

# **Queen Alexandra Bridge Wessington Way**

**Pack A - 6 (2) 4 (90secs) 2 (1) 1 (1) 2 (1) 4 (90secs) 6 -  
25 mins (8 mins) - total 33 mins.**

**Pack B - 5 (2) 4 (2) 2 (1) 1 (1) 2 (1) 4 (2) 5 -  
23 mins (9 mins) - total 32mins.**

**Packs C,D and E - 4 (2) 3 (90secs) 2 (1) 1 (1) 2 (1) 3 (90secs) 4 -  
19 mins (8 mins) - total 27 mins.**

## **Route**

All packs follow Tunstall Road to University Metro, past Fire Station and on to Trimdon Street.

Pack E start at the roundabout near Currys, Packs B, C and D start at the roundabout near B & Q, Pack A start at the south end of QA Bridge.

Follow route below and turn during the recovery after the first 2min effort.

Across QA Bridge, turn right and then right again under the bridge. Up West Quay Road to Alexandra Avenue. Continue along Alexandra Avenue / Hylton Park Road / Timber Beach Road / Colima Avenue as required.