

## **ETTRICK GROVE**

Ettrick Grove / Bede Bank long loops. This is a continuous effort at whatever pace you can maintain over the distance of the route.

The route is – start the effort at the bottom of Bede Bank, along Barnes Park Road, left on to Mount Road, left at top on to Ettrick Grove, left down Bede Bank and regroup at bus stop outside college, recover down bank and start again from the bottom.

Variations for packs as follows.

Pack E - straight to start via Queen Alexandra Road. Break the loop into two efforts, bottom of Bede Bank to the school on Mount Road, recover to Ettrick Grove then second effort to bus stop. Two laps.

Pack C and D - Tunstall Road then left on to Thornholme Road to start then efforts as Pack E. (Option to do a continuous loop rather than a split) Two laps.

Pack B - straight to start via Queen Alexandra Road. Continuous effort from start to bus stop. Three laps.

Pack A - Tunstall Road then left on to Thornholme Road to start. Continuous effort from start to bus stop. Four laps.