



Eastbourne Shinewater

Green loop by hospital and college (clockwise): approx 2 miles Starting in Hampden Park Drive turn into Roseberry Avenue, turn right into Brassey Avenue and right again into Station Approach past Hampden Park Station. Continue to Mallard Close to join the path past Sainsbury's and onto Broadwater Way. Walk towards the roundabout and turn right onto the path next to Cross Levels Way through the Sussex Downs College and onto Kings Drive. Turn right along Kings Drive and turn right into Park Avenue and return to start.

| 50kg | 60kg | 70kg | 80kg | 90kg | 100kg |
|------------|------------|------------|------------|------------|------------|
| 7st 12lb | 9st 6lb | 11st | 12st 8lb | 14st 3lb | 15st 10lb |
| 114 | 136 | 159 | 182 | 205 | 227 |

Blue route to Hampden Park Station: approx 2 miles From the junction of Willingdon Drive and Sevenoaks Road follow the footpath to Ashington Road and into Dallington Road. Turn left onto The Hydneye and follow the path around the roundabout, cross Lottbridge Drive and walk down Mountfield Road. Turn left into Station Approach and return to start.

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

Yellow route around Shinewater Marsh (clockwise): approx 2 miles From Willingdon Drive walk onto Larkspur Drive. After Sandown Close take the path on the left and walk anti-clockwise around the field. Take the left hand fork along the side of the lake. Turn left and follow the path to rejoin Willingdon Drive.

| 50kg | 60kg | 70kg | 80kg | 90kg | 100kg |
|-----------|------------|------------|------------|------------|------------|
| 7st 12lb | 9st 6lb | 11st | 12st 8lb | 14st 3lb | 15st 10lb |
| 83 | 100 | 116 | 133 | 149 | 166 |

Red route around Langney (anti-clockwise): approx 3 miles From the junction of Pevensey Bay Road and Tanbridge Road walk into Telscombe Road and then Netherfield Avenue. Turn right into Priory Road, left into Hide Hollow and Langney Rise, left again into Pevensey Bay Road and return to start.

| 50kg | 60kg | 70kg | 80kg | 90kg | 100kg |
|------------|------------|------------|------------|------------|------------|
| 7st 12lb | 9st 6lb | 11st | 12st 8lb | 14st 3lb | 15st 10lb |
| 166 | 199 | 233 | 266 | 299 | 332 |

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