

Dear All,

Thank you all for registering your interest in the U35's Running Club, we're thrilled that so many of you have signed up.

Our inaugural U35s Running Club will be held on **Tuesday 22nd August**, and we will plan to meet at **Trinity Square Gardens (Tower Hill) at 12:45pm** (map below).



As this is a first for the U35s we will need to 'learn by doing' with regards to how the club operates. The plan for the club will be to use Trinity Square Gardens as our fixed meeting point, runners can arrive at 12:45 and set off when they like, with whoever they like and for as far as they like. Our main route will be a 5km loop around Wapping however we (Jenny Tilly) have also plotted a shorter and longer option if you would rather (all suggested routes along with links to Strava, Komoot and the GPX file are below).

For the first run our aim will be to group runners based on the self-assessment you will have filled out when you registered your interest and attempt to stagger running groups to avoid having too large a group running at once.

We're really looking forward to kicking off the club with you all!

Kind regards,

U35's Sports and Social

James Fisher (James_Fisher@gallagherre.com)

Jenny Tilley (jtilley@acrisurere.com)

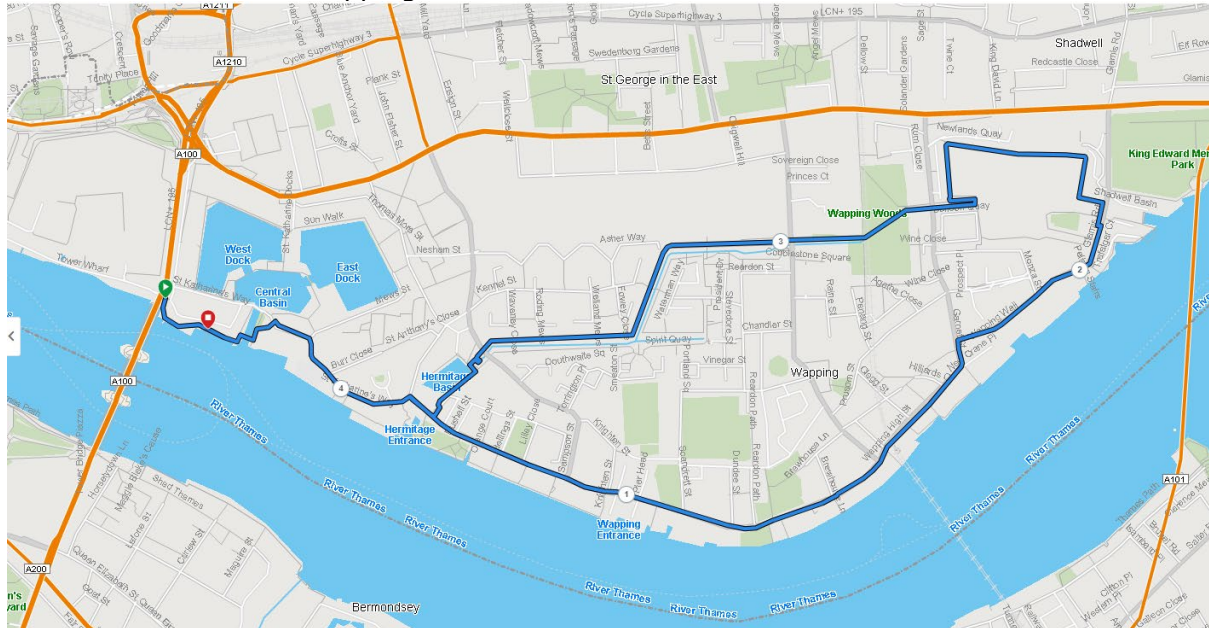
Abbie Mantle (Abigail.Mantle@chaucergroup.com)

Emily Townsend (etownsend@transre.com)

U35s Running Club Routes

4.2km Route (2.7 miles):

St Katerine's Docks – Wapping – Shadwell Basin



GPX file and routes:

[Route \(GPX\)](#)

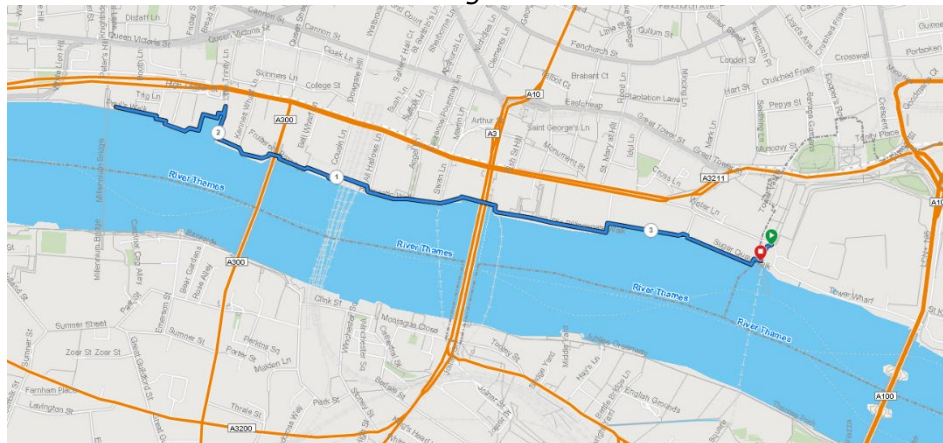
[Strava](#)

[Komoot](#) – interactive map

Other distance ideas/options:

3km Route (2 miles)

Tower of London to Millenium Bridge



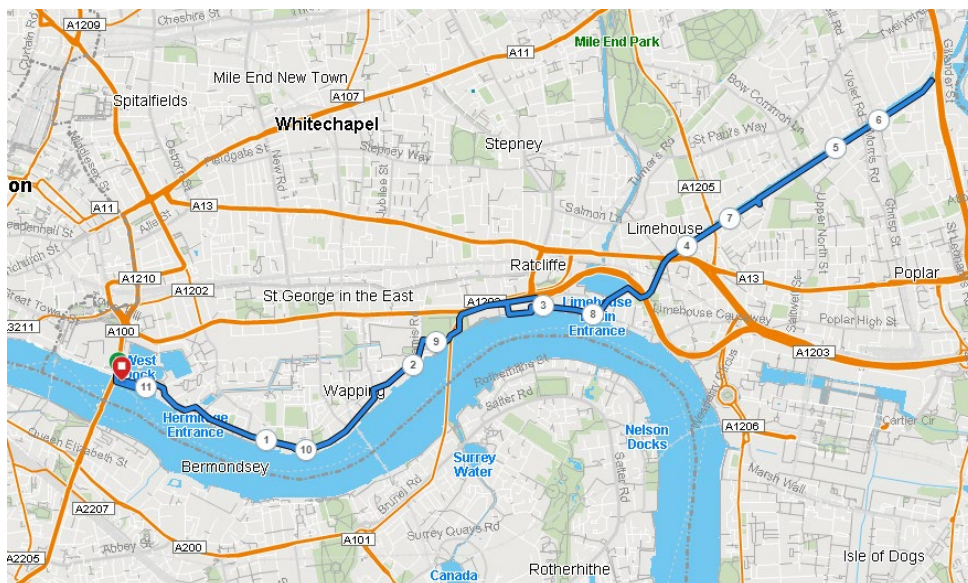
GPX file and routes:

[Route \(GPX\)](#)

[Komoot](#) – interactive map

11.26km Route (7 miles)

Tower Bridge to Limehouse Cut



GPX file and routes:

[Route \(GPX\)](#)

[Komoot](#) – interactive map