

WHOLE CLUB SESSION

Barnes Park Extensions

Start point is bandstand in Barnes Park

Warm-Ups

A Pack – West Lawn – Tunstall Vale – Tunstall Road – Derby Street
– Durham Road to the Barnes – Into Barnes Park

B Pack – West Lawn – Tunstall Vale – Tunstall Road – Thornholme
Road – Durham Road to the Barnes – Into Barnes Park

C Pack – Straight to Start Point, extra circuits of park paths until
everyone arrives

D & E Packs – Straight to Start Point

Session

From bandstand run for 20 minutes up through the Barnes Park
Extensions, past Hasting Hill and up Foxcover Lane to Chester Road

Return to Start Point in 18 minutes

Recovery

Back to Ashbrooke