

Saltgrass, Long Efforts

Long efforts starting from the Saltgrass towards Alex Bridge then looping back to B&Q, regroup then recover down the bank to the Saltgrass and start again.

PACK A – directly to B&Q but continue along Trimdon St to Alex Bridge, turn right into Deptford Terrace past Ropery to Saltgrass turn about and start - 4 LOOPS

PACK B - directly to B&Q but continue along Trimdon St to Alex Bridge, turn right into Deptford Terrace past Ropery to Saltgrass turn about and start - 3 LOOPS

PACK C and D - directly to B&Q and down bank to Saltgrass - 3 LOOPS (PACK D, option to do 2 loops + 'half effort' as described below)

Pack E - directly to B&Q and down bank to Saltgrass - 2 LOOPS

If anyone wants to add on an extra effort at the end or finds time is short to complete all loops an alternative 'half' effort is to jog down the bank from B&Q but turn right and do an effort up the bank past the Kings Arms and Hanover Place up to the roundabout at Currys.

Only add on an extra effort if all of the group are capable of doing it and aim to get back to the club before 8.30pm