



Hastings

Blue route from Ore to town centre: approx 3 miles

From the junction of Priory Road and Frederick Road walk along Old London Road and then The Bourne, East Parade to Denmark Place cross over to Harold Place and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
206	247	288	329	371	412

Pink route from St Leonard's Green to town centre: approx 3.5 miles

From the junction of Sedlescombe Road go east along Springfield Road and right into London Road then left into Tower Road, cross Bohemia Road, turn left into Newgate Road and continue along Amherst Road, follow the road along Priory Avenue and South Terrace, turn right onto Queens Road and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
116	140	163	186	209	233

Red route from St Leonards-on-Sea to Hastings town centre: approx 3.5 miles

From West Marine Gardens follow the Marina Promenade to Denmark Place, cross over to Harold Place and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
232	278	324	371	417	463

Green route from Alexandra Park to town centre: approx 3 miles

From Buckshole Reservoir follow the paths next to St Helens Road, cross over Bethune Way, join Queen's Road to the town centre and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
223	267	312	256	401	446

Key:

Body weight (kilos)

Body weight (imperial)

Calories used