 6721121 | 7.5 | Church Street |
| 8 | <http://www.gmap-pedometer.com/?r=6785256> | 8.4 | Church Street |
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| 1  | <http://www.gmap-pedometer.com/?r=6732593> | 4.45 | Polegate Return |
| 2 | [http://www.gmap-pedometer.com/?r=6138148](http://www.gmap-pedometer.com/?r=6138148%20) | 5.42 | Polegate Return |
| 3 | [http://www.gmap-pedometer.com/?r=6138146](http://www.gmap-pedometer.com/?r=6138146%20) | 6.07 | Polegate Return |
| 4 | <http://www.gmap-pedometer.com/?r=6732592> | 6.58 | Polegate Return |
| 5 | <http://www.gmap-pedometer.com/?r=6732592> | 6.58 | Polegate Return |
| 6 | <http://www.gmap-pedometer.com/?r=6732594> | 7.37 | Polegate Return |
| 7 | <http://www.gmap-pedometer.com/?r=6541651> | 7.53 | Polegate Return |
| 8 | <http://www.gmap-pedometer.com/?r=6785258> | 8.61 | Polegate Return |
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| 1  | <http://www.gmap-pedometer.com/?r=6732226> | 4.3 | Selmeston  |
| 2 | <http://www.gmap-pedometer.com/?r=6136420> | 5.5 | Selmeston  |
| 3 | <http://www.gmap-pedometer.com/?r=6732211> | 6.1 | Selmeston  |
| 4 | <http://www.gmap-pedometer.com/?r=6732203> | 6.4 | Selmeston  |
| 5 | <http://www.gmap-pedometer.com/?r=6732203> | 6.4 | Selmeston  |
| 6 | <http://www.gmap-pedometer.com/?r=6136424> | 7.1 | Selmeston  |
| 7 | <http://www.gmap-pedometer.com/?r=6732197> | 7.5 | Selmeston |
| 8 | <http://www.gmap-pedometer.com/?r=6785260> | 9.45 | Selmeston |
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| 1  | <http://www.gmap-pedometer.com/?r=6132992> | 4.26 | Lottbridge Drove  |
| 2 | <http://www.gmap-pedometer.com/?r=6734308> | 5.89 | Lottbridge Drove  |
| 3 | <http://www.gmap-pedometer.com/?r=6734252> | 5.95 | Lottbridge Drove  |
| 4 | <http://www.gmap-pedometer.com/?r=6734306> | 6.51 | Lottbridge Drove  |
| 5 | <http://www.gmap-pedometer.com/?r=6734306> | 6.51 | Lottbridge Drove  |
| 6 | <http://www.gmap-pedometer.com/?r=6734272> | 7.01 | Lottbridge Drove  |
| 7 | <http://www.gmap-pedometer.com/?r=6734264> | 7.72 | Lottbridge Drove |
| 8 | <http://www.gmap-pedometer.com/?r=6785262> | 8.5 | Lottbridge Drove |
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| 1  | [http://www.gmap-pedometer.com/?r=6131632](http://www.gmap-pedometer.com/?r=6131632%20) | 4.3 | Willingdon |
| 2 | [http://www.gmap-pedometer.com/?r=6131623](http://www.gmap-pedometer.com/?r=6131623%20)  | 5.77 | Willingdon |
| 3 | [http://www.gmap-pedometer.com/?r=6131621](http://www.gmap-pedometer.com/?r=6131621%20) | 6.1 | Willingdon |
| 4 | <http://www.gmap-pedometer.com/?r=6741477> | 6.7 | Willingdon |
| 5 | <http://www.gmap-pedometer.com/?r=6741477> | 6.7 | Willingdon |
| 6 | <http://www.gmap-pedometer.com/?r=6741478> | 7.1 | Willingdon |
| 7 | <http://www.gmap-pedometer.com/?r=6741481> | 8.2 | Willingdon |
| 8 | <http://www.gmap-pedometer.com/?r=6785266> | 9.36 | Willingdon |
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| 1 - 6 | [http://www.gmap-pedometer.com/?r=6138138](http://www.gmap-pedometer.com/?r=6138138%20) | 3.9 | Time Trial |
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| 1 – 3 | <http://www.gmap-pedometer.com/?r=6549128> | 4.9 | Tovey Extreme |
| 4 – 6 | <http://www.gmap-pedometer.com/?r=6548797> | 5.9 | Tovey Extreme |
| 7 - 8 | <http://www.gmap-pedometer.com/?r=6785270> | 7.11 | Tovey Extreme |
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| 1 | <http://www.gmap-pedometer.com/?r=6741504> | 4.47 | 1 Station |
| 2 | <http://www.gmap-pedometer.com/?r=6741487> | 6.04 | 2 Stations |
| 3 | <http://www.gmap-pedometer.com/?r=6741497> | 6.07 | 1 Station |
| 4 | <http://www.gmap-pedometer.com/?r=6741499> | 6.96 | 2 Stations |
| 5 | <http://www.gmap-pedometer.com/?r=6741499> | 6.96 | 2 Stations |
| 6 | http://www.gmap-pedometer.com/?r=6741489 | 7.82 | 2 Stations |
| 7 | <http://www.gmap-pedometer.com/?r=6741505> | 9.3 | 2 Stations |
