

Ryhope

5 x 5mins @ 10k race pace, 2½ mins recovery

Slower packs can reduce the length of the efforts and the number of efforts to suit the ability of the pack if required.

All efforts start at St Aidan's Church, Ryhope Road

Pack E - Queen Alexandra Road, Ryhope Road, Ryhope, Hollycarside (Black Road, Ralph Way, Hollycarside Road), Leechmere Road, Strawberry Bank

5.2 miles

Pack C and D – As Slow Pack but continue up Tunstall Bank, Blind Lane, Silksworth Lane, Queen Alexandra Road.

6.5 miles

Pack B - West Lawn, Tunstall Vale, Tunstall Road, Queen Alexandra Road then as Pack C and D.

7 miles

Pack A - Ashbrook Road, Azalea Tce, Thornholme Rd, Barnes, QA Rd then as Pack C and D.

8 miles