



Bexhill

Green route along seafront: approx 3 miles Starting at junction of West parade and South Cliff, follow the promenade past the Del La Warr Pavilion to the end of Del La Warr Parade and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
229	274	320	366	411	457

Orange route from Collington Rise to town centre: approx 2.5 miles From the junction with Birk Dale and Collington Rise follow Collington Avenue onto Terminus Road and Station Road and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
128	154	179	205	230	256

Purple route from Knebworth Road into town centre: approx 2.5 miles Starting at Junction of Knebworth Road and Courthope Drive and then Knebworth Road, Little Common Road, Sutherland Avenue, Collington Avenue, Terminus Road, Town Centre and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
150	180	210	240	270	300

Yellow route from Sidley to Bexhill town centre: approx 2 miles From the junction of London Road and Wrestwood Road follow London Road into Bexhill town centre and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
127	153	178	204	229	256

Blue route from College Road to railway station: approx 2 miles From the junction of College Road by Brett Drive, walk along College Road, turn left into Links Drive and then left into Dorset Road, left onto Magdalen Road then onto Station Road and return.

50kg	60kg	70kg	80kg	90kg	100kg
7st 12lb	9st 6lb	11st	12st 8lb	14st 3lb	15st 10lb
158	190	221	253	285	316

Key:
 Body weight (kilos)
 Body weight (imperial)
Calories used