| 8 | <http://www.gmap-pedometer.com/?r=6741507> | 10.1 | 3 Stations |
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| 1 | <http://www.gmap-pedometer.com/?r=6753857>  | 4.55 | Summer Rattle |
| 2 | <http://www.gmap-pedometer.com/?r=6753853>  | 5.49 | Summer Rattle |
| 3 | <http://www.gmap-pedometer.com/?r=6753851>  | 6.07 | Summer Rattle |
| 4 | <http://www.gmap-pedometer.com/?r=6753845>  | 6.69 | Summer Rattle |
| 5 | <http://www.gmap-pedometer.com/?r=6753845>  | 6.69 | Summer Rattle |
| 6 | <http://www.gmap-pedometer.com/?r=6753848>  | 7.16 | Summer Rattle |
| 7 | <http://www.gmap-pedometer.com/?r=6753837>  | 7.62 | Summer Rattle |
| 8 | <http://www.gmap-pedometer.com/?r=6785275> | 8.82 | Summer Rattle |
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| 1 | <http://www.gmap-pedometer.com/?r=6752311> | 4.42 | Pashley |
| 2 | <http://www.gmap-pedometer.com/?r=6752303> | 5.54 | Pashley |
| 3 | <http://www.gmap-pedometer.com/?r=6752286> | 6.14 | Pashley |
| 4 | <http://www.gmap-pedometer.com/?r=6752292> | 6.51 | Pashley |
| 5 | <http://www.gmap-pedometer.com/?r=6752292> | 6.51 | Pashley |
| 6 | <http://www.gmap-pedometer.com/?r=6752277> | 7.09 | Pashley |
| 7 | <http://www.gmap-pedometer.com/?r=6752276> | 7.55 | Pashley |
| 8 | <http://www.gmap-pedometer.com/?r=6785278> | 8.33 | Pashley |
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| 6 | <http://www.gmap-pedometer.com/?r=6785282> | 7.19 | Hankham 7 |
| 7 | <http://www.gmap-pedometer.com/?r=6785283> | 8.33 | Hankham 8 |
| 8 | <http://www.gmap-pedometer.com/?r=6785288> | 10.17 | Hankham 10 |
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| 1 | <http://www.gmap-pedometer.com/?r=6987914> | 4.2 | Winter Rattle  |
| 2 | <http://www.gmap-pedometer.com/?r=6987925>  | 5.7 | Winter Rattle |
| 3 | <http://www.gmap-pedometer.com/?r=6987923>  | 6.1 | Winter Rattle |
| 4 | <http://www.gmap-pedometer.com/?r=6987933>  | 6.4 | Winter Rattle |
| 5 | <http://www.gmap-pedometer.com/?r=6987929>  | 6.9 | Winter Rattle |
| 6 | <http://www.gmap-pedometer.com/?r=6987935>  | 7.4 | Winter Rattle |
| 7 | <http://www.gmap-pedometer.com/?r=6753837>  | 7.6 | Winter Rattle |
| 8 | <http://www.gmap-pedometer.com/?r=6785275>  | 8.8 | Winter Rattle |
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| 1 | <http://www.gmap-pedometer.com/?r=6987636>  | 4.1 | Priory  |
| 2 | <http://www.gmap-pedometer.com/?r=6987631>  | 5.6 | Priory  |
| 3 | <http://www.gmap-pedometer.com/?r=6987627>  | 5.7 | Priory  |
| 4 | <http://www.gmap-pedometer.com/?r=6987624>  | 6.5 | Priory  |
| 5 | <http://www.gmap-pedometer.com/?r=6987624>  | 6.5 | Priory  |
| 6 | <http://www.gmap-pedometer.com/?r=6987609>  | 7.0 | Priory  |
| 7 | <http://www.gmap-pedometer.com/?r=6987619>  | 8.2 | Priory  |
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| 1 | <http://www.gmap-pedometer.com/?r=7004633>  | 4.6 | Hazelwood |
| 2 | <http://www.gmap-pedometer.com/?r=7004631>  | 5.4 | Hazelwood |
| 3 | <http://www.gmap-pedometer.com/?r=7004626>  | 6.2 | Hazelwood |
| 4 | <http://www.gmap-pedometer.com/?r=7004620>  | 6.7 | Hazelwood |
| 5 | <http://www.gmap-pedometer.com/?r=7004620>  | 6.7 | Hazelwood |
| 6 | <http://www.gmap-pedometer.com/?r=7004600>  | 7.2 | Hazelwood |
| 7 | <http://www.gmap-pedometer.com/?r=7004599>  | 8.1 | Hazelwood |
| 8 | <http://www.gmap-pedometer.com/?r=7004614>  | 8.7 | Hazelwood |
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| 1 | <http://www.gmap-pedometer.com?r=7140947> | 4.4 | Blackwater |
| 2 | <http://www.gmap-pedometer.com?r=7140952> | 5.1 | Blackwater |
| 3 | <http://www.gmap-pedometer.com?r=7140956> | 5.7 | Blackwater |
| 4 | <http://www.gmap-pedometer.com?r=7140961> | 6.6 | Blackwater |
| 5 | <http://www.gmap-pedometer.com?r=7140961> | 6.6 | Blackwater |
| 6 | <http://www.gmap-pedometer.com?r=7140965> | 7.1 | Blackwater |