

Group	Route	Miles	Route Name
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
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	6.6	Church Street
5	http://www.gmap-pedometer.com/?r=6138154	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
1	http://www.gmap-pedometer.com/?r=6732593	4.45	Polegate Return
2	http://www.gmap-pedometer.com/?r=6138148	5.42	Polegate Return
3	http://www.gmap-pedometer.com/?r=6138146	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
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
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

1	http://www.gmap-pedometer.com/?r=6131632	4.3	Willingdon
2	http://www.gmap-pedometer.com/?r=6131623	5.77	Willingdon
3	http://www.gmap-pedometer.com/?r=6131621	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
1 - 6	http://www.gmap-pedometer.com/?r=6138138	3.9	Time Trial
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
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
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

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
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

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
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
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

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